

Fall 2017

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Resources**

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SPECKMAN

**TUTORING
& LEARNING
CENTER**



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Turner Student Lounge Offers New Study Resources

by Lisa Marks, TLC Instructor

With comfortable seating, a relaxed atmosphere and space for individual or group study sessions, the Turner Family Foundation Student Lounge, located in ICW 115, is a great place to study on campus. Beginning this semester, students can now meet one-on-one with a study skills tutor or reading tutor

in the Turner Student Lounge as well. Both of these services will help students to sharpen skills needed for success in all of their college classes.

Speckman Tutoring & Learning Center (TLC) Tutors can assist with:

- test taking strategies
- organization
- time management
- getting the most from textbook reading assignments

• memorization tips, and more.

To make an appointment with a study skills or reading tutor, call 417-447-8164. Walk-ins are also welcome. For current tutoring services and hours available at OTC campuses, please check the OTC website, keyword search “tutoring.”

Meet the Speckmans

by Tara Lacio, Tutor Supervisor

The *Speckman* Tutoring & Learning Center (TLC), formerly the Academic Achievement Center (AAC), opened in 1991 and has provided OTC students with college-preparedness courses and free academic tutoring ever since. In 1999, the TLC became the Speckman Academic Achievement Center, now the Speckman Tutoring & Learning Center, after receiving a generous donation from Dr. Ray Speckman in honor of his late wife, Marti. The *Speckman* TLC would like to pay tribute to the fascinating people behind our name.

Dr. Ray Speckman grew up on a

farm in northeast Missouri where he attended a one-room country school with 30 kids total and only two in his class. From humble educational beginnings, he went on to further studies, earning an Agricultural Economics degree and then a Master's in Business Administration. He also attended law school before he began his doctoral education in history with a move to Utah. It was here that he met Marti, a young widow with two small children. They fell in love and married.

Marti and Ray decided to move back to Missouri and live in Lake of the Ozarks. Dr. Speckman taught adjunct for multiple courses, had a stint teaching for the Air Force Academy, owned several businesses, was involved in radio and newspapers, hosted a TV show, and produced historical documentaries for the Travel Channel and PBS.

Marti was actively involved in Ray's many business ventures, from helping to take a bankrupt newspaper to profitability, to cleaning fish for the customers of the restaurant at the campground they owned, to toting film equipment and writing TV scripts. She

also decided to enroll in college. She loved learning and was an excellent student. Though she was most passionate about history and literature, Ray recalls that "she mastered subjects like accounting, computers and algebra...not because she enjoyed those courses but because Marti wanted to prove to herself she

"she mastered subjects like accounting, computers and algebra...not because she enjoyed those courses but because Marti wanted to prove to herself she could."

State University, teaching classes as a graduate assistant.

Life slowed down when, at only 47 years of age, Marti received diagnosis of metastasized breast cancer. The couple packed up and moved to Springfield to be closer to Marti's college and doctors. Ray began teaching business law at Drury and OTC in the early years when there were only two buildings on the campus. Unfortunately, Marti lost her battle to breast cancer and passed away not long after.

Dr. Speckman continued teaching for OTC. New buildings were going up, and he talked with his friend, OTC President Dr. Norman K. Myers, and they came up with the idea of honoring Marti by naming a department after her.

Marti would be proud to have her name on the Speckman Tutoring & Learning Center because she was always a very kind person who



could." She earned her bachelor's degree with honors and then worked on her master's degree from (Southwest) Missouri

The Speckman Academic Achievement Center's (AAC) name changed to the *Speckman* Tutoring & Learning Center (TLC) on November 19, 2007.

wanted to help people who wanted help. Marti was awarded a posthumous degree from Missouri State University which can now be found hanging at the TLC entrance along with an honorary plaque. Her legacy also continues in an OTC scholarship for deserving students.

Dr. Speckman wrote a book, *Stranger in the Mirror*, that tells the story of Marti's life with cancer. It celebrates this remarkable woman and brings awareness to the importance of regular check-ups and early detection of cancer. Several copies of the book can be found in the TLC for anyone interested in reading.

Thank you to the Speckmans.

How to ACE Anatomy and Physiology



Graphic by Jen Gerischer, TLC STEM Tutor

By Dr. Dianne Juby, TLC Study Skills Tutor

The human body is an amazingly complex thing. It's no surprise, then, that a course entirely devoted to it should be just as complex. For students in Anatomy and Physiology: BCS 145 (a.k.a. "A & P"), new concepts, lab exercises and demanding textbook readings can seem overwhelming at times, but particularly for students pursuing an Allied Health career, it is essential to master this important material. How can a first-year student hope to achieve classroom excellence and "ace" a difficult course like Anatomy and Physiology?

A new tutoring program, Achieving Classroom Excellence (ACE), was designed to help A & P students achieve success. Through the ACE program, BCS 145 students are offered structured tutoring and review sessions led by peer tutors. Tutors attend the scheduled labs along with students, then design and facilitate weekly review sessions for those students.

Most ACE leaders are students themselves who have previously aced BCS 145. They love to learn and are excited about helping other students learn and

succeed in the course. Tutors also receive additional tutor training specifically for their role as ACE session leaders.

An ACE session allows students to dive deeper into concepts that were presented in lectures and labs, review for exams, and learn new study strategies in small interactive groups. Tutors create playful props and learning games, provide helpful handouts, and take the time to explore the most confusing concepts in new ways.

Paul Davis attended ACE sessions last semester during the pilot phase. He says he had never had to "really study" for a class before BCS 145, and ACE sessions taught

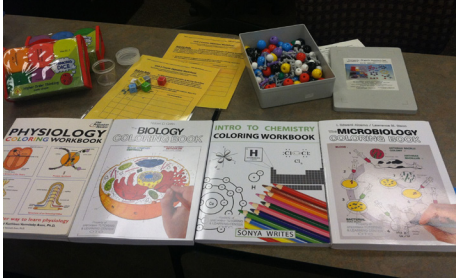
him how to learn the material in tough courses. "I went to ACE sessions because I wanted to hear the concepts from another perspective, to get further explanations," he said, "and it was easy to ask a tutor in the ACE sessions about specific concepts rather than taking up valuable class time." Now, as an ACE leader, he helps other A & P students discover effective ways to navigate challenging material.

ACE leader Linda Walker, who is now a fourth-semester nursing student at SBU, took the course a few years ago at OTC. "Something like this would have been very helpful to me back then," she said. ACE gives her a chance to help students make sense of the concepts they will need down the road instead of just memorizing new words. She sees ACE sessions as "a space where students can feel comfortable saying something wrong until they can make



sense of it.”

Although each ACE tutor gets to know the students in a particular lab section, students may attend any (or all!) of the approximately 25 ACE sessions led by different tutors. The schedule of ACE sessions is posted at the Science Tutoring Suite, NKM 235, and at <https://academics.otc.edu/tlc/tlc-tutoring-schedule/>. There is also a growing ACE program for Physics 120. Like all services of the TLC, ACE sessions are free to OTC students.

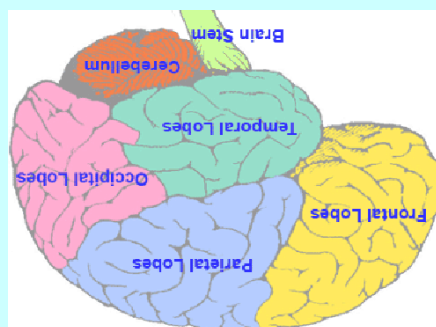
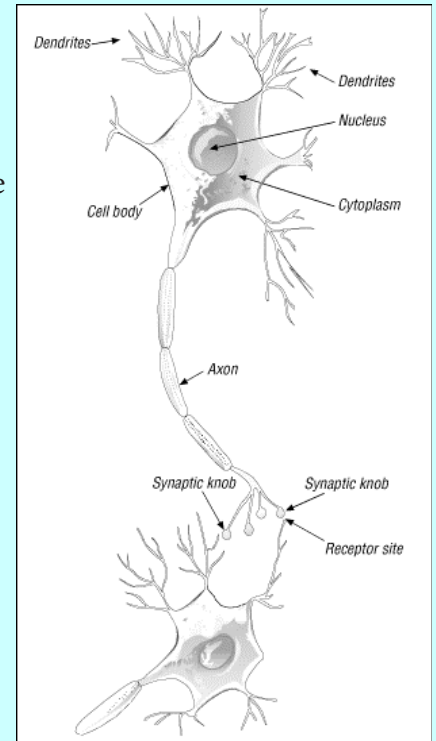


How Much Do You Know About the Brain?

compiled by Dr. Jayna Spindler, TLC Instructor

Questions:

1. The human brain is made up of brain cells called neurons. How many are in a human brain?
2. Where is knowledge stored in the brain?
3. How many dendrite connections are possible on a neuron?
4. Which of the following brain chemicals enhance learning? endorphins, adrenaline, cortisol, serotonin
5. Which of the following brain chemicals inhibit the growth of dendrites? endorphins, adrenaline, cortisol, serotonin
6. What makes dendrites grow?
7. What is the best way to store information efficiently?
8. In regard to dendrites, is the old saying “use it or lose it” true?
9. Although the two hemispheres work together to do almost everything, each has its own specialties. Which hemisphere is typically best at language?
10. Can you name the four main lobes of the cerebrum?



- Answers:**
1. about 100 billion
 2. in the dendrites – dendrites are your knowledge
 3. about 10,000 on each one
 4. enhance >> endorphins and serotonin
 5. inhibit >> adrenaline and cortisol
 6. repeated firing will make them stronger and faster
 7. make sure you are
 8. understanding the material and not just memorizing
 9. yes, unused dendrites can be eliminated
 9. the left hemisphere
 10. Frontal lobe, parietal lobe, temporal lobe, and occipital lobe

Where are They Now? Ashley Clements

by Jacob Lewellen, TLC Director, and
Ashley Dense (formerly Clements)

How long did you work at the TLC?

I worked as a Spanish tutor for 3 years. When I started in June 2013, language tutors were a part of the Speech and Writing Center. About a year and a half later, language tutors were moved back to their original home in the TLC.

How long has it been since you worked in the TLC?

It's been about a year and a half since I left, just after I graduated from MSU in May of 2016.

What was the best part of working in the TLC?

There are so many good things! I loved the community feel of working there, and I loved getting to know students from a variety of different backgrounds. I always looked forward to work, and not many people can say that! It was also so rewarding to be the person who was able to share the "light bulb moment" with students. Every day I felt like I was making



a difference. Probably one of the best things ever was when I recently found out that one of the regular students I used to tutor was traveling in Spain and had decided to major in Spanish. Also,

it seems like there was ALWAYS food.

What is your profession?

High school Spanish teacher at Nixa High School.

In what city and state do you live?

Still, in Springfield, MO and I have been my whole life. I hope to move to Costa Rica someday though!

Name 3 significant things that have changed since you worked in the TLC.

1. My last name. I got married last

March during Spring Break and am now Señora Dense.

2. I am now an aunt to the cutest baby boy in the entire world.
3. I FINALLY don't work at McDonalds. I have the best job ever at Nixa High School (the TLC is a close second). I think ten years in fast food was more than enough (although I wouldn't have met my husband if it weren't for that job).

How did working in the TLC help you to get where you are today?

I attribute the majority of my success to working as a tutor. Of course, there was a ton of hard work that went into my education outside of tutoring as well, but my time as a tutor helped me gain valuable firsthand experience with teaching Spanish. I say time "as a tutor" since I also worked in the Carol Jones Writing Center for a while. (Shout out to Mr. Ackerman and all of my awesome co-workers there who also had a huge impact on my life!) I have no doubt that Nixa High School was impressed when they saw OTC on my resume, even just as a tutor. It shows that you are responsible and can build positive relationships with anyone. I am proud to say that I encourage all of my students to go to OTC. The motto "Start Here, Go Anywhere" is so true.

Coffee & Conversation

**Practice
Spanish, French,
and American
Sign Language**

**Fridays
9 a.m.-3 p.m.
ICW 211**



by Dr. Carolyn Brockman, TLC Instructor

Most of the staff in the TLC have known Nora Browne as an ASL tutor. She holds three associate degrees from OTC in transfer, teaching, and interdepartmental studies. Her plans are to attend Rockhurst University in Kansas City, on a full ride scholarship for a Bachelor of Science in Communication Sciences and Disorders. She then plans on working on a Master of Science in Speech-Language Pathology. How she has advanced this far is highly unusual and can serve as an inspiration to all.

Nora explained her reasoning for following the path of communication science. She had been diagnosed with learning disabilities at a young age and shared, "I felt that I was gypped." Sharing that she hated public school, she felt her teachers were passing her on even though she believed she didn't deserve it. With her

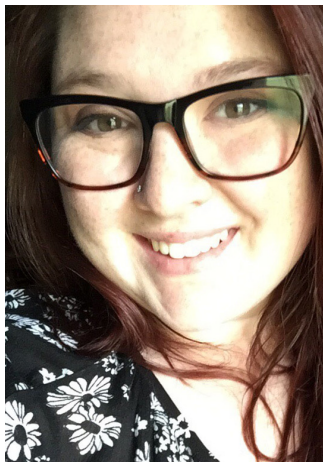
mother's ardent support, Nora decided to come to OTC. She said, "College is where I found out I was smart."

Sign language classes initiated a great awakening for Nora and her recognition of her own learning. "Sign is good for me because it is visual... It is something I can do with my hands." Courses took off for her, and she felt she found her calling. Sign language also led her to Phi Theta Kappa. She said, "I never knew I was an honor student until I was on a van and overheard Steve [Fritts] tell the person on the phone 'I have a car full of honor students.'" She has served as Regional Vice President for Phi Theta Kappa as well as Chapter President at OTC. She will also serve as Vice President for the Missouri Alumni

Association of Phi Theta Kappa, for the next two years.

Nora's hobbies include painting, knitting, and other things she can do with her hands. She has two homes, one in Springfield and the other in Kansas City, where she commutes every weekend to spend time with her boyfriend of five years, Holden. Nora also likes to sign with her hands while she is singing in the car. She said, "I look like a crazy person in my car, signing to songs." She added, "My brain is always going. I get distracted easy. I like to move my hands and have something active to do."

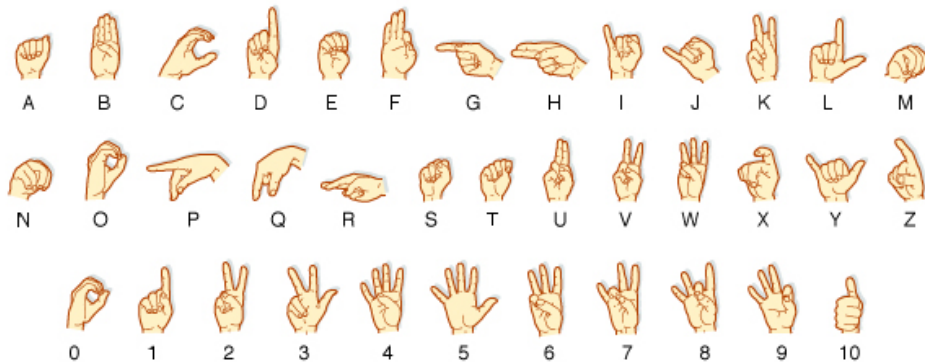
Nora has supportive parents, Mary Ellen and Steve and a younger brother named Conor. She reported her mom was like a mama bear by protecting her and



TLC Staff Highlight: Nora Browne

putting up a fight for her learning. Her dad shares her sarcastic and loving sense of humor. She credits both of her parents for her extroverted nature. She also shares her home with two "adorable" dogs that she has grown to love for over thirteen years.

Nora would like to be remembered as a person whom others can rely on. "I want my story to help someone to get through." Her best friend is deaf, and they communicate only in sign language. "She said I changed her life. She finally had a friend communicate with her in her natural language." Nora recommended not surrounding yourself with negative people. Instead, "surround yourself with people that can change your life or you can change theirs."



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<https://otc.edu/tutoring/>

Carol Jones Writing Center

IC 200

Monday-Thursday 8:30 a.m. - 6:30 p.m.

Friday 8:30 a.m. - 2:30 p.m.

Saturday 10:00 a.m. - 2:00 p.m.

Picking a Topic • Prewriting
Organizing • Drafting
Revising • Editing
Documenting • Online Tutoring

Speckman Tutoring & Learning Center

ICE 212

Monday - Thursday

7:30 a.m. - 9:00 p.m.

Friday 7:30 a.m. - 3:30 p.m.

Saturday 10:00 a.m. - 2:00 p.m.

Math • Trigonometry
Calculus • Statistics
Physics • Computer Applications
Biology • Chemistry
Study Skills • Accounting
Online Tutoring in Math, Accounting, &
Computer Applications

Speech Communication Center

IC 200

Monday-Thursday 8:30 a.m. - 6:30 p.m.

Friday 8:30 a.m. - 2:30 p.m.

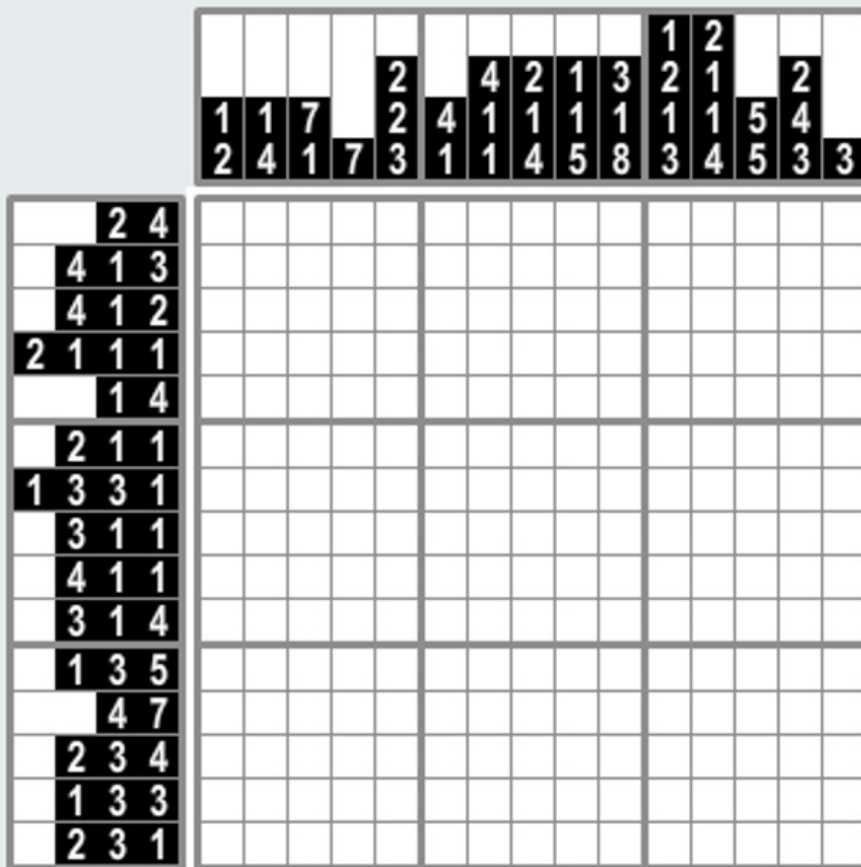
Saturday 10:00 a.m. - 2:00 p.m.

Outlining • Development
Content • Research
Organization • Delivery
Rehearsal • Video Recording

There are also tutoring resources at OTC's Lebanon, Table Rock, Waynesville, and Richwood Valley campuses. Check out <https://academics.otc.edu/tutoring/>

Puzzles

The object is to reveal a hidden picture by painting blocks in each row and column so their length and sequence corresponds to the clues, and there is at least one empty square between adjacent blocks.



Brain Teasers

1. What makes this number unique -- 8,549,176,320?
2. Imagine you want to send a valuable item to your friend. You have big enough box on which you can place several padlocks. You both have enough padlocks but the problem is that you don't have keys to padlocks of the other one. How do you send the valuable item so that it doesn't go unlocked? Sending just a key doesn't help because someone could replicate it.

	6	9						
	5	4	1			2		
3					9	1	4	
		1	7	6	2	4		8
			8		5			
2		7	3	1	4	9		
	2	3	4					1
		5			1	8	2	
						3	5	

Recipes *Compiled by Ken Adams*



Chicken Spiedini

1 1/2 pounds skinless, boneless chicken breast
1 tablespoon olive oil
1 clove garlic, minced
1/2 teaspoon coarse sea salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon onion powder
1/2 cup coarsely chopped flat-leaf parsley
1 1/2 to 2 cups plain dry bread crumbs
4 wooden skewers, soaked in water for 15 minutes
1/2 cup (1 stick) butter or margarine
Juice of 2 lemons

Wash chicken and pat dry with paper towels. Cut into 1 1/2-inch cubes; place in a medium bowl. Add oil, garlic, salt, pepper and onion powder; toss to coat. Cover tightly and refrigerate for at least 1 hour.

Prepare a very low fire in the grill or preheat the broiler.

When ready to cook, add parsley and bread crumbs to the chicken and toss well until all pieces are thoroughly coated. Divide chicken into 4 equal portions and thread on soaked skewers. Pieces should be just touching, not smashed against each other.

To grill, cook over very low heat, turning occasionally, until chicken is thoroughly cooked and crumbs are lightly charred. To broil, cook until browned, 8 to 10 minutes a side.

While the chicken is cooking, melt butter or margarine; stir in lemon juice. When the chicken is finished, place on a platter and drizzle with lemon butter.

Cinnamon Rolls

2 sticks unsalted butter; 1 softened, 1 melted
1 package yeast
1/2 cup warm water
1/2 cup sugar
2 tsp salt
1 large egg
1 cup milk
All-Purpose flour
White and brown sugar
Cinnamon
Nutmeg

Disolve yeast in warm water and let sit until frothy (approx. 5 minutes)

Whisk together melted butter, sugar, salt, egg, and milk.

Stir in yeast

Add flour 1 cup at a time until dough comes together. Remove dough from your mixing bowl and knead by hand, adding flour just until the dough is easy to remove from your hands.

Place dough in a bowl and cover tightly. Let rise in a warm, dark place until volume doubles (about 1 hour).

Roll out dough on a lightly floured surface into a large rectangle.

Spread softened butter on surface of dough leaving about 1/2 inch around the edges clean.

Sprinkle flour over butter and then cover with brown sugar and white sugar, then sprinkle cinnamon and nutmeg to taste.

Roll dough and slice to form rolls.

Place rolls on a rimmed baking sheet, cover with a clean dry cloth, and let rise until volume doubles (about 1 hour)

Bake uncovered at 375° for 15 minutes or until golden brown.

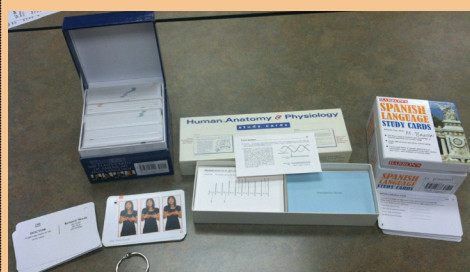
Let cool and then cover the top of your cinnamon rolls with your favorite icing.

The TLC is located in the Information Common East, Room 212, OTC's Springfield Campus
Fall and Spring hours: Monday-Thursday 7:30 am - 9 pm, Friday 7:30 am - 3:30 pm, Saturday 10 am - 2 pm
Summer hours: Monday - Thursday 8 am - 6 pm, Saturday 10am - 2 pm
tlc@otc.edu (417) 447-8164

Best Kept Secret Resources of the *Speckman* Tutoring & Learning Center

by Snow Popis, PT Supervisor

1. Our not-so-secret resource-Tutors! Free tutoring for Math, Languages, Accounting, Sciences and Study Skills!
2. A quiet study space with free earplugs upon request, or you can check out a pair of noise canceling headphones.
3. Easily accessible charging stations for your cellphones and tablets.
4. Video recording area for your language class: recording yourself signing ASL or practicing a speech in a foreign language.



5. Did you forget to bring in your calculator, pencil, paper, or a ruler? It is no excuse not to study! Just come on in, and you can check one out with your ID.
6. Over 55 computers open and loaded with the programs you need for your classes, several laptop stations with access to wireless printing to our printer/copier/scanner/fax, open for students' use.
7. Hands on learning resources: study guides, coloring pages for select classes, ready-made flash cards, models for computers,

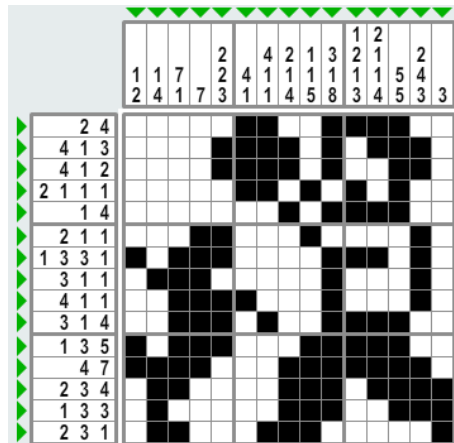
anatomy, biology, chemistry, geology, and more!

8. A relaxation station to help take a break between study sessions. Coloring, puzzles, games, fidget toys and static sand to help you take a calming few minutes.
9. Online tutoring and tutoring message boards! Just drop us a question, and we will help you make sense of any concept you do not understand.



Answers to Puzzles and Brain Teasers (pg. 8)

1	6	9	2	4	3	5	8	7
8	5	4	1	7	6	2	9	3
3	7	2	5	8	9	1	4	6
5	9	1	7	6	2	4	3	8
4	3	6	8	9	5	7	1	2
2	8	7	3	1	4	9	6	5
9	2	3	4	5	8	6	7	1
7	4	5	6	3	1	8	2	9
6	1	8	9	2	7	3	5	4



Brain Teaser Answers

1. It contains each number, zero through nine, in alphabetical order.
2. Lock the item in the box and send it to your friend. He adds his padlock on the box and sends it back to you. Take off your padlock and send it to your friend -now he only removes his padlock and box is opened.