



A biweekly newsletter for student resources brought to you  
by The Division of Student & Enrollment Services

#9

## Counselors Corner

### Pushing Past Your Plateau

We promise ourselves we'll change our lifestyles for better health. We start diets, launch exercise programs or try to quit smoking. And then we stall. We hit a plateau, putting us at risk of losing precious gains or quitting altogether.

A healthy lifestyle change is just that – change. "A lot of people believe that change is easy, but we are fundamentally conservative creatures, and we don't change until we have to," says Michael J. Mahoney, Ph.D., an American Psychological Association spokesman and professor at the University of North Texas. "It doesn't take much to throw us off course because we are such creatures of routine."

So sticking with a new routine is tough. Dr. Mahoney suggests you focus on being consistent, especially in the first six weeks of a change. That way, you build new patterns of behavior. Once that happens, odds are you'll "begin to speak to yourself about the change in a more positive tone, instead of a negative one."

### Make a pledge

Pledging to reward yourself if you meet your goals can be a great tool for getting past plateaus. The reward that awaits you can serve as a symbol of what you're trying to do and give you something to look forward to. "The symbol could be anything," notes Dr. Mahoney. It could be a piece of jewelry or a new golf club, for instance. Once you earn it, you can set your sights on a new reward for the next step.

When you're trying to get past a plateau, he recommends you focus each day on your behavior, your effort, rather than on your goal – the amount of weight you'd like to lose, for instance.

One crucial skill you'll need is patience. This, more than anything, will help get you past plateaus.

"Most people don't see a traffic jam as an opportunity to practice patience," Dr. Mahoney says. But the skills that help you put up with a stalled interstate "will help you realize and understand that plateaus are a natural part of life and they're going to occur, so if you learn patience you'll get over plateaus."

"Progress," he notes, "is not always linear. If we understand this going in, it helps us be more patient with the plateaus, so that we can get past them and keep going."

### Six steps to progress

Are you stuck on a plateau? Here are six tips for pushing onward from Michael Mercer, Ph.D., coauthor of the book *Spontaneous Optimism: Proven Strategies for Health, Prosperity and Happiness* :

1. Define your aim clearly. "It's impossible to hit your target if you don't know exactly what you're aiming at," says Dr. Mercer, who gives about 50 speeches a year to executives and other audiences.
2. Don't let laziness creep in. "Sure, it's easier not to do something," he says. Instead, stay focused on your path. If you promised yourself you'd exercise at 6 a.m., don't hit the snooze button when the alarm goes off. Remind yourself firmly about your goals and get moving.
3. When you don't want to exercise or you want to quit your diet, take three seconds to picture how you want to look or feel at the end of your program. A lot of people begin such programs because they want to look attractive to others, while others are interested in improving their health.
4. Use a time-limit approach to your program. "Give yourself, say, 12 weeks to accomplish a goal within your program," he says. When you reach that goal, set a new one and give yourself another 12 weeks. "This enables you to track your progress and helps you to define your target. Use the scale, measuring tape or other device to measure your progress in the time period and to help you set new goals. The best cure for putting things off is a deadline."
5. Give yourself rewards for reaching your daily, weekly and monthly goals. "For instance, tell yourself you'll go to a movie you've been wanting to see if you get your exercise in that day," he says.
6. Think about committing to a self-punishment if you fail. "I worked with a group that had to write a check to charity and put it in my hands. If they didn't reach the goal, which was well within their limits, I was to mail the check by a particular date," Dr. Mercer says. "Every one of them reached the goal."

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## Registration Resources

SSC has moved to a Virtual Classroom model through Fall 2020 Semester with some exceptions. However, the College continues to provide a high level of instruction and support services. Apply now and register today! Email [registration&records@ssc.edu](mailto:registration&records@ssc.edu) for assistance.

## Fall Academic Calendar

<b>September 7</b>	Labor Day – Main Campus Closed, No Classes, OFC Campus Open, No SSC Classes
<b>September 14</b>	First meeting of day & evening 12 week credit classes
<b>September 28</b>	Last day to withdraw from 1 <sup>st</sup> 8 week credit classes
<b>October 10</b>	End of 1 <sup>st</sup> 8 week credit classes
<b>October 12</b>	Columbus Day – Main Campus Closed, No Classes, OFC Campus Open, No SSC Classes
<b>October 13</b>	First meeting of 2 <sup>nd</sup> 8 week credit classes
<b>November 3</b>	Election Day – College Closed, No Classes, Both Campuses
<b>November 13</b>	Veterans' Day Observed – Main Campus Closed, No Classes, OFC Campus Open, No SSC Classes
<b>November 23</b>	Last day to withdraw for 2 <sup>nd</sup> 8, 12 week & 16 week college credit classes
<b>Nov. 26-28</b>	Thanksgiving Recess – College Closed, No Classes, Both Campuses
<b>December 5</b>	Last meeting of day & evening college credit classes
<b>Dec. 7-12</b>	Finals Week
<b>Dec. 22 - Jan. 2</b>	College Closed

## MTH 091/093 Study Group

### At the Study Group you can:

- Get help with your homework from Rebecca Arnold, AAC Student Specialist and adjunct faculty member.
- Ask the questions you didn't get to ask in class.
- Study with your classmates and prepare for upcoming exams.
- Have your homework checked.

## Meeting Times – Starts 9/1/20

**Tuesdays and Thursdays 1:30pm – 3:30pm**

Study group will be conducted over Zoom. [Click here to join the Academic Assistance Center Zoom](#) or go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting ID. Contact Rebecca Arnold at [RArnold@ssc.edu](mailto:RArnold@ssc.edu) for more details.

Additional tutoring is available outside the study group times! Email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) for more info.



**This is Success.**

## MTH 095/100 Study Group

### At the Study Group you can:

- Get help with your homework from Roger Desouza, AAC Student Specialist and Hermine Carating, PBI Project Success tutor.
- Ask the questions you didn't get to ask in class.
- Study with your classmates and prepare for upcoming exams.
- Have your homework checked.

## Meeting Times

**Wednesdays and Thursdays 5:00pm – 7:00pm**

**Fridays 11:00am – 1:00pm**

Study group will be conducted over Zoom. [Click here to join the Academic Assistance Center Zoom](#) or go to [zoom.us/join](https://zoom.us/join) and enter 962 0996 2139 for the meeting ID. Contact William Radtke at [WRadtke@ssc.edu](mailto:WRadtke@ssc.edu) or at (708) 596-2000 ext. 2649 for more details.



**This is Success.**

## Fall 2020 Academic Survival Skills Sessions:

### Working With Fractions

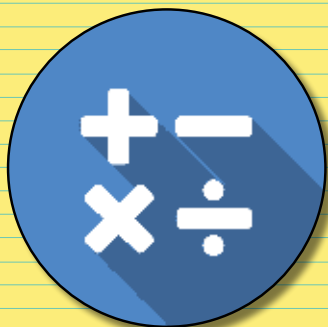
*"Learn the ins and outs of working with fractions!"*

Wednesday Sept. 2nd 2:00pm - 3:00pm

Presented by AAC Student Specialist Rebecca Arnold.

Session will be held online through Zoom.

Please email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) or call (708) 596-2000 ext. 2397 if you are interested in attending.



Presented by the Academic Assistance Center.

## Student Debt Relief Fund

SSC Student Debt Relief Fund resources are allocated to students who have been impacted by the COVID-19 pandemic. Funds are distributed on a case-by-case basis until exhausted. Students are eligible for additional financial resources to address outstanding tuition/fee balances under the following conditions.

- Debt is the result of tuition/fees incurred at SSC during the pandemic (no earlier than Spring 2020).
- Student demonstrates financial hardship (ineligible for financial aid, unemployment, impacted household, reduced work hours, etc.).
- Student signs a Debt Relief Agreement.
- Student enrolls and successfully (C or better) completes at least 6 credit hours for the semester that funds are allocated.
- Student agrees to check-in with a counselor at least 3xs per semester.
- Student signs-up for a payment plan for current tuition/fee charges.

Click the link to apply and start the process!

[Student Debt Relief Fund](#)



**Free Online Tutoring Services Available!**

## Fall 2020 Hours:

**Monday through Thursday**

8:00am – 8:00pm

**Friday**

8:00am-2:00pm

Scan this QR code to enter the Academic Assistance Center Zoom or go to [zoom.us/join](https://zoom.us/join) and enter Meeting ID: 962 0996 2139!



Email [AcademicAssistanceCenter@ssc.edu](mailto:AcademicAssistanceCenter@ssc.edu) or call ext. 2397 to schedule an appointment.

**"We're here to help you succeed!"**



**This is Success.**

## Testing Center

Students have access to remote testing for Math (ALEKS), Reading (Accuplacer) and English/Writing (Moodle). Please email [TestingCenterQuestions@ssc.edu](mailto:TestingCenterQuestions@ssc.edu) to set up appointments.

## SSDO

For classroom accommodations contact the Services for Students with Disabilities Office (SSDO) at [DisabilityServices@ssc.edu](mailto:DisabilityServices@ssc.edu). Staff are available via email 8am-5pm, Monday-Friday.

## Note Takers Needed!

Qualified individuals must have a GPA of 2.0 or better. Students must be available to work a minimum of 2 to 3 hours.

Any interested candidates can visit the Career Development Office in Rm. 2250 to complete an application or they may visit SSDO (Services for Students with Disabilities Office) in Rm. 2268.

# Transfer Talks



NATIONAL  
LOUIS  
UNIVERSITY

<b>When &amp; Where</b>	<b>Thursday Sep 3, 10, &amp; 17, 2020 1:00PM &amp; 2:00PM</b>
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**Schedule an appointment** <https://calendly.com/nluafigueroa-8-/30min>

South Suburban College and National Louis University expand their current partnership assuring the seamless transition to the senior institution and supporting the educational opportunities for students interested in pursuing the baccalaureate degree programs in the following areas:

1. A.A.S. Corrections Officer to the Bachelor of Arts in Criminal Justice
2. A.A.S. Criminal Justice Systems to the Bachelor of Arts in Criminal Justice

National Louis University's Bachelor of Arts in **Criminal Justice** prepares students to work in fields addressing the effects of criminality on individuals, communities and society. The bachelor's degree in criminal justice equips graduates to serve in law enforcement, courts or corrections systems, or to work in related private industries.

Attend our virtual information session and look forward to:

- Connecting with experts in the field to learn about program highlights and outcomes
- Gaining insights on how your degree will position you in today's job market
- Learning how NLU flexible courses can fit seamlessly into your schedule



**Anna M Figueroa / National Louis University**

## NLU One-on-One Appointments

- Schedule a One-on-One Appointment with NLU Enrollment Specialist Anna M. Figueroa; [afigueroa@nl.edu](mailto:afigueroa@nl.edu). This is an opportunity to learn more about National Louis University highly accredited programs, connect with experts in the field to learn about program highlights, and have an unofficial evaluation completed. Admission Requirements, Transfer Courses, Tuition, and Scholarships will be covered.

## National Louis University Virtual Information Sessions

- Saturday, August 29 - 10:00 a.m. "How to Become a Teacher"
- Monday, August 31 - 6:00 p.m. B.A. in Communications
- Thursdays, Sep. 3, 10, & 17- 2:00 p.m. B.A. in Criminal Justice (CJ)

RSVP to join! Email Anna Figueroa at [afigueroa@nl.edu](mailto:afigueroa@nl.edu) and/or call (312) 261-3089 \*Phone and/or internet are required. Login information will be forwarded upon RSVP with instructions to join the meeting.

## Technology Relief Fund

SSC Technology Relief Fund resources are allocated to students who have been impacted by the COVID-19 pandemic and need additional resources to engage in remote learning. Resources are designated on a case-by-case basis through the Division of Student and Enrollment Services at South Suburban College. Resources allocated under this funding include laptops, digital text books, course fees, course software, internet access and other resources necessary to successfully complete courses in a virtual learning environment.

### Eligibility:

1. Preference will be given to new students, recent high school graduates, and students that have been out of school for more than 1 semester. All student are welcome to apply.
2. Recipients must demonstrate a financial need which can include, but is not limited to unemployment, financial aid, TANIF or other support programs.
3. Must be enrolled in at least 6 credit hours for the Fall 2020 semester.

Click the link to apply and start the process!

**[Technology Relief Fund](#)**





Another year, another chance to help students transferring from South Suburban College of Cook County.

It's time for another academic year to get underway. And while there's more uncertainty than any year in recent memory, one thing is certain—we at Illinois State will continue to work to create a seamless transfer experience for students.

As the fall approaches, here are a few highlights of Illinois State's continuing support for transfer students:

- Illinois State was once again recognized on the 2020 Phi Theta Kappa Honor Roll, making us one of just 12 schools in the nation to earn that honor every year since the award's inception
- Transferology and our Illinois Community College Articulation Guides have been updated, making it easy to see how classes from South Suburban College of Cook County will transfer to Illinois State.

**Student Life/Leadership** does a student check-in/chat each Thursday at 1:00 pm. Please email [Studentlife@ssc.edu](mailto:Studentlife@ssc.edu) to get instructions on entering the meeting.

**Need a loaner laptop?** Enrolled SSC students can complete and submit a request form at <https://www.ssc.edu/services/student-services/loaner-laptop-request-form>. For questions contact [StudentLife@ssc.edu](mailto:StudentLife@ssc.edu).



**The EBSCO Mobile app provides library users with an easy way to access their library's EBSCOhost and EBSCO Discovery Service resources.** It is available for Apple and Android devices from the iTunes App store and Google Play Store.

Your device must be running:

- Apple Devices: iOS 11+
- Android Devices: Android 5+

Use your SSC Username and Password to login to the app.

[https://connect.ebsco.com/s/article/EBSCO-App-Quick-Start-Guide?language=en\\_US](https://connect.ebsco.com/s/article/EBSCO-App-Quick-Start-Guide?language=en_US)

## MTH 126/211 Study Group

At the Study Group you can:

- Get help with your homework from Rebecca Arnold, AAC Student Specialist and adjunct faculty member.
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## Student Assistance Program (SAP)

The Student Assistance Program at South Suburban College provides a voluntary, confidential resource to assist you with issues affecting your studies, work and personal life. It can assist you in understanding and dealing with stress related issues, family concerns, abusive relationships, self-esteem, single parenthood, anxiety and depression. In addition, the Program offers counseling and/or referral for substance abuse, pregnancy, AIDS and eating disorders.

Visit <https://www.ssc.edu/services/student-services/student-assistance-program/> for more information.

# Student Virtual Resource Fair



The division of Student & Enrollment Services and SSC faculty will present information to current SSC students about college resources to support their success in and out of the virtual classroom. *Participation prizes will be offered.*

**Date & Time:** Wednesday, September 9, 2020 - 10:00am and 4:00pm

**Place:** Zoom Links:

10:00am <https://zoom.us/j/97888276597>

4:00pm <https://zoom.us/j/95421510088>



## This is Success.

