



Student Success Center

Services designed to help you succeed!

- On Site Tutoring Services (Appointment or Walk In)
- Campus Wide Tutor Referral Services
- College Skills Workshops
- Academic Advising (Appointment or Walk In)
- Computers available for class work
- General Information/Referral
- Information Technology Support
- Student Advocacy
- Training & Technical Support For WebAdvisor, and Student Email



The main lab provides 25 private computer workstations available for student use with 8 additional workstations that accommodate a study partner, tutor or faculty advisor.

A presentation lab containing 24 workstations is used by faculty and staff to conduct group learning activities and presentations that incorporate software programs.

Meeting rooms are available upon request. An Adaptive Lab is equipped with specialized programs including adaptive software for students with disabilities.

The Student Success Center staff is here to help you succeed!

Professional Staff: **Support Staff:**

Kathy Muller
Director

Myrna Rivera-Sablak
Coordinator of Services

Lynn McDonald
Academic Counselor

Dolly Oppen

Marie Gacek

Blanca Colon

Jeanny Chalas

Leila Haddad

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“STCC to the Basics”

COLLEGE SKILLS WORKSHOPS

Ask your professor to invite the Student Success Center to present a “Workshop to go” in your classroom on one of the helpful topics listed here!!

The formula for college success is not a mystery...its a process! Let us demystify the process for you!!

TIME MANAGEMENT


168! That is how many hours we have each week. Why do some people accomplish so much more than others? Learn how to manage your schedule to have more time available for what is most important to you.



SETTING ACADEMIC AND CAREER GOALS

What is really important? Learn to set goals based on your value system to make your own life as meaningful and effective as possible.

WHO'S AFRAID OF MATH ANXIETY?

 Do ratios make your palms sweat? Do quadratic equations give you palpitations? You may be among the many who suffer from math anxiety. Learn how to conquer your fear so that you can learn this essential academic and life skill!

STRESS MANAGEMENT

Did you know that STRESSED spelled backwards is DESSERTS? Chocolate is one way to deal with stress. Learn how to get and stay organized so as to be more effective in reaching your goals.




NOTETAKING

Do you try to write every word that the instructor says? When you read over your notes...do they make any sense? Learn how to take notes in a way that is meaningful and effective for you.

LEARNING STYLES

Are you a visual or auditory learner? Or do you prefer “hands-on”? Learn how to identify your learning style(s) and to plan your studies to best accommodate your own strengths.

READING SKILLS

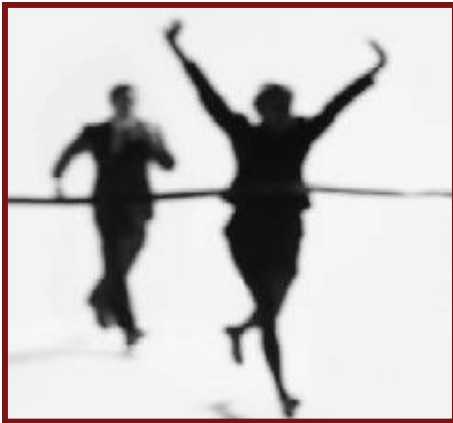
 Do your eyes move over an entire paragraph or page...but you have no idea what you just read? Learn pre and post reading strategies to get the most out of the time you spend reading your text books.

WRITING SKILLS

Writer's Block? And you haven't written a single word? Learn how to organize yourself so that the writing process is painless. Learn how to improve your writing skills in a few simple steps.

TEST ANXIETY

Do you freeze during tests? Do you know the material but cannot get it across on the exam? Learn how to conquer test anxiety and use strategies to be more effective in test taking.



*It is as you reach
YOUR
academic goals
that we reach
our goals".*

Kathy Muller—
Director of the Student
Success Center.

A Few Words from the Director

provide the nourishment.

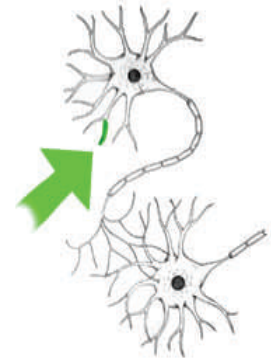
We actually have branch-like tentacles on our brain cells called dendrites. (See picture on right.)

When we truly “attend” class—note that attendance and attention are from the same root word—we focus on the materials being presented, and we participate... we are nourishing our dendrites. We cause them to grow! We learn!

When we take notes that are meaningful to us, whether it be using words, diagrams or whatever works best for our learning style...we are nourishing our dendrites. We cause them to grow! We learn!

When we read the text book, when we review our notes, when we compare the text and our notes, and when we do our homework... we are nourishing our dendrites. We cause them to grow! We learn!

Every time we methodically expose ourselves to the material, we stimulate our senses and we cause our dendrites to grow and flourish.



We learn best when we are curiously trying to figure something out, so when we take responsibility for our own learning, researching those gaps in our notes or our understanding...we do indeed learn.

With this theory in mind, note that you can not learn something until you attach it to something you already know! Just as a leaf will not grow spontaneously in thin air, but must attach itself to a stem that has roots, so is our learning of new material connected with something we already know.

You can now see why “cramming” doesn’t work.

I can pretty much guarantee that if you go to class, focus on the material, take meaningful notes, review your notes regularly, read your text and do your homework...your dendrites will grow. And, you will learn.

And as a result, you will get good enough grades.

I challenge you to test my theory! And I wish you every success! And I am confident that you will find it.

Let me know if I can help you in your goals in anyway!

What is success? I believe that it is living a life consistent with your own value system, and living it to your fullest potential.

Being successful for many people includes the attainment of a college education. Statistics clearly show the financial and employment benefits of college, but success goes beyond that. Its about finding work that is meaningful and that “makes a difference”.

College can be a challenge, however. Many of us do not come from families who went to college and are not familiar with the whole “college culture”. Some of us have been out of school for awhile and are a little “rusty” in our skills. And some of us did not quite gain all of the skills we needed in high school to be really *ready* for the academic rigors of college.

Take heart! There is no magic formula for success in college. It is a process... a steady, careful process of learning.

It is not just about tests and grades and credentials. Sometimes we get so focused on these things that we forget we are here to learn the skills we need to

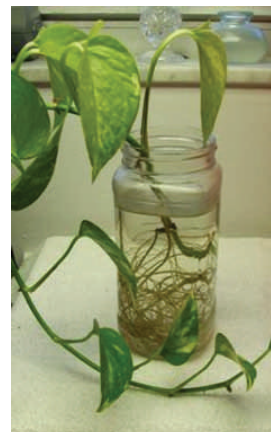
meet our goals and to make our mark.

How *DO* we learn? What is this process? I want to challenge a popular way of viewing “learning” because I think it sets us up to fail.



We often think of learning like the picture above... like trying to cram so many jelly beans in to a jar. Each jelly bean represents one “bit” of knowledge or information and the jar is our brain. Doesn’t it feel this way sometimes? And doesn’t it sometimes feel like we can’t fit another thing in there?

Think instead about learning like the plant in the picture to the right. As the plant is nourished with water, light, and oxygen, the roots and leaves grow thick and strong. It doesn’t happen overnight, and you can’t force it. But you must





Springfield Technical
Community College

Student Success Center

Hours of Operation:

Monday – Thursday

8 a.m. – 7 p.m.

Friday

8 a.m. – 4 p.m.

Building 27

413-755-4715

Student Success Center@stcc.edu

Student Success Center Mission Statement



The Springfield Technical Community College Student Success Center is designed with the student's success in mind. We will seek to provide each individual the chance to overcome obstacles and to be successful in accomplishing their individual goals.

The Student Success Center staff is committed to:

- Treating all students with respect, patience, and caring;
- Listening carefully;
- Being resourceful in providing options, advice, and tools.

“Let us know how we can help you!”

Student Success Center Tutoring Services

Struggling with class???

Need to catch up???

Keep up???

WHO can help???



WE CAN!!!

The caring staff of the
Student Success Center

is ready to help you contact a tutor
who can help...no matter

WHAT subject.

Call 755-4715

Tutoring services available by
appointment or “walk in” in the

Student Success Center

Math—Writing

Most subjects

1pm – 6 pm

Monday - Thursday

Doug Roosa

Thursday

2:00 – 5:00pm

Pre Algebra Algebra 1 Algebra 2 College Math Pre-Calculus Calculus Physics

Marvin Sinzore

Monday

8:30a – 10:00a (SSS)

12:00p – 1:00p (SSS)

Wednesday

8:30a – 10:00a (SSS)

11:30a – 1:00p (SSS)

Pre Algebra Algebra 1 Algebra 2 Chemistry Physics

Sue Dion

Tuesday

9a – 12:30p (SSS) 1:30–4:00pm

Wednesday

9a – 12:00p (SSS) 1:00–4:00pm (SSS)

Thursday

9a – 12:30p (SSS) 1:30–4:00pm

Pre Algebra Algebra 1 Algebra 2 College Math Writing

Chris Clough-Segall

Wednesday

11:00a – 1:00p

Friday

11:00a – 1:00p

Pre Algebra Algebra 1 Algebra 2 Pre-Calculus Calculus Stats Tech Math

Matt Scott

Tuesday

2:00p – 5:00p

Wednesday

2:00p – 5:00p

Pre Algebra Algebra 1 Algebra 2 Chemistry Tech Math Writing