

February 2022



Did You Know?

During the spring semester, look for this  icon within the NASNTI Newsletter! This icon represents the question ***Did You Know?*** The inquiry proposes that NASNTI introduce and share the latest educational experiences with you regardless of your academic interest. The old adage is true, *The more you know, the more you grow.*

Let us begin!

Last month, Learning Strategies Adjunct and Assistant Belles Coach Jentry Holt visited the NASNTI office. During the conversation, Adjunct Holt informed us about an event sweeping the country, <https://www.immersivevangogh.com/>. This event is so cool, it has.....oh, wait, I forgot, NASNTI wants you to go to the website and experience this educational experience for yourself!

If you would like to share an educational experience, send an email to k.wallace@sscok.edu. This is just another way to share and educate one another by asking three little words, ***Did you Know?***

Internships, and Scholarships

2022 Haskell Environmental Research Studies



Applications are now open for the 2022 Haskell Environmental Research Studies (HERS) summer internship program! All application materials are due **March 4, 2022**. Students can learn more and apply to the HERS summer internship program

here:
<http://hersinstitute.org/apply.html>.

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Academic Success

As a student, what does academic success mean to you?



My name is **Georgia Ledford!** I'm currently a freshman here at Seminole State College with a goal of becoming an English major. I currently serve as the 2021-22 Student Government President, as well as being the treasurer of the art club and a member of both the PRIDE Club and the Diversity, Equity, and Inclusion Task Force. Alongside these organizations, I also work as a student worker in the STEM Department, volunteer weekly at our college food pantry, and write one monthly article for our college's newspaper.

With all of that out of the way, when first asked the question, "What does academic success mean to you?", I struggled a bit to find an answer. Of course, I genuinely enjoy making a difference on campus with all these cool opportunities and organizations. I love being involved and working to improve students' lives here on campus.

However, I always find myself pondering that at the very end of it all when I graduate from here, what will it all really mean? When I move on to a four-year university, when I have all these resume bullet-points gathered up, then what? From the two out of the eighty or so years I have left remaining of my life, will my time here at SSC really add up to be worthwhile? Or will I still feel detached and alone?

Sometimes when I have nothing else to do, when I finally have that rare smidgen of free time, I get this really empty feeling. It's as if immersing myself in all these different college activities is an incredibly great distraction from my mental health. The stress becomes a rush, and I'm always craving just something to do when I have spare time. Otherwise, I'm left alone with all my thoughts, and all the non-school-based issues in my life begin to pile up into one giant mess.

So, I'm going to do my best to explain what academic success is not. Academic success isn't trying to outdo all your peers— it's trying to achieve your personal best. Academic success isn't created by an excessive workload, tight schedules, and self-criticism— it's created by setting achievable goals, learning time-management skills, and adopting self-love.

Learn to forgive yourself. A singular, minuscule mistake is not the end of the entire universe. Perfection is an utterly ridiculous concept to chase after. At the end of the day, you should be doing what makes you happy— not what makes a potential scholarship judge or employer happy.

And most importantly, remember that you have lots of love and support from fellow students and staff here at SSC!