



*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](mailto:jtrahano20844@nsula.edu).*



Mid-terms are slowly approaching. Your SSS advisors are here if you need assistance with preparing for exams. We want to see you succeed so please do not hesitate contacting us if you are struggling in any of your courses. Also, don't forget about our free tutoring services that are provided to make sure all students are successful. If you need to reach your advisor or schedule a tutoring appointment, please call 318-357-5901.



# HAPPY BIRTHDAY

October 1 Eddie Green  
October 3 Meagan Braud  
October 5 Jozlyn Moore  
October 7 Rodnisha Terry  
October 8 Lucki Gil  
October 11 Larionne Clark  
October 12 Samantha Sims  
Tramel Williams  
October 16 Alison Thomas  
October 17 Rebecca Anthony  
Siera Sutton  
October 19 LaTasha Kendrick  
Nia Walker  
October 23 Katherine Benson  
October 24 Cher Wallace  
Taylor Cox  
October 27 Brittany Linzay  
October 29 Darius Ardoin  
Catleen March  
October 30 Za'Chary Clark  
Tiesha Clark

## UPCOMING EVENTS

### Helping Hands

October 12 – Family Feud Game Night in Ballroom @ 5:00 p.m. (Fundraiser)  
**\$5 per team and 3 people per team for Family Feud**



Helping Hands presents  
**FAMILY FEUD GAME NIGHT**  
*sign up your team by 10/5/16*

**Contact Joy Trahan**  
337.258.4845  
awatkins041370@nsula.edu

The poster features a photograph of a Family Feud game show set with a large screen in the center displaying the show's logo. The set is lit with blue and orange lights. Text overlays on the image include '\$5 per team' and '3 people per team'.

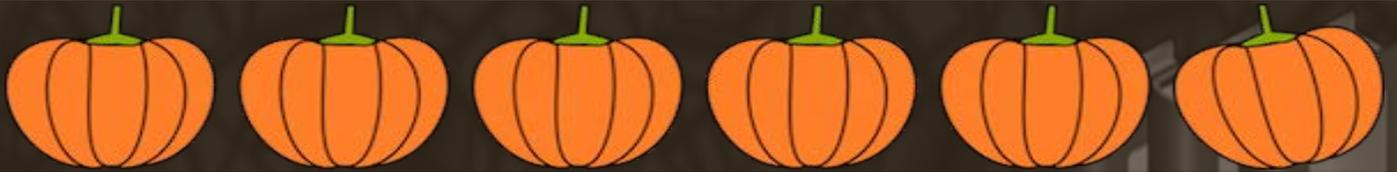
October 17 – 21 – Various Homecoming Activities

### Student Support Services

October 11 – Student Union President's Room SSS Relaxation Session @ 4:00 p.m.

October 19 – Student Union Vic's Lunch with SSS @ 11:30 a.m.

October 26 – Student Union Cane River Room SSS Karaoke Night @ 5:30 p.m.



## Halloween Fun Facts

The word Halloween is an abbreviated version of the phrases All Hallows' Eve or All Hallows' Evening.

Halloween comes from an ancient pagan festival celebrated by Celtic people over 2,000 years ago called Samhain (*prono: SOW ehnh*).

The festival took place in the United Kingdom, Ireland, and northwestern France.

Samhain means "summer's end" and marks the beginning of winter. Samhain is also thought to celebrate the beginning of the Celtic year. The Celts believed that Samhain was a time when the dead could walk among the living.

Trick-or-treating began in areas of the United Kingdom and Ireland. People went house-to-house "souling" - asking for small breads called "soul cakes" in exchange for prayer.

Adults also went door-to-door asking for food and drinks in exchange for a song or dance.

Jack-o'-lanterns are the symbol of Halloween. People in Ireland and Scotland originally used beets or turnips as lanterns on Halloween.

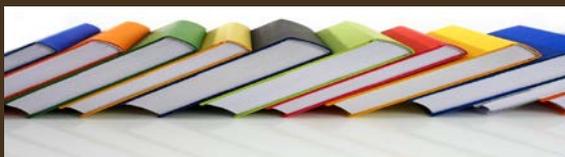
An Irish legend says that jack-o'-lanterns are named for a man called Jack who could not go to heaven or hell and was forced to walk the earth forever with only a coal from hell to light his lantern.

The name jack-o'-lantern can also be derived from the night watchman who would light the street lanterns every evening.

Immigrants from Ireland and Scotland brought Halloween to the United States in the 1800s. Haitian and African immigrants brought voodoo beliefs about black cats, fire, and witchcraft.

## Top 10 Study Tips for College Mid-term

- 1. Skim:** On midterm eve, you may be tempted to open up your chemistry book and read every word of chapters 1-55 (each chapter being approximately 35 pages). Don't! This is a waste of time. Instead, focus on chapter headings, footnotes, the course syllabus (the subjects listed on here are probably the ones the professor deems most important), study questions, and chapter reviews.
- 2. Don't cram:** On this same note, don't wait until the night before your exam to begin studying for it. Instead, begin preparing now! A September 6, 2012 article titled "Prepare Not For College Midterm Exams," posted on SayCampusLife by Matthew C. Keegan offers some great tips on time management so you can get a head start on your upcoming midterms. Setting aside study time, reviewing notes from class, and planning early will help you feel prepared, says Keegan.
- 3. Attend review sessions, study groups:** You may be tempted to skip out on that review session or study group being held by your instructor, but this could be a huge mistake. Most of the time, these study sessions cover the main exam topics, and instructors usually let more than a few exam questions slip during these meetings.
- 4. Enjoy the silence:** If you aren't attending a study session, find a quiet place where you can stay focused and uninterrupted — the library, an empty classroom, the park. Your dorm room may seem like the most obvious place, but have a plan B ready for when the distractions hit (and they will).
- 5. Disconnect:** Snapchat, Facebook, Pinterest, Twitter, and email are all unnecessary distractions, so while studying, disconnect for an hour or so. You may be surprised at how much you can accomplish when technology doesn't get in the way.
- 6. Figure out what will be on the exam:** No, this doesn't require any mind reading abilities, but it does require you to listen and pay close attention to your professor. A 2010 post by Jeremy S. Hyman and Lynn F. Jacobs for the U.S. News & World Report titled "8 Clues to Figuring Out That College Midterm" offers up ideas such as using old exams to study and giving that review sheet another glance.
- 7. Meet with your professor:** Stop by office hours to discuss difficult concepts, ask questions about lecture material, or just to find out what types of topics the midterm will cover. You may be surprised at how much your professor is willing to share.
- 8. Stay healthy:** During midterms, it's easy to overindulge on junk food, up your caffeine intake, and basically suspend all personal hygiene (you won't be interacting with anyone anyway) — never mind the fact that you have no time to make it to the gym. Don't fall into this rut. Instead, schedule time for healthy meals and regular exercise, and don't forget about that shower! You may just find that these breaks help you stay focused.
- 9. Take breaks:** Consequently, a 12-hour marathon study session won't do anything but make you crazy. Instead, take short breaks every hour or so, even if only for 10 minutes. Leave your study area when you do — that bit of fresh air may be just what you needed to clear your head.
- 10. Relaxation, preparation, and time management:** It's finally here! Midterm day! Don't let all of your hard work go to waste. Instead, check out CollegeAtlas' post titled "Test Taking Strategies for College Midterms and Finals" (i.e. using the restroom before the exam begins and not spending too much time on a difficult question) to help ensure that you go into your midterm stress free and ready to ace that exam!



Try to learn something about everything and everything about something.

~Thomas Huxley

## School Hacks

1. After writing a paper, copy and paste it into Google Translate and listen to it find mistakes.
2. Peppermint candy stimulates the brain and helps with concentration.
3. Use [www.wordhippo.com](http://www.wordhippo.com) to find words you cannot think of, but can describe.
4. Writing something out is equivalent to reading it 7 times.
5. Use [www.scholar.google.com](http://www.scholar.google.com) when writing a paper instead of using [www.google.com](http://www.google.com).
6. Use [www.sponsorchange.org](http://www.sponsorchange.org) to pay off student loans by volunteering.
7. Studying hard for 30 to 50 minutes at a time with 10 minutes breaks in between is the most effective way to study.



## **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](mailto: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 20<sup>th</sup>.

### STUDENT SUPPORT SERVICES STAFF

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