

CARL ALBERT STATE COLLEGE

Welcome Back, Vikings!

Welcome Back! We hope you had a very exciting and well-rested summer break. Over the past three months, CASC has been very busy enrolling students and getting them prepared for a successful fall semester. In our first monthly newsletter for the 2015-2016 academic year, you'll find information on a wide variety of information. August is a busy month with lots of upcoming events so be sure and check them out!

For assistance with tutoring feel free to visit the Learning Resource Center. Their lab computers have Microsoft Office Suite for student use and programs to improve study skills or prepare for exams. Go by their office today to take advantage of the student services or just to get acquainted with the friendly staff. The LRC is located on the 3rd floor of the, George Ollie Jr, Center for Academic Excellence on the Poteau Campus. For more information, call (918) 647-1315. The LRC is located in room SC on the Sallisaw Campus. For more information, call (918) 775-6977.

Top 10 Study Skills for College Students-

1. Set Goals.
2. Use a planner for important dates.
3. Know your learning style.
4. Be an active reader.
5. Participate in study groups.
6. Take notes.
7. Organize your study materials.
8. Draft papers.
9. Slow down on tests.
10. Don't replace protein with caffeine.

Viking Times

August 2015

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BE SURE TO FOLLOW US
ON-



Instagram

Department Highlight

Student Support Services

Student Support Services (SSS) is a federal grant program that helps students achieve their educational goals. SSS offers some great opportunities for students at Carl Albert State College, at both the Poteau and Sallisaw Campuses. SSS offers the following **free** services to participants:

- Help with enrollment
- Academic advisement
- Career Counseling
- Financial Aid
- Information/Financial Literacy
- Personal and Academic Counseling
- Scholarships and Grant Aid
- Newsletters and social media reminders
- Study skills workshops
- Tutoring
- Transfer and Campus Visits to 4 year universities

We are currently accepting applications to Student Support Services so come by the SSS office and fill out an application. Or if you know of an incoming freshman please share this information or bring them to SSS and let us help them transition to CASC. Finally, and maybe the greatest of all, SSS has a **Freshmen Success Scholarship Class** (Poteau campus only). We currently have 20 openings for students to join this class. The scholarship is

worth approximately **\$800-1,000 in waived tuition for the fall 2015** semester. If you know of any incoming freshmen, send them to the SSS office and we will let them know how they can qualify for this wonderful opportunity. As you can tell, we are planning great things in SSS. Take advantage of every opportunity that SSS has to offer. We look forward to meeting you!

Student Support Services is located in Hemphill Hall – HH130 Contact 918-647-1368 for more information!

Business Spotlight



FOR MORE INFORMATION

Address: 1701 N. Broadway Poteau, OK.

Phone: 918-649-0070

Hours: Monday-Friday 10:00 a.m. to 9:30 p.m.

Saturday- 11:00 a.m. to 9:30 p.m.

SPOTLIGHT



Student Spotlight

Aubree-ana Garrett is a sophomore student from Sallisaw, OK. She is the daughter of James Garrett and Deree Mitchell. She is majoring in Accounting. Her activities on campus include: CASC Scholars Program, Student Government President, Resident Assistant Program, Phi Theta Kappa Honor Society, V.I.K.E.S Club, and Student Activities Board. Aubree-ana enjoys spending time with her family as well as reading, writing, and listening to music. Some of Aubree-ana's off campus activities include: traveling, watching as many movies as possible, attending concerts, and day dreaming. After graduating from CASC, Aubree-ana's future plans include pursuing a Bachelor's degree in Accounting and a Juris Doctor degree specializing in Corporate/Business Law.

Quote from Aubree-ana:

"Carl Albert State College has been a true blessing for me. This campus has provided me with many amazing opportunities. I have gained countless life experiences and have improved my work ethic. The faculty and staff at CASC have always made me feel welcome and they are invested in my education and success. I know that when I graduate from CASC, I will have the tools and skills I need to finish and succeed at a University. College is a time to create yourself. So have fun, go to class, and explore what CASC really has to offer you." – Aubree-ana Garrett



Faculty/Staff Spotlight

Kendal Repass is a familiar face on the Poteau campus and in the community. He began working at CASC in 2006 as Director of Sports Medicine. He has recently been named Director of Physical Therapist Assistant program. Kendal has been a fixture at CASC sporting events, and is found on Friday nights in the fall on the sideline of the Poteau Pirate football team, along with Bill Carroll and the Sports Medicine students. He and his wife Hali, a fellow CASC faculty member, can often be found biking or running on area roads at all times of the year, and are key contributors to the CASC family.

Upcoming Events!

August 12- Semester Begins/ Golf Cart Rides

August 13- Golf Cart Rides

August 13- Drive In Movie

August 18- Connection Carnival

August 20- Intramural Booth Sign up

August 20- Bingo

August 24- SGA Elections

August 25- SGA Elections

August 26- SGA Elections

August 27- SGA Elections

August 27- Lawn Games

August 27- Bowling Night

August 28- SGA Elections

August 30- Slide the City

August 31- Pigskin Pics

August 31- SGA Meeting

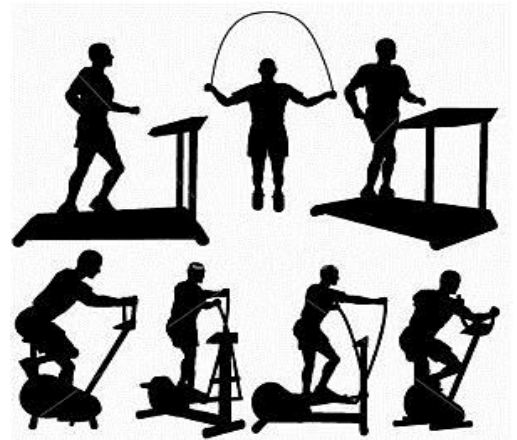
Be on the lookout for Lil' JB on the Poteau Campus! Lil' JB is helping students find their way around campus. He will be visiting multiple offices across campus but will need a lift back to the ERC! If you give him a lift back to the ERC expect a secret prize! Look for clues to Lil' JB's whereabouts on Twitter. @CASCvikings



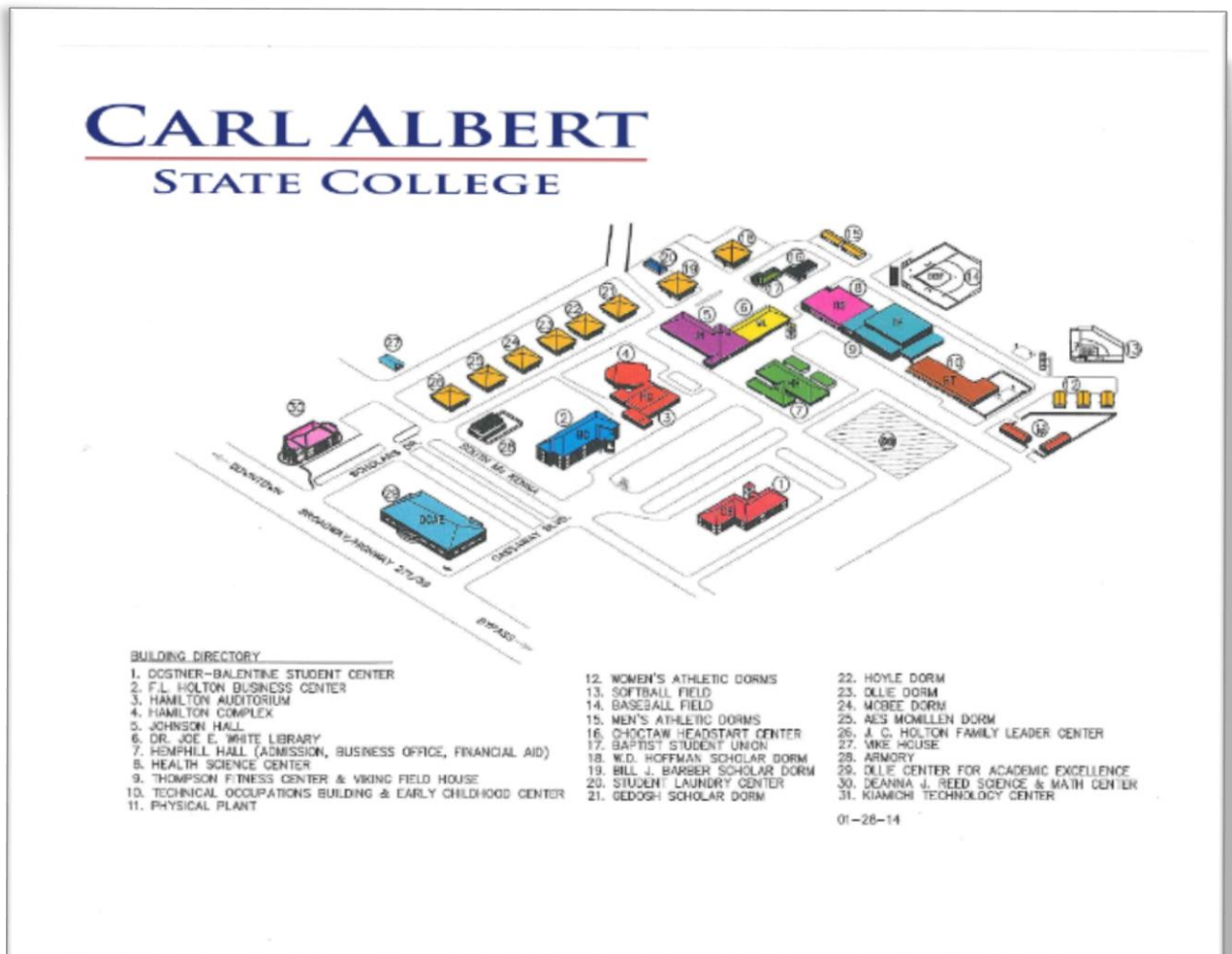
Did you know?

Beat the freshmen 15! Carl Albert offers a Cardio Room to Students. It is located in the Costner-Balentine Student Center 2nd floor. Fall hours are Monday- Friday 8:00 a.m. to 9:00 p.m.

Actually 15 pounds is a made up number that stuck with the phrase. The average college freshman actually only puts on between 2.5 and 3.5 lbs. The most drastic weight changes occur during the first semester of college due to the drastic change in the student's environment and routine.



Campus Map



Sallisaw Campus!

Greetings, Vikings! The CASC-Sallisaw Campus is excited to welcome back all of those students who will be returning for another school year, as well as the many new students who are beginning their educational journey to success. We are gearing up for your return and looking forward to a rewarding year. The *Ask a Viking* tent will be available on the first 3 days of the new school year, providing pertinent campus information and answering questions/concerns for students.

Don't miss our exciting Welcome Week activities August 17-21. Each day we will be providing free food, drinks and a variety of fun activities for students to enjoy. Welcome Week activities are a great way to meet new people and become active on campus. Remember your college experience is what you make it, so come hang out with the CASC-Sallisaw staff/faculty and make your journey a fun one! The staff at CASC-Sallisaw will be hosting monthly Student Activities throughout the semester, offering free food, drinks, fun and informative workshops. The Digital Message Board located in both campus facilities is a great way to learn about upcoming events and stay connected.

If you're a member of Student Support Services be sure and check-in with Terri Cox at the *Ask a Viking* tent. She will have student contracts to sign and information regarding upcoming workshops. Also, if you're not a member of SSS and would like more information about joining, stop by and visit with Terri, she will have applications for new members available.

Don't forget to visit the CASC-Sallisaw bookstore for all of your classroom supplies, from backpacks to binders we have it all. Show your *Viking Pride* and stock up on our awesome Viking apparel. Tammy Hale, our Bookstore Manager, has many new arrivals sure to fit your style!

