



MARCH 2017

MARCH 6, 2017

VOLUME 2, ISSUE 12



March was the first month of the year until the Gregorian calendar began to be used in 1752.

The word March is derived from Mars, the Roman god of war, and has nothing to do with its homonym.

People born in the beginning and middle of March are Pisces while those from March 21 onward are Aries, which are ruled by Mars symbolizing energy.

The History of St. Patrick's Day & Why It's Celebrated

St. Patrick's Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. This first celebration of the holiday in the colonies was largely to honor and celebrate the Irish culture that so many colonists had been separated from.

In New York, the first celebration took place as a small gathering at the home of an Irish protestant. St. Patrick's Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway. This began the tradition of a military theme in the parade, as they often feature marching military units. The holiday eventually evolved from the modest religious dinner into the raucous holiday we know today.

This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes, and shepherd's pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes.

St. Patrick's Day Traditions

- Parades – This event is most often associated with the holiday. Cities that hold large parades include Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.
- Drinking – Since many Catholics are Irish-American, some may be required to fast from drinking during Lent. However, they are allowed to break this fast during the St. Patrick's Day celebrations. This is one cause for the day's association with drinking heavily.
- Dying water or beer green – Chicago dyes its river green for the festivities, and many bars serve green-dyed beer. The White House fountain is also dyed green.
- Religious services – Those who celebrate the holiday in a religious context may also hold a feast. Outside of this context, overindulgence tends to revolve around drinking.

Happy St. Patrick's Day!!!

Prep for Midterms

"Recipe for success: Study while others are sleeping; work while others are loafing; prepare while others are playing; and dream while others are wishing."

~ William A. Ward

"There are no secrets to success. It is the result of preparation, hard work learning from failure."

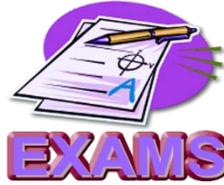
~ General Colin Powell

"Striving for success without hard work is like trying to harvest where you haven't planted."

~ David Bly

"A lot of us would like to move mountains, but few of us are willing to practice on small hills."

~ Anonymous



12 Tips to Ace Mid-Term Exams

1. **Study in Chunks.** Don't cram everything into one night. Study in 20- to 50-minute increments with five-minute breaks between sessions. Try not to peek at your social media during those breaks. Five minutes on Pinterest can quickly become five hours!
2. **Listen to Mozart.** Certain types of music have been shown to activate both the right and left sides of the brain. Listening to classical music while studying can increase the likelihood that you will retain relevant information.
3. **Move Your Study Space.** Rather than sticking to one study spot, switch things up when reviewing for exams. Try spaces indoors (dining table), outdoors (local park or boat marina) or even retail space (think quiet coffee shop like Kahwa).
4. **Drink Cocoa.** The cocoa bean is packed with antioxidants (healthy stuff) and cognitive enhancers (thinking stuff). Best recipe: a spoonful of organic cocoa in a mug of hot milk with a splash of cinnamon. Though it may seem contradictory, coffee is not the best study drink. While it temporarily helps you focus, it ultimately interrupts sleep patterns.
5. **Form a Study Group.** Study group members can hold you accountable when it's hard to get motivated. Divide and conquer the definition of terms and explanations of concepts. Share resources.
6. **Prevent Test Anxiety.** To remain calm and prevent "blinking out" during a test, imagine yourself acing the test in the days and hours leading up to it. If you do have a moment of panic during the test, take deep breaths with long exhales. Focus on what you know, answer those questions first, and keep things in perspective.
7. **Exercise.** Did you know that twenty minutes of cardio each day can help improve your memory?
8. **Manage Your Time.** Make a realistic study schedule, including breaks. Prioritize according to which class requires the most studying for you. Ideally, you should begin prepping for midterms once the calendar turns to December. Do not wait!
9. **Check In with Your Teachers.** Make sure you receive all review materials. Do not miss any review sessions that are offered. Ask for extra help if you discover that you really have not mastered a concept or skill.
10. **Approach Each Class Differently.** Studying for English is not the same as studying for math. Make sure you know how to study for each exam. If you don't, review #5 and #9.
11. **Build on What You Know.** Review what you know first, then add more difficult or recent material as you proceed.
12. **Make It Interesting.** Use mnemonic devices (PEMDAS – order of operations in math), acronyms based on personal experiences, or put a list of information to music to bring test material to life.

If it
doesn't
open...it's
not your
door.

<http://www.azstn.com/the/when/for/uda/100/>

"A birthday is a time to reflect on the year gone by, but to also set your goals for the upcoming year."

Catherine Pulsifer

"I am a huge believer in giving back and helping out in the community and the world. Think globally, act locally I suppose. I believe that the measure of a person's life is the affect they have on others."

Steve Nash

YOU WILL
Never Have
THIS Day again



SO MAKE IT
COUNT



March 1 Brittany French
March 2 Sadae Polk
March 6 Sha'Destiny Blackshire
Kelsey Duskin
March 7 Albert Benner
March 8 Gia-Caroline Weber
March 9 Dylan Ardoin
March 10 Chelsea Love
March 11 Breanna Samuel
March 13 Charles Harris
March 15 Adrianna Smith
Kristen Wiggins

March 16 Kristan Valdez
March 18 Alexis Jackson
March 20 Tabitha Bolding
Joshua Dorsey
March 26 Lanae Wilson
March 28 Jasmine Washington
March 29 Saniah Parker
Zachary Scott
March 31 Ieishlia Lynch

Have you been looking for a service organization to join? If so, Helping Hands is the organization for you! Helping Hands meetings are held at 5:00 p.m. in the President's Room of the Student Union. If you need any additional information regarding Helping Hands, please contact Helping Hands President, Joy Trahan at jtrahano20844@nsula.edu.



Important Dates

Event	Date	Venue
Pie HH E-board Members	Tuesday, March 7 11:00 a.m. - 1:00 p.m.	Kyser Brick Way
Career Development Workshop	Wednesday, March 8 3:30 p.m. - 5:00 p.m.	President's Room in Student Union
Karaoke Night	Wednesday, March 8 5:30 p.m.	President's Room in Student Union
Vision Board Workshop	Thursday, March 9 4:00 p.m.	SSS Lab 243-B Kyser Hall
Mid-term Grades Due to be Entered	Monday, March 13 11:55 p.m.	
Lunch with SSS Advisor	Wednesday, March 15 12:00 p.m. - 1:30 p.m.	Iberville Dining Hall
SSS Movie Night	Thursday, March 16 5:30 p.m.	SSS Lab 243-B Kyser Hall
FAFSA Workshop	Tuesday, March 21 10:00 a.m. - 11:00 a.m.	SSS Lab 243-B Kyser Hall
HH 5 th Annual Talent Show	Wednesday, March 22 6:00 p.m.	Student Union Ballroom
Spring Break	March 27 - April 1	

HAVE YOU COMPLETED THE **FAFSA**?

DON'T WAIT!

PRIORITY DEADLINE IS MAY 1ST.

THE SOONER YOU GET THE FAFSA DONE THE BETTER CHANCES YOU HAVE TO BE SELECTED FOR RANDOMLY SELECTED GRANTS (GO GRANT, SEOG GRANT).



GOT NEWS!

If you've got news you'd like to share with the NSU SSS community, please send it to us at trioss@nsula.edu. A picture may enhance your story, so feel free to include that also. The deadline for all submissions for the next month's issue is always the 20th.

STUDENT SUPPORT SERVICES STAFF

NATCHITOCHEs CAMPUS: 357-5901
 FRANCES WELCH, DIRECTOR
 JAMIE FLANAGAN, ASSISTANT DIRECTOR
 DANIELLE CONDE, ADVISOR & INSTRUCTOR
 TERRI MARSHALL, ADVISOR & INSTRUCTOR
 BECKY STEPHENS, ADMIN COORDINATOR 3

WELCHF@NSULA.EDU
FLANAGAN@NSULA.EDU
CONDED@NSULA.EDU
MARSHALLT@NSULA.EDU
STEPHENSB@NSULA.EDU

SHREVEPORT CAMPUS: 677-3063
 VACANT, COUNSELOR/INSTRUCTOR

STUDENT SUPPORT SERVICES, 243 KYSER HALL, IS A FEDERALLY FUNDED TRIO PROGRAM.