

# News From Student Support Services

## SPRING QUARTER WORKSHOPS

ASSERTIVENESS TRAINING\* (see description below)  
Tuesday, March 29, 12:30 - 1:30, 1015 Daniel Hall.

EXPLORING CAREER OPPORTUNITIES  
Thursday, April 14, 12:30 - 1:30, 1017 Daniel Hall.

CT WORKSHOP/WHAT TO EXPECT FROM YOUR TRANSFER SCHOOL  
Tuesday, May 3, 12:30 - 1:30, 1016 Daniel Hall.

### \*ASSERTIVENESS WORKSHOP

Everyone is capable of being assertive at some time, but no one is assertive at all times. SSS will offer an Assertiveness Workshop on March the 29th in room 1008, from 12:30 - 1:30 p.m. The workshop will differentiate between being assertive versus being passive or aggressive. Participants will discuss how and why we choose to respond the way we do, identify situations in which they would like to become more assertive, examine beliefs that may stop us from being assertive when we want to be, explore the role of emotions in assertiveness, identify steps to becoming more assertive and become more aware of the role of verbal and non-verbal communication in assertiveness.

### PAMPHLETS AVAILABLE TO SSS STUDENTS ON A VARIETY OF TOPICS

SSS now has an information center located just outside of the office area. Students will find information on a variety of topics, including substance abuse and co-dependency, contraception and prevention of STD's (sexually transmitted diseases), academic survival skills and skills for success in college, career planning and personal issues. Topics related to personal issues includes assertiveness, dealing with grief, eating disorders, self-esteem and single parenting.

### COUNSELING SERVICES AVAILABLE THROUGH SSS

Information is available through SSS on a variety of topics, including study skills, note-taking, time management, stress management, dealing with test anxiety, assertiveness, interpersonal skills and many other subjects. The SSS Counselor is available to discuss these and other issues as well. A number of workshops are held each academic year on various topics. Testing is available for the assessment of individual learning styles, career assessment and for the diagnosis of learning disabilities.

SSS students are encouraged to take advantage of these and all of the other services offered through SSS. The SSS Newsletter will announce dates and times of workshops and special events, or you may stop by anytime to request information, schedule an appointment or to suggest a topic for a workshop or presentation.

### SSS SUPPORT GROUP

At times, the cause of academic difficulties may be due to personal issues. An example of such a personal issue is individuals who have a history of abuse and who may have feelings that are troubling to them. For students who have had such experiences, and are seeking support, participation in a support group can help deal with feelings of isolation and anger. SSS offers a group that is a "support group", with a SSS peer counselor participating in the group. This is not a "therapy" group, but as with all groups of this type, confidentiality is a requirement for participation.

For confidential assistance and/or referral, please contact Dean Sprinkle.

### NEW VIDEOS IN THE LIBRARY

Upon the recommendation of SSS, the WCC Library has purchased the following videos:

Nelson Mandela: "The Man and His Country"; Martin Luther King: "The Speeches Collection"; Martin Luther King: "Legacy of A Dream"; Martin Luther King: "Commemorative Collection."

### TO BE A WOMAN, TO BE A LEADER

Appalachian State University is hosting a conference entitled, "To Be A Woman, To Be A Leader" on Saturday, March 19, 1994. The conference planners extend an invitation to women students at Wilkes Community College. If you are interested in attending this conference, see Kim Ethier, Room 1016 Daniel Hall, to pick up a program brochure.

### FUN WITH COMPUTERS!

We have NEW Software for you to use in SSS. You may come in at any time to check out the software from Darlene. If you need assistance to get started on the computer, we can help you or get a tutor to help you.

If you are taking Math 99 (Elementary Algebra) or Math 151 (College Algebra), you can take advantage of the computer software that will help you learn how to do the problems.

If you are taking U.S. History, you will want to use the interactive computer program to read the text and to do practice tests.

Anatomy and Physiology students, if you would like to work with A&P software, come by SSS and tutor yourself with "Bodyworks". "Bodyworks" provides body system and cross sectional diagrams, as well as explanations of A&P topics presented.

#### Liberal Arts:

Art Screens (CD-Rom)  
Shakespeare  
SAT Verbal Prep Pack  
Grammar & Style Checker  
The Enduring Vision (entire US History book plus neat interactive exercises & graphics)  
U.S. Constitution Tutor  
American History, 1865-1912  
Phraze Maze: Grammar Through Phrases  
Talking Spell-X Plus  
Talking Word Attack for English  
Word Munchers  
The Complete Bookshop

#### Science and Medical:

Bodyworks  
Medical Terminology Made Easy  
More Power to You/Exponents & Scientific Notation  
Chemaid  
Protozoa  
Clip Art for Science  
Physics Software on Toolbook  
Science Adventure  
Computer Works  
Chemical 4.2 and More

#### French, Spanish:

Foreign Language Flashcard  
Talking Word Attach for English, French and Spanish

## Student Profile

An article to be published in the new *North Carolina Handbook*, is an honor for Wilkes Community College student, Joan Baity. A student whose days are filled with many activities, thus showing her diversion of interest and excitement in learning. As well as a full time student in the College Transfer Program Program, she is Curator for Old Wilkes Jail Museum, in Wilkesboro, a courthouse reporter for Datamax Credit Co. and Lexis Document Services, a mother to five grown children and a grandmother to seven grandchildren.

Joan was a high school drop-out and while rearing her children, completed a correspondence course to obtain her high school diploma. With a desire to become involved in the community, she volunteered as a tour guide for Old Wilkes, which is a restoration and preservation organization. In 1981, Joan became full-time curator, has continued to fill this position, and is now a member of the Board of Directors. As her interest in history grows so does her accomplishments; graduate of National Trust Preservation Leadership Training School, Washington, DC; student, working toward a history degree, Wilkes Community College; student in the Non-Profit Management Program, Duke University, and a genealogy researcher (has traced her roots to the early 1600's).

Her adventures in writing include the article in the *North Carolina Handbook*, edited by William Powerll, UNC, Chapel Hill; articles for the North Carolina General Assembly; transcribing a Civil War Journal, which she envisions to be published soon, and is writing a book about Wilkes County history. Joan has appeared on WXII TV, "Rick's Excellent Adventures" and has had articles written about her in the *Winston Salem Journal* and the *Charlotte Observer*. An article in December's *Southern Living* magazine called her a "chatty" museum curator and an avid scholar. And in the January issue of *The State* magazine she was referred to as a self-made Wilkes County historian.

Joan, a Phi Theta Kappa member, will graduate from WCC in May. Her goals are to interpret history in a larger museum and to articulate her ideas into short stories.

---

## SGA Elections - April 19 & 20

Petitions for candidates start April 5th.