Welcome Students!

Inspirational Poems

And even though it's hard
And I may struggle through it all,
You may see me struggle…
But you will NEVER see me fall.
-Joyce Alcantara

Education isn't just about school, classes, and grades
It is about knowledge that with time, doesn't fade
The true essence of studying lies in being passionate,
It's about a zealous urge to be in charge of one's own fate.
-Unknown
Resilience 101

What is resilience?
Resilience is the ability to adjust to circumstances and keep going in the face of adversity, whether it's a minor hassle or a major life event. Resilience also helps us take on challenges, form stronger relationships, and embrace new experiences. A lack of resilience can lead to anxiety, poor self-care, depression, and risky behaviors, such as substance abuse.

What makes a person resilient?
A variety of factors are associated with resilience, including healthy relationships, good self-care, and an optimistic outlook. Resilient people use this skill set to respond to problems more effectively and balance life's demands. They're confident in their ability to handle any situation, better able to cope with stress, and more likely to achieve their goals.

Do resilient people experience less adversity?
No. Resilient people experience difficult situations and unpleasant emotions, but they're able to cope more effectively and bounce back faster. We can't always control events, but we can control our response to them.

Can anyone be resilient?
Yes. Resilience is an essential skill for everyone to learn and develop. We can all become more resilient, regardless of our upbringing or current circumstances.

How can I become more resilient?
As with any skill, strengthening your resilience takes time and effort, but with practice, you can respond to adversity more effectively. The following tips will help you become more resilient:

- **Manage stress**
  Identify your sources of stress and how they affect you. Once you understand how your behavior changes in response to stress, you can modify unhealthy or unproductive reactions and develop coping strategies for your vulnerable areas.

- **Examine your thoughts**
  Negative or inaccurate thoughts about ourselves, others, or the future can produce unhelpful emotions and behaviors. Increase your awareness of how you interpret events so you can challenge and alter counterproductive thoughts and develop a more adaptive thinking style.

- **Build a support network**
  Positive social connections provide assistance, guidance, and comfort during difficult times. Strengthen your relationships with family, friends, and trusted others to form a support network. The quality of these relationships is more important than the quantity.

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Signs of IDENTITY THEFT:
Stay vigilant!!

Identity scammers use the power of technology to steal information and money from you. Key data cyber criminals want include your:
- Birthdate
- Social Security number
- Driver's license number
- Credit card numbers
- Bank account numbers
- Insurance policy numbers

But you can fight back using some basic habits. One is to never share this information with any person or company you don't trust completely or that doesn't absolutely need it.

If you write down or store your sensitive data, make sure that it's digitally secure or kept in a locked filing cabinet. Also, make a habit to shred paper mail before throwing it away so dumpster-diving thieves can't get your personal information.

Never visit your financial accounts or work with any confidential documents while you're connected to a public, unsecured Wi-Fi connection, such as in a coffee shop or airport.

Take care of yourself
Pay attention to how you take care of your physical, mental, and emotional health, including your attitude toward yourself. Whether it’s avoiding health hazards, managing your time better, or simply being kind to yourself, find ways to enhance your self-care in each area of health. No one area is more important than another; strive for balance.

Pursue your goals
Setting goals provides us with purpose and direction. Pursue goals that are meaningful to you. When your goals, and therefore your behaviors, align with your strengths and values, you’re more likely to succeed.
Money Matters banksite.com

Are you using your money wisely?

**Plan:** set goals for getting, spending, sharing, and saving money. Find out the cost of things you need or want, and figure out how to get the most and/or best product or service for the least amount of money.

**Organizing:** Know what your income and expenses are by keeping good records, tracking and protecting your money with a checking account, and making the most of the money you save with savings accounts or other investments.

**Control:** Keep track of your expenses, and know when goals are met or not met.

If goals are not met, know why. Do you need to change the way you spend money?

**Rate your satisfaction:** How do you feel about the way you spend your money?

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Important Fall Semester Dates:

Classes Begin **August 27, 2018**

Last Day to Add/Drop Full Semester Classes **August 31, 2018**

Tuition Due Date **August 31, 2018**

No Classes (Labor Day) **September 3, 2018**

Drop for Non-Payment **September 4, 2018**

Last Day for Total Withdrawal with Partial Refund **September 24, 2018**

Payment plan fee assessed to accounts with a balance not enrolled in an official Nelnet payment plan **October 3, 2018**

Pre-Registration Advising Week/Registration open for Veterans **October 15 – 17, 2018**

Spring semester registration begins (30 or more completed credits) **October 22, 2018**

Spring semester registration begins (less than 30 credits completed) **October 24, 2018**

No Classes (Fall Break) **October 18-19, 2018**

Late fee assessed to accounts not paid in full **November 1, 2018**

No Classes (Veteran’s Day) **November 12, 2018**

Last day for course withdrawal from full semester courses **November 28, 2018**

No Classes (Thanksgiving Break) **November 22 – 23, 2018**

Open Registration for Spring **November 22, 2018**

Bookstore Vouchers Open for Spring **December 10, 2018**

Semester Ends **December 21, 2018**

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Welcome, Michaela, TRIO’s new Administrative Specialist!

Michaela comes to us from Burnsville, MN where she has grown up in the suburbs with her mother. She is an Upward Bound Alumni and a former Upward Bound Tutor at Burnsville High School. She recently graduated from Dakota County Technical College, Spring 2019 with her Accounting Clerk Diploma. She aspires to do the best she can and is ready to help make a difference in the lives of our students.

Please welcome Michaela to the TRIO team!
### Accounting/General Tutoring | Center for Student Success (Room 2-101)

**Who:** Michele Kleeberger | michelle.kleeberger@dctc.edu  
**When:**  
- Monday: 9:00 a.m. – 3:00 p.m.  
- Tuesday: 9:00 a.m. – 3:00 p.m.  
- Wednesday: 9:00 a.m. – 3:00 p.m.  
- Thursday: 9:00 a.m. – 3:00 p.m.  
**How:** By Appointment only. Visit the Center for Student Success or contact Michele Kleeberger.

![Michele Kleeberger](image)

### English/Reading/Writing | Center for Student Success (Room 2-101)

**Who:** Justin Jones | justin.jones@dctc.edu  
**When:** Monday – Friday: 9:00 a.m. – 4:00 p.m.  
**How:** By appointment only. Visit the Center for Student Success or contact Justin Jones.

![Justin Jones](image)

### Math | Center for Student Success (Room 2-101)

**Who:** Becky Egg & Erin Marthey | becky.egg@dctc.edu, erin.marthey@dctc.edu  
**When:**  
- Mondays: 9:00 a.m. – 12:00 p.m. and 3:00 p.m. – 5:00 p.m.  
- Tuesdays: 12:00 p.m. – 4:00 p.m.  
- Wednesday: 3:00 p.m. – 6:00 p.m.  
- Thursdays: 12:00 p.m. – 4:00 p.m.  
- Fridays: 9:00 a.m. – 12:00 p.m.  
**How:** No appointment necessary. Visit the Center for Student Success or email the tutors.

![Becky Egg](image)

### Science | Science Lab (Room 1-305)

**Who:** Kate McMenomy | kate.mcmenny@dctc.edu  
**When:**  
- Monday: 8:00 a.m. – 3:00 p.m.  
- Tuesday: 8:00 a.m. – 3:00 p.m.  
- Wednesday: 8:00 a.m. – 4:00 p.m.  
- Thursday: 9:00 a.m. – 4:00 p.m.  
- Friday: 9:00 a.m. – 3:00 p.m.  
**How:** By appointment only. Visit the Science Lab or contact Kate McMenomy.

![Kate McMenomy](image)

### TRIO/Student Support Services (SSS) Tutoring

**Who:** Jan Lorenzen | janet.lorenzen@dctc.edu  
**When:** Monday - Thursday: 9:00 a.m. – 12:00 p.m. and 1:00 p.m. – 4:00 p.m.  
**How:** TRIO/SSS students by appointment only. Visit the Center for Student Success or contact Jan Lorenzen.  

![Jan Lorenzen](image)

**Note:** Trio students are encouraged to use Lynda.com through the DCTC library system.

### Tutor.com | Online Tutoring

**24/7 ONLINE TUTORING FOR DCTC STUDENTS VIA YOUR D2L PORTAL!**

Free online, on-demand tutoring, through Tutor.com. Tutors are always available for a variety of subjects, even late at night when your instructor may not be.