



SPECIAL POINTS OF INTEREST:

- **March AWEstar - Gail Segerstrom**
- **AWEstarTutor - Zachary Calabrese**
- **GPS Fiesta**
- **AWE Celebration**
- **AAC Celebration**

APRIL EVENTS

GPS Fiesta,
Wed. April 13, 2011

The End of Year AWE Steering Committee,
Fri. April 15, 2011
in the Cellar, 9-10:30.

Academic Achievement Center Celebration
Fri. April 27, 2011, at Noon

GPS Tool #7 "You've Come A Long Way Baby"
Check out the [GPS](#) site for more information!



Zachary Calabrese
AAC Tutor

Academic Wellness Educators

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April AWEstar Gail Segerstrom

A Sonora native, I have enjoyed the richness of Columbia College over many years as student, adjunct faculty and the past five 1/2 years as classified staff. After graduating from Stanford in fine art and English, I spent the 1980s in NYC designing magazines—from *Adventure Travel* to *Inside Sports*, *Muppet Magazine*, *Wildlife Conservation* and *Global Finance*.

I moved back to Sonora and began a freelance business. Now as the college designer, I am able to enjoy all my professional delights with the nearly 200 folks I consider my 'clients'—all of whom have been so cooperative and appreciative.

Working on AWE projects, especially the GPS campaign, has been a blast; stickers, handouts, postcards, rubber

stamps, and trading cards? "Why not?!"



This committee of dedicated, energetic and inventive folks brings students such valuable learning tools (our favorite word around here!). But seriously, I am so impressed and awed to be a part of the challenge to engage students and promote wellness on campus. I could not thrive here without

my supportive department, the IMC, who won the President's Award last spring for its teamwork.

A quote from Adrienne Seegers sums up Gail's contributions and aweness.

"Gail is a great example of the culture of AWE. She is more than a support person she's made powerful contributions to the success of AWE. With each project Gail finds ways to bring our ideas and initiatives to life. Her beautiful work in making us visible is eye-catching not only for our campus community but for the educational community across the state. Besides developing unique and fun visuals for our GPS Tools she has also brought the tools to life in the IMC, engaging the tools with the staff. That's the spirit of AWE!" - Adrienne Seegers

AWEstar Tutor's Corner with Zachary Calabrese

With just the right mixture of enthusiasm, motivation, and communication skills, anyone can achieve their goals. Since my junior year of high school in 2004, I've been a proud member of the workforce and a student six days a week. Since I arrived at Columbia in the fall of 2005, I have taken many classes and earned my Associates Degree in Liberal Arts in April of 2010. Throughout my time at Columbia, I have had the privilege to

work with a truly amazing variety of people. After many years of deliberation, confusion, and sleepless nights, I finally found my niche in the field of science, more specifically chemistry. I plan to attend a UC and earn my Bachelors Degree in Chemistry and eventually earn my Doctorate and am unsure as to which specific discipline.

I am currently searching for undergraduate chemical research

opportunities and hope to find one this summer. Since I began tutoring at the Academic Achievement Center in the fall of 2010 for Chemistry, Mathematics, Biology, and Astronomy, I have truly learned how to learn. The AAC is a wonderful, communicative environment for ANY student, and I highly recommend getting involved. In each of my tutoring sessions I strive to help others like myself become independent and think



Academic Achievement Center End of the Semester Celebration



DSPS Assistant Cody Baker and Alternative Media Specialist, Shawn Jordison enjoying themselves at the GPS Fiesta Celebration.



Brainstorming ideas for next year's GPS Tools at the GPS Fiesta.



Craig Johnston, AAC Coordinator honoring one of the AWEstar Tutors.



One of the PAC (Projects Across the Curriculum) planting a herb garden.

AWEstar Tutor's Corner Continued

critically about subject matter. What's more is that with each of these appointments I learn something new.

One thing that I have found among students, including myself, is the importance of time management and organization. Every student has their own techniques that work best for them. Writing down important dates, deciding what takes priority, and taking action is the best way to combat procrastination. Taking notes is a very effective technique for organization and

the process of writing and verbalizing material with others are effective memorization techniques. A few more of these techniques involve watching slides, videos, tutorials, and reading books and articles.

Another thing I've found to be important is student-professor relationships. Professors were once students and are here to help. Reading, asking, and answering questions is the key to higher understanding. I urge staff members to continue to encourage students to be ac-

tive and for students to communicate with professors as well as their peers as much as possible. I think these are two of the best ways to learn.

As I continue my education on this beautiful campus next year, I hope to use the skills I have learned to propel myself further in my academic career. With utmost virtue and humility, I hope to one day be a pillar of society.

AWE Semester Celebration

The AWE end of semester celebration was a huge success with sharing a wonderful breakfast with faculty, staff and students, hearing the FIG reports from the FIG leaders and honoring the spring AWEstars and other awesome folks. The Victory Garden theme was taken to a new

level with a PAC (Projects Across the Curriculum) planting activity at the end of the celebration.

We planted herbs that went to the Child Care Center and the children will take care of them until fall, then the herbs will go to the Student Senate who will incorporate the

fresh herbs with the Columbia College Food Bank.

There are other PACs going on such as a Wisdom Wall in the Career Transfer Center for students to express their thoughts, a horse trailer renovation project and a Student Leadership Camp at Baker Station, September 10th.

GPS Fiesta Celebration

Our college culture is to celebrate what we do, the very reason that prompted Adrienne Seegers, one of the AWE Coordinators to host an AWE GPS Fiesta Taco Luncheon on April 13th, held in the Community Education room.

The AWE GPS Fiesta was

fun and great feedback was collected about the Tools.

- Father Time
- Is Anybody There?
- Dude Relax!
- I Think Therefore I Am
- He Can Be Taught
- Shhh... What Was That?
- You've Come Along Way Baby

The GPS Committee is trying to assess the effectiveness of AWE GPS this semester. To help with the assessment please participate in the survey.

<http://www.surveymonkey.com/s/JFXB6SF>