

YOUR COMMITMENT

Although we'd like to offer services to everyone who is eligible, Central College is only funded to serve 200 students in Student Support Services. Naturally, we want to provide services to students who will take advantage of them.

I agree to participate in the following:

Signature (please write clearly)

____ Enrollment in Introduction to College Success, a course which will put you a step ahead of your classmates and covers everything you need to know about being and succeeding in college. It's free, worth one credit, and meets twice a week fall term.

In addition to the College Success course, please check other services in which you are interested in participating.

____ Peer mentoring from an upperclassman – an opportunity to build an invaluable friendship.

____ A visit to the Center for Academic Excellence. Tutoring help is available in most subjects and also in reading, writing and speaking assistance.

____ A free tutor in your most difficult course, one each term. Secure tutors early so you won't get behind.

____ Participation in Supplemental Instruction (SI) during one semester of your first year on campus. SI is a series of weekly review sessions for students taking historically difficult classes such as religion, economics, or chemistry. SI is provided for all students who want to improve their understanding of course material.

____ Completion of Myers-Briggs Type Indicator or the Strong Interest Inventory (career assessment instruments), and participation in follow-up group interpretation sessions.

____ Job shadowing someone in a career similar to your interests.

____ Matching with an upper-class student who is majoring in an area of interest.

____ Attendance at SSS workshops (variety of topics such as Identity Theft, Leadership, Time Management, Emotional intelligence, etc.

Your proposed major: _____

Student Support Services also provides opportunities for students to get involved in planning events.

Please check the committees in which you would be interested in participating.

____ Creating a newsletter for SSS students

____ Serving on the student advisory board (plans SSS activities)

NEEDS LIST

Student Support Services wants to best serve your needs. Please take a moment to circle yes to those items you may need help with as you make the transition from high school to college.

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|-----|----|-----|---|
| Yes | No | 1. | Math course work |
| Yes | No | 2. | Writing assignments |
| Yes | No | 3. | Reading assignments |
| Yes | No | 4. | Science assignments |
| Yes | No | 5. | Study habits |
| Yes | No | 6. | Test taking |
| Yes | No | 7. | Note taking |
| Yes | No | 8. | Time management, procrastination |
| Yes | No | 9. | One-on-one assistance with difficult subject matter |
| Yes | No | 10. | Using the library |
| Yes | No | 11. | Exploring majors |
| Yes | No | 12. | Career planning |
| Yes | No | 13. | Financial assistance, work study, etc. |
| Yes | No | 14. | Social, cultural activities |
| Yes | No | 15. | Adjusting to living conditions |
| Yes | No | 16. | Dealing with stress |
| Yes | No | 17. | Personal problems, talking with a counselor |
| Yes | No | 18. | Relating to other ethnic backgrounds |
| Yes | No | 19. | English language |
| Yes | No | 20. | Physical health concerns. Please explain _____ |
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Signature (please write clearly)