

ASC Hosts Cyber Security Protection Lecture

By: Amanda Litz



Glenn Haddox hosted the Cyber Security lecture in the ASC.

On Friday January 17, the ASC hosted a presentation on Internet Security. Director of Cyber Security and Compliance from Southern California Edison, Glenn Haddox talked to ASC students and staff members to discuss ways to avoid cyber terrorism.

Posting personal information on social media sites can be insecure. To keep any information away from individuals who could be of harm, having virus protection software is a way to have internet security.

As a point of interest, individuals should never have one password for multiple accounts. This would help protect information from leaking out (from the electric grid) to prevent cyber terrorists from having access to secure information.

If interested in applying for job opportunities, key information to know is Southern California Edison or provides jobs to over sixteen-thousand individuals to help protect internet security.

After his lecture, Mr. Haddox stayed for a Question and Answer session. This gathering covered ways in which hackers can access personal

information from also using the internet as well as mobile devices; which are two portals for hackers to potentially gather information.

Due to the increase in use of mobile and wireless technologies, individuals use social media and online banking in the cyber world. One point of interest Mr. Haddox mentioned is not to bank from your phone as bank fraud can happen when entering those bank credentials.

Using a phone overseas can potentially be unsafe. Foreign scans can happen without one knowing their information is being hacked. Data exfiltration data loss, social engineering, insider threat and foreign entry scans are four ways where attacks are likely to happen.

"We face nation states, terrorist networks, ...and other cyber actors... (who have) the capabilities to target elements of the US information infrastructure for intelligence collection, intellectual property theft, or disruption," states SCE.

Personal information can be kept safe for confidentiality purposes. Make sure not to have easy ways for hackers to access known accounts.

In the Spotlight ... Dean of Students Karl Rishe



Karl Rishe came to Notre Dame as Dean of Students in August 2013, with a wealth of enthusiasm and experience from his work at Case Western Reserve University, Grand Valley State University of Michigan, and Ashland University. Being a first generation college student provides him a deeper understanding of Notre Dame College which he finds "young, energetic, and filled with potential". In his position as Dean of Students, he oversees the Academic Support Center, the Band,

Campus Ministry, Career Services, Cheerleading, Residence Life and Housing, the Counseling Center, and Student Activities.

While spending the majority of his time with staff members creating systems to help students, his office walk-in policy speaks volumes about his availability and willingness to interact with anyone who has a need. His passion to empower students is framed in an adaptation of the words of John Wooden: "The worst thing you can do for students is something

they can do for themselves."

Karl believes that both the "challenge" and the "support" students experience needs be equal so that they can achieve success; too much of either causes students to regress. He affirms that the Academic Support Center is a crucial way that Notre Dame addresses this two-fold need. Karl also inaugurated the Notre Dame Leadership Workshop, a nine-part series offered each semester, facilitated by Karl, Ted Steiner, and Mandy Means.

Karl earnestly offers our students this no-fail advice: "Go to class, go to class, go to class! The first time you miss, it is hard; the next time, it is easier; however, you end up paying for it one way or another! Read and do what it says in the syllabus! Make meaningful, in-person relationships right here at Notre Dame, not just on Facebook or through playing video games!" Karl's sole objective is that students cross the finish line and graduate—good advice from a marathon runner!

Habitat for Humanity



How did you spend your spring break? Morgan Lux chose to go to Birmingham, Alabama, from March 2-8 to work with Habitat for Humanity. Led by Jackie Wyman from Campus Ministry, 10 students from Notre Dame College met up with others from the University of Florida and Villanova University to help build a house in Birmingham.

Students were on the site by 8:00 A.M. each day to receive directions from Chris Cosby, their site supervisor. For the next 8 hours, the students worked on a number of projects for a house that had been started in January and was 2 weeks away from completion. Morgan was involved with installing the tiling for the kitchen, bath, and laundry rooms along with installing the laminate flooring for the bedrooms. She also worked on the construction of the kitchen cabinets. Her team was responsible for the siding on the house and the window shutters.

Morgan had the opportunity to learn more about the Childress family for whom the college students were building the house. Knowing that the family, a mother and 5 children (ages 6-16) were also responsible for 300 hours of volunteer work on the house added a heart-warming and more personal tone to the project.

When asked why she would give up her spring break to work with Habitat for Humanity, Morgan replied, "It was my last chance to serve before I graduated." As someone who spends a great deal of time at food banks and hunger centers, service certainly seems to be a way of life for Morgan and will, undoubtedly, continue long past her graduation from Notre Dame.

Time/Energy Questionnaire

Directions: Mark each response under the statement that you think is true about you. When done, count the number of makes under each category and place in the appropriate spot. This will indicate to you the time of the day you tend to have the most energy and be most productive.

- MORNING** **TOTAL:** _____
- I like to get up before school to do homework.
 - I can remember things best when I concentrate on them in the morning.
 - I usually go to bed early.
 - I wake up in the morning feeling refreshed.
 - I usually feel tired or sleepy after lunch.
 - I remember things best in the morning before lunch.

- AFTERNOON** **TOTAL:** _____
- It takes me a few hours in the morning before I feel awake.
 - I wish I could sleep all morning.
 - I normally work on my homework right away when I get home.
 - I find it difficult to work on assignments at school.
 - I wish I didn't have to go to school until noon.
 - I remember things best after lunchtime.

- EVENING** **TOTAL:** _____
- I usually hate to go to sleep at night.
 - I stay awake for a long time after I get in bed.
 - I usually start my homework after dinner.
 - I wish I could stay home during the day and go to school at night.
 - I remember things best late at night.

Three signs that you are working at the wrong time:

- 1) Unfocused.
- 2) Lack of motivation.
- 3) Not matter how much you work, you don't get anything done.

Graduate Profile



MICHAEL KAPLAN graduated with a management information systems degree from NDC in 2012. He is currently a Contract Specialist/Contract Administrator for the 633d Contracting Squadron at Langley Air Force Base in Virginia. He also works as an Information Assurance Officer, Emissions Security Monitor, and Unit Software License Manager for the squadron. Mike's job requires him to write, negotiate, and administer various types of contracts that support the day-to-day operations at Langley Air Force Base and the nearby Fort Eustis Army Base.

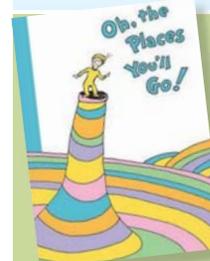
He found out about his job through the Workforce Recruitment Program (WRP). It is a recruitment and referral program that connects federal and private sector employers nationwide with highly motivated college students and recent graduates who are eager to prove their abilities in the workplace through internships or permanent jobs. Each year, trained WRP recruiters from federal agencies conduct interviews with interested candidates on college and university campuses across the country.

Mike believes his major was a good mix between business and information systems and has prepared him well for his career. "While on the surface it might seem like a degree in Management Information Systems would not be helpful to someone in the contracting career field, it has actually been invaluable," said Mike. "Whether it is dealing with customers, writing contracts, or dealing with money, I have always found some skillset that can help me get the job done. And more often than not, that skill was learned or at least honed at NDC and the ASC."

Mike appreciates the assistance he received from the ASC during his time in college. "The ASC will provide the support that students with learning differences need to reach their full potential," said Mike. "The ASC lets students with learning differences compete in college and professionally at the level they would if they had no learning difference. At the same time it teaches students techniques to minimize and manage their learning difference so that even after college they can continue to succeed."



Faculty, staff and students from Notre Dame College spent spring break in the birthplace of Picasso and flamenco dance-Spain-and the world's once-greatest maritime empire-Portugal. One of the ASC's students, Michael Fixler, states "It was amazing to see such beautiful countries, I am thankful for the opportunity."



Oh, the Places You'll Go! By: Dr. Seuss

Today you are you. That is truer than true.
There is no one alive who is **YOUER** than **YOU!**

You will come to a place where the streets are not marked.
Some windows are lighted, but mostly they're darked.
A place you could sprain both your elbow and chin!
Do you dare to stay out? Do you dare to go in?
How much can you lose? How much can you win?

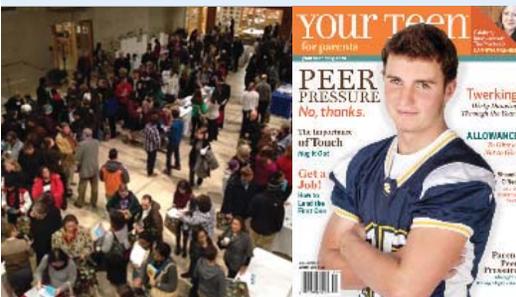
You have brains in your head. You have feet in your shoes.
You can steer yourself in any direction you choose.
You're on your own, and you know what you know.
And you are the guy who'll decide where you go.

CHARACTERISTICS OF AN AUDITORY LEARNER

- Learns through listening
- Learns best through verbal lectures, discussion, talking things through, and listening to what others have to say
- Interprets the underlying meaning of speech through listening to tone of voice, pitch, speed, and other nuances
- Prefers directions given orally
- Seldom takes notes or writes things down
- Prefers lectures to reading assignments
- Often repeats what has just been said
- Talks to self
- Often benefits from reading text aloud and using a tape recorder
- Sits where they can hear but needn't pay attention to what is happening in front
- Hums or talks to himself/herself or others when bored
- Acquires knowledge by reading aloud
- Remembers by verbalizing lessons to themselves (if they don't have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

MAKE YOUR LEARNING STYLE WORK FOR YOU! AUDITORY LEARNERS

- Think aloud and talk to yourself
- Participate in class discussions and debates
- Make speeches and presentations
- Read text out loud-especially when proofreading or when tired
- Create musical jingles and mnemonics to aid memorization
- Use a tape recorder
- Discuss your ideas verbally with a friend or small group
- Use verbal analogies and storytelling to illustrate your point
- Recite information over and over to better memorize material
- Sit near the side or back of the classroom where there is less visual stimulation



Gretchen Walsh spoke of the ASC at this year's "Your Teen Magazine" event at Hathaway Brown School.

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"The journey of a thousand miles begins with one step." ~ Lao Tzu

"Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life."
~ Joel Osteen

Important Dates to Remember...

Recognition Day
April 11

Easter Break
April 17-21

Finals Week
May 5-May 8

End of semester
May 8

Graduation
May 10-11

Upcoming Workshops...

Ace Your Interview!
April 10

Get LinkedIn
April 24



ASC LUNCH BUNCH! SPRING 2014

Join members of the ASC every Thursday at 12:00 pm in the Connely Center for lunch with friends!

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

NotreDameCollege.edu

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SPRING II 2014

The Nest

Notre Dame College • Academic Support Center

From the Desk of Gretchen Walsh

This semester is flying by with a flurry of snow and a flurry of activities. We have had fun at Games Night and have traveled to Solon for bowling. Thanks to our very generous parents, we have raised money for our Thursday Lunch Bunch, which has become a favorite social activity.

Most importantly, we have continued to excel academically. At the Delta Alpha Pi Induction Ceremony, seventeen ASC students were invited to join the prestigious international honor society. Congratulations to: Lauren Aeder, Trevor Armstrong, C.J.

Dowling, Sarah Gilner, JoAnna Haynes, Madison Hooper, Elaine Kendra, Kimberly Krozser, Ryan Lederman, David Petrovic,



Photo Courtesy of Sue Chambers

Talia Piazza, Tylor Rhoads, Sanjana Shah, Sean Slaughter, Brandon Taylor, Anna Wandel, and Joanna Wargo.

Lastly, we held a Career Day to help us transition from

college into the world of work or into graduate school. This year, we were very lucky to have Mayor Welo of South Euclid as our keynote speaker. Additionally, we were able to meet with experts in the fields of marketing, education, criminal justice, and science.

Looking ahead, we are getting ready for Recognition Day, as well as studying for finals. Congratulations to our outstanding senior graduates. We will miss you at the ASC, but we know that you have great opportunities ahead of you.



"In order to succeed, your desire for success should be greater than your fear of failure." ~ Bill Cosby

How to Break Down Large Assignments

Courtesy of The Cleveland Clinic Transfer To Action Program

1. Smash the assignment into its major steps.
2. Sequence and number the major steps in order from one to however many steps there are.
3. Write out the major steps in order.
4. Smash the major steps into everyday actions you can take to complete the major step.
5. Estimate the time (in days) needed to complete each major step, and write this date beside the major step.
6. Add up the number of days you think you will need to complete the assignment. Be sure your total number of days does not take you past your due date.
7. Map out the actual due dates for the major steps by looking at a calendar and counting back from the due date. Add two additional days to allow for breathing room.

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