



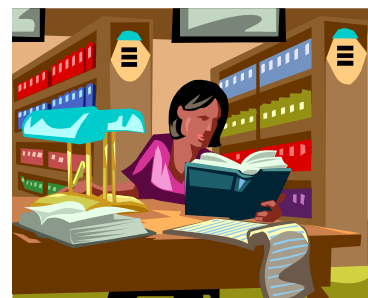
## MOVING FORWARD: FOR 40 PLUS STUDENTS

Welcome to *Moving Forward*, the newsletter for 40 plus students at Chattanooga State. In this publication, we hope to give you helpful tips on being a successful student at the school. In addition, we will be highlighting selected adult students whose experiences may encourage you in your career as a student. We hope that the Adult Services Center may serve as a helpful resource for you as you continue your education. If you have questions or need information, please contact us at 697-5519 or at [adultservices@chattanoogastate.edu](mailto:adultservices@chattanoogastate.edu). Remember, you're not starting over, you're moving forward!

### “WHAT CAN THE LIBRARY DO FOR YOU?”

By Michele Wollert, Counselor, Adult Services Center

Vicky Leather, Dean of Library Services, met with me to discuss the services that Chattanooga State's library has for adult learners. She was very excited about more adults taking advantage of all the library has to offer. Here are her responses to the question “What can the library do for you?”



1. Answer questions. It is perfectly all right to ask a question of a librarian. As Ms. Leather says, “That’s what librarians love! It makes us feel wanted and useful when we are able to help students find information they need.”
2. Give you access to FREE stuff. The library has free DVDs, free books on CD, free bestsellers, free magazines, free online practice tests, free online videos, free health information, free music, free children’s books, and free puppets, among other items. The library contracts for all of these things so that you as a student can take advantage of them free of charge. All that is needed to check out materials is your student ID. Ms. Leather recommends that you get your ID early and CARRY IT WITH YOU on campus.
3. Provide a place to study. There is a large group study room behind the front desk that can be reserved for group study. It has a conference table that seats 6-10 people and two computers. Call 697-4448 to reserve this room for your study group. There are also four additional study rooms that can be used on a first come, first served basis. These rooms are open whenever the library is, and students can just show up and find a room to use. Each of these rooms seats 6-8 people, but smaller groups can also use the rooms.
4. Give you instruction in technology. You may contact Lori Warren at 697-3292 to learn how to do PowerPoint presentations and use Animoto (a program that works with video

items). Instruction in other technology and programs is also available. The library even has a video camera and a digital camera that you can check out free of charge. Also contact Ms. Warren for more information on using the cameras.

5. Provide access to your textbooks. The library has on reserve a number of course textbooks. It is up to the faculty member to provide copies of textbooks to the library, and not all teachers do so, but many instructors do put course textbooks on reserve.
6. Provide access to and help with computers. There are over 60 computers in the library for students to use. If you have a break between classes, you can work on an online course, take advantage of online tutoring, or check your e-mail. Student workers are there to assist you should you need help. There is also Wi-Fi access in the library.
7. Give you a job. Granted, this is not for everyone, but the library is interested in adult students as potential workers. The library will be looking for work-study students for the fall. Working for the library gives you the following advantages: you are trained, you add to your résumé, you get work experience, and you end up with a recommendation letter if you have done your job well. Call Cathy Bell at 697-2457 for an application.
8. Provide to the public interesting exhibits. The library also has some rotating exhibits on topics of public interest. There is current exhibit sponsored by the Tennessee State Museum entitled “Bagels and Barbeque” about Jewish immigrants in Tennessee. There will also be an exhibit for Hispanic Heritage Month in September and October. Other exhibits on different cultures will be available throughout the year. Groups of students are also invited to do book displays on different topics.
9. Give you access to lots of information (see item 2). You must get library passwords to access the FREE online services from home. These passwords change the first day of every semester. You need to call the library with your A number or go by the library with your student ID to learn the passwords. It is recommended that you DO THIS EARLY. Don’t wait until you have a paper due the next morning and you call at 9:30 p.m. to find out the library is closed!
10. Listen to your feedback. Librarians love input from students, and there is a place on the library website for you to make suggestions.
11. Offer assignment guides and research guides for your courses. Many courses will meet in the library at a pre-arranged time or have online assignments developed through the library. The library also provides services such as giving you information on evaluating

websites and journals. A link to that page can be found at:

<http://library.chattanoogastate.edu/east/topics/evaluating.htm>

Ms. Leather says she will be glad to work with students in whatever way meets their needs. She can be reached at 697-2576 or [vicky.leather@chattanoogastate.edu](mailto:vicky.leather@chattanoogastate.edu). Students can also call the reference desk at 697-4436. The library website can be found at: <http://library.chattanoogastate.edu>.

## MEET SOME SUCCESSFUL ADULT STUDENTS ON CAMPUS



### Maria Graczyk

Maria Graczyk is 40 Plus student who is a native of the Caribbean island of Trinidad. As a child of parents who could not read, Maria understood the importance of higher education and hoped to attend college one day. She wanted a better life for herself and her family.

While working for a well-respected eye doctor in Trinidad, Maria traveled to the United States to take an examination associated with her job. During her time in the United States, Maria met her husband. After living in New Jersey for several years, a job transfer dictated they move to Chattanooga. In the fall of 2007, Maria did not want to delay her dream of going to college and made the life-changing decision to enroll at Chattanooga State. On her first day of classes, Maria was brought to tears as she walked into her first college classroom. She was filled with appreciation, excitement, and anticipation as she became a Chattanooga State student.

One of the struggles Maria recalls was the anxiety she experienced in her math class. She quickly acknowledges that she lacked self-confidence. Maria confesses, “I did not believe I would be able to understand the math, but the instructor was very helpful and wanted me to master the course. Once I realized that I could move forward in that math class, I knew I was going to have a successful college experience.”

Maria has been a work-study employee while attending Chattanooga State and has enjoyed getting to know students who are younger than she through her job in the Career Services Center. “I have never felt any different from those students who are younger,” says Maria. “I really love attending college as an adult. I see myself as a role model for younger students, encouraging and supporting them when I can. Actually, experiencing college as an adult has made me feel young again.”

Majoring in education, Maria wants to teach and is concentrating her studies in geography. “I prayed for the opportunity to attend college,” says Maria. “I wanted to accomplish more with my life, and I needed to prove to myself and others that I am intelligent. I wanted to acquire the skills and education I need to pursue the career I want to have. I honestly believe education is the best gift a person can give to herself.

A member of Phi Theta Kappa Honor Society, Maria will graduate from Chattanooga State in the fall of 2009. She is planning to continue her college career at UTC, eventually obtaining a master's degree. She would like to teach at the college level in the future and has encouraged her husband to begin his college education. He, too, is an adult student at Chattanooga State and studying engineering technology.

Maria has a daughter who is completing her work towards a master's degree at the University of Pennsylvania. When she is not studying, Maria enjoys cooking, participating in outdoor activities, dancing, taking yoga, and walking.

### Rosonia Burton

Rosonia Burton is an adult student who began her education at Chattanooga State's Tennessee Technology Center (TTC) in August 2008. She completed her Business Systems Technology training in August 2009, and she is pursuing an Associate of Applied Science degree in Office Management this semester. Rosonia hopes to work as an executive administrative professional, a career goal she has had for years. However, her ultimate goal is to continue her education, earning both a bachelor's degree and a master's degree in the future.



As a student, Rosonia has been involved in the student chapter of the International Association of Administrative Professionals (IAAP), serving as president of the school chapter during this past term. "As president of the student chapter of IAAP, I developed a deep sense of confidence in myself and my abilities," notes Rosonia. "Also IAAP introduced me to a network of other administrative professionals, who were willing mentors. This experience is one I have greatly appreciated, and I would encourage students to participate in extracurricular activities because you are offered valuable opportunities."

Today, Rosonia is an exceptionally dedicated student and a member of the National Technical Honor Society. However, she did not have as positive an experience on her first attempt at college. In 1994 Rosonia was a young mother and a student at Chattanooga State. The challenge of parenthood coupled with the expectations of college overwhelmed her, and she dropped out before she completed her degree. Rosonia indicates that she abandoned her college dreams because she was not connected to other students and was not convinced she could achieve a college education. "I wish I had known about the many services, organizations and clubs provided by Chattanooga State," says Rosonia. "I know I could have remained in school and been successful if I had been informed that Chattanooga State has many people who are available to support and assist students. College is a great and relaxing place once you have the information and services you need."

Beyond academics, Chattanooga State sponsors a wide variety of additional programs and services. Students can access special programs that provide career counseling, personal fitness classes, job placement assistance, tutoring, cultural programs, and student recreational activities, to highlight a few. Rosonia stressed that she "was impressed by the support programs at Chattanooga State" and particularly enjoyed special courses in note-taking and becoming a proactive student. "Students can learn as much outside the classroom as they learn inside the

classroom.” Rosonia recommends that “adult students venture out of their comfort zone and take advantage of all of the extra programs and services Chattanooga State provides.”

During a practice job interview with a counselor in Chattanooga State’s Career Services Center, Rosonia found employment. Since April 2009, she has been a work-study student in the Career Services Center, a position that requires she utilize the skills and training she has attained through the TTC.

Aside from being a Chattanooga State student, Rosonia Burton is also married and the mother of a 16-year-old son. In her spare time, she enjoys spending quality time with her family, fishing, reading, crocheting, and sewing.



### Michael Crawford

Michael Crawford is a 54-year-old student who enrolled at Chattanooga State in 2008. After losing his job at a local factory, Michael decided the time was perfect to review his options. Although he was eager to create opportunities for himself, he was hesitant about his abilities to be successful in the college classroom. During a visit to apply for food stamps, Michael talked with his case manager about returning to school. Encouraged by the conversation, he left the meeting feeling motivated and drove to Chattanooga State to begin the admissions process.

Michael remembers the date and time when he committed to a college education. Realizing 35 years had passed since he had been a student, he knew initiative and commitment would be essential to his college success. While working with an admissions counselor, Michael openly expressed his determination and positive attitude. Impressed by Michael’s personality, the admissions counselor quickly recruited him to mentor other students.

Even though he was optimistic and focused, Michael did experience challenges in the classroom. While struggling in a reading class, he was directed to Chattanooga State’s Reading and Writing Center for assistance. Michael’s work with the instructors in the Reading and Writing Center helped him significantly improve his reading comprehension. But he also learned how to take notes, establish a relationship with his teachers, and study for tests; new skills he would find valuable as he continued with his college career.

Because he enjoys working with people, Michael is pursuing an associate’s degree as human services specialist. Having had professional experience as an employee at a children’s group home, Michael knew he would like to find a job that expanded on his natural talents to connect with people in need. “I loved working with kids, but I know I could work in a variety of settings,” said Michael. “I want to find an opportunity that builds on the new skills I am learning at Chattanooga State.”

Like many adult students, Michael has a work-study position at Chattanooga State. He does note that “the juggle to manage school, a job, and a family” can be overwhelming, but he

also enjoys the success he is experiencing. “I am the first person in my family to attend college,” says Michael. “I am proud of my efforts, and I know I am example for my family.”

When he is not studying or working at school, Michael enjoys spending time with his son and two grandchildren. Whether he is leisurely passing a football with his son or relaxing with family at a Lookouts ballgame, Michael believes “this time of my life is the best.”

### Cynthia Roberts

Cynthia (Cindi) Roberts is an adult student who has been attending Chattanooga State since 2006. Cindi’s decision to attend Chattanooga State came about when a case manager, working in a workforce development office, encouraged her to consider returning to school. Having only recently obtained a GED, Cindi was skeptical and unsure. Nonetheless, Cindi decided to enroll at Chattanooga State.



Unclear about her interests and uncertain about her skills, Cindi had many obstacles to overcome. Through classes and the support of the college staff, Cindi polished her interpersonal and study skills and developed a better outlook about her college career. She took advantage of the resources and services the school offered and successfully transformed into a Chattanooga State student.

While Cindi remembers “being terrified of computers,” she also proudly states that she has become “a computer whiz.” “Chattanooga State’s counselors worked with me one-on-one because they wanted me to feel comfortable in a computer lab,” notes Cindi. “Their support gave me the confidence I needed to enjoy my computer classes. I was soaking up the information like a sponge.”

Cindi learned about the Accounting Club after declaring a major in Business Management, and as a result of her involvement in the activities sponsored by the club, she was selected to represent Chattanooga State in accounting competitions in Atlanta and Dallas. She flew on an airplane for the first time when she traveled to Dallas. “I would have never had that opportunity if I had not been at Chattanooga State,” says Cindi.

Like many adult students, Cindi has a work-study job at Chattanooga State. She works in the college’s library, assisting students with problems they are experiencing on the library computers. Cindi credits Chattanooga State’s counselors for helping her identify “the perfect work-study job for me at Chattanooga State.” “I love my job,” asserts Cindi. “My position with the library has pointed me towards a career I did not expect.” Cindi enjoyed working with computers so much that she changed her major to Information Systems Technology with a concentration in End User Support. She feels that she has found her true direction. “I really love helping students with their computer issues and then seeing the look on their faces when we have solved the problem.”

Cindi hopes to graduate from Chattanooga State in 2010. When she is not working in the library or attending class, Cindi spends time with her 6 month old granddaughter and 6 year old grandson.

## THE ADULT SERVICES CENTER IS HERE TO HELP YOU



Adult Services Center Staff:

Carol Swayze, Director  
Michele Wollert, Counselor

The Adult Services Center is located on the second floor of the Student Center. You may come by the Career Planning and Counseling Office to see us. Appointments are available during the following times:

Mon., Thurs. 10:00 a.m. – 6:00 p.m.

Tues., Wed. 10:00 a.m. – 5:00 p.m.

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