EXCEL Students Attend Lecture on King Tut and the Iceman
By Matt Sopko

On March 30th, a group of EXCEL students and I traveled to the University of Missouri-St. Louis to attend a lecture sponsored by the UM-SL’s Department of Anthropology, Sociology and Languages.

The program was presented by Dr. Albert Zink, the scientific director for the Institute for Mummies and the Iceman in Italy and was entitled “From Tutankhamun to Ötzi: The scientific study of human mummies.” Dr. Zink has been involved in the analysis of some very famous human remains including those of the young Egyptian pharaoh, Tutankhamun as well as

See “King Tut and the Iceman” on page 4

Bernadine “Bernie” Ratliff Scholarship Winners!

Fall 2014: Glenna Leonard and Melissa Keen

Spring 2015: Glen Clark and Elizabeth Wagganer

These scholarships are funded by Mineral Area College specifically to recognize EXCEL students who are persisting toward a degree and are active participants in EXCEL activities and services.

MAC awards four $500 scholarships to EXCEL students annually, two each fall and two each spring. The scholarship application and information for the Fall 2015 scholarships will be posted on EXCEL’s web page and disseminated via email at the beginning of the Fall 2015 semester. The scholarship application and information for the Spring 2016 scholarships will

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<td>May 5 Open House 11:00 am, EXCEL Study Lab, AS C2</td>
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<td>May 9 Graduation 10:30 am, Field House</td>
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<td>May 22 Spring ‘15 Final Grades available in MyMAC</td>
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<td>May 25 Memorial Day Holiday - No classes, offices closed</td>
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<td>May 28 Summer textbook sales begin in bookstore</td>
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<td>Jul. 3 &amp; 4 Independence Day - no classes/campus closed</td>
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<td>Jul. 6 Last day to drop 6 wk class and receive “W”</td>
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<td>Jul. 7 Mid-term grades available on the Web</td>
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<td>Jul. 13 Last day to drop 8 wk class and receive “W”</td>
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Fourteen EXCEL Students Selected for Fall Nursing Programs

Fourteen EXCEL/SSS students were among those receiving notice of their acceptance to the 2015-2016 Practical Nursing (PN) or Associates Degree in Nursing (ADN) programs. Among the thirty-three students accepted to the PN program are EXCEL/SSS students Amy Crawford, Melissa Keen, Jennifer Wells, and Linda Wilkins. A total of thirty-seven students were accepted for the ADN program, including three EXCEL/SSS students — Samantha Fugate, Ericka Gann, and Krystle Pozo. Seven EXCEL/SSS students, Michelle Bainbridge, Cassandra Benton, Amanda Couch, Carlena Kent, Douglas Northam, Amanda Pashea, and Ethan White, will be entering the second year of the ADN program.

Admission to a MAC nursing program is always a very competitive process. According to Allied Health Administrative Assistant, Sue Ross, this year was no exception with a total of 305 applications to the PN, ADN, and Advanced Placement (AP) programs. Of this total, there were 107 applications to the ADN program, 157 to the PN program and 41 to the AP program.

Scholarship

Continued from page 1

be posted on EXCEL’s web page and disseminated via email at the beginning of the Spring 2016 semester. Be on the lookout for this information and be sure to apply, provided you meet the requirements.

Ready for Finals?

By Rachel Neumeier

Final exams, final papers, final assignments — it’s all happening at once, here at the end of the semester. Deadlines that seemed a long way off have now arrived! Are you ready for a comprehensive final in your Algebra class? Have you got that big research paper finished for English Comp II — the one on which you must earn a decent grade in order to pass the class? Have you figured out all that stoichiometry stuff in Intro to Chem? The end of the semester can be a huge source of stress in your life. Here are some things you can do to make sure you’re as prepared as possible for finals, so that you can get through the next couple of weeks with as little wear and tear as possible:

First, don’t let up! By this time in the semester, you may be feeling tired and burned out. But it’s a terrible idea to work hard early in the semester and then slack off at the end. We see that happen every year, and it always ends badly, with students unnecessarily failing their classes. You should continue to study and you should continue to attend your classes. Though it can be tempting to skip classes in order to gain more study time, that tactic can backfire. You will create unnecessary problems for yourself if you miss information about important topics or about the exam itself.

Second, when you study, prioritize. Make a to-do list of the things you need to get done today, tomorrow, this week, next week. Anything that is both due soon and worth a lot of points is something that needs attention. Studying for final exams definitely needs attention.

See “Ready?” on page 5
Preparing for Next Semester

Hey, EXCELers –

I bet you've noticed that finals are right around the corner, with Summer Break following closely. For those of you who are lined up to graduate this spring, congratulations! I hope you either quickly land the job you want or else transfer smoothly into your next academic institution. But how about everyone who’s going to be back at Mineral Area College in the fall? What can you do to make sure that you, too, graduate on schedule so that you can move on with the rest of your life?

I know your focus right now is on succeeding on your current classes and preparing for your final projects and tests, and that’s fine, that’s just what you should be doing. But after finals are over, what then? Swimming pools and summer blockbusters are all very nice, but first: Are you registered for your Fall classes? Some sections fill up fast. If you need a class to graduate, you’re not going to want to miss out on getting into that class. Matt or Rodney will be happy to assist you, if you need help.

And once you’re registered for Fall classes, you might spend a moment considering whether you’re prepared for them.

Math is the most cumulative subject out there. If you really didn’t “get” Elementary Algebra, then you will probably have a hard time in Intermediate Algebra. If you were terrible with Intermediate Algebra and barely passed, then you most likely will not be okay in College Algebra. Not only that, but even if you earned an “A” in one math class, if you have waited more than a year or so to take the next math class in the sequence, you’ve probably forgotten a lot of the material you learned and will most likely find yourself struggling.

What if you do have to realistically admit to yourself that you might not be prepared for the next class in line? That could be a problem if, like most people, you just have to pass College Algebra in order to graduate on schedule. EXCEL can help if you think you may be in this fix.

If you're enrolling in a math class for Fall 2015 and you're not sure you're prepared for it, then by far the most important thing you can do is THOROUGHLY

See “Semester” on page 4

Birthdays

April

Jeremiah Gregory, Samantha Fugate, Makayla Curtis, Diana Thomas, Matthew Whaley, Brooke McHenry, Justin Oates, Megan Bess, Devyn Lewis, Jessica Frazier, Nikki Edgar, Beth Boyer, Elizabeth Suermann

May

Doraine Johnson, Nicole Culbertson, Michael Massey, Jeff Rustige, Courtney Carr, Corinne Bridgeman
those of Ötzi the Iceman, the well-preserved remains of a man who lived about 5,300 years ago and was discovered in the Alps in 1991.

His studies have revealed some fascinating findings. “There was so little known about this time period before,” Zink told the audience. “We learned a lot from the Iceman on the living conditions of this time – that they were very well adapted to the climate, to the mountain region – and we learned a lot about him, about his diseases, about his living conditions. He was mummified because his body was desiccated very quickly, and he was covered with ice and snow that kept his body from decay.” Dr. Zink’s lecture also included information regarding the Iceman’s death. “He was shot with an arrow from behind,” Zink reported. “He must’ve died there, directly at the spot.” So if you like murder mysteries, here’s an old one for you to investigate!

“Studying” vs. “Doing Assignments” 
By Rachel Neumeier

Do you study?

Do you ever study? I mean, really study? Maybe, when your teacher says, “Read chapters three and four for the next test,” you just go off, skim chapters three and four, nod, shut the book, and go on with your life – secure in the knowledge that, after all, you did the assignment.

Maybe it’s the same with math: the teacher says “Do every third problem,” and so of course that’s
Don’t let yourself spend a lot of time on assignments that are worth only a few points, even if they are due tomorrow. Figure out where your effort will have the “biggest bang for your buck.” If studying five hours for your Comparative Religion exam might raise your grade from a B to a B+, but studying five hours of Algebra will probably keep you from flunking, then obviously you should put the time into Algebra.

Also, plan in breaks when you study. It’s about right to plan an hour or two of studying followed by a fifteen minute break to walk the dog or wash the dishes. It’s best if you get up and do something physical during a break, rather than just checking email.

Third, don’t spend all your time getting ready to study rather than studying. A neat desk, organized stacks of books, and pens in every color in the rainbow aren’t going to help unless you actually study. “Study” does not mean “read the book.” You should have read the book and basically figured out the material already — now is the time to put in the repetition and practice necessary for good performance on the upcoming final exams. Time spent cleaning and organizing everything can be a form of procrastination. If that’s what it is in your case, start putting your time into actual studying.

Fourth, don’t let your family or friends make unreasonable demands on you for the next few weeks. If you’re the single mother of a two-year-old, then of course your job as a mother can’t be put off or ignored. But this is the time for your boyfriend to get his own dinner, for your friends to go out to a movie without you, for your older kids to settle their own arguments. Do you normally spend every Sunday morning catching up on the housework? Well, this is a great time for the kids to do those chores — or else the housework can just wait.

This is also a good time to turn off your phone. We used to survive without cell phones constantly in our hands; you will survive the next two weeks without yours. Social media is almost as bad as a phone. Set a time once a day to check email, and that’s it. Let Facebook go; it will still be there after finals are over.

Fifth, take care of yourself. Eat right. Coffee and candy bars are not an adequate diet; to work at your best, you need protein rather than sugar and caffeine. Try to get enough sleep; you can’t learn properly if you’re run-down and exhausted.

And sixth: if you need help, then get help! That is what the EXCEL Office is for, whether you are working on Algebra or your big English Comp research paper or stoichiometry or something else. It’s just common sense to come in and let our tutors help you if you need a boost in your classes.

And remind yourself every day that sometimes things just are stressful, but you’ve only got a couple weeks to go, and if you don’t let up, you can power right on through Finals Week.

Click on the Mineral Area College homepage link below to go to the Final Exam schedule.

http://www.mineralarea.edu/  ➤

- Faculty and Staff ➤
- Faculty/Staff Resources ➤
- Below “Final Exam Schedule” ➤
- Spring & Summer 2015
exactly what you do. Maybe you still don’t get how to add numbers with radical signs and have to use the solution manual to figure out every problem, but hey, you did the assignment just like you were supposed to, right?

If this sounds like you, and if you often don’t seem to earn the grades you want – well, maybe that’s because you’ve confused studying with doing assignments. Many people do. But the two things are not the same. Now, with the semester moving right along, is a good time to assess how you’re doing in your classes and consider whether you might need to really focus on studying for one or more of them – even if you’ve been doing your assignments all along.

Doing assigned work – reading a chapter, say – is important. But it certainly is not studying, and just stopping after reading the chapter probably won’t work well for you. Doing the assignment tells you what you’re supposed to learn. But to actually learn it, you’re going to have to actually study, and that means do more work. This is why taking 15 hours of classes is considered a full-time course-load.

Reading something once and then laying the information aside until the test is an almost guaranteed way to fail a test – even if you understand what you read, you are not likely to do very well, and if you didn’t really understand the material when you read it, your situation is all but hopeless. Doing math problems without actually getting to the point you can do them without help from a friend or the solution manual is also going to set you up to fail. What both situations have in common is the need to review, rehearse, and repeat the material – in other words, practice!

There are as many good ways to study as there are classes. Studying might involve outlining chapters as you read and making up practice tests that cover the material. Or it might include doing the chapter problems in Chemistry – which are often not assigned – before you tackle the handout of assigned problems.

Or you might get into the habit of doing all the problems – not just the assigned ones – in your math class and making up several practice tests to use as you approach the test.

Whatever classes you’re taking this semester, the odds are good that you could do more to help yourself learn what you need to learn. Why not drop by the EXCEL office and spend a little time discussing study skills with one of our tutors? That way you can increase the chances you’ll wind up doing just fine in your classes – because you’re not just “doing assignments,” you’re also really studying!

EXCEL/Student Support Services’ TRiO Student Success Story
Glenna Leonard

My name is Glenna Leonard and I am the mother of four beautiful children. I am also a non-traditional student attending Mineral Area College for an

See “Success Story” on page 7
Success Story
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Associate’s Degree in Business Management - Accounting. My father passed away when I was just ten years old. The next eight years were filled with my mother’s health declining and, ultimately, her death. I had to drop out of high school in February of my senior year, but I was able to get my diploma while attending the PAYS program through Farmington High School. However, I married and soon after became pregnant with my first daughter and my dreams of college were once again pushed aside. Over the next four years, I had a son and a set of twins (a girl and a boy). Between my children and work, it was nearly impossible to find time to continue my education. When my twins were just a year old, I became a single mother and became the sole provider for my children for the next five years. Once all of my children were in school, I decided that it was finally the right time to attend Mineral Area College in the fall of 2013. I was trying to find my footing, while splitting my time between school and family life. I signed up for EXCEL/SSS to receive tutoring and what I got was so much more. Not only did I end my first semester with a 3.8 GPA, I gained a great support system from people who believe in me. With the help of the EXCEL staff, I maintained a 4.0 GPA in following semesters. I remarried in August of 2014, and, now in my fourth semester, I have taken on a peer tutoring position with the EXCEL office. I feel blessed to have benefited from EXCEL. In return, I want to help my fellow classmates receive the benefits of this program.

Summer Birthdays
LaDonna Reid, Hezekiah Wood, Alicia Breeher, Kayla Parks, Maria Barrett, Corey Haney, Katie Vineyard, Melissa Holifield, Josiah Barker, Byron Burris, Christopher Morris, Michelle Knobeloch

July
Rachel Peterson, Amanda DeClue, Barbara Snider, Tyler Schweiss, Betty McGuire, Alissa McCandliss, Justin Murphy, Manina LaBoube, Amanda Harvey, Michael Hovis, Nitasha Gregory, Dura Anderson, Cydney Ellis, Amber McGrath

August
Clifton Barton, Barbara Barton, Cindy Kerns, Denise Goggin, Laura Gunnett, Alex Lawson, Mathew Robinson, Connie Spengler, Austin Dement, Randy Baird, Charley Friar, Brittany Hochstetter, Lori King, Craig May
EXCEL/Student Support Services at Mineral Area College is a federally funded TRiO program. It is funded at $1,452,580 for five years. Mineral Area College’s total contribution is approximately 2.55% of the total budget. EXCEL/SSS serves 200 students.

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