SEPTEMBER 2011
COSAM ODMA presents
VOL. 2 ISSUE 2

The PASS Mentoring Program Training was held on Sept. 13, 2011 in SCC 122. The mission of PASS is to Promote Academic Success for Students by providing a healthy learning and social environment. Minority freshmen are paired with upper classmen in their major areas for a smooth transition from high school to college. The program seeks to create a “family away from home” environment to help freshmen reach their academic and social potential at Auburn University.

Mentors arrived by 5:30 p.m., signed in, and were given training manuals. Mentees arrived by 6 p.m., signed in, and were matched with their mentors. Each mentor/mentee pair completed a “Getting to Know You” Activity and exchanged contact information.

Refreshments were served in SCC 239. Total attendance was 34 student participants, 1 intern, and 1 staff.

COSAM OFFICE OF DIVERSITY OPEN HOUSE

The COSAM Office of Diversity and Multicultural Affairs held its annual Open on Aug. 30, 2011. The Open House included meeting the staff, enjoying ice cream, and gaining information about the services offered by the Office of Diversity, such as the Workshops for Excellence Tutoring Program, PASS Mentoring Program, Monthly Forums, Counseling, Advising, and Social Support. The event was a great opportunity for freshmen students in COSAM to network with upperclassmen.

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We’re on the Web! See us at:
www.auburn.edu/cosam/diversity
Summer Bridge 2011

Twenty-one pre-college students were selected to participate in Summer Bridge 2011, COSAM’s outstanding academic enrichment and stimulating learning experience. The program has served over 400 minority students during a total of 15 summers! The students participated in a four-week intensive program that includes: non-credit instruction of mathematics and chemistry courses; educational development of study skills, time management and financial literacy; and enhancement of social skills. The Summer Bridge program concluded with the 15th Annual Awards Luncheon on June 30, 2011.

This year’s program included students from Alabama, Florida, Georgia, Indiana, Mississippi, and South Carolina. We are also proud that the average GPA was 3.57 with an average ACT of 24.75. Student majors for the fall included Biomedical Sciences, Molecular Biology, Chemistry, and Geology with concentration interests in Pre-Pharmacy, Pre-Dentistry, Pre-Veterinary Medicine, and Pre-Medicine.

We extend a hearty welcome to the 2011 Summer Bridge class and wish them well as they matriculate into the College of Sciences and Mathematics. If you would like to see pictures of the Summer Bridge students and their program highlights, check out the website at www.auburn.edu/cosam/diversity.

10 Tips for Better Time Management

1. MAKE CLASS TIME YOUR BEST STUDY TIME. Come prepared: • Review notes from previous class. • Listen attentively. • Paraphrase what the professor says in your own words.

2. MAKE A DAILY LIST. Prioritize the items: • Keep it short - 5 or 6 items - both academic and personal. • Set small specific goals - i.e., read 5 pages in Psychology chapter.

3. MAKE A WEEKLY SCHEDULE. • Schedule all classes, work, extracurricular activities, sleeping and eating, study time, and blank spaces to fit in necessary activities as they come up.

4. USE YOUR DAYLIGHT HOURS AND MINUTES. Set up blocks of time for study: • Find a quiet place to study. • Ease yourself into material by pre-reading first. • Use time in between classes.

5. MAKE A SEMESTER CALENDAR. • Wall or desk calendar for major exams, due dates, and meetings. • Pocket calendar (reminder of classes, appointments, meetings, errands). • Allow at least one and a half hours per day (6 days/week) for regular studying.

6. DON’T PROCRASTINATE. • Don’t let questions about material accumulate.

7. CONCENTRATE ON ONE THING AT A TIME. • Be active in what you are doing at the time. • Plan and take study breaks, study 30-40 minutes with 5-10 minute breaks.

8. USE YOUR WEEKLY SCHEDULE. • Set deadlines and reward yourself.

9. SET DEADLINES AND REWARD YOURSELF. • Be realistic in your expectations of yourself.

10. BE REALISTIC IN YOUR EXPECTATIONS OF YOURSELF. • Set small specific goals in all areas of your life.

- Arthur C. Clarke

There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living.”

- Nelson Mandela

The only way of finding the limits of the possible is by going beyond them into the impossible.

- Arthur C. Clarke

Student Spotlight

Rudolph Davis, 2nd year Biomedical Sciences (Pre-Medicine)

The objectives of AED are to encourage and recognize excellence in premedical scholarship; to stimulate an appreciation of the importance of pre-health education in the study of medicine; to promote cooperation and contacts between pre-health students and educators in developing an adequate program of pre-health education; to bind together students with similar interests; and to use its resources for the benefit of health organizations, charities, and the community. http://www.auburn.edu/aed

Organizations Spotlight

Alpha Epsilon Delta (AED)

The primary purpose of this organization is to help pre-pharmacy students become competitive applicants to pharmacy schools, to promote the profession of pharmacy, to provide service to the Auburn community, and to cultivate friendship and cooperation among its members. http://www.auburn.edu/acaddept/science_math/cosam/students/organizations/pre_pharm/