

TAPPING INTO THE POWER OF GRATITUDE

*Excerpts from an article by Sarah McKibben from Education Update
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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.

Career and Placement Services (CAPS) Receives MACC Foundation Mini-Grant

CAPS received a mini-grant from the MACC Foundation for 30 administrations of the **StrengthsQuest** assessment, at \$9.99 each, an online vocational assessment tool developed by Gallup to assist people to define their greatest strengths and assets. It will help in making career choices, and will be offered to students in the spring of 2014.

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

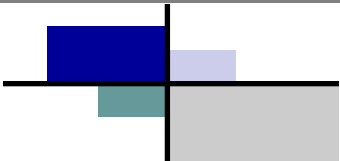
For information about grants to assist with educational expenses for students in career and technical programs, please contact your local Missouri Career Center: <http://jobs.mo.gov/jobseeker/find-a-career-center> or GAMM office: **(800) 866-9021**. GAMM is a private not-for-profit organization and the WIA is a federal program for youth, adults, and displaced workers administered by GAMM or other agencies, depending on where you live.

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CAREER AND PLACEMENT SERVICES CENTER

Moberly Area
Community College
101 College Avenue
Moberly, MO
65270-1304
Rooms C02 and C21
MACC Career Center
(660) 263-4100
(800) 622-2070
Patricia Twaddle
Ext. 11232
patricit@macc.edu
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elainea@macc.edu
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Fall 2013 New Traditions Scholarships

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 Lipsey, 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

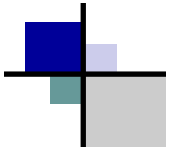
Back row: Samantha Ingrebritson, Brittanie Frost, Kerri Bunch



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



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CAREER FOCUS WORKSHOPS

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.

UPCOMING EVENTS

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.

Columbia

Thursdays
 1/9, 16, 23, 30
 2/13, 20, 27
 3/13, 20
 4/10, 24

Mexico

Friday 1/10
 Friday 2/7
 Friday 3/7
 Friday 4/4

Hannibal

Friday 1/17
 Friday 2/14
 Friday 3/21
 Friday 4/11

Kirksville

Thursday 1/2
 Thursday 2/6
 Thursday 3/6
 Thursday 4/3