

“Are YOU Considering a Mid-Life Career Change?”

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The need for career counseling has never seemed greater, as adults change career paths in record numbers. Do you need help with transitioning to a new career? Are you seeking a new career direction? Or perhaps you are an undecided student who is trying to discover the “right” major? If so, Counseling Services can help. Counseling Services is the location to examine your skills and interests and to explore many exciting careers. Our office offers career counseling, including assistance with career decision making, choosing a major, redirecting your educational plans or planning for a career change.

Career Counseling includes:

- Assessing interests and skills and relating them to college majors and careers
- Developing a plan to explore careers
- Making career and educational decisions
- Planning for the next career and educational transition
- Creating a career portfolio and building credentials
- Guidance on conducting an informational interview
- Exposure to relevant career development web resources
- Referrals for other aspects of career development

Please call **(614) 287-2668** or the staff listed below, or stop by the Counseling Services office located in **Aquinas Hall, room 116** for more information and assistance or to set up an appointment.

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"It is not doing the thing we like to do, but liking the thing we have to do, that makes life blessed."

-Johann Wolfgang Goethe

**To “E” or Not to “E” ...
By Mary Higginbotham,
Academic Advisor,
Columbus State Community College**

Are you an adult student considering taking an E-learning course? Or perhaps even pursuing a degree through distance learning? If so, then you might be wondering if E-learning is for you.

Before you enroll for your first course, it's helpful to understand a little about what E-learning is and what E-learning isn't. E-learning, according to the Ohio Learning Network (OLN), refers to a variety of different types of distance education, courses in which students and instructors are separated by space and/or time.

E-learning courses, including online (web-based), blended, technology-enhanced, interactive video, television, CD, DVD, or correspondence courses are all examples of distance learning. Some E-learning opportunities can be entirely completed at a distance, while others may have some expectations of campus contact.

The Ohio Learning Network's web site, www.ohiolearns.org, points out that E-learning is good for students who want to either complete a degree or take courses for personal or professional development, but who may have a difficult time attending classes on campus. Students who are interested in E-learning should take time to assess their answers to four key questions:***

“What do you see as your main motivation for learning at a distance?”

“How good are your time management skills? Do you know how much time you have available for taking classes and studying?”

“How would you rate your computer skills?”

“How would you rate your reading comprehension, writing, computational, and exam taking skills?”

Students who may be new to college courses could reasonably consider E-learning as an option, according to Nancy Ragias, one of OLN's two regional coordinators. Of the students that OLN works with, 44% have had some type of college experience, and 56% have had no previous college experience.

Returning students could also consider E-learning. Some aspects of E-learning class formats may be unfamiliar, and students may need to brush up on their computer skills and technology background prior to beginning a course. However, there are a variety of ways that colleges and universities as well as OLN and other community organizations like public libraries (including Columbus Metropolitan Libraries) can help with developing or improving existing computer skills. OLN's online catalog, *Ohio Learns!*, lists several options for computer skills course in their Frequently Asked Questions section. The *Ohio Learns!* Catalog is available at www.ohiolearns.org.

E-learning students need to be familiar with basic techniques such as using e-mail and word processing, said Ragias. They should possess a basic understanding of how to use a computer for various functions, including how to use a mouse to maneuver within programs. Online courses make up approximately 90% of the *Ohio Learns!* catalog, and computing skills are needed in a variety of other distance formats as well.

According to OLN's website, students who enroll in online courses (delivered over the Internet) often need access to more powerful computers than those who take courses such as CD or DVD courses that do not require an Internet connection. A list of technology-related questions that OLN recommends students ask institutions offering courses they are considering is included in the *Ohio Learns!* catalog's Frequently Asked Questions.

Students who are considering E-learning should understand that while they are often completing work in courses independently, they are not alone. OLN provides access to advice about E-learning through a system of regional coordinators and "E-guides."

Regional coordinators represent each of five geographic areas within Ohio (northwest, northeast, southwest, southeast, and central) and help students living in or interested in programs in those areas connect to colleges and universities with courses of interest. "E-guides" are staff members who are assigned to students completing OLN's free "E 4 ME" course, who help students apply what they learn in the course toward completing their distance learning goals. More information about E 4 ME is available at www.e4meohio.org.

In addition to the regional coordinators and E-guides available through OLN, many colleges and universities also offer advising geared toward distance learners. At Columbus State, information about distance learning opportunities and the availability of E-learning courses can be found on the Global Campus, accessible from www.csc.edu by clicking on the "Distance Learning" link. Students can also meet with an academic advisor in Advising Services, located in Aquinas Hall room 116.

Just as students in traditional classrooms do, E-learning students have access to resources including academic advising, career resources, tutoring, and study skills training. These resources are often provided by the student's home institution (the college or university from which the student intends to graduate). OLN also offers links to online study skills and tutoring resources as well as career planning resources.

Course instructors are the first line of defense for students who may need assistance with course materials, while institution-specific technology services like Help Desks or other contacts work with students who may experience technology-related difficulties.

The costs involved with E-learning are often not that different from the costs associated with traditional classroom courses, according to Ragias. While an additional investment in technology may be necessary, those costs may be offset by the savings realized from not having to travel to campus as frequently.



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Financial aid for E-learning courses operates in much the same way as for traditional courses, and while home institutions handle financial aid awards for E-learning students, OLN offers links to information about the process of applying for and receiving financial aid. See www.ohiolearns.org for more information.

Taking E-learning courses through a community college can also be a financial advantage for some students, since the cost of tuition is usually lower than tuition at four-year colleges or universities. Some four-year colleges or universities may also offer reduced tuition to students enrolling through their regional campuses.

While many students integrate E-learning with traditional courses, the advantage offered by utilizing even some E-learning opportunities includes enhanced flexibility and accessibility. According to Ragias, students who work with OLN to identify E-learning opportunities generally tend to be students looking for complete degree programs.

Students often base their choice of a home institution on considerations including whether a college or university offers the degree program they want, the cost of attending that college or university, and how they are treated when they make contact with staff members at the college or university they're considering, says Ragias.

When asked what disadvantages E-learning presents, Ragias cited two examples. First, individual students' learning styles may not be suited to E-learning formats. Second, E-learning involves a much smaller degree of human contact, which may not be for every student.

Ragias offered three pieces of advice for students considering E-learning:

Students should try E 4 ME or another online orientation course prior to beginning an E-learning program. Experience with these courses allows students to be more successful because they help students familiarize themselves with how E-learning courses work in a non-threatening environment.

Students need to have a support network in place. Family and friends who support the student's educational goals are especially important.

Students should "be persistent, ask questions, and follow up."

To find out more about E-learning opportunities and other questions to help you consider whether E-learning is right for you, visit www.ohiolearns.org or www.cscce.edu, and choose the "Distance Learning" link.

***Source: <http://www.ohiolearns.org/faqs>

E For You? Then E 4 ME
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Want to know what taking an E-learning course is really like? Want to be able to find out without spending tuition dollars or taking a course for credit? Then you should look into “E 4 ME,” a free online orientation course offered by the Ohio Learning Network (OLN).

E 4 ME is offered once per month, and is free to students. The course is optional for students considering E-learning courses, but is a good way to discover what to expect from distance learning, and online learning in particular, in a non-threatening environment.

At the conclusion of the course, students are assigned an “E-guide.” E-guides are OLN staff members who assist students with making the transition to completing E-learning courses for credit. They work with students to answer questions and provide referrals to resources available at students’ home institutions or through online sources.

Additionally, E 4 ME offers financial benefits and incentives for students who complete the course. Several of OLN’s member colleges offer “discounts, free registration, and even free books from the college bookstore,” according to the E 4 ME web site, www.e4meohio.org.



**“Life is not measured by the number of breaths we
take, but by the moments that take our breath away”**

-George Carlin



Ten Tips You Need to Survive College

(Your first-aid kit--10 tips to keep you afloat.)

- If you haven't already registered, **try not to schedule back-to-back classes**. You'll wear yourself out besides missing the best times to study--right before and right after class.
- **Begin the first day of class**. Know what's expected of you. Take notes from the first day even if it's routine stuff you think you already know.
- **Establish a routine time to study for each class**. For every hour you spend in class, you will probably need to study two hours outside class. Studying for each subject should be at the same time, same place, if possible. Study includes more than just doing your homework. You will need to go over your notes from class, labeling, editing, and making sure you understand them. Study your syllabus daily to see where you are going and where you have been. Be sure to do reading assignments. (Don't put them off just because there's not a written assignment.) Read ahead whenever possible. Prepare for each class as if there will be a pop quiz.
- **Establish a place to study**. Your place should have a desk, comfortable chair, good lighting, all the supplies you need, etc., and of course, should be as free of distractions as possible. It should not be a place where you routinely do other things. It should be *your study place*.
- **Do as much of your studying in the daytime as you can**. What takes you an hour to do during the day may take you an hour and a half at night.
- **Schedule breaks**. Take a ten-minute break after every hour of study. If possible, avoid long blocks of time for studying. Spread out several short study sessions during the day.
- **Make use of study resources on campus**. Find out about and use labs, tutors, videos, computer programs, and alternate texts. Sign up for an orientation session in the campus library and computer facilities. Get to know your professors and advisors. *Ask questions*. "I didn't know," or "I didn't understand" is never an excuse.
- **Find at least one or two students in each class to study with**. Studies show that students who study with someone routinely make better grades. You will probably find yourself more motivated if you know someone else cares about what you are doing in the class. Teaching a concept or new idea to someone else is a sure way for you to understand it. Studying in a group or with a partner can sometimes become too social. It is important to stay focused.
- **Study the hardest subject first**. Work on your hardest subjects at a time when you are fresh. Putting them off until you're tired compounds the problem.
- **Be good to yourself**. Studying on four hours of sleep and an empty stomach or junk-food diet is a waste of time. Avoid food and drink containing caffeine just before or just after studying.

Taken from <http://www.mtsu.edu/~studskl/10tips.html>

HELPFUL WEBSITES



www.actionforchildren.org—Resource for choosing childcare, parenting classes, etc.

www.adultstudentcenter.com - The Adult Student Center, your resource for information and guidance on returning to college.

www.back2college.com - Articles featuring adult learners, forums for adult learners and also resources and scholarship information.

www.csc.edu - Columbus State Community College (application, registration, fee payment, catalog, financial aid, academic advising directory, adult learner link, etc.).

www.fafsa.ed.gov - Internet access for filing FAFSA (Free Application for Federal Student Aid).

<http://www.iwaynet.net/~40plusoh/> - Forty Plus of Central Ohio is a nonprofit, member operated, job search training organization for experienced professional of all ages who are actively seeking better career opportunities. Includes classes on resume writing, networking, interviewing and negotiating techniques.

<http://www.purplemath.com//index.htm> - Purplemath's algebra lessons are written with the student in mind. These lessons emphasize the practicalities rather than the technicalities, demonstrating dependable techniques, warning of likely trick questions and pointing out common mistakes.

<http://www.scholarshipexperts.com> - Provides a time-saving, customized search for scholarships that match your interests and academic background. Includes option to receive scholarship notices and application reminders.

<http://www.ucc.vt.edu/stdysk/stdyhlp.html> - On-line study skills workshops including time management strategies, improving test performance, reading comprehension, and improving concentration and memory.

COLUMBUS STATE COMMUNITY COLLEGE

"A hard beginning
maketh a good ending.

-John Heywood

The **Adult Learner Connection** is a creation of Advising Services / Laura Huston-Hoburg, Counselor at Columbus State Community College. For more information please call 287-5023, or stop by Aquinas Hall, room 116.