

Center for New Directions

Fall 2015



Welcome Students!

You have made a great choice in becoming a student at ISU's College of Technology! Going to college can truly be a life changing event. As home life collides with school life, it can sometimes become overwhelming. We at the Center for New Directions (CND) are here to help. Come to the CND to address any personal barrier. Our mission is to help you complete your program and obtain employment. Come to walk-in at 3pm Monday through Friday in the Roy F. Christensen Building, Room 372. All counseling services are provided by Licensed Professional Counselors (LPC.) Evening appointments are available. Services are **FREE** and **CONFIDENTIAL**.

LASSI is not just the name of an helpful and resourceful dog! It is also the name of an online assessment called the Learning and Study Strategies Inventory which will help you to identify what your strengths are as a student and also areas that you might want to improve in order to become a more successful student.

The Center for New Directions (CND) is offering the LASSI inventory to all incoming students as well as enrolled College of Technology students at no charge. After you have taken the LASSI, you will meet with a CND counselor to go over the results and to talk about options that are available to help you improve your learning and study strategies. If you are interested in taking the LASSI call the Center for New Directions (282-2454) to get more information.

To help you build your learning and study skills, CND will be providing LASSI workshops repeatedly throughout the fall semester. Your LASSI results will tell you which of these workshops would be beneficial for you to attend. Please note the workshop topics below. The workshops are scheduled at a variety of



times throughout the semester to accommodate varying schedules. You'll see posters on the College of Technology bulletin boards showing what the monthly LASSI workshop offers are. All classes are free of charge and will be held on the 3rd floor of the RFC building.

If you are a current College of Technology student and want to attend the workshops without taking the LASSI that it is an option too. For instance, if you already know that you are having difficulties with test taking, then feel free to attend the Test Taking Workshop.

Attend one workshop. Or attend them all. Whatever is best for you! We look forward to seeing you there. The workshops for the month of September are as follows:

LASSI Learning And Study Strategies Inventory 2nd Edition

August 31- September 11 – 1:00 p.m. Room 377

August 31- Anxiety
September 1- Concentration
September 2- Motivation
September 3- Attitude
September 7- Labor Day no class
September 8- Time Management
September 9- Test Taking Strategies
September 10- Study Skills

September 14-25 3:00 p.m. Room 380

September 14- Anxiety
September 15- Concentration
September 16- Motivation
September 17- Attitude
September 21- Information Processing
September 22- Time Management
September 23- Test Taking Strategies
September 24- Study Skills

Idaho State
UNIVERSITY
College of Technology

Center for New Directions
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Nontraditional Occupation and Single Parent Scholarships

Financial stress is often cited as the number one reason why students withdraw from college. As the cost of college and student debt both continue to rise and affect students' ability to stay in college and complete their educational goals, the Center for New Directions (CND) is doing its' part!

The CND scholarship process has been simplified and the rewards are greater. Students apply in the summer and can receive up to \$2000 for the academic year. The scholarships were made possible by the CND Perkins and State of Idaho Equity Grants.

Scholarship students are required to attend CND Networking Lunch Groups and receive valuable opportunities to assist with CND service projects, providing an opportunity to give back.

Thanks to all the students that applied. Scholarship applications for 2016-2017 will be available in spring, 2016.

Congratulations 2015-2016 Scholarship Recipients.

- James Bailey (BT)
- Kristie Bell (ITS)
- Joel Cruz (PTA)
- Michael Davenport (PTA)
- Elise Dubert (CET)
- Monique Gallegos (ESTEC)
- Kali Katseanes (AUTM)
- Kristina Murray (ESTEC)
- Violetta Razo (DESL)
- Paige Reiley (DESL)
- Abigail Rhoads (ACRR)
- Richard Wanstrom (PNUR)
- Brandy Werre (ESTEC)
- Elizabeth Toler (BT)
- Tasia Takara (RCET)
- Savannah Platt (WELD)



FREE FOOD & PRIZES!

Nontraditional Occupation and Single Parent Student Networking Lunch Group Changes:

Recognizing the demands upon College of Technology students' time and to make lunches more accessible and helpful, the networking lunch groups will be offered three times during the semester, providing food, information, and interactive activities at each:

- Welcoming Pizza Social at the beginning of each semester which will include pizza, door prizes (another Kindle, anyone?), and the chance to meet fellow students. The first social is on Tuesday, September 1, 12-1pm, Rm. 163 in the Tech Café. Come join us!
- Midterm Relief Breaks with refreshments provided by and in our own fabulous Tech Café. In Fall 2015 come "Float through the semester" on Tuesday, October 20, 3-4pm with Root Beer Floats, and in Spring 2016 "Don't Split On Us Now" with Banana Splits on Tuesday, March 15, 3-4pm!
- Etiquette/Interviewing (Fall) and Annual Nontraditional/Single Parent Student Recognition (Spring), are special luncheons, catered by Chartwells, at the end of each semester. Watch your email for details!

Energy
and
persistence
conquer
all
things.
~Benjamin
Franklin

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