Tips to Help You Beat the Stress in Your Busy Life

LIFE ON CAMPUS CAN BECOME UNMANAGEABLE IF YOU LET IT. HERE ARE A FEW SUGGESTIONS TO HELP YOU STAY ON TRACK WITH YOUR WORKLOAD.

1. CREATE A ROUTINE
   If you get yourself in the habit of studying, working out, and sleeping at certain hours, it will be easier to fit in all the things you need to do in a day without feeling stressed out.

2. PUT LIMITS ON WORK HOURS
   You can’t work all the time. Give yourself time to sleep and relax.

3. GIVE YOURSELF A BREAK
   Be sure to take study breaks. Give your mind and your eyes time to rest.

4. BE REALISTIC
   Focus on the things you truly love and forget the rest.

5. GET HELP
   If you feel overwhelmed, reach out to friends and professors.

6. TAKE ADVANTAGE OF CAMPUS MEDITATION AND YOGA PROGRAMS
   A relaxing session of meditations can give you a release from stress.

“Congress acknowledged that society’s accumulated myths and fears about disability and disease are as handicapping as are the physical limitations that flow from actual impairment.”

~ Justice William J Brennan

Important Dates to Remember...

| November 2, 2011 | Transfer to Action          |
| November 4, 2011 | Parent Leadership Event    |
| November 11, 2011 | Whirlyball Peer Mentor Event |
| November 15, 2011 | Falcon Friends Workshop     |
| November 16, 2011 | Transfer to Action          |
| November 23-25, 2011 | Thanksgiving Break       |
| December 12-15, 2011 | Final Exams                |
| December 29, 2011 | Graded Issued               |
| January 17, 2012 | First Day of Spring Semester |

The Nest
Notre Dame College • Academic Support Center

From the Desk of Gretchen Walsh

ASC is grateful...

During this month of Thanksgiving, the Academic Support Center at Notre Dame College has much for which to be grateful: our students, our parents, and our community. At mid-term, our students are doing well academically, and our freshmen have made the adjustment to college life successfully. In the course of the next few weeks, we will be registering for the Spring 2012 semester. By this time, all students should have met with a faculty advisor to approve their scheduled courses. As for our student parents, it was wonderful to see them at our Parent Leadership Meeting at Mayfield Country Club. When we work together as a team, exciting opportunities present themselves. Lastly, as for our community, the ASC was pleased at the terrific participation that we had in our NEOEA Day workshop with Dr. Jay Berk. The evaluations were so very positive that I know we should invite him back next year for a follow-up presentation.

When speaking of the high points of the semester thus far, I must mention that we were all so very proud of our students who interviewed for the Workforce Recruitment Program. As always, I am struck with how very impressive and multi-talented our students are. Another high point was the participation of the ASC in the Dyslexia Dash; Mackenzie, Katie, Morgan, and Mya volunteered their time early on a Sunday morning, and the Barrett family ran for NDC/ASC. Additionally, we had great student participation in the Peer Mentoring program and our Delta Alpha Pi officers, Mike, Eitt, Ralph, Spencer, and Matt have been meeting and demonstrating, as always, that they are true leaders.

From the ASC, a big thank you to our students, parents, and community! May your family Thanksgiving be a wonderful celebration! You truly deserve it.

The Academic Support Center...
NEOEA Day at NDC

A large group of administrators, teachers, guidance counselors, therapists, nurses, tutors, parents, and students came to NDC on October 14, 2011, to hear Dr. Jay Berk speak on effectively teaching those with ADHD and Asperger’s Syndrome. Dr. Berk stated that school personnel may be doing too much enabling instead of empowering and challenged his audience to find ways to make each child more independent. In speaking of academic issues, Dr. Berk remarked that an AS student will thrive in math and science, yet it’s in writing or English that the struggle is apparent. With the ADHD student, touch and movement are significant and made suggestions concerning the side effects.

To learn more about Dr. Berk’s practice, contact him at www.JAYBERKPHD.com or call (216) 292-7170.

Workforce Recruitment Program

On October 12 and 13, the Academic Support Center at Notre Dame College hosted Rosemary Pettis, a recruiter from the Workforce Recruitment Program. Rosemary represents the United States Department of Commerce and works specifically for the National Oceanic and Atmospheric Administration. Twenty-three bright and talented Academic Support Center students were interviewed for the Workforce Recruitment Program which is a federally funded program that provides students with documented disabilities the opportunity to interview for internships or jobs.

The WRP connects government and private sector employers with strong, qualified candidates who have disabilities and are looking for opportunities to gain further internship experience or begin a career. The WRP provides students with documented disabilities the opportunity to interview for internships or jobs. The WRP connects government and private sector employers with strong, qualified candidates who have disabilities and are looking for opportunities to gain further internship experience or begin a career.

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Starting college is always exciting, but with the excitement often comes worries, too. Will I get along with my roommate? How will I make new friends? Are my classes overwhelming, but not to fret. Notre Dame College has many resources to help you get started on the right foot. This section of The Nest will provide you with advice, information, and tips on making this year at Notre Dame College a great year.

How will I make new friends?

When you and your friends from high school go to college, you often part ways and don’t get to see each other as often. How will I make new friends?

1 JOIN A CLUB. There are over 30 clubs and organizations here at Notre Dame College and getting involved in a club would help you meet others with similar interests. If you are interested in joining a club you can contact Becky Burger at 216.373.5349 or bhanger@ndc.edu for more information, or visit the Campus Activities Office, located on the first floor of the Administration Building. Also, The Falcons Activities Board, part of Undergrad Student Government, plans activities for students to partake in throughout the year. Attending these activities is a great way to have fun and meet new people.

2 GET INVOLVED. The Campus Ministry has many opportunities for you to meet new people and get involved in helping the community while continuing your faith. To find out more information you can visit the Campus Ministry Office or email Anthony Camino at acamino@ndc.edu.

3 GET ACTIVE. With 24 NAIA Division II athletic teams, there are always games to attend and talent to cheer for. For more information and schedules, View the Notre Dame College Athletics page at NotreDameFalcons.com.

4 FIND A BUDDY. It is a great idea to use the buddy system in your classes; find someone with whom you can exchange personal information in order to help one another with any questions you have about upcoming assignments, quizzes, or tests in the class. This is especially helpful for classes within your Major as you will have someone to take classes with and seek advice about classes they may have already taken.

Tips on How to Become Efficient at Studying and Still Love Your Life!

BEING AWARE OF A FEW HELPFUL HINTS CAN MAKE YOUR LIFE AS A STUDENT REWARDING AND FUN!

1 STUDY AT THE LIBRARY

- Always study in the library.
- The library is quiet, unlike your dorm room or the coffee shop.
- Make going to the library a HABIT! It will pay off with good grades and more leisure time.

2 PICK AN INTERESTING MAJOR

- If you are undecided, research options and ask others about their majors.
- If you dislike your major, it will be difficult to do the work required.
- If you need to change your major, earlier is better than later.
- Find a major you find interesting and your work as a whole will be much easier.

3 SURROUND YOURSELF WITH SUCCESSFUL STUDENTS

- You will learn how to study and how to learn more efficiently.
- Being surrounded by successful friends will serve to motivate you to learn.

4 HAVE THE MATERIALS THE PROFESSOR REQUIRES

- Have the correct textbook/materials
- If you need to change your major, it will be difficult to do the work required.
- Simply use the previous test as a study guide as much as possible.

5 MEET WITH YOUR PROFESSOR

- Meeting with your professor shows that you are sincerely interested in the class.
- This meeting is an opportunity to ask questions about the course or an upcoming test.
- Your professor may give you clues or hints about what to study.

6 USE THE RESOURCES THE PROFESSOR GIVES YOU

- Handouts are given to students for a reason.
- Keep everything! You may see the material again on a test.
- The course syllabus should be kept all semester as a guide.

7 USE PREVIOUS TESTS

- Previous tests give you an idea of how tests will be formatted.
- Simply use the previous test as a study guide as much as possible.

WITH THANKS TO...

College Study Skills for College Students www.campuseducation.com/college-classes/study-skills.php

In the Spotlight... Rachel Tarasco

The world of work for Rachel Tarasco, a communications major with a minor in marketing and public relations, will enable her to apply her acquired content knowledge, enthusiasm, dedication and vision in a profession that welcomes young adults with such qualities. However, as she graduates in May of 2012, she leaves Notre Dame College but all will remember her bubbly personality, academic excellence, and participation as an accomplished athlete.

Rachel is a native of Mentor, Ohio, the youngest of three girls, a graduate of All Saints of Saint John Vianney and Lake Catholic High School. Throughout all her school years, she has been an honor student and upon entering Notre Dame College was awarded an athletic scholarship in lacrosse and also an academic scholarship. From she prides herself on excellence and always exhibits a positive attitude.

It is interesting to note her resume reflects the variety of past experiences and accomplishments in academia, work, volunteering and internships. Her eclectic approach and creativity in all facets of life make her one young lady with a mission, “to change the world one person at a time,” something that became ingrained in her as a student of Notre Dame College.

As a result of participation in the Workforce Readiness Process, Rachel worked at the Defense Logistics Agency in Columbus, Ohio from May 2011 to August 2011 where she utilized her skills working 40 hours a week and received three credit hours. Previously from May 2010 to August 2010, she interned with Learning Disabilities Association, a nonprofit, in Pepper Pike, Ohio where she was engaged in various duties such as updating client data base and assisting with research development and execution of events.

Rachel is most grateful for the services rendered to her by the staff in the Academic Support Center. In her own words she says, “The ASC has been a great opportunity booster, not only with my academic, but also with work experience and future career prospects.” Her academic journey is about to end; her work profession is soon to begin.

Dyslexia Dash - 5K

October 23, NOBAID and Lawrence School hosted a family friendly 5K Dyslexia Dash. The Academic Support Center was a proud sponsor of the event. Gretchen Walsh served hot coffee to all of the participants. ASC students Mya Gonicz, Katie Sutter, Morgan Lux and Makeenze Brown were the water table welcoming committee and did an enthusiastic job encouraging all of the participants. Meghan Barrett along with her husband Bryan and children Ceci and Riley were members of the ASC team in the race. And although the center did not place in the top 5, Riley placed third and Ceci placed second in their age groups and received medals. It was a beautiful day and a great run was had by all!

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