

## ASC Football Players Win Awards

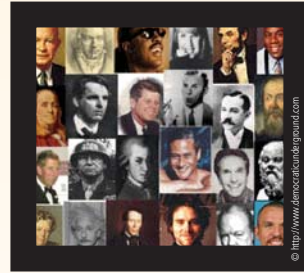
By: Barb Kooser

Congratulations go to two of the ASC football players who won awards for their performance on the football field this fall.

**JACK FOY**, running back/wide receiver, was named to the first team all-conference where he led the Mountain East with 93 catches on the season, eighth most in the country, and established a new program record. He had 834 yards receiving, also a program record, ranking second in the conference in that category (NDC press release, 11/20/2013).

Congratulations also go to **BRIAN HARP** who earned Honorable Mention from the Mountain East Conference for his performance as a captain of the offensive line and three-year starter. Brian was described as being an integral part of an offense that established a number of program records (NDC press release, 11/20/2013). In addition, Brian has been awarded a \$2000 post graduate scholarship from the National Football Foundation!

**WE ARE ALL PROUD OF OUR ATHLETES – WAY TO GO!**



### FAMOUS PEOPLE WITH ATTENTION DEFICIT DISORDER

Amadeus Mozart	Edgar Allan Poe
Thomas Edison	Henry Ford
Albert Einstein	Salvador Dali
John F. Kennedy	George Bernard Shaw
Ben Franklin	Emily Dickinson

“The thoughts behind, I strove to join  
Unto the thoughts before  
But sequence raveled out of sound  
Like balls upon the floor”  
~Emily Dickinson

## In the Spotlight ... Dr. Yvonne Allen



**Dr. Yvonne Allen, Assistant Professor of Education and Chair of the Division of Professional Education, joined Notre Dame College in August, 2010 and became Division Chairperson in 2012.** Her background is rich in both faith and professional accomplishments. As Division Chairperson, she has a profound understanding of and strong commitment to both undergraduate and graduate students.

Twenty-three per cent of our ASC students have a declared education major. Dr. Allen shared: “In our

division the question we ask ourselves is: How do we best prepare our students to facilitate learning as a profession—a life-calling?” Enthusiasm, resilience and advocacy characterize Dr. Allen, who sets high expectations and conveys a strong desire to build relationships of mutual respect and support while conveying the reality that every teacher candidate’s knowledge, preparation, and skill levels will be measured by the Division, the Ohio Board of Regents and NCATE accreditors. Successful teaching

extends beyond wanting to teach or liking children—even though many enter the profession for these reasons. Without the requisite communication skills, knowledge and independent decision-making necessary to manage a safe and active classroom during student teaching, candidates face daunting challenges. Dr. Allen encourages students to recognize their personal strengths and weaknesses and use guidance to foster a win-win situation regarding appropriate professional goals.

Using a scaffold as an image, Dr. Allen spoke of how important it is for students to use all the supports available and then, as they internalize necessary skills, to rely less on external supports and become their own self-advocates. “It is important to know yourself and to assess your capabilities based on external evidence and criteria. Never forget the power of persistence and that you are a child of God.” Dr. Allen observes that we reach goals through a series of adjustments—valuable advice regardless of our profession!

## IT’S ALL ABOUT WORDS

By: Sister Joela Leinberger, SND

**IT OFTEN HAPPENS IN LIFE THAT WE NEED TO BE PREPARED TO SPEAK ON A PROFESSIONAL BASIS TO THOSE WHO ARE OLDER THAN WE ARE, OR WHO ARE IN ANY POSITION OF AUTHORITY. EMPLOYEES TO EMPLOYERS, STUDENTS TO TEACHERS, TRAFFIC OFFENDERS TO THE OFFICER ARE A FEW OF THESE PROFESSIONAL RELATIONSHIPS: “YES, SIR.”**

As young adults, who are more accustomed to texting than speaking, professional conversation with adults and authority figures is becoming difficult. This little article offers some suggestions to initiate conversation with college professors. It can also be used for other situations that will be met in life.

If it is necessary to call for an appointment, this example should work, “Professor Brown, this is Sally Snow. I am calling to ask if there is a mutually available time I could meet with you concerning the last quiz we took in EN 202 B.” You have addressed the professor by his title and name; you have introduced yourself, told the professor why you need to speak to him, and what class you are in. You need to give the professor time to check his schedule, ask you if any time he has is possible for you. Once an appointment is set up, that date, time, room number, professor’s name and reason goes into your planner book.

If the professor is not in his office, you leave the same respectful message; remember to give him the phone number where he can reach you quickly. (This is an opportunity to remind you to check that your voice mail message is professional. Professors, potential employers and other adults who may need to contact you do not want to be yelled at in the phone or hear overly loud music. Your voice mail message may be the first impression that adults have of you.)

If you are emailing the professor, the same professionalism goes into the email. First and foremost spell out every word – do not use text abbreviations. The subject line is very short; it would be as if you are giving a title to the request; “A question about EN 202 B” is short enough. The email it addressed using the professor’s title and name, and the message is the same as was given over the phone. It is good in emails to give the professor some dates and times that you are available. This will let her check her schedule and answer you with a day and time to come see her. If not, she has to email you and ask if such and such a day and time is possible, then you have to email her back while time is getting lost in cyberspace. Never, not ever, type an email in all capital letters; in email etiquette this is yelling at the person to whom you are writing.

One more reminder: **you are your first and best advocate.** You know what you need better than anyone: a further explanation, a jump start with a paper, a review of due dates or a request for extended time for a legitimate reason. You need to speak for yourself, and there are proper ways to do so in order to get a good upper hand in any adult situation.

## Successful Individuals...



**TAKE RISKS.** Life is too short to spend your time avoiding failure.

**HAVE PERSISTENCE.** Persistence really does pay off.

**GIVE BACK.** You are ultimately responsible for your success and failure, but you only succeed if you share the reward with others you to grow.

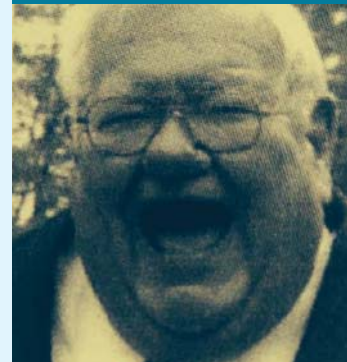
**NEVER STOP LEARNING.** The most powerful word in the English language is “Why.” There is nothing as powerful as an open, inquiring mind. Whatever field you choose— be a lifelong student.

**MAKE THEIR OWN LUCK.** Luck plays a part in success, but the harder you work, the luckier you get.



**Mary Jo Levand (left) and Nate Wiznitzer (right).**

We are so proud of what our ASC students have accomplished this year!



**REMEMBERING WILLIAM HOLMES** The Notre Dame College community mourns the loss of Bill Holmes. Bill was a part-time instructional advisor in the Academic Support Center. Before Bill came to NDC, he worked as a financial executive for Republic Steel Corporation, M.A. Hanna Company and Revco. Bill also operated his own strategic, financial and crisis management consulting practice. In his honor, The William Holmes Business Award will be established. The Academic Support Center will announce the recipient at Recognition Day 2014. The award will be based on student G.P.A. and service. “Grieve not, nor speak of me with tears. But laugh and talk of me, as though I were beside you. I loved you so, ‘twas Heaven here with you.” ~excerpt from the funeral of William Holmes.



ELAINE KENDRA AND SUSAN BRADLEY

Students and Instructional Advisors have enjoyed the new ASC spaces this semester!



## ASC LUNCH BUNCH! SPRING 2014

Join members of the ASC every Thursday at 11:30 am in the Connelly Center for lunch with friends!

Lunch passes are provided for those ASC students who do not have a meal plan.

## CREATING A STUDY SCHEDULE

Here are a few directions!

1. Write out times of the week for: sleeping, eating, personal grooming, set or fixed activities, & study periods.

2. Allow time to study in your schedule:

- Schedules for studying will differ because students differ. The amount of your studying time depends on your general ability and the type of difficulty in your assignments.
- Schedule your studying at the time you work best-not when your energy is at its lowest.
- Have a definite period of time for studying each subject and indicate which subject you are studying for.
- Tackle the difficult subjects when you are the most fresh.
- Vary your types of subjects.

3. Write in your other activities to complete.

- Plan your recreation, exercises, and social activities as carefully as your study hours.
- Reward yourself for keeping to your schedule.

**NOW FOLLOW YOUR SCHEDULE!**



*"Don't let life discourage you; everyone who got where he is had to begin where he was."*

~ Richard L. Evans

## Important Dates to Remember...

### Upcoming Workshops for Spring 2014

**January 21**  
Calculator Workshop  
(Statistics and Finite Math)

**January 30**  
Calculator Workshop  
(Statistics and Finite Math)

**February 11**  
Internship/Co-Op Overview

**March 6**  
Update Your Resume and Cover Letter For Internship/Job Search

**April 10**  
Ace Your Interview!

### Transfer to Action

**January 29**  
**February 5, 12**  
**March 12, 19, 26**

### Events

**March 3-7**  
Spring Break

**March 13**  
Delta Alpha Pi Induction Ceremony

**April 11**  
Recognition Day

**April 17-21**  
Easter Break

**May 8**  
End of semester

**May 10-11**  
Graduation



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4545 College Road, South Euclid, Ohio 44121



**Notre Dame College Academic Support Center**  
4545 College Road  
Cleveland, Ohio 44121  
216.373.5185

**Director**  
Gretchen Walsh, M.S.Ed.

**Assistant Directors**  
Gina Flynn  
Molly Pifer

**Office Manager**  
Kimberly Thomson

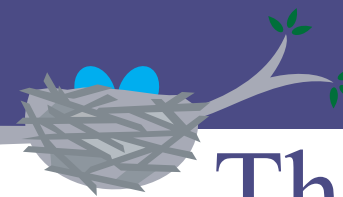
**Services Coordinator**  
Jessica Kaluga

**Administrative Assistant**  
Diana Smith

### Instructional Advisors

Judith Becker  
Ruth Blair  
Susan Bradley  
Brittany Browning  
Sandra Cappotto  
Tracy Celestina  
Dave Curran  
Judy Curran  
Shane Duncan  
Mark Evangelista  
Ro Foley  
Colleen Hanna  
Sally Hirsch  
Marianne Kerr  
Barb Kooser  
Mary Kreaiger  
Sr. Joela Leinberger  
Mary Jo Levand  
Sr. Frances Murray  
TJ Murphy  
Dorothy Power  
Carla Raguz  
Sr. Judith Ann Sabau  
Mike Schultz  
Carol Sisson  
Julie Szejkowski  
Claudia Van Tyne  
Tina Weckslar  
Biao Yuan

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SPRING 2014

# The Nest

Notre Dame College • Academic Support Center

## From the Desk of Gretchen Walsh

Winter break has flown by, and the spring 2014 semester is now under way.

The Academic Support Center has had a wonderful fall in 2013. We have met the challenge grant of \$375,000 through a donation by

an alumna, a parent of an ASC student, and the Miller family. Previously, we had received a \$100,000 donation from the Noetzel family for the expansion to Regina. Due to this combined generosity, construction has started at Regina, and we are now raising money for an ASC

endowment. Our deepest gratitude goes out to our generous donors.



Photo courtesy of Sue Chambers

Fall, 2013 was also a good semester for our students academically. Fifty-six of our students had above a 3.0 GPA, and sixteen students have been invited to join the Delta Alpha Pi Honor Society. Congratulations to all of our high achievers! Also, congratulations to our eleven students, who were

selected by the Workforce Recruitment Program.

In the spring 2014 semester, we have welcomed three transfer students to the ASC/NDC. We have high hopes for a smooth transition for them this semester. Additionally, we are looking forward to an ASC bowling event, a fantastic Career Day, our Delta Alpha Pi Induction Ceremony, and Recognition Day. Please join us for all of these activities!



## What's inside...

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- Creating a Study Schedule

*"What lies behind us and what lies before us are tiny matters compared to what lies within us." ~Henry Stanley Haskins*

**SPRING BREAK IS THE WEEK OF MARCH 3 - MARCH 7.**

Enjoy your week off, but remember all the projects that are due on the Monday you return. Try to plan ahead and schedule your appointments at the ASC before break!

We have created an [ASC Twitter page](#) to tweet about the exciting things happening at NDC, the ASC, higher education and in the LD community. Follow us, @NDC\_ASC! If you are interested in topics like your learning difference, self-advocacy or executive function and want to learn a little more about how all this stuff ties together then subscribe to our twitter feed. You can also check out some of the great organizations, institutions and people we are following.

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



*"The best way to predict the future is to invent it." ~Alan Kay*