



SPECIAL POINTS OF INTEREST:

- **March AWEstars for 1st Semester Experience, Shanna Beach & Julie Peavey**
- **AWEstarTutor's Corner, Molly Malavey**
- **AWE Steering Committee**
- **GPS FIG (Online Conversion)**

UPCOMING EVENTS

The next AWE Steering Committee, Fri. April 15, 2011

GPS Tool #5 "He can be taught" is about Learning Style Recognition.

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



Molly Malavey
AAC Tutor

Academic Wellness Educators

VOLUME 4, ISSUE 7

MARCH 2011

March Student AWEstars

My name is Shanna Beach, and I am an embedded tutor for Alicia Kolstad's Guidance 100 class. This is my first semester as a tutor, and I am honored to be one of the **first** embedded tutors for the First Semester Experience program. I was a previous student in the First Semester Experience of the Fall 2010-2011 semester, and I am thrilled that I am able to give back to this program that has helped me finally be successful in college. It was the best decision that I have made regarding my college education, and it definitely was one of the best experiences I have had. The F.S.E. program allowed me to become familiar with what I wanted

out of college, and now that I am a tutor for this program, I can help this new class head in the right direction too.



Julie Peavey (left) and Shanna Beach (right)
(Embedded tutors for the First Semester Experience).

My name is Julie Peavey, and I am also an embedded tutor for Alicia's Guidance 100 class. I am alumni of the Fall 2010 semester of the F.S.E. My major is HHP, and one day I plan to open a

non-profit organization focusing on teens and young adults with body image and self-esteem issues. Giving back to the F.S.E. program is a great experience because I believe that it has completely set me up for future success. Being able to help out students who are going through the same struggles that I have recently gone through is a very rewarding experience. I not only have the opportunity to help them out now, but I am also building bonds and friendships with them, and look forward to a future of supporting each other through our Columbia College journey.

AWEstar Tutor's Corner with Molly Malavey

As a member of the pilot Middle College Class in 2007, I have been attending Columbia College for four years. Middle College was a beneficial and life-altering option for me; I am so thankful for the opportunity and I would not have had my high school years unfold in any other way. In my years at Columbia, I've explored a variety of fields of study. That being said, what I like to call my "enthusiastic indecision" has left me yet flabbergasted when it comes to setting long-term career goals. I have been involved in local theater for six

years, and I know I will hold a lifelong love for the art, but my time at Columbia has helped open my eyes to deeper options in the world of academia. I will graduate from Columbia this semester with a degree in English, and I will transfer to a UC in the fall. Whatever I ultimately decide to pursue will be in the field of liberal arts.

I am so thankful for the education I've received from our dedicated professors in this unique, personal setting. In my time at Columbia, I truly feel as though I've

learned how to learn. I've learned the value of education for the sake of education, and have found within myself the courage to seek knowledge for self-fulfillment. A regret is that I did not explore the Academic Achievement Center earlier in my educational career. Before I began tutoring English and Speech in the Fall of 2010, I did not realize how much the AAC had to offer. I fell victim to the same misconception I now notice in many students: that the tutoring center is only for those

AWEstar Tutor's Corner Continued



Michael Robinson
Former 1st semester Experience
student facilitating a small AWE
Steering Committee group.

*When planning for a
year, plant corn.*

*When planning for a
decade,*

plant trees.

*When planning for
life, train and
educate people.*

- Chinese Proverb



**Brainstorming a
Victory Garden**

who are truly struggling or falling behind in a class, or that a student may seem "stupid" if he or she seeks tutoring. That misconception could not be more incorrect! The truth is, the AAC is full of students who are enthusiastic about the learning process. Every day, I see bright and enthusiastic students engaged in constructive, scholastic dialogue. I see students offering feedback to peers as equals. One-on-one and group discussions occurring in the AAC make for more deep-rooted comprehension and foster enthusiasm--aspects beneficial to any student's academic experi-

ence.

I am proud to say that I love working at the AAC. In tutoring, the dynamic process of interpersonal connection for cooperative learning is both mentally stimulating and personally rewarding. In every session, I strive to inspire confidence and enthusiasm in my tutee. Nothing feels better than when I see an apprehensive student emerge from his shell, embrace the subject, and conquer the challenges set before him. Not only that, but in the process, I learn something new every day.

Professors, I encourage you to embrace Columbia College's small student population; be supportive but challenge us. Convey your enthusiasm about the subject you teach and encourage us to participate in active class dialogue. Refer your students to campus resources like the AAC. Help us develop skills to think critically and realize our course material in the world around us. If you set high expectations while offering support and enthusiasm, we will find motivation and embrace the challenge.

AWE Steering Committee

Twyla Olsen's awesome idea was "Planting A Victory Garden," to help promote well-being and building the college community among faculty, staff and students.

First there were ground rules for the garden.

 One person speaks at a time

 Smile at every idea

 Respectful when people are sharing their ideas

 Open minded

 Positive

 Plant the seed of knowledge

Former 1st year experience students, Julie Peavey, Shanna Beach, and Michael Robinson facilitated roundtable conversations. The Steering commit-

tee broke into 3 different groups and shared their ideas on "How to plant a Victory Garden."

A member from each roundtable read aloud their ideas on what they believe is relative in "Planting a Victory Garden".

Read the [Meeting Minutes](#) for a glimpse of the wonderful ideas that blossomed.

"He can be taught."

Thank you to Kirsti Dyer, our online Nutrition Instructor and her efforts to convert all the GPS tools for online faculty & students. Here's a few ideas for GPS #5:

1. Take a brief online quiz to identify your learning style @ <http://bit.ly/2NGt79>. (this

is a shortened url address for Edutopia)

2. Communicate your learning style by sharing your style in the Discussion Board Created for Learning Styles.

3. You can color code your learning styles.

4. Ask other students and your online classmates about

their learning style and what they found out about themselves and what they are going to do differently.

5. If you want to share some of the learning strategies that have worked well for you in studying, you can add them to the Discussion Thread labeled Learning Styles.