



SPECIAL POINTS OF INTEREST:

- **November AWEstar**
Elissa Creighton
- **AWEstar Tutor**
Joe McLeod
- **Spring Health Fair**
- **GPS Spring 2012**

JANUARY EVENTS

AWE Steering Committee,
Fri. January 20th, 2011
in the Cellar,
9-10:30.

AWE Core Retreat
Fri. January 13th, 2011
at the Days Inn,
12:30-4:00.

Watch for New 2012
Spring GPS Tools Line
Up

-Health & Nutrition
-Time Management
-Balancing Stress
-Managing Money

Check out the [GPS](#) site
for more information!

Academic Wellness Educators

December AWEstar Elissa Creighton

My name is Elissa Creighton and I have had the pleasure of working in the Academic Achievement Center since spring of 2007. Shortly after I started, I participated in the AWE event "Connecting the Dots".

I was so new at the time that I had no idea what AWE was (let alone what I was doing at the AAC!), but everyone was so welcoming that I knew I wanted to be a part of the group.

Since that time, I have

been lucky enough to be a part of AWE in various ways, most recently by participating in the GPS FIG.



At the AAC, I help provide the support the center needs to run smoothly and efficiently, including budgeting,

scheduling, and training, as well as assisting with the Supplemental Instruction and Embedded Tutoring programs.

I have really enjoyed being a part of the AAC's growth these past several years and genuinely value watching the tutors, SI leaders and students grow along with us. AWE's help has been vital to this growth, and I am so pleased to be part of a group that encourages such campus wide success.

Thanks AWE!

AWEstar Tutor's Corner with Joe McLeod

If you would have told me three years ago that I would be attending college in the Sierra foothills and tutoring other students, I would have considered you crazy. Around that time I was living in Minnesota working in construction with no plans in the foreseeable future of going to school. Then the hous-

ing market collapsed and an offer of work brought me to California.



Fortunately for me that offer fell through because it was then that I decided to go back to school.

I began taking classes at Columbia College in the fall of 2009 and it has been one of the best decisions I have ever made. I am currently working on getting an Associate's degree with



End of Semester AWEstar Celebration

*“They can
because they
think they can.”*

Virgil



End of Semester AWE Steering Committee

AWEstar Tutor's Corner Continued

an emphasis in Biology, and then I would like to transfer to a UC or CSU and obtain a Bachelor's degree in Biology.

In the spring of 2011 I became a tutor in the Academic Achievement Center (AAC) tutoring in a number of subjects including Math, English and Biology. I have been fortunate to have had some great professors

who have given me many outstanding tools for success such as critical thinking about information I am presented with, the importance of organization, and having the initiative to seek answers when I have questions. Taking advantage of professors' office hours is an invaluable resource that should never be passed up. If I had any advice to give to

the faculty of Columbia College it would be to continue to inspire critical thinking and to make yourselves available to your students.

2012 Spring Health Fair

Get ready for the Spring Wellness Fair, scheduled Tuesday, March 20th & Wednesday, March 21st !

There will be 6 dimensions of wellness that will be covered. The Health Fair will offer exciting opportunities that will be dynamic and edifying.

The 6 aspects of health and wellness that will be explored are:

- **Social**
- **Occupational**
- **Spiritual**
- **Physical**
- **Intellectual**
- **Emotional**

Consider scheduling this event in your class curriculum.

If you have any questions contact Laureen Campana, Kim Zubek or April Walker for more information.

GPS Spring Line Up

Look for the new simplified line-up for the GPS Project. GPS is an easy way to support students with the issues that often create barriers to their success. There are “easy to implement” suggestions on the website as well as campus events to support each tool.

Starting in spring one tool will be featured each month.

In January GPS will focus on **health and nutrition**. There will be tools for ideas about improving health and nutrition. In the month of February we will learn how to optimize **time management** tools. March will feature **balancing stress** by exploring new ways to balance good and bad stress and be more successful. Last and not least the month of

April highlights **managing money** and discovering strategies to do more with the money we have.

GPS is designed by faculty, staff and students to enhance the overall wellness and success of ALL students at Columbia College.