LIFE Entrepreneurs

In Life Entrepreneurs, Christopher Gergen and Gregg Vanourek offer fresh stories and strategies for creating an extraordinary life through the power of what they call "life entrepreneurship." Life entrepreneurs are ordinary people who integrate their life, work, and purpose through distinctively entrepreneurial behavior and, in so doing, create extraordinary lives of significance. Drawing on revealing interviews with 55 high-impact entrepreneurs, the authors—themselves proven entrepreneurs—provide vivid examples, frameworks, and strategies for helping us create a life of service and fulfillment.

ROAR WELCOMES NEW PROGRAM COUNSELOR

It is my hope that you take advantage of me as a valuable resource and that whenever you need anything that you do not hesitate to come to me, because I am here for you. I look forward to talking and working with each and every one of you.

I won’t say that college is the best years of your life, because that is simply untrue. However I will tell you this, with self-awareness, growth, determination, and a strong support system that the ROAR Scholars program provides, these are only the beginning of the best years to come!

Shawntell Pace
ROAR TURNS TO ICLOUD

This year the ROAR Scholars program turns to clouding per ROAR Scholar Clay Seim, to create a nexus of information for ROAR Scholars. This allows all things ROAR to become mobile and easily accessed.

Advocacy in Action

On October 23, 2013, ROAR, along with OID, presented a Social Just Action forum for students and faculty alike. This event was in accordance with ROAR’s Annual “Advocacy in Action” event and OID’s Diversity Week. Presenters, Joshua Gorman and Barbara Jefferson forum “Generation Waking Up” delivered an excellent interactive workshop that brought out emotion and genuine call to action.

MEET OUR COCA-COLA SCHOLARS

Front Row: Megan Dunham, Cherie Hainsworth
Back Row: Erin Spencer, Sam McCauley & Ariel McShane
Let Me Hear You ROAR

Student Spotlight

IAN MOORE

"WE ARE LUCKY"

Written By: Ian Moore

We are lucky enough to be students at the College of Charleston. We are lucky enough that our administration understands the value of language and communication. We are lucky enough to have an opportunity to see the world. When I transferred into CofC the last thing I thought I would have time for is a semester abroad. My one and only goal was to get in and get out. But as my Spanish Language skills progressed I began to run into multiple professors; who did not ask me IF I was studying abroad, but instead, WHEN I was going and WHERE.

Our school is one of the few with enough to foresight to encourage its students to get out and see the world. Charleston is a beautiful city, but four years is a long time to spend in any one location. Use the ferocity of our faculty and staff to spread your wings and fly away. Indulge your adventurer spirit. You won’t be sorry.

Branch out. Broaden your horizons. Next semester I am traveling to the Island Nation of Cuba. I will be about as far away as 90 miles could get me. I am excited to experience the people, taste the food, smell the air, and live the Cuban life. I have no experience on which to draw. I am thriving on the unknown, and chomping on the bit to leave. However, I am mostly excited to return to Charleston, my home, with a diverging perspective, and a renewed world view.

ROAR SCHOLAR EARN S I’M FIRST SCHOLARSHIP

ROAR Scholar Michael Faikes, from Irmo, South Carolina earns one of 8 scholarships from the I’m First Organization working to help provide access for First Generation College Students. Michael is a freshmen ROAR Scholar, Honors Student and SPECTRA summer bridge program participant. I’m First winners uniquely share their story at I’mFirst.org.
Stress Management 101 “Learning to tackle stress and visualize the future you want”

_The Risk to Bloom_ - “And then the day came when the risk to remain tight in a bud was more painful than the risk to bloom” By – Anays Nin

When we think about all the things in the world, how small our problems seem to the issues of the entire world, but at a given moment it seems mountainous. Students this time of year most of us start feeling anxious or stressed out because of finals, but also realize that stress can also appear in the form of depression, unhealthy behaviors such as drugs and alcohol, overeating, not sleeping and sleeping too much. We should all know the warning signs of stress so that we can better manage our stress effectively. Seek out the help of trained professionals who have experience in helping students manage stress effectively.

As we go through this journey called life, many of us believe that we cannot manage or even move beyond our current state of being. Throughout my life I have certainly learned the concept of resiliency and managing stress. If we are to become the thriving successful young professionals you want to be we must learn to master our emotions.

Mastering our emotions is easier said than done, but this too can be accomplished easily when one follows these five easy steps in managing stress effectively (LVBPR):

**Step 1: Living:** Learn to live in the moment, really live and breathe in each breath as it is impacting yourself and your state of being. Allow yourself to be filled with feelings of peace, happiness, joy and abundance.

**Step 2: Visualize:** Where do you want to go, what do you want to achieve, who is there to assist or guide you along the path and what is your end result. Creating your “alpha state” as they so call it allows for one to truly master stress and create a place of pure solace and tranquility.

**Step 3: Breathing:** You want to take three strong deep breaths, begin inhaling and exhaling slowing your heart beat with each breath. Inhaling and exhaling allowing all that negative energy and wild emotions to leave your body. On the third breath really focus all those negative feelings escaping into the world around you.

**Step 4: Physical:** Gently close your fists and visualize all your stress and worries in your palms. Hold your fist for 2-4 minutes. Feel that pressure that is your emotional stress, slowly release. As you breathe allowing the stress to leave feeling your body less tense from releasing all that negative energy.

**Step 5: Revisit, Repeat and Combine steps one through four.**

In closing realize that it takes 21 days to establish or correct a behavior or to establish a positive behavior. Starting this spring the ROAR Scholars Program will feature a weekly stress management power hour on Friday afternoons. (see flyer for complete details)

_By Tom F. Holcomb JR, MS Director, ROAR Scholars Program_
We all have been there. We anxiously logon to our account, click final grades and wait as the computer generates how we fared out for the semester. What appears on that screen is your fate. Unless of course you have the fortunate luck to have one of those professors that have accidentally entered your grade wrong, but let’s be real, the chances for that is slim to none. There are people that look at that screen and did better than they thought they did, those that get the grades they expected, and then there are people that had the same look on their face as I did back in college. The look that reeks disappointment as you realize that your all night cramming was no match for that exam.

And it sucks, really bad. All you can think about is all that work you put in and how it didn’t even matter. The grade sucks, the professor sucks and now your GPA sucks. It’s just one big hole of “suckiness” and yes, I made that word up.

We all have been there. That’s right, “been” there. Yes, despite what you may think, you will get past this. Those grades are your grades and although you can’t change your past study habits, coursework, or professor, you can change your future.

Right now at this very moment, you can vow to use that horrible grade as a teachable moment and if you have no clue where to start, below are just some things to keep in mind.

1. Pity Parties are for losers. Let’s be honest, nobody likes to hang around a person that is constantly feeling sorry for themselves or is constantly making excuses. Just look at social media pertaining to the Auburn v. Alabama game. Take responsibility for your actions. Take that L and prepare for the W next year. If you seriously want to mop around, give yourself a day. After that, move on.

2. Plan ahead. If this semester or that grade really affected your GPA, then plan what you need to do to bring it back up. Logon to your MyCharleston and use that GPA calculator! When you get your syllabus, plan ahead. Don’t fall into the trap of being unprepared or forgetting about a test until the day before.

3. Sacrifice. “The key to insanity is doing the same thing over and over expecting different results.”- Albert Einstein. So if you spent this past semester turning up every Friday, looking for bae, or procrastinating...stop. All of that is not going to get you that “A” on your test. Cut some things out and focus. When you graduate and start looking for jobs, I can guarantee you that employers are not going to be concerned with how many likes you got on Instagram.

4. Study Smarter. That’s right. Learn what type of learner you are and coordinate your study habits to fit that mold. You may be putting in the time, but if your brain doesn’t comprehend the material then it’s time to go back to the drawing board. If you need help, the Center for Student Learning has study skills appointments to help you study smarter.

5. If all else fails, be a gladiator. I am not talking about being one of Olivia Pope’s associates, but I am saying to be resilient and fight! You are not your bad grades. You are smart and you are awesome. You just need to take a gladiator approach and “handle it.”
ROAR Returns to Estill

Continuing our tradition of TRIO/SSS outreach to “local” high school populations, the ROAR Scholars program director, Tom Holcomb, along with two students (Alexis Walters + Kyran Davis) visited Estill High School this week to deliver a message of hope and possibility. This included practical information such as how to apply to colleges, deadlines, and necessary grades and test scores. Estill High School is a title I school located along the “corridor of shame.” This places the school in a very underrepresented and underachieving region in South Carolina and this nation as a whole.

So, our annual trip to Estill High has been a welcoming opportunity and event for students and faculty alike. We hope to continue the collaboration in the future as it is a great opportunity for both institutions.

UPCOMING EVENTS:

“LINKING LEADERSHIP – LAUNCHING LEGACIES”
February 1, 2014

ROAR OPEN HOUSE
JANUARY 7, 2014 | 11am-2pm
JANUARY 14, 2014 | 11AM-1PM

CALL FOR APPLICATIONS!!

WORLD DISH
Applications due the end of January
ROAR PEER Mentor
Applications due March 14, 2014

SCHOLARSHIPS

If interested ctrl-click the hyperlink

December
Dec 12 LIVESTRONG Health Policy Internship
Dec 14 Barbara Jordan Health Policy Scholars Program
Dec 16 HP Academy s It s Holiday Time Sweepstakes
Dec 16 ScholarshipPoints $10,000 Scholarship
Dec 18 $5000 Alcoa Recycling Scholarship
Dec 28 $5,000 Stock Your Local Food Pantry Scholarship
Dec 31 Cancer Awareness Scholarship
Dec 31 The $500 Logo Mania Challenge
Dec 31 Fastweb Refer a Friend Sweepstakes
Dec 31 College Prowler $2,000 No Essay Scholarship
Dec 31 SmarterBucks $1000 Giveaway

January
Jan 08 Animal Testing Ends Here Scholarship
Jan 08 Say No to Cyber Bullying Scholarship

ROAR Returns to Estill

Alice is walking through the forest of forgetfulness. She wants to know what day of the week it is. She stops and asks a lion and a unicorn. Now the lion lies all of the time on Monday, Tuesday, and Wednesday. The unicorn always lies on Thursday, Friday and Saturday. Alice asks the lion what day it is, he says, "Well, yesterday was one of my lying days." Alice can't figure it out just from the lion's answer so she asks the unicorn and the unicorn says, "Yesterday was also one of my lying days." What day is it?

Answer to last riddle: Stars

Current Answer will be in the next issue of the newsletter.
Congratulations on your Retirement!
We appreciate all your hard work and dedication.
Words cannot describe the gratitude we have.

Thank You Ann Reed!

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Charleston, SC 29424

Reach Overcome Achieve
Results
(ROAR)

We’re on the Web!
http://roarscholars.cofc.edu
@ROARSCHOLARS (twitter)
ROAR Scholars (Facebook)