



# PANTHER PAUSE NEWS

Pause for what's going on at Pellissippi State

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## Welcome to New Student Orientation & Pellissippi State!

We want to take this opportunity to introduce you to **Panther Pause**. During the academic year you will find this bi-weekly newsletter posted at our "rest stops" on campus. (*You'll soon know where those are!*)

**Panther Pause** is designed to let you know what's happening on campus and give you tips for your transition to college life, as well as to provide bits of humor and conventional wisdom along the way. Do you know Pellissippi State's mascot? You'll find the clue when you *pause* and read this newsletter!

**Other ways to find out what is going on campus:**

**College Calendar** - located at [www.pstcc.edu](http://www.pstcc.edu).

**iPause** You Tube video announcement of events on campus.

**One E-mail** - weekly email every Friday by 10 a.m. and can be read on your student email account.

**Facebook** - join *PSTCC's Student Activities* page and become a friend.

### Connect the Pieces

We want you to connect with all the College has to offer for your

academic and personal success—and to have fun doing it!

Student Life and Recreation and COSA (Council of Student Advocates) offer many opportunities to connect not only with other students, faculty, and staff but also with all the College's resources. **Connect the Pieces**, will connect you with . . .

- Useful workshops to ease your transition into college life.
- New friends when you attend our social and recreational activities.
- Our world when you take part in cultural, international and diversity programs.
- Clubs and organizations to build leadership skills and practice what you learn in your major.
- Resources and skills to better prepare you for your after-college goals.

### Get Involved

Research shows that college students who are involved in campus activities earn better grades and reach their goal to graduate or transfer

and enter the workforce more often than those who don't get involved.

By participating in our activities or with one of our clubs, students make important contacts for future jobs and add important leadership skills and experiences to their resumes. Employers hire people who know how to work in teams, how to communicate and how to lead. When you **Connect the Pieces**, you are setting yourself up for success, whether you are going on for your bachelor's or entering the career of your choice.

However, the bottom line about connecting the pieces is this: ***It's just more fun when you're involved in campus life!***

Watch for official **Connect the Pieces** events, and win cool prizes by participating in designated activities, connecting with your Instructors and using campus resources. Sign up for **Connect the Pieces** at the Student Life and Recreation Office or events throughout the year. Prizes will be given out each semester.

### Success Track

Students who study smart are motivated and resilient. They set goals and have high expectations. Learn secrets for organizing and managing time in college. Improve your note-taking and test-taking, and learn tips for reducing test anxiety, improving wellness and financial health! PSTCC is providing opportunities for students to foster their learning, as well as achieve academic, career, and life goals.

Get a jump start by attending early workshops before the semester even begins.

**Tuesday, August 4 from 12-2**

**Monday, August 10 from 4-6**

**Wednesday, August 12 from 10-12**

To reserve your space today and find out the location, call Gayle Wood at 539-7160.

### Student ID's

Student Photo ID's will be made during New Student Orientation. If you are not able to get your ID made during the event, you may get it by coming by the Student Life office, GN 146.



Count the number of times the word "connect" is used, and enter your name in the drawing to win a \$50 Bookstore certificate. With the price of books these days, this should come in very handy! Turn in this form by the end of this New Student Orientation session. GOOD LUCK!

Answer \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

