

TLC

FA 2018

Recipes

Jabbacado Toast
No Bake Wookie Cookies

Where Are They Now?
Dr. Micheala Steinmetz-Benton

TLC Staff Highlight:
Chuck Dillman

***Speckman* Tutoring & Learning Center**

Puzzles & Recipes

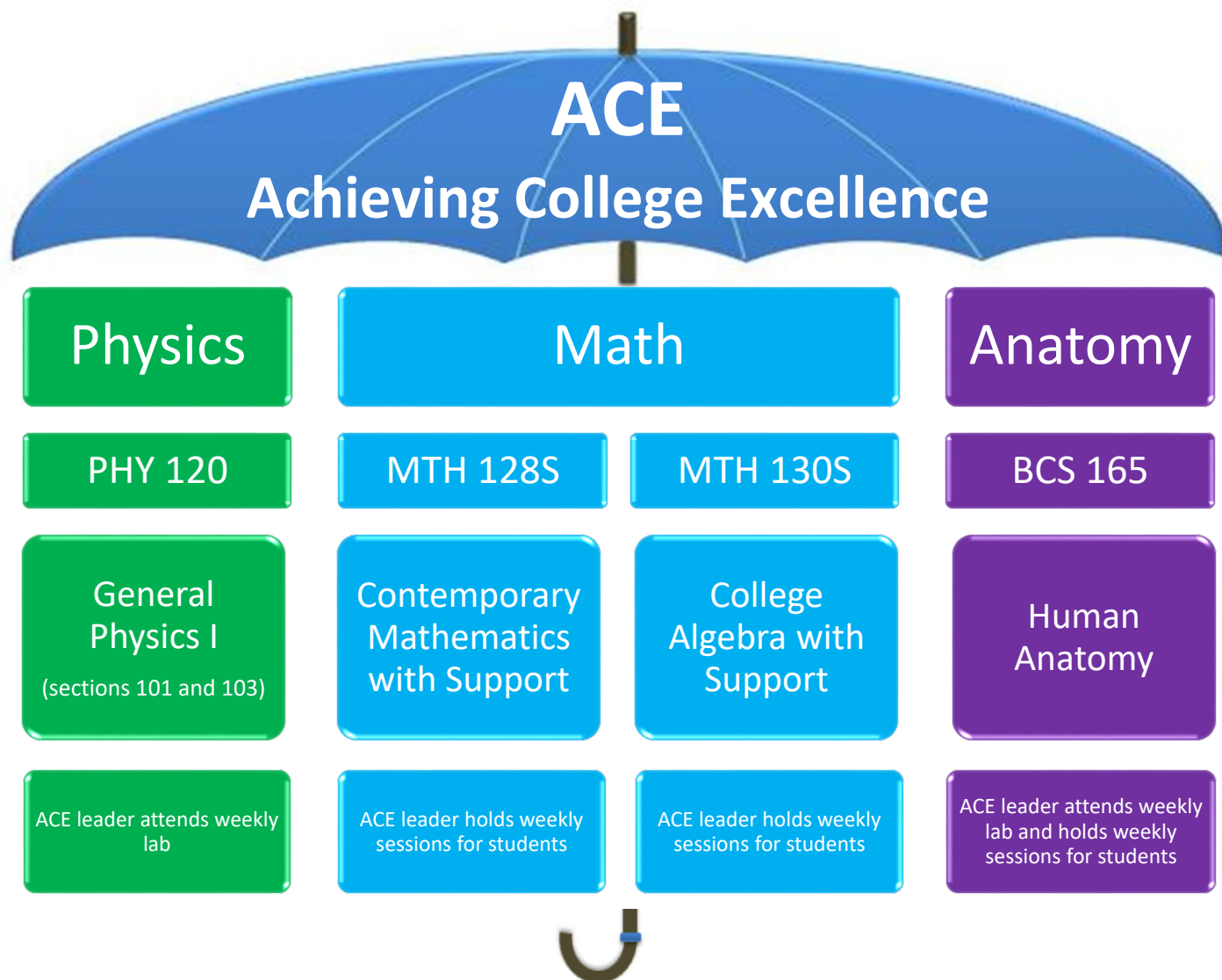
Staff Highlight

Where Are They Now

Dealing with Test Anxiety

Computer Tutoring Where You Need It

ACE: Achieveing College Excellence



By Shelby Gannott, TLC Assistant Director

One of the TLC's newest programs, Achieving Classroom Excellence (ACE), has recently been expanded to include more subjects! Through the ACE program, students are offered structured tutoring and review sessions led by peer tutors.

Most ACE leaders are students themselves who have previously "aced" their own courses. They love to learn and are excited about



Shayna, ACE Tutor, helps a student.

helping other students succeed. 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.

Like all services of the TLC, ACE sessions are free to OTC students.

Computer Tutoring Where You Need It



By Lisa Marks, TLC Instructor

It used to be that if students needed computer tutoring, they would go to the TLC for help from a tutor, and if they just needed to check OTC email or print out an assignment for class, the open computer lab was the place to go. But what if the printer jammed, or they suddenly realized they needed help formatting the page for that assignment?

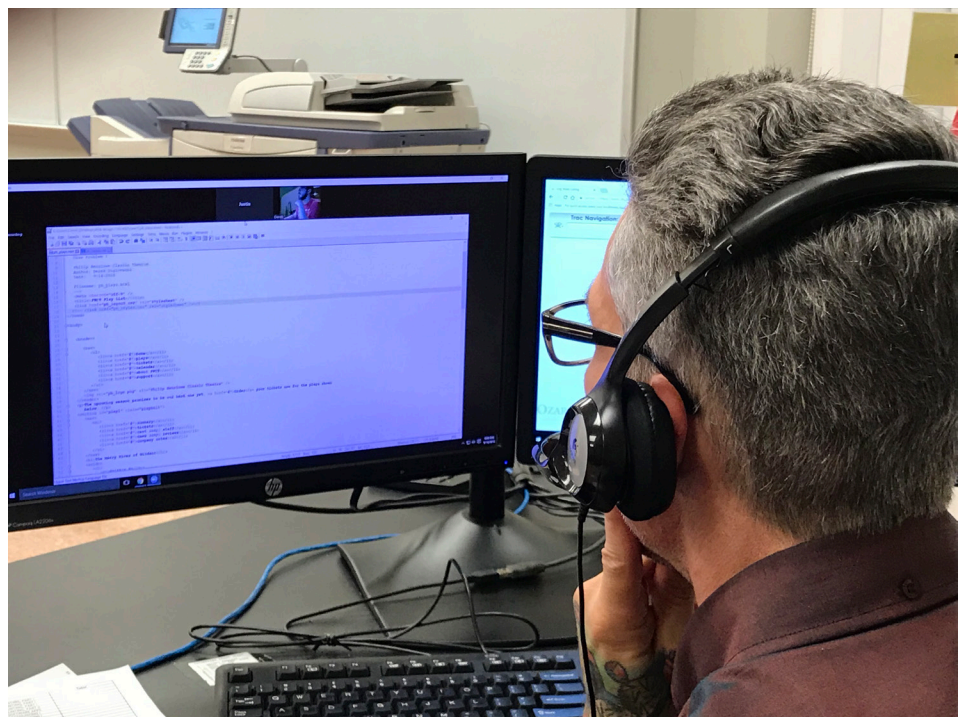
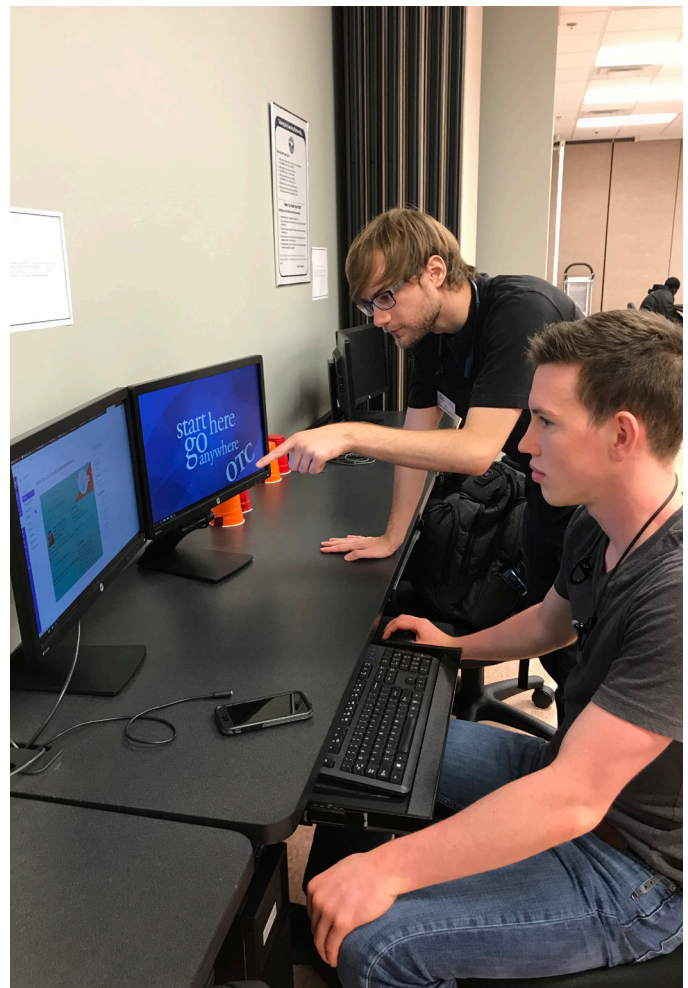
Problem solved. Computer tutoring has moved to the open computer lab in ICE 223 to better serve students when and where they need it. Whether it be help with using Canvas, setting up margins in a Word document, learning to use OTC email, understanding accounting, or working on an assignment for a CIS or programming class, the TLC computer tutors can help. Students are still welcome to use the lab independently, but now there will be a tutor handy if the task is trickier than expected.

What if a student cannot make it to campus but still needs help? The TLC has them covered

You can get computer tutoring face-to-face (upper-right) or online (right).

there as well. Students can log into their Canvas site titled “Online Tutoring.” In the site, students can get free online tutoring for computers anytime the TLC is open. The service is free, and the tutors are skilled in helping students navigate programs from beginning computers to programming, even from a distance.

These are just two more ways the TLC is “Empowering Students to Achieve Success.”



Dealing With Test Anxiety



by Kcee Reichert, TLC Supervisor

You went to every class and took detailed notes. You asked questions in class and did every homework assignment. You studied regularly and feel pretty confident you know the material. Why does your stomach feel like the animal crackers you ate are actually participating in a circus? What is causing your heart to race, pounding out a tribal chant in your chest?

If you have test anxiety, this is a very real situation that you must fight through to work toward your goals. The prize is worth it... but what can you do to help ease the anxiety of taking an exam? The research on test anxiety has provided us with strategies and websites, like those of the Anxiety and Depression Association of America, which offer some good advice when it comes to dealing with test anxiety.

Be Prepared. Creating and sticking to good study habits can help ease the tension of testing. OTC offers free Study Skills sessions to students by appointment if you need pointers

on better study strategies.

Develop a Test Taking

Plan. Start with reading the test directions carefully. Then look through the entire test. This can help you plan your attack by determining how much time you can spend on each question. One approach is to start with the questions you know first, then tackle the tougher ones.

Practice relaxation techniques. This might be the most important step toward dealing with your test anxiety.

Keep a Positive Attitude.

There is nothing more helpful to the psychological state than staying positive. Tests do not measure self-worth. You have so many more things that make you YOU other than a grade on a test. You don't have time to waste thinking negatively.

Stay Healthy. This includes getting a good night's sleep, eating healthy foods and exercising. Allow yourself some down time to recuperate. Your phone needs

charging time and so does your brain! Keep away from foods and drinks high in sugar, as these only contribute to your anxiety once in your bloodstream.

Practice Relaxation

Techniques. This might be the most important step toward dealing with your test anxiety. When you think about it, your anxious response to exams are a form of Fight or Flight response. When test anxiety kicks in, you only want to tear the test up or run away from it as fast as you can. The physical components of that anxiety are an increased heart rate and faster, shorter breaths. This creates lack of oxygen that causes the brain's logic to momentarily leave. It is the survival mechanism in your DNA that causes that reaction. Therefore, slowing the heartrate through deep breathing techniques can lower your anxiety, increase the oxygen to your brain and regain the ability to think logically. And the best part is that you can do this on your own during a test and no one will know...just take slow, deep breaths while you consciously relax your muscles. The oxygen rich brain will then be ready for the marathon of the test.

Visit Counseling Services.

As an OTC student, you have access to counselors on campus. They are trained and here to help you be the best you can be. You can find Counseling Services on the second floor of ICW, room 219. This is also where Advising is located, so other students would not know if you were seeing an advisor or counselor. Counseling is completely confidential.

Where are They Now?

Dr. Micheala Steinmetz-Benton

by Jacob Lewellen, TLC Director

How long did you work at the TLC?

I worked at Richwood Valley's tutoring center for 4½ years and subsequently went to work for the Speckman TLC for 1 year as a supervisor before becoming an instructor.

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

It has been 4 years since I've worked in the TLC.

What was the best part of working in the TLC?

The best part of working in the TLC was getting to support students alongside an incredible team of colleagues.

What is your profession?

I am a college instructor.

Where do you work?

I work at Ozarks Technical Community College and I'm so glad I do!

In what city and state do you live?

I live in Springfield, Missouri.

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

1. I got married to my wonderful husband, Phillip Benton, in October of 2015.
2. I became a homeowner in the summer of 2016. My husband and I now own a little yellow house that we share with 5 cats.



You might say we're at max cat-pacity!

3. I just completed and successfully defended my dissertation! I will get to walk for graduation in December of this year (2018)!

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

Working as a tutor and supervisor in the tutoring centers at both Richwood Valley and Springfield campus helped me to develop more empathy and patience.

When you assist people from all walks of life in their personal and academic goals, it can create a positive change in you as a person. There are few greater feelings than knowing you assisted in somebody's personal journey to achieving their dreams. It may be a small role, but it is such an important one. The skill and compassion I developed in my job at the TLC help me to be a better teacher and human even now.

TLC Staff Highlight:

Chuck Dillman

by Dr. Carolyn Snodgrass, TLC
Instructor

Chuck Dillman is and has been a face-to-face and online math tutor at the Springfield and Richwood Valley campuses for nearly 20 years. He began tutoring at the tutoring center located in Lincoln Hall in 1999 when it was named the Academic Achievement Center (AAC). While tutoring, he took classes at OTC and earned an Associate's degree in 2003 from OTC. His studies began in the manufacturing program.

However, he switched to a management program instead of the technical program because of work preference. In a few months he plans to attend Missouri State with a major in Organizational Communications and a minor in Mathematics.



Outside of his tutoring and school work he enjoys Geocaching which is “an outdoor recreational activity, in which participants use a GPS receiver or mobile device and other navigational techniques to hide and seek containers... at specific locations marked by

coordinates all over the world.” His most memorable find was a coffin in the woods. He also enjoys Marvel Movies.

Chuck's favorite part of tutoring math is when “a student understands what I'm explaining to them. The whole A-HA kind of thing.”

Chuck's favorite part of tutoring math is when “a student understands what I'm explaining to them. The whole A-HA kind of thing.” He also finds it rewarding to be involved in changes in curriculum and program changes in mathematics. He recommends to math students to be prepared and study ahead.

Chuck's family is very important to him. His wife Sheri, daughter Brianna, and step-daughter Tara, live in Rogersville with two dogs, one cat, and a chinchilla. His favorite band is the Eagles, and he has put them on his bucket list to go see. It is important to him to be generous with his time, have fun, and be a great dad.

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/>

Puzzle

Star Wars Spectacular

Robin Stears

<https://twitter.com/RobinStears>

<http://www.facebook.com/StearsWords>

Across

1. See 40 Down
4. Natu who escaped Echo Base on the "Bright Hope"
8. Blob candy and sparklemint sticks
14. With 17 Across, "___, Luke": Kenobi
15. System in the Brak sector
16. Get ready to swing a lightsaber, say
17. See 14 Across
19. Where "Star Wars Galaxies: An Empire Divided" is played
20. TT-8L gatekeeper droid
21. Group of clones
22. Obi-wan, to Luke
23. Vader or Maul
26. Galactic government overthrown by Palantine
28. "You know, that little droid is going to cause me ___ of trouble": Luke Skywalker
29. Shmi's theme, for one
31. Echevarria of "Star Trek" fame
32. Sisseri ___ of Firrerre
33. Like Lobot or 9 Down
34. Elin ___
36. Imperial soldiers
41. Planet in the Feriae system
42. The Death Star, and such
43. Outer Rim volcanic world
45. He married Beru Whitesun
48. "Instead of a big dark blur, ___ a big bright blur": Han Solo
49. General Wedge Antilles' second-in-command
50. "Fear is the path to the ___": Yoda
53. Chewbacca, for one
54. Jedi belief system, for one
55. "Star Wars Insider" revenue sources
56. Hit by blaster fire
58. Japanese "way of the gods" that inspired much of "Star Wars"
60. "Star Wars Episode IV: ___"
64. Dig, like a Sand Creature

65. Attack like a Wampa
66. Part of a Tauntaun harness
67. Hightails it through Coruscant, maybe
68. One who's indebted to Jabba the Hutt
69. "___ a trap!" Admiral Akbar

Down

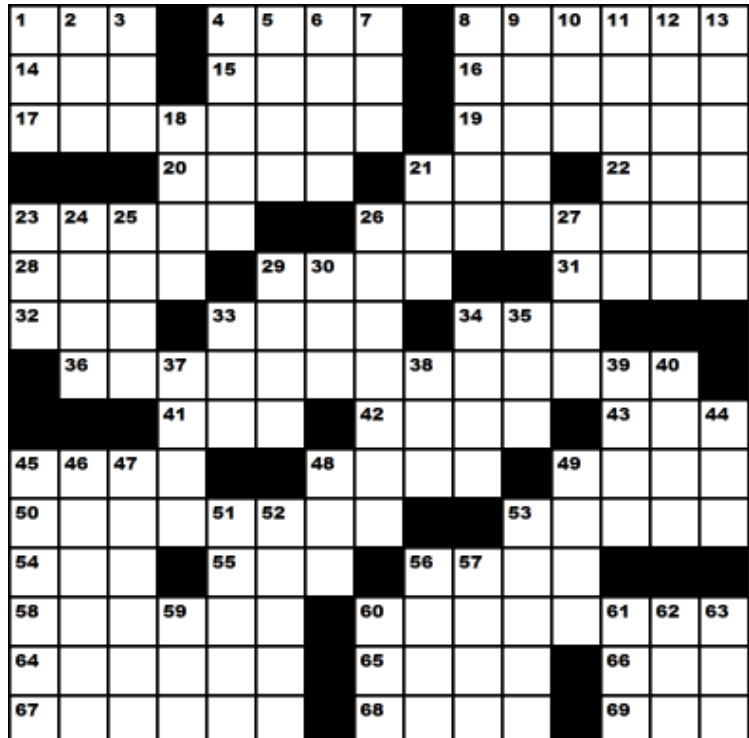
1. Yoda's dwelling
2. Residue from a blaster attack
3. Lorrdian Senator ___ Alavar
4. Wade through a trash compactor, say
5. Grp. that Ford, Fisher and Hamill are all old enough to join
6. Wilson who created "The New Jedi Order" series
7. Grava berry beverage, say
8. Dive the "Millennium Falcon"
9. Jedi Master Mace ___
10. Alliance Army sgt.
11. Like pirki nuts and whip-smelt
12. Use 17 Across, say
13. Paul who played Ask Aak ("Revenge of the Sith")
18. Boba or Jango
21. Boba Fett's eel, "Eel"
23. Vader to Luke, familiarly
24. Huttese beverages
25. Stickli or ganga
26. Malreaux flower
27. "Princess of PR" ___ Starlighter
29. ___ Denna of Naboo
30. Adj. used with "Sith Edition" and "Lightsaber Game"
33. Luke, to Leia
34. Obi-Wan Kenobi's garb
35. Word with Black

- or Fleet
37. Sound uttered by a Gamorrean
38. Product of a droid mine
39. Part of a "Star Wars" movie
40. With 1 Across, Leia's beloved
44. Occupied the High Seat
45. Adranax, Horalax and Zovaren
46. Use Stericlean, say
47. Womp rat-like creature
48. Passport chip, et al.
49. "Star Wars Episode III: Revenge of the ___"
51. Like a Sarlacc, after 1000 years
52. Ford, Fisher and Hamill in Hollywood circa 1978
53. "I think it is time we demonstrated the full power of this station": Governor Tarkin
56. Hoth weather forecast
57. "I'm ___ to rescue you": Luke Skywalker

59. Opposite SSW
60. "A long time ___ in a galaxy far, far away..."
61. ___-Wan Kenobi
62. The ___ of Carkoon (Sarlacc's home)
63. Mos Eisley Cantina patrons, for short



Answers on page 9.



Recipe 1 - Jabbacado Toast

By Ren Adams, TLC Secretary
From starwars.com

1 Piece of bread, toasted
½ Avocado
2-3 T Hummus
1 Slice Mango
4 Black Sesame Seeds
½ t Dark Honey
Cayenne Pepper
Salt



1. Peel and pit the avocado. Slice and lay onto the toast to form Jabba's outline. Cut out a slice for the peak of his head and his tail.



2. With a piping bag and a #10 tip, pipe the hummus onto the avocado.



3. Cut more avocado slices to form Jabba's arms and place onto the hummus.
4. Cut small slivers of mango for his eyes, use the sesame seeds to form his pupils and his nostrils.



5. Use a toothpick to create the line for Jabba's mouth, then add the honey for the slime.
6. Sprinkle Jabba's body with cayenne and salt to taste. Serve immediately. A slimy piece of worm-ridden filth never tasted so good.

Recipe 2 - No Bake Wookiee Cookies

By Ren Adams, TLC Secretary

From DesertChica.com

3 T Cocoa
3 c Sugar
½ c Milk
½ c Butter
2 T Peanut Butter
3 c Oatmeal
Chocolate Frosting
White Sprinkles

1. Start by combining the cocoa, sugar, milk and butter in a sauce pan. Let it come to a rapid boil for 1 minute.
2. While you wait for the ingredients to melt and then boil, lay out wax paper to drop the cookies on. You want to be ready once it starts to boil.
3. After one minute of rapid boil, remove the sauce pan and add the peanut butter and oatmeal, quickly stirring to combine.
4. Drop on waxed paper by tsp (or bigger if you want bigger cookies). Let cool completely before decorating.
5. Draw belt diagonally across the cookie with chocolate frosting. A toothpick can help smooth out the frosting and make adjustments. 6. Use sprinkles for ammo (Christmas Light sprinkles can be found on Amazon).



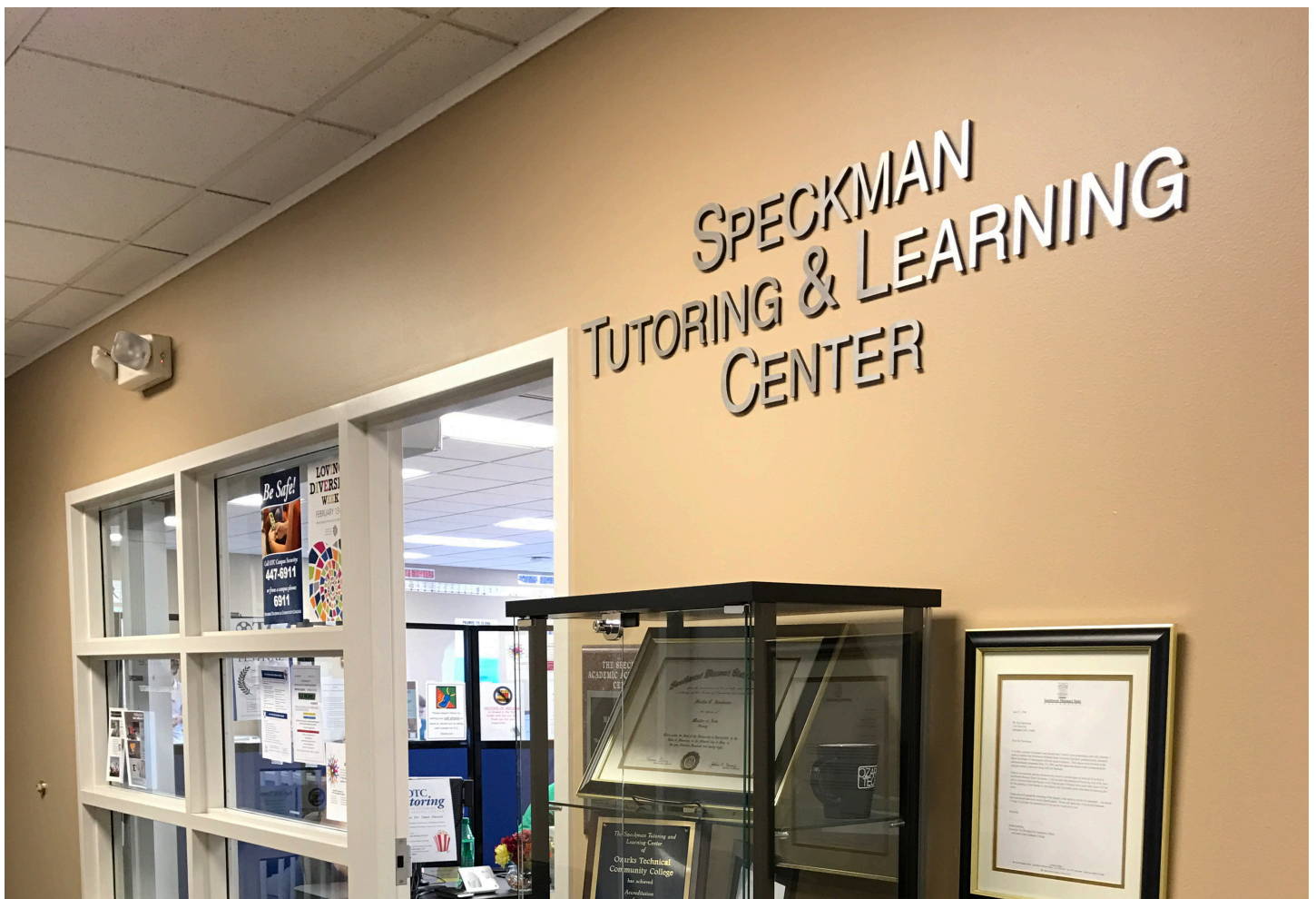
No Bake
Wookiee Cookies

DesertChica.com

“Uuuuuuuuur Ahhhhhrrrrr
Uhhrrr Ahhhhhrrrrr
Aaaarhg...”



H	A	N	S	A	L	A	S	W	E	E	T	S
U	S	E	L	A	U	D	W	I	N	D	U	P
T	H	E	F	O	R	C	E	O	N	L	I	N
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T	U	N	N	E	L	G	O	R	E	B	I	T
S	P	E	E	D	S	O	W	E	R	I	T	S



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

