

ACCESS TO SUCCESS



Ten Top Tips for

Transfer

1. Time is the key.

Manage it effectively and you will succeed.

2. Ask questions.

Make sure you get answers to your questions.

3. Plan ahead.

Registration for the following semester is during the current semester.

4. Know the resources available to you.

The University web pages as well as those from your college and/or department are useful sources of information.

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November 2006

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ACCESS OFFICE HOURS

Mon-Thu 9:30 to 7:00
Fri 9:30 to 12:30

Campus Transfer Events

Transfer Day

Monday November 6, 2006
10:00 am – 1:00 pm
Center Space

Meet with representatives from numerous UC, CSU, and independent universities.

For more information, please contact the Transfer Center in Room E1-201

University Application Panic

Tuesday, November 28, 2006
5:00 pm -7:00 pm
Thursday, May 4, 2007
10 am -12 pm and 5 pm -8 pm

Some of the Colleges that will be here in Center Space and the Gym are: All UC's and CSU's, Purdue University, Johnson and Wales University, University of St. Andrews, Scotland, as well as state universities from Hawaii, Rhode Island, Oregon, Colorado, Washington, and Arizona.

PLUS MANY MANY MORE!

To RSVP for all events, workshops, and offerings, please contact ACCESS by email access_missioncollege@yahoo.com, call 408-855-5192, or drop in to RSVP, update you contact and registration information, and to fill out a survey about the program.

Thank You!

RSVP:

November 15 Scholarship Application and Essay Writing Workshop

November 21 Thanksgiving Lunch Potluck

(see page 2 for more details)

STUDENT NEWS AND UPCOMING EVENTS

ACCESS Program Transfer Students

UC Santa Cruz, UC Riverside, and CSU
(SJUSU, Hayward State)

TAA's

(Transfer Admission Agreements)

Are due November 10th

- Please schedule an **appointment** with **Michele** or **Rosalie**. They will assist you with filling out the TAA application.
- Please bring all transcripts (detailed) from every college attended and questions to your appointment.

Thanksgiving Lunch Potluck

We will provide turkey, mashed potatoes & gravy. Please bring a side dish, dessert, salad, drink or fruit to share. If you are unable to bring one of the items above, you are required to bring a canned food for donation.

COME EAT! HAVE FUN! HELP OTHERS!

**November 21, 2006-Campus Center Room 219
12:00 PM – 2:00 PM**

Spring Priority Registration November 22

ACCESS wants to hear from you! Are there stories or articles you want to write? Email your ideas to access_missioncollege@yahoo.com

Quote of the Month

"All our dreams can come true - if we have the courage to pursue them."

-Anonymous-
Submitted by Manija

Submit your favorite quote to access_missioncollege@yahoo.com

ACCESS/CATS EVENTS

To receive information about tickets to events in the Bay Area, please update all your contact information by either emailing access_missioncollege@yahoo.com or giving it to Charity Bowles, ACCESS Program Coordinator.

**DON'T MISS THE SCHOLARSHIP ESSAY WRITING WORKSHOP**

This **interactive** and **experiential** workshop facilitated by our very own Sareli Beltran will help you complete the Mission College Scholarship Application and draft, edit, and write your scholarship essay. We'll help you fill out **one application** so that you can qualify for **multiple scholarships**.

Last year, **ACCESS students** received scholarships in amounts up to **\$1500** dollars.

RSVP- See Page 1

Introductory Workshop- Scholarship Application, Essay and Searches

Wednesday, November 15, 2:30-5 PM in the Campus Center Tech Lab TC-1

Follow-up Workshops- Writing Your Essay

November 28 & 29, 1:30-3 PM in the Campus Center Tech Lab TC-1

ATTITUDE IS EVERYTHING

Your attitude has a lot to do with whether events and occurrences produce a feeling of stress. Once you admit that you are not able to control everything, you will be better equipped to handle unexpected situations. Stress management comes down to finding ways to change your thinking and manage your expectations.

Attitude is important—it affects:

1. How **successful** you are in achieving your academic and personal goals
2. How you **feel**, mentally and physically
3. How you **look**, what you say and what you do

Do you have a positive attitude?

1. Are you **willing to learn**, no matter how difficult it is?
2. Do you do your **best** when studying, and try to improve how you do your work?
3. Do you demonstrate **enthusiasm** in whatever you say and do?
4. Do you welcome **challenges, experiment, and try** new ideas?
5. Do you have a **sense of humor** by not taking yourself too seriously?

Seven Easy Ways to Develop a Positive Attitude:

1. **Be confident**
2. **Be positive**
3. **Be punctual**
4. **Be patient:** some things just take time to do
5. **Believe in yourself:** you are unique in this world, and so are your talents
6. **Set goals for yourself:** then WORK hard to achieve them
7. **Get fun out of life:** don't take yourself too seriously



Other important ways to adjust your attitude include:

- **Be realistic.** Shed the Superman/Superwoman image. **Don't expect** too much of yourself or others. Nobody's perfect!
- Try to be **assertive** rather than passive or aggressive.
- **Be flexible.** Give in sometimes.
- **Rehearse/prepare** for presentations and interviews.
- **Think positively.** Look at each stressful situation as an opportunity to improve your life.
- Rely on **humor** to relieve tension.

It may also be necessary to reorganize your schedule in order to maintain a more balanced life.

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Excerpted from an article by Geoffrey Cowley – Newsweek June 14, 1999

