

# Lumberjack Link

A weekly newsletter for the newest members of the Lumberjack family

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SFA 101

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## What's *your* Learning Style?

You have probably noticed that for some people to learn something, they just have to read the book or teacher's notes once in order to understand and remember the information. Others, though, could read a paragraph silently eight times without learning anything; but if they are given a chance to read the words aloud and discuss the concepts with others, they will never forget it. Why is it that some people need to see things, while others need to hear them and some need to experience them in order to learn the information? The answer is simply learning styles. Learning styles are just different approaches or ways of learning. These different approaches to learning are more than just personal preference; these learning styles are part of who you are!

Though most people learn through a combination of the four primary styles (auditory, visual, reading/writing, and kinesthetic), everyone has a preferred style that works best for them.

### 4 Primary Learning Styles:

- Visual (learn by seeing)
  - Verbal/Auditory (learn by hearing)
  - Reading/Writing (learn by processing text)
  - Kinesthetic or Practical (learn by doing)
- \* Those who have more than one strong learning style are considered multi-modal learners

To discover your personal learning style visit the AARC's online resource page at <http://libweb.sfasu.edu/proser/aarc> and you will find links to various online self-assessments. It is important to understand your own learning style so that you can cater to your own distinct learning needs; it is also very important to understand the learning styles of others when teaching or working with them. Identifying the learning style of yourself and others will help you maximize your strengths and minimize weaknesses. **Study smarter, not harder!**

## Top 10 Things to Do in Nacogdoches

1. Get a group of friends together for Frisbee golf at Pecan Park.
2. Hike or bike the 2.5 mile naturally scenic Lanana Creek Trail. Originally an Indian footpath, the trail begins at Liberty Hall on East Main Street in downtown Nacogdoches.
3. Enjoy a free movie at Friday night Flicks sponsored by the Student Activities Association. For dates, times, and a listing of movies to be shown, visit: <http://www.sfasu.edu/studentactivities/>
4. Catch some sun by the campus recreation pool.
5. Give back to the community! For a listing of service opportunities: <http://www.sfasu.edu/studentlife/volunteer.asp>
6. Go to Lake Nacogdoches for picnicking, fishing, and boating.
7. While it's still warm, take a few friends to visit Camp Tonkawa Springs to camp and swim. For more info visit <http://www.camptonkawa.com>
8. Attend Lumberjack and Ladyjack Sporting Events.
9. Meet friends for dinner at a variety of local restaurants.
10. Have some fun staying fit! There are various facilities on campus (like the REC Center!) and in the community to play tennis, golf, miniature golf, volleyball, or go bowling.

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## Drop/Add Policy

If you have already determined that it is not in your best interest to take a course for which you are currently enrolled, or if you would like to add an additional course, you need to be aware of SFA's Drop/Add Policy.

1. Use the registration procedure outlined in the schedule of classes. Schedule changes, including dropping or adding classes, are completed the same way as registration. Classes may be added through the 4th class day in Fall/Spring semesters. Classes may be dropped until the 12th class day in Fall/Spring semesters. Beginning with the 13th class day all drops must be processed in Room 201 of the Rusk building. See calendar below for actual drop dates.

2. **CAUTION:** If you received Financial Aid, you should consult the Financial Aid office **before** dropping courses. Dropping courses may result in part of your funds being returned to the Title IV programs or possibly losing all of your aid. Dropping courses may also affect your Satisfactory Academic Progress standing; especially if you are currently on academic probation. Satisfactory Progress maintains that you must complete a percentage of your classes each term to retain financial aid for the future.

3. Tuition and Fee adjustments for schedule changes will be added to your registration bill. If you execute a schedule change after you have paid your bill, you must view your account at <http://mysfa.sfasu.edu> to see how much you owe. Payment should also be made at that time. Please contact the Business Office at 936-468-6960 should you have any questions concerning your bill.

### **Thursday, September 3rd** (4th Class Day)

- Last day to change schedules other than to drop courses
- Last day to register (both full-time and part-time students)

### **Wednesday, September 16th** (Twelfth class day)

- Last day to drop classes without having to visit the Rusk Building

### **Wednesday, October 28th**

- Last day to drop courses (must visit Rusk 201)
- Last day to withdraw from the University without WP/WF.

## Top 10 Things you should know about Steen Library

1. The library's collections consist of more than 1,500,000 volumes in various formats.
2. The library is named for Ralph W. Steen, SFA's third president, serving from 1958 until 1976. During his tenure, SFA enjoyed its greatest growth, advancing from a college to a university status. Dr. Steen was a historian, the author of numerous books, and a renowned public speaker.
3. During regular hours, the library is open Monday-Thursday until 1 a.m. and until 6:00 pm on Fridays. During finals, they are open 24 hours a day.
4. The library has 5 librarians on staff for whenever you need help. The Librarians at Steen Library are available via the iNFOdesk next to the entrance of the library, by phone (936) 468-iNFO, email ([askalib@sfasu.edu](mailto:askalib@sfasu.edu)), and through the web (<http://libweb.sfasu.edu>). Any time you need help, just ask!
5. The Library is home to the Library Information & Networking Center (LINC) which provides more than 130 public, networked computers that provide you access to a variety of research and applications for your academic use.
6. You can always stop by the Information Desk which has answers to all of your information needs. Whether you need computer assistance, or tips on library research, the Info Desk has the answers. Check out <http://www.sfasu.edu/libweb/info>, or visit us in the library.
7. If the library does not have the book you need, you have access to books owned by other libraries through ILLiad (Interlibrary Loan Internet Accessible Database), an automated system used to request materials through Interlibrary Loan (ILL) or Library Delivery Services. Visit <http://illiad.sfasu.edu/illiad/logon.html> for more information.
8. When looking through the library catalog, you might notice that certain books have NPL (Nacogdoches Public Library) as their designated location. This is because you actually have access to not one, but TWO libraries, as your library card for Steen Library also gives you access to the Nacogdoches Public Library.
9. If you need to meet with a group to study for a class or work on a class project, there are ten study rooms each on the third and fourth floors of the Library. The rooms are available on a first-come, first-served basis. Additional group study space is available directly in front of the elevators on the third and fourth floors.
10. The library is home to the Academic Assistance and Resource Center (AARC), your one stop shop for improving your academic performance. For more information on the AARC, turn to the next page!



The mission of the Academic Assistance and Resource Center (AARC) is to improve the academic performance of the individual student at Stephen F. Austin State University. Through the personal attention of peer tutors and Program Directors, we engage students in a collaborative, learner-centered environment focused on developing the scholarship of clients and the leadership of tutors. The AARC is a **FREE** service to all SFA students. Academic assistance through the AARC is offered in four different ways: Supplemental Instruction, the Humanities/Science/Business Program, Writing Assistance, and the Math/Physics Program

The **Supplemental Instruction (SI) Program** offers study groups for historically difficult courses like chemistry, biology, mathematics, accounting, and more. Students learn how to learn, therefore acquiring study skills that might be applied to a variety of future courses. SI Leaders (study group leaders) are students who made an A in the course, are selected by both the professor of the course and the SI Program Director, and have received extensive pre-semester training. The SI Professor meets regularly with the SI Leader and offers guidance in the planning of the SI sessions.

The **Humanities/Science/Business Program** provides one-on-one and small group tutoring for certain freshman level courses in Accounting, Biology, Chemistry, Economics, Finance, French, Geology, History, Music Theory, Physics, Political Science, Psychology, Sociology, and Spanish. Content Study tutors help fellow students identify and clarify key concepts, organize and remember information, develop effective note-taking and problem-solving strategies, integrate text and lecture notes, develop effective strategies for course assignments, and prepare or review for exams. The tutor-client relationship is seen as a partnership, with the ultimate goal of enabling clients to become self-sufficient and successful in current and future studies.

The **AARC Writing Program** is available to all SFA students who want or need help with writing assignments (for all SFA courses), essay exam strategies, TASP preparation, ESL tutoring, information on performing research or documenting resources, help evaluating web resources, or grammar and mechanics assistance. Writing tutors can consult with you during any phase of your writing by assisting with idea generation, drafting, revision, or any other writing concerns. To make an appointment with a writing tutor, simply register online or go to a walk-in table for immediate assistance.

The **AARC Math/Physics Program** is designed to assist students in overcoming difficulties with mathematics and physics. At the beginning of each semester, instructors in the Department of Mathematics and Statistics are notified of AARC Math/Physics Program registration dates and notify math students of the opportunity to receive assistance through the program. Additionally, registration information is always available from the AARC staff. There is a high demand for math and physics tutors so students who need assistance

in a course should sign up for tutoring at the first opportunity. Students who make such appointments receive one hour of scheduled help each week. Because of the limited number of math and physics tutors, those who are not able to get a tutor initially should sign the waiting list as there may be openings later in the semester.

The assistance provided through the Academic Assistance and Resource Center can benefit you in many different ways. Over time, AARC clients have been shown to have higher GPAs, retention rates, and graduation rates than non-clients. Freshman who take advantage of the center during their first semester have the opportunity to connect with successful upperclassmen who can teach you not only course concepts, but also share effective studying tips for a broad range of classes, provide general advice for surviving and thriving in college, give you the occasional “reality check” on what is required to do well, offer encouragement, and maybe even become long term friends.

Because all of the tutors at the AARC are SFA students, once you have settled in here at SFA and have proven that you can succeed academically, the center also provides an excellent opportunity to hone your skills in academics and interpersonal communication through tutoring the courses you love. As a tutor, you would have the opportunity to maintain close contact with teaching faculty. Relationships with faculty members can pay off tremendously in the long-term because these are the people who can serve as mentors, act as references, and even write letters of recommendation for graduate or professional school.

There is also an on-line services offered by the AARC known as OWL (on-line writing lab). It can be accessed via the AARC homepage. A student can get help on a paper from his home by chatting in real time and/or submitting part of his paper for review.

Online registration for AARC (Academic Assistance and Resource Center) tutoring is now open. If you anticipate needing a tutor, visit <http://libweb.sfasu.edu/proser/aarc/> or call 468-4108 for more info.

#### **AARC Fall & Spring Hours:**

Monday-Thursday: 8:00 am-9:00 pm  
Friday: 8:00 am-5:00 pm

#### **Math and Writing Walk-in Table Hours:**

Monday-Thursday:  
1:00 pm-8:00 pm  
Sunday:  
4:00 pm-8:00 pm

#### **AARC**

Location: 1st Floor of Steen Library  
Phone: (936)-468-4108  
Address: PO Box 13055, SFA Station  
Nacogdoches, Texas 75962  
Online: [www.sfasu.edu/libweb/aarc/](http://www.sfasu.edu/libweb/aarc/)  
E-mail: [mmeads@sfasu.edu](mailto:mmeads@sfasu.edu)

# Finding a Place to Study

While it is only the second week of classes, it is important to begin establishing good study habits right away. Part of maximizing your study time is finding a place to study that works for you. When choosing a study place, make sure that it is some place that can be reserved for studying alone, so that when you go there, your body and brain can automatically be ready for the task at hand. For example, the bed in your room is not a good place to study because your body knows that is where you sleep. Undoubtedly, if you try to study in bed, you will awake 3 hours later with drool on your textbook and highlighter smudged across your face. Below are some questions to ask yourself when choosing a study place. If you can answer “Yes” to all of the questions, then you have a winner.

## 1. Is my Study Place available to me whenever I need it?

Your Study Place does you little good if you cannot use it when you need it. If you are using a Study Place that you must share with others for any reason, work out a schedule so that you know when you can use it.

## 2. Is my Study Place free from interruptions?

Do whatever you need to do to insure that you don't lose focus--hang a DO NOT DISTURB sign on the door, turn off your cell phone, and log off instant messenger.

## 3. Is my Study Place free from distractions?

Research shows that most students study best in a quiet environment, but if you find that music helps, choose something mellow and keep the volume low.

## 4. Does my Study Place contain all the study materials I need?

Make sure everything that you need is within an arm's reach such as textbooks or other reference sources and supplies (pens, pencils, highlighters, paper, ruler, calculator, etc.). If you must use a computer for your schoolwork, it should be available in your study place, but keep the monitor turned off until needed.

## 5. Does my Study Place contain a large enough desk or table?

Make sure the surface is large enough to hold everything you need, and allows enough room for writing. Avoid clutter.

## 6. Does my Study Place have a comfortable chair?

A chair that is not comfortable can cause discomfort or pain that will interfere with your studying. A chair that is too comfortable might make you sleepy. Select a chair in which you can sit for long periods while maintaining your attention.

## 7. Does my Study Place have enough light?

Make sure you have enough light so that you can see clearly without any strain or discomfort.

## 8. Does my Study Place have a comfortable temperature?

Select a temperature at which your mind and body function best. Too warm=sleepy; Too cold=thinking may slow down or become unclear.

## Upcoming Calendar:

### ◆ Monday, September 14th

- Couple Connections (SAA)

### ◆ Saturday, September 26

- SFA Lumberjack Football vs. North Dakota, 6:00 p.m., Homer Bryce Stadium
- Parents' Day!

### ◆ Feel like watching a new movie or concert?

- Check out what Student Activities is providing this week at <http://www.sfasu.edu/studentactivities/>.



### \*\*\*Advice of the Week\*\*\*

Find the *best* study techniques for YOU. What works for your best friend may not work for you. Perfect those techniques and use them to excel!

- Marcy Roe, Grad. Student

## Disability Services

Disability Services is committed to providing equal opportunities in higher education to academically qualified students with disabilities who demonstrate a reasonable expectation of college success.

A person with a disability refers to “any person who (1) has a physical or mental impairment which substantially limits one or more major life activities, (2) has a record of such an impairment, or (3) is regarded as having such an impairment.” Disabilities may include but not be limited to the following: visual impairment; cerebral palsy; hearing impairment; seizure disorder; attention deficit disorder; orthopedic impairment; specific learning disability; cancer; diabetes; psychiatric disability, etc. This is not an all-inclusive list. Diagnosis and severity, along with other specific information, should be documented according to guidelines available from Disability Services.

Provision of reasonable accommodations at Stephen F. Austin State University involves shared responsibility between the student with the disability and the University. Disabled students attending this University will be integrated as completely as possible into the University community. Students with disabilities at Stephen F. Austin State University have access to tools and resources that will assist them in managing the day-to-day activities of college life.

The procedure for requesting accommodations is available on the Disability Services website at: <http://www.sfasu.edu/disabilityservices>. Students who need additional information or assistance are encouraged to call Disability Services at (936) 468-3004 (voice) or (936) 468-1004 (TDD) or visit the office located in Human Services, room 325 on the SFA campus.