SUCCESSFUL TRANSITION STRATEGIES
- Carefully plan your first semester by choosing courses that maximize your strengths.
- Use available academic support services such as tutorial services. Do not walk until you are failing to seek help!

CLASS SCHEDULING STRATEGIES
- Try to schedule classes at times when you feel you are most alert.
- Avoid taking several classes with especially demanding reading or writing requirements during a single semester.

SQ3R Reading Method Survey! Question! Read! Recite! Review!

1 BEFORE YOU READ, SURVEY THE CHAPTER
- The title, headings, subheadings, captions, charts/graphs and study guides
- Introductory and concluding paragraphs

2 QUESTION WHILE YOU ARE SURVEYING
- Turn the title, headings, and/or subheadings into questions.
- Read questions at the end of the chapters or after each subheading.

3 WHEN YOU BEGIN TO READ
- Look for answers to the questions and answer questions at the beginning or end of chapters or study guides.
- Note all the understandings, generalized, bold printed words or phrases, and graphic aids.

4 RECITE AFTER you’ve READ A SECTION
- Orally ask yourself questions about what you just read.
- Take notes from the text but write the information in your own words.
- Underline or highlight important points you’ve just read.

5 REVIEW: AN ONGOING PROCESS
- After you have read and recited the entire chapter, write questions in the margins for those points you have highlighted or underlined.
- Reduce your speed for difficult passages. Stop and reread parts which are not clear.
- Cover the right hand column of your text/book and orally ask yourself the questions in the left hand margins.
- Alternate between your flash cards and notes and test yourself on your questions.
- Remove the text and notebook, make a Table of Contents - list all the topics and sub-topics you need to know from the chapter.
- From the Table of Contents, make a Study Sheet/Temporal Map.
- Recite the information orally and in your own words as you put the study sheet together.
- Periodically review the Sheet/Map so that at test time you will not have to cram.

Delta Alpha Pi Honor Society
On March 1, 2012 the spring initiation ceremony for the Beta Alpha Chapter of the Delta Alpha Pi Honor Society was held in the Great Room of the Administration Building. Nine new members were inducted into the Society, bringing the total number of Notre Dame College members to twenty-two. The formal induction included a candle-lighting ceremony signifying leadership, advocacy and education and ended with the installation of the Society officers for the 2012-2013 school year.

Graduating seniors were presented with blue and yellow cords. The afternoon successfully concluded with refreshments for all. The purpose of the Society is to recognize the hard work and scholarship of students with learning disabilities by bestowing upon them the special recognition that membership in an honor society brings.

New members inducted this spring include: Agustin Adams, Christopher Bastijanic, Angela Belback, Zack Dearing, Brian Harp, Robert Harris, Nicole McCullough, David Roush and Michael Smith. These new students join current members Amy Albanese, Amanda Augusta, Matthew Clark, Laura Cutre, Ralph D’O Alessio, Keith Drewnoski, Deanna Eller, Michael Kaplan, Erin McGrath, Spencer Robertson, Sean Rody, Dominic Schiavoni, and Emily Whitington.

The new officers for 2012-2013 are: President: Ralph D’Alessio; Vice-President: Matt Clark; Treasurer: Spencer Robertson and Secretary: Sean Rody.

Graduating seniors include: Amy Albanese, Laura Cutre, Deanna Eller, Michael Kaplan, Erin McGrath, David Roush, Dominic Schiavoni and Emily Whitington.

Overcoming Test Anxiety
TEST PREPARATION TO REDUCE ANXIETY
- Approach the exam with confidence.
- View the exam as an opportunity to show how much you’ve studied and to receive a reward for the studying you’ve done.
- Be prepared! Learn your material thoroughly and organize what materials you will need for the test.
- Choose a location for taking the test with good lighting and no distractions.
- Allow yourself plenty of time and try to get there early.
- Strive for a relaxed state of concentration.
- Avoid speaking with any fellow students who have not prepared, who express negativity, who don’t go to the exam with an empty stomach.
- Don’t panic when students start handing in their papers. There’s no reward for finishing first.

DURING THE TEST:
- Read the directions carefully.
- Budget your test taking time.
- Make a list of strategies you learned to help you relax.
- If you’re taking an essay test and you go blank, skip the question and go on.
- If you go blank, skip the question and go on.
- Don’t panic when students start handing in their papers. There’s no reward for finishing first.

AFTER THE TEST, REVIEW HOW YOU DID
- List what worked, and hold on to these strategies.
- It does not matter how small the items are: it does not matter how small the items are.
- Celebrate that you are on the road to overcoming this obstacle.

Fresh fruits and vegetables are often
- don’t go to the exam with an empty stomach.
- get a good night’s sleep the night
- a program of exercise is said to
- avoid speaking with any fellow students who have not prepared, who express negativity, who don’t go to the exam with an empty stomach.
- don’t panic when students start handing in their papers. There’s no reward for finishing first.
- Don’t panic when students start handing in their papers. There’s no reward for finishing first.
- if you’re taking an essay test and you go blank, skip the question and go on.
- if you go blank, skip the question and go on.
- Budget your test taking time.
- Change positions to help you relax.
- Don’t panic when students start handing in their papers. There’s no reward for finishing first.

about transitioning students with learning
- Over 5,000 individuals attended the symposium in Chicago.
- Together with ASC Career Coach Shane Duncan she presented her findings from the ASC’s grant-supported career component.

Over 5,000 individuals attended the symposium in Chicago. ASC Recruiter Nick Formica represented ASC at a table during the conference.
On Friday, March 2, Walsh presented atJohn Carroll University for the OACAC

Northeast Ohio Guidance Counselor Training on College Counseling for IEP Students. In the fall, Walsh had done a similar presentation for OACAC at Lorain Community College.

In the Spotlight … Gretchen Walsh

GRETCHEN WALSH, the director of the Academic Support Center, recently gave two high-profile presentations about learning disabilities.

On February 22, Walsh spoke at the Learning Disabilities Conference in Chicago about transitioning students with learning disabilities from college into the world of work.
Together with ASC Career Coach Shane Duncan she presented her findings from the ASC’s grant-supported career component.

LOVE IT AND USE IT; THE STUDENT PLANNER
By Sister Joella Leinberger, SND

"Back packs to brief cases" and students planning to executive calendar-binders are progresses from college to the job market. Each Academic Support Center student receives a planner at the beginning of the school year. It is not possible to place enough importance on them in both the academic world and the world of work.

Several years ago, while riding on Route 480, I noticed a car coming on the on-ramp and that something was on the roof. I asked our driver to slow down; I rolled down my window and tapped the roof of the car I was in. The two men looked at each other and slowed down very, very gently, to pull onto the shoulder. On top of the car was an opened binder, with the pages slowly turning as the car accelerated. Making several executive calendar-binders, I knew the importance of that binder and that they were probably grateful, though there was no way they could say so.

As a college student, an instructor’s, “for next class...” was the clue to pull out my student planner. One day the student next to me asked, “What is that?” I gave her a quick answer and she said that was the neatest idea she ever heard of and was going to try it. At the end of that semester she told me how much it helped.

In college, and after, all activities in life, social, academic, family, or job, have to come together in a calendar/day planner/executive binder, in order to be successful in life. Love it and use it.
6 Tips for Finding a Summer Job

By Marilyn Kennedy Nielson, Bankrate.com

While millions of jobs slots are needed, each individual teen needs to find only one opening — and that's not an impossible task, say experts. Here are tips to help in the search:

1. Start early
Parents might ask their own employers about summer positions. Neighbors, friends and relatives may also provide leads.

2. Go to the government
The big stimulus bill enacted this February includes some $1.2 billion in youth-related jobs and training. These jobs may be targeted toward teens from households under certain income limits.

3. Think seasonally
Some employers — children's camps, park districts, amusement parks, music festivals, staff up for each summer.

4. Surf and stop in
Small local businesses often don't advertize on the Web. Plus, teens that make a personal appearance may impress potential bosses.

5. Be businesslike
Especially this year, teens are competing with older job seekers who may strike employers as more mature, responsible and reliable.

6. Depend on yourself
Ideas that may prove profitable include offering to sell items for neighbors on eBay, light housekeeping for the elderly and establishing a service to responsibly dispose of old computers.

Important Dates to Remember...

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<thead>
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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 28</td>
<td>TTA</td>
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<td>March 28</td>
<td>Career Day</td>
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<td>March 30</td>
<td>Last Day to Withdraw</td>
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<td>April 5-9</td>
<td>Easter Break</td>
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<td>April 11</td>
<td>Last TTA</td>
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<td>April 20</td>
<td>Recognition Day</td>
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<td>April 25</td>
<td>All College Honors Convocation</td>
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<td>May 7-9</td>
<td>Final Exams</td>
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<td>May 12</td>
<td>Baccalaureate and Commencement</td>
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<td>May 25</td>
<td>Grades Reported online</td>
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We have created an ASC Twitter page to tweet about the exciting things happening at NDC, the ASC, higher education and the LD community. Follow us, @NDC_ASC, if you are interested in topics like your learning difference, self-advocacy or executive function and people who are following. If you have exciting news or updates you'd like to share with the Twitter world, send them to nfccm@mail.ndc.edu and I will do my best to relay your message, this program and school are successful because of you and that is something we want to share with everyone.

Don't forget to LIKE the Academic Support Center Facebook page to get more up to date information on the center.

From the Desk of Gretchen Walsh

Our spring semester, 2012 is quickly drawing to a close; however, we have certainly accomplished much within this time frame. We were so very proud to have been highlighted by Karen Farkas in The Plain Dealer with Erin McGrath and Ralph D’Alessio representing Notre Dame College in a wonderful manner. This article was followed by our being featured on the following Friday in the “Cheers” section. We are also proud of our new members and officers in the Delta Alpha Pi International Honor Society, who have been recognized for their scholarship and leadership.

On a lighter note, we enjoyed our evening at Red Robin and had a wonderful student-parent turnout for this Delta Alpha Pi fundraising event. We have also enjoyed our Falcon’s evenings with pizza, when we have discussed a number of important topics such as how to handle awkward social situations.

Once again, we were very proud of our students at our Career Day on March 28th. Our students, as always, were engaged and asked good questions of our guest speakers, showing that they are preparing for the job search. Of our 21 graduates this year, four have already secured employment, which is exceptional considering that they will not even graduate until May. We are truly looking forward to Recognition Day and Graduation.

I would like to leave you with a few thoughts and reminders before we end the semester. Prepare for your finals with the instructional advisors; review your notes and study guides. If you are unsure as to how to start a project or paper, come to the ASC immediately to brainstorm the assignment and work through the required elements. Also, please return any adaptive equipment that you may have borrowed from us over the semester.

Lastly, remember we are open over the summer if you would like to take a class at Notre Dame College or if you would like to discuss your internship or job search.

The Nest
Notre Dame College • Academic Support Center