MACC’s Data and Student Success is a resource for all!

*Advising/Enrollment


*New Traditions Scholarships: MACC Institutional, Private, Breaking Traditions, and Displaced Homemaker Fee Waiver

*Assistance with Outside Funding Resources

*Internships, Job Placement (180 Day Follow-Up), and College Central Network/MACC

*Fall & Spring College Career & Health Fairs

*Help in identifying your interest and skills

*Support services for finding solutions to your special concerns

*Paid tuition for vocational training for qualified applicants

*Career Counseling

*Vocational Testing

*Adult Basic Education

How to be A Successful College Student

⇒ Go to class. Don’t rely on a "magic number" of classes you can miss and still do well. ...

⇒ Take notes. Your memory is never as good as you think it is. ...

⇒ Participate in class. ...

⇒ Take time to study. ...

⇒ Avoid procrastinating. ...

⇒ Communicate with your instructor. ...

⇒ Be confident

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CTE Data & Student Success

Moberly Area Community College
101 College Avenue
Moberly, MO 65270-1304
Rooms C02 and C21
MACC Career Center
(660) 263-4100
(800) 622-2070
Sonda Stuart
Ext. 11232
sondas@macc.edu
Elaine Avery
Ext. 11319
elainea@macc.edu

http://www.macc.edu
Back to school usually means lots of time on a computer, reading and sitting. How can you incorporate a healthy lifestyle while studying and completing all that homework? Staying physically active is important when we work to maintain a healthy weight, stay energized, and improve physical and mental health. However, our daily schedules are often overwhelmed by work, school, family, and social engagements; therefore, it may feel impossible to squeeze in those vital minutes of exercise. Below are a few ideas for ways to spice up your fitness regimen and insight into ways of fitting fitness into your everyday routine:

- Turn your commute into a workout. Walk/jog or even ride a bicycle to work.
- Get up earlier and get a sweat on. You are likely to have more consistency with your workouts if they are the first part of your day. “Give me 50!” is a great way to get crunches and push ups into your day.
- Sit on a stability ball at work, keep weights or bands at your desk or walk during lunchtime/breaks.
- Make it a family/friend affair. This could include active date nights, post dinner walks, riding bicycles or shooting baskets.
- Make the most of your wait time with toe raises, lunges, and squats.
- Put extra "oomph" into your chores and routines at home. Run the stairs and do push-ups or sit ups while watching TV.
- Park further away from entry door or if you ride a bus to work/school, get off the stop before to walk the rest of the way.
- Email/Call less and make personal, one on one contact.
- Walk your dog 15 more minutes a day; volunteer to walk a neighbor's/friend's dog(s).
- Wash your car by hand rather than in a car wash.
- Use a push mower instead of a riding mower.
- And, one of the most important ways to incorporate exercise into your life is to “Put Yourself First!”

“I’m the Workout Fairy. I’m here to tighten your abs!”
University of Missouri-College of Education
Adventure Club Site Assistant
Adventure Club is an enrichment based before and after school program which focuses on the 21 elementary schools in the Columbia Public School District. All programs are licensed by the Missouri Department of Health and Senior Services Section for Child Care Regulations. We provide hands-on educational and recreational activities for children in a safe and caring environment.
Return Application through campus mail to 101 Park De Ville Drive Suite D, take to 109 Hill Hall or email to adventureclub@missouri.edu
An electronic version of the application can be found at http://education.missouri.edu/orgs/adventure/employment/index.php
Starting Pay is $8.00/hour

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Heartland Surgical Specialists, LLP
Licensed Practical Nurse
Busy surgical clinic is seeking full time LPN. In coordination with current LPN responsibilities include: assisting general surgeons with office procedures/wound care, scheduling all surgical procedures, lab/radiology tests, all insurance/pharmacy pre-certifications, and reviewing all questionnaires/medication records and competently documenting all interaction in an electronic environment including scanning and chart abstracting. Pay based on experience.
Bring cover letter and resume to Heartland
2nd Floor of Gutensohn Clinic, 800 W. Jefferson Street, Kirksville

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Services for Independent Living
Part-time Direct Support
SIL serves 7 counties in central MO including Audrain, Boone, Callaway, Cooper, Howard, Montgomery, and Randolph Counties. SIL would like to find in-home staff to serve customers in these counties. Staff would drive from their homes directly to SIL consumers’ home to provide in-home care.
Contact: Ronald T. Berg, In Home Services Coordinator
1401 Hathman Place, Columbia 573.874.1646 ext 234

Internships
A degree is not a ticket that automatically provides a job. With surplus labor in the market, it is difficult for college students, often with little to no experience, to beat out other experienced job candidates. This research aims to provide insight on what measures can be undertaken during college to help new graduates gain employment to save them from the financial and mental strain of floundering in such a poor job market.
An ordered analysis estimated the effects of a number of variables on three possible employment outcomes — seeking employment, part-time employment, and full-time employment. Those who reported completing one internship during their time at Southwestern University were 13 percent more likely to find full-time employment over those that did not. In addition, as students participated in more internships, they improved their odds of receiving full-time employment. This may be indicative of the fact that students who complete internships gain valuable career contacts and experience within the industries of their choice. Also, students who completed at least one internship reported higher levels of being very happy with their outcome. This may be due to the fact that completing an internship allows the student to try a field of employment to see if it is in their interests before committing to it as an occupation. This may increase overall happiness by allowing interns to find their true career passion before leaving school.

These and many more job openings are posted in our Career Center Student Commons as well as online at College Central Network!
https://www.collegecentral.com/macc/
New Traditions is a statewide network of resource centers and resource personnel. The goal of New Traditions is to help members of special populations enroll, enter, and complete career and technical programs. New Traditions is designed to assist people who are facing economic changes and need skills training. Its major purpose is to assist in planning careers that offer more job security, higher pay and employment success.

Who is eligible for New Traditions? Individuals must meet qualifications to be in the New Traditions Program and complete an Intake form to be considered for any of the scholarship opportunities.

NONTRADITIONALISTS are individuals who are seeking employment in an occupation traditionally dominated by the opposite gender.

SINGLE PARENTS are individuals who are unmarried or legally separated from their spouse and are pregnant or have a minor child(ren) for which the parent has either sole or joint custody.

DISPLACED HOMEMAKERS are individuals who are divorced, widowed, separated, or have a disabled spouse, and must prepare for paid employment.

INDIVIDUALS FROM ECONOMICALLY DISADVANTAGED FAMILIES including foster children.

GIRLS AND WOMEN 14-25 are female students seeking vocational skills to enable them to support themselves and their families.

INDIVIDUALS WITH DISABILITIES and individuals with other barriers to educational achievement, including limited English proficiency.

Private Scholarships Provided by:
Beta Sigma Phi
Carolee Hazlet
Family & Community Education of Randolph County
Hannibal Carbide Tool, Inc.
Huntsville Business Women
PEO KJ Chapter
Ruth Lawrence Memorial
Kimberlee Enochs Keithley Memorial
VFW Auxiliary 2654/Moberly
New Traditions Advisory Committee Members
The Great American Eclipse will occur on Monday, August 21. This is also the first day of fall semester classes at MACC, so there is bound to be excitement as well as confusion happening on this day, regardless of the eclipse. Although times will vary slightly according to your location, the eclipse will start around 11:45 am and end around 2:40 p.m. with the total eclipse (for those in the zone of totality) occurring around 1:12 p.m. and lasting for a couple of minutes. MACC is planning a viewing event for all faculty, staff and students on this day. Each campus will have designated viewing areas and will provide free solar eclipse glasses. To facilitate everyone being able to witness this rare solar event, we will suspend most campus operations across all sites from 1:00 to 1:30 p.m. We want everyone to have an opportunity to experience the total eclipse!