

# The Bridge

Bridging the Gap Between Today and Tomorrow

Vol. 24 Issue 6

Grand Valley State University  
Educational Support Program

April 2012



## Annual Banquet

By: Ashleigh Zerbst

The Educational Support Program held its annual banquet on Friday, March 23th, and it was a success!!! We had great carnival games that were quite challenging (like the stand-a-bottle game) and great carnival food, including corn dogs, fries, and awesome elephant ears. This year we had a lot to celebrate! There were two professors of the Year; Dr. Medar Serrata, who teaches Spanish, and Dr. Laurie Witucki, who teaches Chemistry. Both professors gave phenomenal speeches, which showed their great strength and determination. Even though we only chose two professors, we had 18 more nominees! We also had 51 graduates this year, each of whom have successfully completed their undergraduate degrees and are moving on to bigger and better experiences. Alison Van Deusen, Rocio Vera, and Jeremy Christiansen received the Most Improved GPA award, and Lisa Wilson, Crystal Ruemenapp, Yarsibel Segura, Xinyi Ou, Leanna Wende, Shatoya Wilson, Chris Kasinger, Melissa Williams-Freeman, Kali Crain, Sarah Watkins, Diamond Conley, and Sara Lares received the Highest GPA award. We had so much to celebrate this year, and we were so happy to have a great afternoon with all the participants, faculty, and staff that attended.

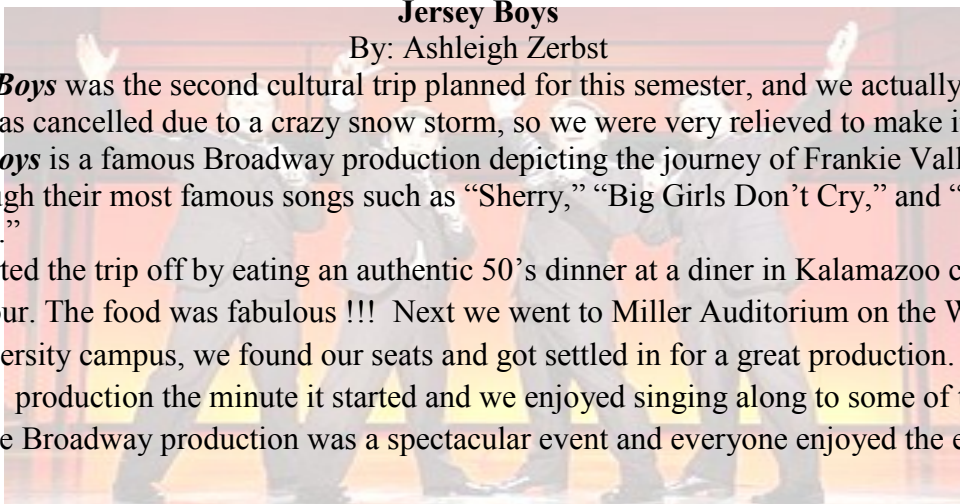


## Jersey Boys

By: Ashleigh Zerbst

**Jersey Boys** was the second cultural trip planned for this semester, and we actually made it there! The first trip was cancelled due to a crazy snow storm, so we were very relieved to make it to **Jersey Boys**. **Jersey Boys** is a famous Broadway production depicting the journey of Frankie Valli and the Four Seasons. Through their most famous songs such as "Sherry," "Big Girls Don't Cry," and "Can't take my eyes off of you."

We started the trip off by eating an authentic 50's dinner at a diner in Kalamazoo called D'nicio's Parlour. The food was fabulous !!! Next we went to Miller Auditorium on the Western Michigan University campus, we found our seats and got settled in for a great production. Everyone was sucked into the production the minute it started and we enjoyed singing along to some of the best songs of our time. The Broadway production was a spectacular event and everyone enjoyed the event.





## Finals Study Tips

By: Ashleigh Zerbst

Finals are approaching and we want all of you to be prepared, so here are a few tips and tricks to help you get ready to ace your finals and end the year with a bang!

1. **Study in chunks**- cramming really isn't the best way to study. According to the [Dartmouth Academic Skills Center](#), you should study in 20-50 minute increments and give yourself a 5 to 10 minute break between each session. For best results, study throughout one full week.

2. **Listen to Mozart**- Certain types of [music](#), like Mozart's compositions -- which follow a 60 bpm pattern -- have been shown to activate both the right and left sides of the brain in listeners. Stimulation of both sides is linked with increased recall, and so [listening](#) while studying can help in-

crease the likelihood that you will retain relevant information.

3. **Alternate Study Spots** - rather than sticking to one study spot, you should switch things up when reviewing for exams.
4. **Manage your time**- Leave yourself time for breaks -- you'll be taking them anyway -- and be sure to prioritize according to which class you'll need to study for the most.
5. **Drink Cocoa**- Packed with antioxidants as well as cognitive and mood enhancers, the unadulterated cacao bean has been [recently lauded](#) as a superfood. But once it is processed into chocolate bars, cacao's healthy benefits are overpowered by sugar -- which will provide a spurt of energy followed by a longer crash.
6. **Get help if your need it**- Don't try to confuse yourself any further, buck up and find help. Although it may not have been cool to ask for help in high school, it is the best thing you can do for your future now. In college everyone asks for help, so get on the bandwagon.

## End of the Semester

By: Mackenzie Kindel

The end of the semester is near! I'm sure you can all tell with the final projects, papers and presentations that are starting to take over our schedules. The one plus side of our crazy lives...

GRADUATION!!

GVSU COMMENCEMENT CEREMONIES

Saturday, April 28, 2012

VAN ANDEL ARENA, DOWNTOWN GRAND RAPIDS

**10:00 a.m. Ceremony**

Seidman College of Business

College of Community & Public Service

Padnos College of Engineering & Computing

College of Health Professions

Kirkhof College of Nursing

**3:00 p.m. Ceremony**

College of Education

Brooks College of Interdisciplinary Studies

College of Liberal Arts & Sciences

ESP would like to take this time to once again congratulate all graduates. We are all very proud of the accomplishments you have made and all the hard work you have put in over the last few years.

Best of luck to you as you start your own journeys!

BUT, if you are like me and are taking spring/summer courses, please remember to apply for the 2012 Spring/Summer Supplement Financial Aid at [http://www.gvsu.edu/financialaid/supplemental\\_application.htm](http://www.gvsu.edu/financialaid/supplemental_application.htm).

## Interview Tips for Students

By: Mackenzie Kindel

Whether you are graduating this year or just looking for a summer job, here are some good interview tips to help you along the way.

### **Before the Interview:**

- Dress the part*-this is important!!
- Get there early.*
- Spend some time studying the business.*
- Come with your materials.* Bring along a copy of your resume, any letters of reference and any other type of material
- Review your resume.* Yes, you think you know it forward and backward, but read it through one more time and think about possible interview questions that might arise.
- Write an elevator pitch.* An elevator pitch is a 30-second blurb about you: who you are, what you offer, what you can bring to the business.
- Practice.*

### **During the Interview**

- Practice common courtesy.*
- Maintain good posture.*
- Don't apologize for your lack of experience.*
- Answer questions honestly.*
- But hold some details.* Stop yourself from laying out every single detail of your family history, extenuating circumstances and personal situation.
- Have an "interview personality."*
- Make eye contact.*
- Use professional language.*

### **After the Interview**

- Send a thank you email addressed to the interviewers.*

Article taken from: <http://www.investopedia.com/financial-edge/0911/Top-15-Interview-Tips-For-Students.aspx#axzz1qthZL7C6>

## Transferring Spring/Summer Credits

By: Mackenzie Kindel

We know that many students tend to take classes at their local community college if they move back home for the summer. DON'T take the chance of paying for a class that won't count towards your degree! We know that it can get pretty tricky trying to see what class credits transfer or not, so we have included the website address it can be found at: <http://www.gvsu.edu/studentapps/mtn/>. It is super easy!

Go to the website and select what college you will be transferring credits from.

To make life easier leave the class code blank-it is optional so you can find all of your information without it!

Scan through the list to see what the credit equivalency would be here at Grand Valley.



If you take the time to follow these short steps you will save yourself (or your parents) from losing money and save yourself a lot of anger and frustration!

ENJOY YOURSELF THIS SUMMER!



## Calendar of Events

By: NatoshaBeman

April 1: GV presents ANTONA GARCIA @ Louis Armstrong Theater 2-4:30pm

April 2: FREE Yoga @ Niemeyer 9-10pm

April 4: GVSU Softball hosts Hillsdale College @ Varsity Softball Field 3:30pm

April 12: College Positive Volunteer training- Lib 100 Approved @ Kirkhof 6-8pm

April 13: Relay for Life @ Field House Arena 6pm

April 16-17: GradFest @Kirkhof Center 9am-6pm

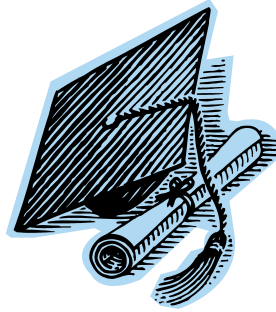
April 18-19: GradFest @ DeVos Center 9am-6pm

April 21: Baxter Cleanup sign up in office

April 23-28: Final Exam Week Starts

April 28: Semester Ends

April 28: Commencement @ Van Andel Arena 10am & 3pm



## EDUCATIONAL SUPPORT PROGRAM

GRAND VALLEY STATE UNIVERSITY

239 STUDENT SERVICES BUILDING

ALLENDALE, MI 49401

## ESP Staff Directory

Melissa Selby-Thuet

Director

Marnie Parris-Bingle

Advisor

Victoria Powers

Advisor

Lolita Salindong

Office Coordinator

## SSO Staff

Natosha Beaman

Ashleigh Zerbst

Mackenzie Kindel

## The Bridge

Written and edited  
by the ESP & SSO  
staff.

Published by **Natosha  
Beaman**

This Publication and all  
activities are federally  
funded through a grant  
from the U.S.  
Department of  
Education.

**TRiO**  
STUDENT SUPPORT SERVICES