

## STUDENT SUCCESS CENTER NEWSLETTER - NOV. 2023



### Meet Zach Stancea

#### Anatomy & Physiology Tutor

Since I started my career in tutoring, I have held to one important principle: we learn for life, not just in school. This may seem extremely obvious, but this statement can transform every career that exists! As a consultant, it is my responsibility to help students learn the fundamentals of their course; however, it would be a disservice to the students if I did not take the time to assess their understanding and its applications to the real world. For tutors and teachers, the greatest honor is the ability to inspire a student who becomes entranced by learning. As a new consultant at Lanier Tech, I hope to encourage and empower students to become lifelong learners!



### STUDENT HIGHLIGHT

Tutors at the Student Success Center (SSC) are excited about the new SSC logo, the product of the creativity of Design and Media Production Technology (DMPT) student Megan Bridwell. We wanted to learn more about Megan, her logo design, and her program, so we asked her a few questions:

#### How did you produce the design for the logo?

The logo's creation started with a summer project in the DMPT course in identity design, and the point of this assignment was to give our class personal experience working with clients. The intended purpose was to design department logos for the program directors, but I ended up contacting the personnel of the Student Success Center instead. Working closely with Director of Academic Success Susan Baker, together we created what the logo is today. Beforehand, the logo was an image of hands shaking, but Ms. Baker and I agreed that this was not the best representation of the SSC. So, the logo's new concept as a shining lightbulb came from the common idea of having an epiphany or coming to an understanding that the student body receives from tutoring.

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## Advice for Managing Stress During Midterms/Finals

Valerie Bauknight

Adjunct Instructor and Psychology Tutor

- **Get Adequate Sleep:** You should be aiming for at least 7-8 hours of sleep. Anything less than 7 hours has been strongly associated with decline in cognitive functions like working memory, long term memory, and attention. Missing out on sleep will affect your performance when studying as well as when the time comes for the exam. Sleeping has also been shown to alleviate stress, while lack of sleep can often lead to higher cortisol levels (aka more stress).
- **Eat Well and Get Moving:** Eating a balanced diet and exercising regularly have both been shown to relieve stress, boost cognitive performance, and reduce anxiety/depression. Making sure to eat breakfast before a big exam or taking a walk when feeling stressed during a study session can do wonders for your mental health.
- **Identify Why You Feel Stressed:** Stress is often a sign that something has triggered your fight-or-flight response. Try to figure out why you may be feeling stressed and what you can do to alleviate it. Feeling unprepared for an exam? Set aside more study time through the week so that you can feel more prepared for that exam. Confused about what to study? Try meeting with your instructor or a tutor to help get a clearer direction. Studying too long and feeling overwhelmed? Take breaks to give your mind a rest and come back to the information fresh. Make a solid plan and don't save things for the last minute to avoid potentially stressful situations!
- **Self-Care:** Take care of yourself in order to be able to perform your best! Take breaks from studying; do things you enjoy even when an exam is looming. When studying starts to feel overwhelming, it's important to take breaks and regroup. Even just taking 15 minutes to walk around outside, take a nap, browse on social media, get a snack, or play with your pet will work wonders. Breaks and self-care will help you feel reenergized to tackle the challenges that await you.



## Meet Valerie Bauknight

*Adjunct Instructor & Psychology Tutor*

Valerie Bauknight is an adjunct instructor and psychology tutor at Lanier Tech. She recently graduated with her bachelor's degree in psychology and is currently working on applying to psychology graduate programs. When not working, she likes to have fun with some of her many hobbies. Valerie enjoys trying new restaurants with her friends, taking her dog on walks, crocheting, shopping, cooking, video games, theatre, and tons of other things! She has been working in the field of tutoring and student success for about 6 years now and loves every minute of it. She is very passionate about teaching psychology and helping students reach their fullest potential. She hopes to see you all sometime in the Student Success Center!

VISIT OUR WEBSITE FOR INFO ON HOW TO SIGN UP FOR A TUTORING SESSION-IN PERSON OR ONLINE



## Student Highlight

Continued from page 1

The logo indeed came to life due to Ms. Baker, the amazing tutoring staff at the SSC, and the guidance of the Design and Media Production Program.

### **Tell readers a little bit about yourself.**

I wanted to be able to do a job that worked with my creativity and my hands, so when I found myself in a print shop, it was like a pilot going onto a plane for the first time. The owner was looking for workers, so I jumped at the chance, and from then on, I knew that this was what I wanted to do. The shop consisted of two plotter printers, a vinyl cutter, and an office printer, along with a large garage in the back, and that is where it started. The work was hard, but I was happy whether I was unloading heavy rolls of vinyl or helping with backlog work. Working up to laying out vehicle graphics, I remember it was always cool to be in town and see our advertisements driving around. Eventually, I was manning the shop while the owner was out and doing solo installations. Thanks to the apprenticeship, I even got to go a sign expo called the ISA, and it was amazing! There was every kind of printer; I was like a kid in a candy shop. My love for this work was only growing more each year; however, I had to move on from working there and focus on making a future for myself.

### **Why did you choose LTC and your major?**

Once I moved and had to stop working at the shop, I knew I wanted to continue this line of work, so I planned to pursue a college education hoping to reach those higher careers. When looking for a program in this line of work, it was easy to find the Design and Media Production Program at the Forsyth Campus. For me, a technical college was always a better choice because the curriculum is based on real workforce experience rather than academic prowess. I am in my second year now. Since then, I have been welcomed by all the students, staff, and instructors here, and I have found quite a home at LTC. I plan to finish my major with the highest grades possible and become a proud Lanier Tech alumnus.

### **What do you like about your major, and what sorts of things do Design and Media Production Technology majors learn in classes?**

I love my major! Since I have started, I have made friends with my classmates and created works that would have made me crazy in the past. I am surprised at how much I have improved; my experience in creating digital media has skyrocketed from the moment I started. The course lesson plans are built off assignments, exams, and projects where students create layouts for any kind of advertisement like billboards, magazines, or posters. Anything printing-related is done in the print lab, which can also be used as a quiet workplace. The assignments require lots of work on the computer, but to work freely on a top-of-the-line MAC Workstation makes it worth it. The photography courses are also super inspirational to take just as an elective. That was where I worked with brand-new camera equipment, making professional-grade images in the classroom. The courses are in person, so it is all very interactive, and students get to critique works and receive critiques, which all improve their skills in the workforce. One of the assignments is the entire reason I redesigned the logo for the SSC and got the chance to talk about it. Overall, the program and its instructors are amazing! They make things work with only two instructors, so it would be nice to give them some support.

### **What are your plans for your career and life after graduation?**

For now, finishing school is my highest priority; however, after graduation, I want to work in a large printing or exterior signage company. In this kind of workforce, experience is everything; therefore, I will get my hands on as many printers and programs as possible. It has been a while since I have been in production, so wherever I end up, I want to work with the large plotters and cutters for a while. In the future, I plan on continuing my education in business and then moving into a higher position, perhaps even launching a business of my own just like the one where I started.



## 10 Essential Writing Tips

By Dr. Traci Lawson-Kelly, Writing Tutor, Hall Campus

1. Carefully read the writing prompt or assignment to understand what you need to write.
2. Take time to brainstorm and outline BEFORE writing your rough draft.
3. Categorize brainstorm ideas to develop your outline.
4. Use the outline to develop your rough draft.
5. Develop a concise thesis statement that tells the reader what your essay contains.
6. Avoid the phrase “a lot” in essays.
7. Be careful when using vague pronouns such as “this” and “it”. Make sure it is clear to which these words refer.
8. Avoid the personal pronouns “you” and “your”.
9. Set up your essay with the correct MLA formatting. Go to <https://libraryguides.laniertech.edu/citationguides> for assistance in formatting.
10. Read your rough draft OUT LOUD when beginning the editing process.



### How did we do?

Did you have an awesome tutoring session? Was your tutor the best thing since sliced bread? Did you need help in another class that was not offered with a tutoring session? Let us know by filling out that survey form.

We appreciate your feedback!





**Who:** Any LTC student registered for MATH 1111B or MATH 1111 Spring Semester 2024

**What:** A face to face, four-day introduction/review class. It consists of basic algebra skills, study skills, hands-on explorations, and information about the Student Success Center.

**Where:** LTC Hall Campus and LTC Forsyth Campus

**When:** January 2 – 5;      Hall: 12:00pm – 4:00pm or  
   Forsyth: 9:00am – 1:00pm

**Cost:** **FREE!**



**Students must register.**

Sign up [here](#) or contact Susan Baker at [sbaker2@laniertech.edu](mailto:sbaker2@laniertech.edu) for more information.

**Fall 2023 Boot Camp Participants and  
Lorraine Mitchell, Boot Camp instructor and math tutor.**



**Student Success Center ONLINE at [www.tutoring.laniertech.edu](http://www.tutoring.laniertech.edu)**

**MONDAY - SATURDAY**

**Supported by**

**the Student Government Association and the Student Success Center**



Subject	Day(s)	Time
<b>ANATOMY &amp; PHYSIOLOGY</b>	Monday	10:30am - 4:00pm
	Tuesday/Thursday	10:00am - 1:00pm
<b>BIOLOGY</b>	Monday/Wednesday	2:00pm - 6:00pm
<b>BUSINESS TECH &amp; COMP 1000</b>	Monday/Wednesday	11:00am - 12:00pm, 2:00pm - 5:00pm
	Thursday	9:00am - 11:00am
<b>CHEMISTRY</b>	Monday/Wednesday	2:00pm - 6:00pm
	Tuesday	8:00am - 10:00am
		12:00pm - 2:00pm
	Thursday	8:00am - 10:00am
2:00pm - 4:00pm		
<b>ECONOMICS</b>	Tuesday/Thursday	10:00am - 12:00pm
<b>LIBRARY</b>	Monday	8:00am - 4:30pm
	Tuesday	8:00am - 4:00pm
	Wednesday	8:00am - 5:00pm
	Thursday	8:00am - 5:30pm
	Friday	8:30am - 11:30am
<b>MATH</b>	Monday	12:00pm - 9:00pm
	Tuesday - Thursday	1:00pm - 9:00pm
	Saturday	9:00am - 1:00pm
<b>MATH Statistics</b>	Wednesday/Thursday	5:00pm - 9:00pm
	Saturday	9:00am - 1:00pm
<b>PHYSICS</b>	Monday/Wednesday	2:00pm - 6:00pm
	Tuesday	8:00am - 10:00am
		12:00pm - 2:00pm
	Thursday	8:00am - 10:00am
2:00pm - 4:00pm		
<b>WRITING</b>	Monday - Thursday	2:00pm - 9:00pm
	Saturday	10:00am - 2:00pm

**Additional on-campus hours available.**

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