

411

AMERICAN SAMOA COMMUNITY COLLEGE DIVISION OF STUDENT SERVICES

October 1-5, 2012

"Connecting Students to What's Happening on Campus"

The task ahead of you is never as great as the power behind you.

-Unknown

S.L.A. CENTER:

(located next to the Cafeteria)

NEED A TUTOR?

Stop by the SLA Center and sign up for one!
Tutorials for ALL subjects are available :)

**Teacher Education Program
Announcements!***(page 6)*

A message from the Library ☺
(page 8)

**Trades & Technology Division and the
World of Electronics!**

**GREAT
OPPORTUNITIES!!!**

**Marine Science Internship open to ALL
students!!**

ASCC Matai Alumni Scholarship

**Penni-Girl Production presents:
"So you think you can Sing 3"**

411 FEATURES:

*STUDENT SERVICES
IMPORTANT ANNOUNCEMENTS
CAMPUS EVENTS/UPDATES
ASCC PRESS RELEASE*

SGA CALENDAR OF ACTIVITIES

August 20	School-Begins
August 22-24	SGA Recruitment-New Members
August 27	Election of New Members
August 30	Meeting with New Members
September 3	"Meet & Greet" with Students: FREE Lunch
September 4	HOLIDAY Labor Day
September 4	New/Continuing Clubs Sign in: Fale Samoa
September 7	Meeting with ASCC President

**Courtesy of Student Services Division
Fall 2012**

September 11	SGA Council Meeting
September 13	Club Campus Clean Up
September 14	SGA Meeting with President
September 18	Council Meeting on Congressional/Gubernatorial Forum
September 20	Club Rally Theme: "Tribute to Troops"
September 24-27	ASCC American Idol Competition
September 27	American Idol Finale
October 2	SGA Clubs: Field Games -Hot Dog Eating Contest -Apple Bobbing Contest
October 4	SGA/Marine Science: Save the Reef "Jingle" Contest: ASCC Gym
October 8	HOLIDAY: Columbus Day
October 9	SGA Council Meeting
October 9-12	Mid-Term Week
October 11	SGA Clubs Workshop "Starting a Business": Lecture Hall
October 16	Congressional Forum: ASCC Gymnasium 12:30-2:00pm
October 18	Gubernatorial Forum: ASCC Gymnasium 12:30-2:00pm
October 23	SGA Council Meeting with Miss ASCC Contestants
October 25	MTV Showdown: ASCC Gymnasium Performance by ASCC American Idol Winner
October 29-30	SPIRIT WEEK
October 31	HALLOWEEN SGA/Clubs Halloween Treats for ASCC Employees & Students
November 2	SGA Meeting with ASCC President
November 5	Miss ASCC Contestant's Photo Shoot
November 6	American Samoa Election Day SGA Council Meeting
November 12	HOLIDAY: Veterans Day
November 13	Miss ASCC Contestant's Platform Presentation Lecture Hall
November 14	Miss ASCC Parade: ASCC Campus Luncheon with Media: ASCC Cafeteria
November 15	Miss ASCC Ava Competition: Fale Samoa
November 16	Miss ASCC Rehearsal: ASCC Gymnasium
November 17	Miss ASCC Pageant: ASCC Gymnasium
November 20	Field Games -Pie Eating Contest -FREE Thanksgiving Lunch
November 22	HOLIDAY: Thanksgiving
November 23-25	SGA Retreat
November 29	SGA Final Activity "Club Battle: Dance Competition"
November 30	Last Day of Instruction
December 3-5	Final Exams
December 3	Student Body Coffee Break
December 4	Club Awards
December 5	Student Body Coffee Break
December 7	SGA Farewell Gathering
December 12	Prospective Graduates Banquet/Awards
December 14	ASCC Fall 2012 Commencement

COUNSELING SERVICES OFFICE

(located in the Cafeteria)

➤ *Personal and Academic Counseling / Career Counseling / YANA*

- Students who have any personal issues such as: peer pressure, family issues, thoughts of suicide, relationship problems, dealing with emotional distress, and just need someone to talk to... please see the Personal Academic Counselor- Alison Hurst or call 252-YANA (9262) or email: yana@amsamo.edu



- Students seeking assistance in resume writing or job coaching are encouraged to visit the Career Counselor- Alison Hurst or email her at a.hurst@amsamo.edu

➤ *Transferability Counselor*

Prospective graduates must come in to see counselors at their offices located in the cafeteria for the following:

- **Fill out an Exit Counseling Survey**

- **Transferring to a 4-year college or university for assistance** with college search, filling out college applications, and retrieving college document checklists

➤ *Diversity & Tutorial Counseling*

*If you have any problems seeing any of the counselors in person, you can contact them via interoffice extension: 362 or email: Matesina m.willis@amsamo.edu , Annie a.panama@amsamo.edu , Alison a.hurst@amsamo.edu

STUDENT LEARNING ASSISTANCE CENTER



Tutorials (FREE)

- Students interested in getting tutored in any subject, please come see us at the Student Learning Assistance (SLA) Center☺

SLA Center Hours: 8:00-3:30

***During finals, we will be open from 8:00am-4:00pm**

- All tutorials are free and appointments are made with Lydian Tinitali {l.tinitali@amsamo.edu}, or any of the available staff members in the SLA Center.

*Please see attached tutorial schedule.

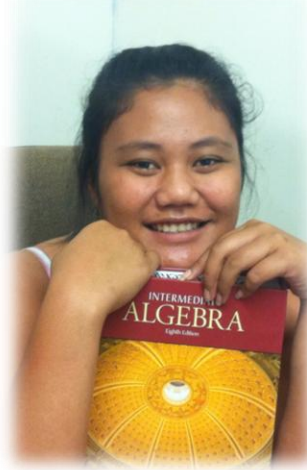
**Courtesy of Student Services Division
Fall 2012**



TUTORS OF THE MONTH

Meto Meredith (Math)

Bambridge Lin (English)



411 Newsletter

Departments, Offices, Students, Clubs etc, who wish to make announcements via the bulletin, please stop by and see Mrs. Deidra Saelua, or simply send info to d.saelua@amsamoa.edu

Student Employment Center (Non-Pell)

Students who are currently enrolled at ASCC but not qualified for the Federal Work Study Program or Pell Grand due to being born outside of American Samoa or the United States are eligible to apply for the Non-Pell Work Study. Applications are available at the Student Employment Center on a "first come-first serve" basis. See Mrs. Fualaa Tago Lancaster at the VA Office (located behind the cafeteria) for more information, or call her at 699-9155 x426.

VETERANS AFFAIRS



VA Coordinator/ Student Employment (Non-Pell)

Public Law 112-56, VOW to Hire Heroes Act of 2012

On November 21, 2011, the President signed Public Law 112-56, the VOW to Hire Heroes Act of 2011. Included in the Law is the Veterans Retraining Program for unemployed veterans. VA and the Department of Labor (DoL) are working together to roll out this new program on **July 1, 2012**.

A brief summary of the new law is outlined below:

- Be between the ages of 35-60
- Be unemployed (as determined by the DoL) with special consideration given to veteran who have been unemployed for more than 26 weeks.
- Have any other than a dishonorable discharge.



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- Not eligible for any other VA educational benefit program (e.g. the Post 9/11 GI Bill, Montgomery GI Bill, and Vocational Rehabilitation & Employment Assistance).
- Not be in receipt of VA compensation due to unemployability.
- Not be enrolled in a federal or state job training program.

This program is limited to 99,000 participants who may receive up to 12 months of payments 2t the full-time Montgomery GI Bill-Active Duty rate (currently \$1,473 per month).

Participants must be enrolled in a VA approved program of education offered by a community college or technical school. The program must lead to an associate degree, non-college degree, or a certification and train the veteran for high demand occupation.

Applications will be submitted through DoL and benefits paid by VA. DoL will provide employment assistance to every veteran who participates, upon completion of their program.

Note: The key is...must be enrolled in a VA approved program of education offered by a Community College or Technical School as stated above. The program begins July 1, 2012.

Please visit the GI Bill website www.gibill.va.gov or GI Bill Facebook page for more details on when, where and how to apply.

For more information contact Mrs. Fualaa Rosie Tago Lancaster @ 699-9155 x426.

Email: f.lancaster@amsamoa.edu, or visit the GI Bill website: www.gibill.va.gov .

The Veteran Affairs/Student Employment Office is located directly behind the cafeteria.

ASCC Press Release

Sunday, September 30, 2012

ASCC Announces Congressional and Gubernatorial Forums

By James Kneubuhl, ASCC Press Officer

The American Samoa Community College will hold a Congressional Forum on Tuesday, October 16th, followed by a Gubernatorial Forum on Thursday, October 18th. Both events will take place between 12:30 and 2 p.m. in the ASCC Gymnasium and are open to the public. The forums are sponsored by the Student Government Association (SGA), who have sent out invitations to all of local candidates for Congress and for Governor, and will follow a format which will include a question and answer period.

Every four years, the forums for Congressional and Gubernatorial candidates have been a regular event at the College for a far back as anyone can recall. These forums give students, the ASCC faculty and staff, and members of the public a chance to familiarize themselves with the candidates and ask them questions pertaining to relevant local issues. As they prepare for the event, several members of the SGA shared their views on the importance of the forums and why students should take the time to attend them.

“For many years, elections have been getting more competitive,” said SGA President and reigning Miss ASCC Pearl Faimafili Sheck. “Young adults sometime tend to place too much emphasis on personal charisma or the intensity of the campaigning, but these forums will be an open window for students to balance what they see and hear with what people tell us about the candidates. It’s an opportunity to question the candidates about their platforms and their plans for our future.”

As SGA President, Miss Sheck has had a busy semester organizing not only the upcoming forums as well as making preparations for the forthcoming Miss ACC Pageant, but she feels a responsibility to encourage ASCC students to attend these important political exchanges. “For many years,” she continued, “our parents as well as government officials have told the young people of American Samoa, ‘Your vote counts. It’s your voice in our government.’ It’s important for ASCC students to attend so that they will be able to make a truly informed decision on Election Day.”

Other SGA members echoed Miss Sheck’s concern that ASCC students take the forums seriously. “They will help the students comprehend the platform of each candidate who says they want to do the

**Courtesy of Student Services Division
Fall 2012**

right for the people of American Samoa,” said SGA Archivist Siulepa B. Uiagalelei. “This will benefit students still struggling with which one to choose, and I know for a fact they want to hear what plans these candidates have to make American Samoa a better place, and to understand why each candidate wants to become our leader.”

To SGA Parliamentarian Legalo Pasitale, becoming better informed and taking direct involvement in the political process is a crucial part of every citizen’s civic duty.

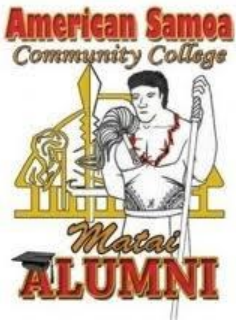
“Forums give people the opportunity to decide for themselves whether those running have what it takes or qualify for the seat,” said Pasitale. “In my opinion, your vote is a way of showing your commitment to the democracy of our country. Voting is a sign that you believe in democracy and that you feel that it is a worthwhile and important thing. Therefore, every time you vote, you’re declaring that you believe in your country.”

“Why are the forums important? Because we care for the future of American Samoa,” said Paul Saulo, whose position within SGA is the Student Representative to the Board of Higher Education. “It’s important that we students have a chance to hear first hand from the candidates, because sometimes our parents or our family try to influence our decision as to who is truly qualified. If American Samoa is going to have a bright and prosperous future, we have to make our votes count.” SGA Secretary Scott Zahnen also emphasized the importance of making informed choices. “Students should be fully aware of the background and eligibility of the candidates so they can choose for themselves who they feel would govern our territory equally and fairly. Also, if they have questions or doubts, the forums will provide students with a chance to voice them.”

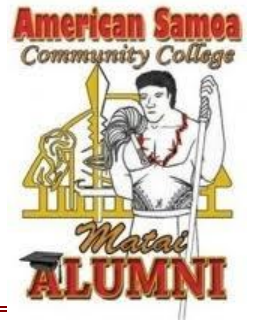
For more information on the Congressional and Gubernatorial Forums, contact the SGA through the main ASCC telephone exchange at 699-9155.



(Pictured here is the SGA at their first official meeting with ASCC President, Dr. Seth Galea’i, along with Dean of Student Services, Dr. Emelia Le’i)



ASCC Matai Alumni Scholarship



Applications are now available!!!
Please stop by the Student Services Office and pick up an application from Matesina Aseta-Willis.

Due Date: October 19, 2012



Announcements from the Teacher Education Program!!

*ALL B.Ed students and Education majors are strongly encouraged to meet with their advisors. PLEASE make it a point to check in with your advisor for advising.

B.Ed. applications are still available at our office (located on upper campus). Students who are interested are encouraged to stop by and pick up applications from there. Students must have either an AA or AS degree to apply. Funding is available for B.Ed. students.

See Dr. Lina Galeai-Scanlan, Director of Teacher Education for more information.

WELCOME TO THE WORLD OF ELECTRONICS!!!

ELECTRONIC TECHNOLOGY IS ALL ABOUT:

COOL GADGETS



HIGH PAYING JOBS



Cou... ion
Fall 2012

ADVENTURE



BOOMING BUSINESS



PROGRAMS in ELECTRONICS:

- Associates of Science in Electronic Technology
- Certificate of Proficiency in Electronics
- Certificate of Proficiency in Electronic with an emphasis in Communication Systems
- Certificate of Proficiency in Electronic with an emphasis in Computer Systems
- Certificate of Proficiency in Electronic with an emphasis in Consumer Electronics

CAREERS in ELECTRONICS:

- FAA Technician (Federal Benefits)
- ASTCA or BLUE SKY (Verizon, AT&T, etc.)
- Army Communication Specialists
- Navy.com-Intelligence, Telecommunication, Radar
- American Samoa Power Authority (ASPA)
- Biomedical Engineering
- Retail Stores (ACE, WALMART, BEST BUY, etc)
- Instructor or Teacher (Voc-Tech currently need one)
- Run your own electronic repair shop

We are living in the 21st Century! Technology is one of the fastest growing fields in the world. As per the United States Bureau of Labor Statistics, job opportunities in the field of technology shall continue to grow at a higher rate than the growth rates of other professions through the year 2014. The average salaries in the field of technology have also been traditionally higher than the average salaries in other occupations most of the times!!

😊 CAREER STUDENTS 😊



Abraham Soli (ASTCA)
Telecommunication Technician



Fineaso Falefata (Self Employed)
Electronic/Computer Technician



Tony Ah Kau (Bluesky)
Information Technology (IT)Tech Support

Future Projects

Remote Control Lighting System
Schools Radio Station
Independent Power System
RC Vehicles (Communications)
L.E.D Sign in Samoan Words (Business)
Robotic Courses
Microprocessor
Fiber-Optic Cabling
Installation of Security Systems
Certifications (locally, comptia, iscet, etc.)
Complete Electronic/Computer Shop

Accountability

Associates of Science Degree
Certificate of Proficiency
Resume builder
Certification
Employment
References

SO WHAT ARE YOU WAITING FOR???

Come on down to the Trades and Technology Department and learn more about this exciting opportunity!! Students who are interested should stop by our office or contact Mr. Taetuli La'ulu @ 699-9155 ext. 457, or email: t.laulu@amsamoa.edu

ASCC's Marine Science Program is Now Accepting Applications for \$ Paid Internships \$

(All students interested in marine science are encouraged to apply, regardless of major)

Department of Commerce

Fagatele Bay
NMS

Sea Grant

ASCC Marine Science

DMWR

NPSA

AS Coastal Management Program

See the marine science coordinator, Kelley Anderson Tagarino, in A-6 for an application, or email K.Anderson@amsamoa.edu

Courtesy of Student Services Division
Fall 2012



Penni-Girl Productions

So You Think You Can Sing 3?

Saturday October 27, 2012

Maliu Mai Beach Resort

Submit your audition clip TODAY to

www.facebook.com/pennigirlproductions

\$500 first prize!

Must be 18 or older to enter

Call 258.6137 for more information

CHRISTIAN CLUB SIGN-UP!!!

If you are interested in joining the "Christian Club" please contact the Club Officers at 731-7329 or 731-5404. You can also stop by Mrs. Fa'alafi-Jones' office for more information! Looking forward to meeting you ☺☺☺

ASCC Library Catalog Online Search

Are you looking for a specific book at the library, but have no idea where to find it? Well, not to worry, our online library catalog search is now available. You can search for the call number on the college website www.amsamoa.edu and click on the "Search Library Catalog" link located on the left hand side of the website. For more information concerning this online service contact us at 699-9155 Ext: 418 or 330.

How to make a Library Card

Stop by at the ASCC Library and make a library card!
Documents needed for a library card are:

1. Valid Local Photo ID or Passport
2. Class schedule
3. Social Security Card

Notice: First time library cards are free of charge, but \$7.00 for a Lost Card.



Are you looking for information about Samoa and the Pacific Islands for your research paper?

The Library Special Collection Room has information that you need!

Hours: 7:30am - 4:00pm (Mon-Fri)

Check it out and find out more about the Samoan Islands, as well as other Pacific Islands!!!

Haven't decided where to continue your education???



University of Pittsburgh, Bradford

The University of Pittsburgh, Bradford is ideal for both domestic and International students. For those students who are "risk takers" and who would like to explore new and better opportunities...or would just like to experience the East Coast, please see Mana'o at the SLA Center or check out their website: <www.upb.pitt.edu> for more information.

REMINDER: ZERO TOLERANCE POLICY

Students! Please know and understand that this policy is very crucial.

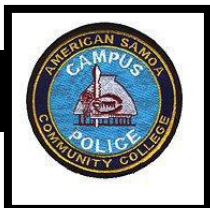
Zero Tolerance Policy

"As with any community educational environment certain policies are established to ensure health and safety of all the students and employees of the institution.

ASCC defines zero tolerance as: *the strict application of consequences regarding violation of ASCC's rules on weapons, explosives, fighting, drugs, and alcohol. If a student is found to have violated any of aforementioned rules, then the consequences shall be applied without exception.*"

If you have any questions regarding this policy, please refer to the ASCC Catalog (hard copy or ASCC Website), or see the Dean of Student Services.

CAMPUS SECURITY INFORMATION



Business Hours

699-9155 x305

After Hours

699-6299

TUTORIAL SCHEDULES FALL 2012

Office Hours & Daily Schedule
Victor Tavita Ualesi
 Science Lab Technician/Assistant

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	
8:00 – 9:00	OFFICE HOURS					
9:00 – 10:00	OFFICE HOURS	BIO 150 LAB Dr. Chang A-17 (9:30 – 12:20)	OFFICE HOURS	OFFICE HOURS	AVAILABLE FOR TUTORIAL	
10:00 – 11:00	OFFICE HOURS		CHM 150 LAB Dr. Dewees A-30 (10:00 – 12:50)	OFFICE HOURS		
11:00 – 12:00	AVAILABLE FOR TUTORIAL		PHSCI 150LAB Dr. Dewees A-45 (2:00 – 4:50)	OFFICE HOURS		OFFICE HOURS
12:00 – 1:00				OFFICE HOURS		OFFICE HOURS
1:00 – 2:00		BIO 150 LAB Dr. Belle A-17 (1:00 – 3:50)		BIO 180 LAB & PHSCI 150LAB Dr. Belle & Dr. Dewees (2:00 – 4:50)		
2:00 – 3:00	AVAILABLE FOR TUTORIAL	PHSCI 150LAB Dr. Dewees A-45 (2:00 – 4:50)	BIO 150 LAB Dr. Belle A-17 (1:00 – 3:50)	BIO 180 LAB & PHSCI 150LAB Dr. Belle & Dr. Dewees (2:00 – 4:50)		
3:00 – 4:00						

MATH TUTORIAL SCHEDULE FALL 2012

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 am	Meto Meredith	Meto Meredith	Meto Meredith	Meto Meredith	Meto Meredith
	Wittenberg Mariner		Wittenberg Mariner		Wittenberg Mariner
9:00-10:00 am	Meto Meredith	Staff	Meto Meredith	Staff	Meto Meredith
	Wittenberg Mariner		Wittenberg Mariner		Wittenberg Mariner
10:00-11:00 am	Meto Meredith	Ulysses Hopkinson	Meto Meredith	Ulysses Hopkinson	Meto Meredith
	Meto Meredith	Iris Hirata	Meto Meredith	Iris Hirata	Meto Meredith
	Wittenberg Mariner	Meto Meredith	Wittenberg Mariner	Meto Meredith	Wittenberg Mariner
		Myranda Parungo		Myranda Parungo	
11:00-12:00 pm		Ulysses Hopkinson		Ulysses Hopkinson	
12:00-1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-2:00 pm	Meto Meredith	Iris Hirata	Meto Meredith	Iris Hirata	Meto Meredith
	Myranda Parungo	Meto Meredith	Myranda Parungo	Meto Meredith	Myranda Parungo
	Ulysses Hopkinson	Myranda Parungo	Ulysses Hopkinson	Myranda Parungo	Ulysses Hopkinson
		Wittenberg Mariner		Wittenberg Mariner	
2:00-3:00 pm	Meto Meredith	Iris Hirata	Meto Meredith	Iris Hirata	Meto Meredith
	Myranda Parungo	Myranda Parungo	Myranda Parungo	Myranda Parungo	Myranda Parungo
	Ulysses Hopkinson		Ulysses Hopkinson		Ulysses Hopkinson
3:00-3:30 pm	Meto Meredith	Iris Hirata	Meto Meredith	Iris Hirata	Meto Meredith
		Myranda Parungo	Ulysses Hopkinson	Myranda Parungo	Ulysses Hopkinson

ALL OTHER SUBJECTS TUTORIAL SCHEDULE FALL 2012

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am – 9:00am	Staff	Staff	Staff	Staff	Staff
9:00am – 10:00am	Staff	Sinaretta Schwenke	Staff	Sinaretta Schwenke	Staff
10:00am – 11:00am	Aneta Afeleti* Barbara Sikoloni** Sinaretta Schwenke***	Barbara Sikoloni Sinaretta Schwenke	Aneta Afeleti Barbara Sikoloni Sinaretta Schwenke	Barbara Sikoloni Sinaretta Schwenke	Aneta Afeleti Barbara Sikoloni Sinaretta Schwenke
11:00am – 12:00pm	Aneta Afeleti Barbara Sikoloni Sinaretta Schwenke	Barbara Sikoloni Sinaretta Schwenke	Aneta Afeleti Barbara Sikoloni Sinaretta Schwenke	Barbara Sikoloni Sinaretta Schwenke	Aneta Afeleti Barbara Sikoloni Sinaretta Schwenke
12:00pm – 1:00pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00pm – 2:00pm	Staff Barbara Sikoloni	Aneta Afeleti Barbara Sikoloni	Staff Barbara Sikoloni	Aneta Afeleti Barbara Sikoloni	Staff Barbara Sikoloni
2:00pm – 3:00pm	Aneta Afeleti Barbara Sikoloni	Staff Barbara Sikoloni	Aneta Afeleti Barbara Sikoloni	Staff Barbara Sikoloni	Aneta Afeleti Barbara Sikoloni
3:00pm - 3:30pm	Staff	Staff	Staff	Staff	Staff

*Samoan Tutor

**Volunteer (Samoan/ELI)

***Business Tutor

**Courtesy of Student Services Division
Fall 2012**

English Tutorial Schedule Fall 2012

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 am	Bambridge Lin	Bambridge Lin	Bambridge Lin	Bambridge Lin	Bambridge Lin
	Tala Ropeti	Angel Tipi	Tala Ropeti	Angel Tipi	Tala Ropeti
	Maria Magalasin		Maria Magalasin		Maria Magalasin
					Angel Tipi
9:00-10:00 am	Bambridge Lin	Angel Tipi	Tala Ropeti	Angel Tipi	Bambridge Lin
	Togilau Galea'i	Togilau Galea'i	Togilau Galea'i	Togilau Galea'i	Tala Ropeti
	Maria Magalasin		Maria Magalasin		Maria Magalasin
					Fuimey Lin
10:00-11:00 am	Angel Tipi	Ella-Monique	Togilau Galea'i	Ella-Monique	Tala Ropeti
	Fuimey Lin	Mary Cheung-Fuk	Fuimey Lin	Mary Cheung-Fuk	Angel Tipi
					Fuimey Lin
11:00-12:00 pm	Senetenari Malele	Bambridge Lin	Ella-Monique	Bambridge Lin	Senetenari Malele
	Mary Cheung-Fuk	Tala Ropeti	Mary Cheung-Fuk	Tala Ropeti	Mary Cheung-Fuk
					Angel Tipi
12:00-1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00-2:00 pm	Lythie Samifua	Lythie Samifua	Lythie Samifua	Lythie Samifua	Senetenari Malele
	Tonya Tuigamala	Senetenari Malele	Tonya Tuigamala	Senetenari Malele	Tonya Tuigamala
					Ella-Monique Misa
2:00-3:00 pm	Tonya Tuigamala	Senetenari Malele	Lythie Samifua	Bambridge Lin	Senetenari Malele
	Lythie Samifua	Tonya Tuigamala	Tonya Tuigamala	Tonya Tuigamala	Tonya Tuigamala
					Tala Ropeti
3:00-3:30 pm	Tonya Tuigamala	Tala Ropeti	Tonya Tuigamala	Tonya Tuigamala	Tala Ropeti

Word of the Day

appersonation (ap-PER-so-nay-shen)

The delusion that one is a famous person

Maryann sometimes remains in character so long, that I think she begins to suffer from appersonation.

FUN FACTS:

Tips for college students: Sleep

1. Sleep makes you smarter

According to a study by Dr. Matthew Walker of the University of California, sleeping or a short nap for as little as an hour helps reset your short-term memory and that in turn would help you learn facts easier and faster when you wake up.

2. Abandon all-nighters

Earlier we have shared a post on Facebook on “what all-nighters can do to your body“. Foregoing sleep by try to learn on the night before the exam reduces your ability to retain information by up to 40%. If possible, add a small time to sleep to keep the hippocampus refreshed and all set for the next session of learning.

3. It doesn't mean what you think

If you know you don't have a choice but to do an all-nighter to complete that assignment you're having, try a “prophylactic nap.” It's a short nap taken in advance of expected sleep deprivation (like an all-nighter) that will help you stay alert for up to ten hours.

4. You can't avoid that down period after lunch by not eating

Human bodies have a tendency to go through a couple of phases of deep tiredness, one between 2 to 4 a.m. and the other between 1 to 3 p.m. Missing lunch definitely won't help this period of diminished alertness. So make sure you have proper food to help you stay focused during these times.

5. Choose the best time

We have already seen that after lunch in the early afternoon your body naturally gets tired. Hence this is the best time to catch up on your sleep, with a nap. So you move through the tiredness phase and come out doubly refresh

The More You Know...

Five more minutes

While at the park one day, a woman sat down next to a man on a bench near a playground. “That’s my son over there,” she said, pointing to a little boy in a red sweater who was gliding down the slide. “He’s a fine looking boy” the man said. “That’s my daughter on the bike in the white dress.”

Then, looking at his watch, he called to his daughter. “What do you say we go, Melissa?” Melissa pleaded, “Just five more minutes, Dad. Please? Just five more minutes.” The man nodded and Melissa continued to ride her bike to her heart’s content. Minutes passed and the father stood and called again to his daughter. “Time to go now?”

Again Melissa pleaded, “Five more minutes, Dad. Just five more minutes.” The man smiled and said, “OK.” “My, you certainly are a patient father,” the woman responded.

The man smiled and then said, “Her older brother Tommy was killed by a drunk driver last year while he was riding his bike near here. I never spent much time with Tommy and now I’d give anything for just five more minutes with him. I’ve vowed not to make the same mistake with Melissa. She thinks she has five more minutes to ride her bike. The truth is, I get Five more minutes to watch her play.”

Moral: *Life is all about making priorities, and family is the one and only priority on top of all others, so spend all the time you can with loved ones.*

Thought for the day:

It's not who you are that holds you back, it's who you think you're not 😊

Courtesy of Student Services Division

Fall 2012

Have a great week 😊

(Reggie Meredith's Art Class-Siapo Project)

Photos courtesy of Jim Kneubuhl

