Congratulations to our own Orlando Scales for winning the Heavyweight title at the NAIA Nationals this year.

It marks the fifth tournament title that Orlando has won this year and he finished the season with a 29-2 record.

The Wrestling Falcons are NAIA champions again. Notre Dame successfully defended their 2010 crown with another decisive victory at the NAIA National Championships.

In addition to repeating as national champs, Notre Dame has now also pulled off a “four-peat” of sorts -- 69-54 over NAIA duals. The winning team included two NAIA Duals titles. The Wrestling Falcons are the first NAIA team to claim victories in both the National Championships and the National Duals in consecutive years. The NAIA has been part of the National Duals since 2006.

The Falcons also accomplished something not seen before in the annals of Ohio college wrestling -- winning a second national title.

John Carroll won the NCAA Division III title in 1975, and Findlay won the NAIA crown in 1995; those were the only two championships by Ohio programs before Notre Dame’s back-to-back performance the last two seasons.

For Frank Romano and his charges, as well as Falcon and wrestling fans in Northeast Ohio, the best part of winning that second title is that the wait was a short one.

“Winning two in a row is unbelievable,” said Romano. “It’s an amazing feeling of accomplishment and gratitude.”

By Skip Snow, director of sports information at Notre Dame College


Celebrate Life!

4. Improving STUDY SKILLS

With nine weeks left to go in the second semester and mid-term exams looming, here are some suggestions for how to study effectively and make it through the last stretch as stress-free as possible...

1. Go to class, take notes, and ask questions of your professor. Take personal responsibility for your own education.

2. As you read a chapter, HIGHLIGHT important information. Make FLASHCARDS or STUDY CARDS for important terms / definitions to remember. It will be so much easier to review for an exam with these tools.

3. After class, RE-TYPE your class notes and then get together with one person or a group of people from your class to review the information orally. It is said that we remember only 10% of what we read, but we’ll remember more than 70% of what we say.

4. Come to the ASC on a regular basis and review your notes with an Instructional Advisor. The more you hear and repeat the information, the easier it will be for you to recall it on a test. Reviewing the information out loud with other people automatically enhances your understanding and memory of the material.

5. Use Inspiration at the ASC to help create graphic organizers and outlines for speeches and research papers.

6. Study in chunks of 20-50 minutes at a time, and then give yourself a 5-10 minute break. Get up and walk around or get a snack; the break will actually help you stay motivated and focused.

7. Do the work / studying that requires the most amount of concentration (usually reading) early in the day. An hour of studying during the day is often worth two during the evening because the evening is more difficult to stay focused.

8. Make your own study guide and try to visualize the professor’s test questions by creating a mock test. Type the questions you think you will be asked.

Then, with all of this preparation, BELIEVE IN YOURSELF! You’ve made it this far. Remember: at the ASC, we’re here to help empower you and provide you with the best study aids in order to perfect your test-taking and research paper skills.

http://www.dartmouth.edu/~acskills/success/study.html
http://www.collegetips.com/college-classes/study-tips.php

Academic Support Center Career Day
Sponsored by the ASC and the Disability Mentoring Day Committee

Date: March 31 from 4:00-6:00 PM
Location: Great Room, Administration Building, Notre Dame College

4:00-5:00 PM – Panel Speakers
5:00-6:00 PM – Table presentations
6:00-6:45 PM – Dinner in the dining hall (free of charge for commuter students)

Students, join us during our first annual ASC Career Day! This event will feature local Cleveland businesses and services that are here to help you get the knowledge and skills you need to job search successfully! Guests include entrepreneurs with learning differences, successfully employed persons with learning differences and career coaches who work specifically with students with learning differences!

Topics such as disclosing a learning difference on the job, job accommodations, and job search strategies will be discussed!

*This event is MANDATORY for all ASC Students who are not in class or away on a scheduled athletic event. We expect to see you there!

Marlyn is a native of North Carolina where she graduated from the University of North Carolina with a Bachelor of Fine Arts. After teaching English and Dramatic Arts in the North Carolina public school system, she attended Case Western Reserve University and graduated with a MLA in Library Science and a MA in History. For the next twelve years Marilyn stayed at home with her children and volunteered at St. Margaret Mary School. She then worked at Regina High School for ten years teaching English, Dramatic Arts and Communication Arts. Marilyn was responsible for directing and producing two plays a year at Regina as well as moderating the Drama Club. Working the shows was a family affair with her husband, son, and two daughters (both graduates of Regina) all contributing to the productions. She currently lives in South Euclid with her husband.

In the Spotlight...
**Student: Looking for a Job?**

Follow some of these simple steps when searching for summer jobs!

**Begin with a Self-Assessment**

The job search process begins with an identification of your values, interests, skills, accomplishments, experience, and goals. How can you seek a position if you don’t know what you want from a job and what you have to offer prospective employers?

**Research and Explore Career Options**

The next step in the job search process is to explore the “matches” between your identified skills, interests, and values and the demands of career fields and organizations. The NDC Career Services Center and the ASC Career Library have all the tools you need to match your skills with the right job.

**Choose a Career Field, then Target Employers**

After thoroughly researching possible careers/jobs, several field options will emerge as most realistic and attractive. These options should become your career progression or job change.

**Plan and Conduct a Job Search Campaign**

Next, establish a target date for getting a job and decide how much time you can devote to your search. Some individuals believe they cannot afford to take time from their studies or a demanding job. Others procrastinate. Whatever the reasons, the results are the same. Your search will languish and you may miss out on industry hiring cycles and job opportunities. Get organized early by setting aside a certain amount of time each week to work on your search. Use a calendar and weekly planner and work backward from your target date. The greater number of contacts and interviews a job seeker has, the greater the number of job offers. Therefore, it makes sense to use multiple strategies.

**Obtain Offer and Continue to Develop Your Career Action Plan**

Congratulations! Your job search campaign has been successful. You have been offered a position you wish to accept. Send a note to all the people who helped you, relaying the good news. Remember to continue to use all six steps cyclically to assist you in your career progression or job change.

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**Important Dates to Remember…**

- April 1: Last day to Withdraw
- April 4: Priority Registration
- April 6: Transfer to Action
- April 7: RF&B Workshop
- April 19: Falcon Friends Wrap-up
- April 21-25: Easter Break
- April 26: Summer Interns Mandatory Meeting
- April 27: All College Honors
- May 6: Delta Alpha Pi Induction Ceremony
- May 6: Recognition Day
- May 9-11: Final Exams
- May 14: Baccalaureate and Commencement
- May 28: Grade Reports Issued

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After having suffered through a winter of snowstorms, our long-awaited spring has finally arrived. As we look back over our activities in the past month, two events stand out with special importance. First, in February, we had the kick-off party for our Parents’ Leadership Team at Mayfield Country Club. Both the parents and the instructional advisors enjoyed having the opportunity to talk about Notre Dame College and the ASC. Our many thanks go to the Noble family for sponsoring this lovely event. Secondly, in March, we held a Career Day with a panel of employers, human resource managers, and government agencies. This afforded our students a wonderful opportunity to find answers as to the choice of a career, the complex search for a job and the interview process.

Looking ahead, our students should make sure that they have met with their faculty advisor and their ASC mentor in order to register for fall 2011 and possibly for this summer. Additionally, they should be sure to mark their calendars for May 6th. This is an important day for we will have the induction ceremony for Delta Alpha Pi, a national honor society, followed by our annual Recognition Day ceremony. Both parents and students are invited and most welcome to these events!