TAPPING INTO THE POWER OF GRATITUDE

Excerpts from an article by Sarah McKibben from Education Update
Volume 55: Number 11, November 2013

No longer just a “soft skill”, gratitude can lead to higher grades and life satisfaction among students. Although gratitude may be an element of our family traditions or spiritual practices, emerging research points to gratitude as a potential bridge between students’ academic and social well-being. “Gratitude helps foster positive emotions, and we know from research that positive emotions help students with the learning process by keeping students’ stress responses down,” said Vicki Zakrewski, from the Greater Good Science Center at the University of California Berkeley. She defines gratitude as, “affirming that there are good things in the world—gifts and benefits that we’ve received—and recognizing that these sources of goodness come from outside ourselves.”

It’s a skill that can be taught, albeit, in tune with developmental readiness.

Diedre Hughes, a professor at California State University, Fullerton, believes that gratitude practices “should be a continuation through the entire education cycle.” She recently began to incorporate gratitude and mindfulness into her developmental reading course.

“At the community college, having connections in a classroom can prevent a student from dropping out...It’s more than just addressing the cognitive realm; we need to also be looking at the social and emotional realms of students’ development,” she says. When you’re grateful, you are positively transformed, value others more, and it strengthens your relationships.

GAMM and Workforce Investment Act (WIA) funding helps low income and displaced workers

For information about grants to assist with educational expenses for students in career and technical programs, please contact your local Missouri Career Center: http://jobs.mo.gov/jobseeker/find-a-career-center or GAMM office: (800) 866-9021. GAMM is a private not-for-profit organization and the WIA is a federal program for youth, adults, and displaced workers administered by GAMM or other agencies, depending on where you live.
New Traditions Scholarships have been a tradition at MACC since the late 1970s. Scholarships have been awarded to hundreds of New Traditions scholars over the years in both fall and spring semesters. Just since the fall of 2006, awards sponsored by the New Traditions program totaled $86,815. In the Fall 2013 semester, 25 MACC students received scholarships and grants totaling $7159. Dr. Jeff Lashley, President of Moberly Area Community College, gave the welcome and presented awards to students receiving Institutional and state awards.

Each year in early summer, a sub-committee from the New Traditions Advisory Committee meets to determine the recipients of MACC’s New Traditions Institutional Awards. Five scholarships are awarded from a pool of nearly 100 applicants. Special thanks to the committee members who give of their time to make some very difficult decisions.

MACC Institutional Scholarships
These renewable scholarships are valued at $500 per semester. Pictured (left to right): Pat Twaddle, Director of Career and Placement Services (CAPS); Stephanie Ley, Moberly, Industrial Technology - Mechatronics; Kerri Bunch, Moberly, A.D.N.; Mary VanCleve, Moberly, AA.

Not pictured: Patricia Huskey, Columbia, BOE-E; Corrine Pass, Columbia, AA

Beta Sigma Phi—Preceptor Laureate Eta
Pat Twaddle; Amanda Ingersoll, Moberly, A.D.N.; Joyce Riley

Ruth Lawrence Memorial Scholarship
Melva Deane Lipskey, Jefferson City, Ruth Lawrence’s daughter; Brittanie Frost, Fulton, A.D.N.; Nita Enochs, Springfield, Ruth Lawrence’s daughter
Fall 2013 New Traditions Scholarships

Carolee Hazlet Scholarship
Carolee Hazlet; Katie DeVore, Ladonia, GRA: Pat Twaddle

New Traditions Advisory Scholarship
Barbara Riley; Carolee Hazlet; Elizabeth Schleicher, Brookfield, A.D.N.; Fannie Lou Wilhite; Pat Twaddle

Displaced Homemaker Fee Waivers
Pat Twaddle; Dorothy Rasmussen, Moberly, ACC; Jeff Lashley
Not pictured: Elizabeth Akers, Williamsburg, OTA; Stephanie Schneider, Salisbury, A.D.N.

Business Women of Missouri
Huntsville Chapter
Fannie Lou Wilhite; Samantha Ingebritson, Huntsville, A.D.N.: Pat Twaddle

Students interested in applying for New Traditions Institutional Scholarships must apply online from the MACC website prior to April 1, 2014 for the Fall 2014 semester. Students interested in other New Traditions scholarships can call (660) 263-4100 ext 11319 or 11232.
Fall 2013 New Traditions Scholarships

New Traditions Scholarships are targeted to students pursuing non-traditional majors for their gender as well as single parents, displaced homemakers, dislocated workers, or students who have overcome other barriers and achieved academic success.

Family and Community Education (FCE)
Randolph County Chapter
Pat Twaddle; Bonnie Kisor, FCE representative; George Osebreh, Moberly, PN; Terry Bischel, PN Coordinator Not pictured: Anna Failor, Clark, AA

PEO—KJ Chapter
Barbara Riley; Hope Walter, Moberly, A.D.N.; Pat Twaddle

Ladies Auxiliary to the VFW
Post 2654
Pat Twaddle; Julie Smith, Clifton Hill, AAT; Elaine Avery
Not pictured: April Montgomery, Moberly, A.D.N.
Fall 2013 New Traditions Scholarships

New Traditions Scholars—Associate Degree Nursing Students
Front row: Pat Twaddle, Hope Walter, Ruth Jones, Director of Allied Health
Back row: Samantha Ingrebritson, Brittanie Frost, Kerri Bunch

G.E. Capital Scholarships
Olivia Breyfogle; Ashley Morrison, Monroe City, A.D.N.; Joyce Stahlschmidt, Paris, AA; Leslie Redding;
Not pictured: Ashley Dowell, Ashland, AA; Jennifer Johnson, Columbia, AA; Jeri Mertensmeyer, Ashland, AA; Ashley Wertz, New Bloomfield, AA; Lisa Stiner, Kirksville, AA
FREE Career Focus Workshops will be held at the Main campus in Moberly and open to the general public from 2—4 pm on Wednesdays the following dates:

January 8  February 5  March 5
Main Building, Room 41

Special Career Focus workshops featuring the MBTI and StrengthsQuest assessments will be hosted at each campus during the month of March from 2—4 pm:

- Columbia Thursday 3/13
- Mexico Friday 3/7
- Hannibal Friday 3/21
- Kirksville Thursday 3/6

Interactive Career Focus Workshops are designed to assist individuals to clarify career and educational goals using proven strategies and research-based vocational assessments.

OFF-CAMPUS SCHEDULE
Career Counseling by appointment
660-263-4100 ext 11232
FREE services include vocational assessment, academic support, and applications for grants and scholarships through the New Traditions program.

<table>
<thead>
<tr>
<th>Columbia</th>
<th>Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>Fridays</td>
</tr>
<tr>
<td>1/9, 16, 23, 30</td>
<td>Friday 1/10</td>
</tr>
<tr>
<td>2/13, 20, 27</td>
<td>Friday 2/7</td>
</tr>
<tr>
<td>3/13, 20</td>
<td>Friday 3/7</td>
</tr>
<tr>
<td>4/10, 24</td>
<td>Friday 4/4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hannibal</th>
<th>Kirksville</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 1/17</td>
<td>Thursday 1/2</td>
</tr>
<tr>
<td>Friday 2/14</td>
<td>Thursday 2/6</td>
</tr>
<tr>
<td>Friday 3/21</td>
<td>Thursday 3/6</td>
</tr>
<tr>
<td>Friday 4/11</td>
<td>Thursday 4/3</td>
</tr>
</tbody>
</table>