This year's fall in-service was vitalized! Paul Vitale, an Arkansas native and well known public speaker, interacted with over 100 of SAU Tech’s employees in an effort to bring some enthusiasm into the college. Vitale has written several books and works with educational entities and businesses across the country promoting positive behavior in the workplace. Check out his resources at paulvitale.com and read, “How to Maintain Enthusiasm” on pages 7 & 8.

Photo: Mike Larkins, SAU Tech’s Assistant Physical Plant Director, is shown shaking hands with Vitale after participating in a demonstration.
Aviation Program Grows

The SAU Tech Aviation Maintenance program is experiencing record enrollments this fall with 18 new students and 11 students returning. Aviation Program Coordinator, Bill Archer, said, “I’m very pleased with the enrollment this fall. The word is starting to spread about the program for those who wish to pursue this path of training. Aviation maintenance training opens opportunity for employment in a wide array of fields including employment in Highland Industrial Park.” SAU Tech has been operating the program for a long time but recently became a partner in a federal Department of Labor Aerospace grant with other colleges in the state. The grant project has helped push the need for aviation maintenance technicians to the forefront and as a result enrollments in SAU Tech’s program have begun to rise. The aviation maintenance program requires students to attend full days, a requirement by the Federal Aviation Administration, which carefully monitors all aviation maintenance programs.

Uptown Center Now Operational

Politicians, Arkansas Workforce Services, SAU Tech and SAU employees and others gathered outside the SAU Tech Uptown Center to celebrate the opening on August 24. The center houses SAU Tech’s Adult Education Center and secondary education services, adult literacy and Arkansas Workforces Services. The building, which was formerly the Heartland Bank Building, was purchased several years ago by SAU Tech and renovated to house services that formerly were located in the Charles O. Ross Center on California Street. The move will allow the Ross Center to be used for more community events and workshops.
SAU Tech's Division of Web-Based Learning is excited to announce the transition this fall to Blackboard 9.1. Blackboard is the software platform that the college uses to deliver online courses. The new version supports mobile phone apps and gives students access to their courses when they are on the go. Blackboard 9.1 is a completely new format and has required the college to provide training courses for faculty teaching online classes. SAU Tech has been delivering online instruction since 1998 and is proud to be pushing the envelope in the delivery of online learning. Valerie Wilson, Vice Chancellor for Information Technology, says, “upgrading to Blackboard Learn 9.1 is a major step for SAU Tech in an effort to keep up with the quickly changing technology. The new version of Blackboard provides improved accessibility/usability, Web 2.0 technologies, powerful new features and improvements to existing features, and major improvements in communication, information sharing, collaboration, and security.” The new software uses wiki’s, blogs, YouTube videos, and allows for students and educators to access their courses on a variety of devices including iPhone, iPod Touch, iPad, Android, Blackberry and Palm smart phones. SAU Tech is further enhancing student learning by pioneering the use of a service by NBC that provides videos from news stories for use in college courses. Robert Gunnels, VC for Extended Education and online history teacher, stated that, “the NBC video content allows me to add short historical film clips to my courses that both support the written text being studied and the learning styles of today's students.” The move to the new technology will only further enhance the ability of SAU Tech to provide high quality, comprehensive course delivery for students.

SAU Tech faculty participating in Blackboard 9.1 training.

SAU Tech Adult Education Expands

The SAU Tech Adult Education Center has now expanded to cover Columbia County. The center now covers, Calhoun, Ouachita and Columbia Counties. The staff from the Columbia County location attended fall in-service at SAU Tech and the division of extended education is working with the staff to create a smooth transition.
Welding Academy Dedication

The first class of students to be accepted by the SAU Tech Welding Academy line up for the ribbon cutting ceremony for the new program at the Magnolia Business and Industry Training Center in Magnolia. SAU Tech and SAU staff were present along with SAU Trustees, members of the Magnolia Chamber of Commerce, and other guests for the dedication ceremony. The class of 15 represents the hard work and dedication that went into creating this program. Instructor Casey Burns, Tulsa Welding School graduate, was excited about the dedication and proudly led tours through the program while students showed off their skills to the visitors. The current class of students are slated to finish in May of 2012 with another class starting in fall 2012. The Academy is a finishing school for welding, taking basic welding skills to the next level. For more information contact Casey Burns at 870.234.7234.

SAU Tech Employees Awarded

SAU Tech has once again received the Spirit of 110 Award from the Arkansas Department of Human Services Division of Volunteerism. Each year the college submits volunteer hours from SAU Tech employees to the state agency in an effort to recognize the efforts of SAU Tech's staff and faculty. The theme for this year's event was “Volunteers: Everyday Heroes”. The event was held on September 7 at the Arkansas Governor's Mansion and was attended by Gov. and Mrs. Beebe and several members of the DHS staff and other state agencies.

SAU Tech thanks the tireless volunteers who are making a difference in the lives of others and in our communities. Your efforts do not go unnoticed.
Student Appreciation
SAU Tech Grants

SAU Tech has a few new grant projects on the horizon. A partnership with the Arkansas Department of Higher Education has resulted in a grant from Complete College America which focuses on nine colleges in Arkansas and the restructuring of selected programs and math and English remedial courses all in an effort to create a pathway for career academy students to obtain more college credit before graduating. SAU Tech will start the program in a few weeks.

SAU Tech has also received a grant from the GenCorp Foundation which is the non-profit philanthropy arm of the company that manages Aerojet. GenCorp awarded a little over $12,000 to fund a program concept created by Robert White, SAU Tech Director of Community and Secondary Education. The program will work with Camden Fairview High School students to increase interest in engineering. The program is in partnership with the Camden Fairview School District and utilizes the school's Project Lead The Way instructors by delivering a Saturday program, for students, throughout the school year.

SAU Tech also has a few other projects under development which include a college and career readiness program, a pre-engineering career academy/college program in partnership with Project Lead The Way, and a project still in the concept stage that focuses on increasing the interactive technology available to students in specific science and math courses.

Interactive Publications

The SAU Tech Communications, Public Relations and Grants Office is excited to announce that we now have the ability to covert PDF documents into a flip format which allows for easier reading and markup. The link below is to the current college catalog. In the weeks to come we will be working with various departments to incorporate the technology into more publications. Hopefully you are viewing this publication in the flip format! [http://www.sautech.edu/docs/web/Catalog2011-2012/flipviewerxpress.html](http://www.sautech.edu/docs/web/Catalog2011-2012/flipviewerxpress.html)

Student Suggestions

As part of an AQIP project, the college now offers an avenue for students to give feedback about the college’s services. Students can go to the Current Student page on our website and click on a confidential survey link called “Give Us Feedback”. Once the information has been received by the college, responses to the concerns or comments will be available under the link entitled “Our Feedback to You” on the Current Student page. Faculty and staff are encouraged to tell students about the survey.

Housing

Photos of housing resident going through fire training.
How to Maintain Enthusiasm

by Paul Vitale

"How do you maintain enthusiasm in this whirlwind life today? No, really—how do you keep your level of energy spiraling upward, not downward?" That's a commonly asked question that many answer a variety of different ways. In my profession, one of the greatest opportunities I have is to be enthusiastic. It's tough at times, though. Believe me, I too am human and don't always wake up on the right side of the bed, however, over the years I've learned that enthusiasm is a choice. I can assure you that it's not as hard as it sounds.

Enthusiasm is often defined as simply having a passionate interest in something. But what does being enthusiastic really accomplish? For starters, the passion that is generated through enthusiasm sets an important tone and pace that greatly influences our daily activities. It helps define objectives that are important to us and provides the incredible chance to create positive change.

Now that sounds good, but on any given day, how does possessing enthusiasm become second nature? There are a few key questions that you can ask to find this significant answer.

First, where does your self-confidence measure today? Our background and circumstances may have influenced who we are, but we are responsible for who we become. Having self-confidence is not about being arrogant, but possessing a belief in our true ability to succeed. Accomplishing or succeeding in anything takes a state of mind that is passionate, resilient and willing to learn from the trials and tribulations of everyday experiences. As we know, life's battles don't discriminate. If we think we have been beaten, we definitely have; if we want to achieve, but think we can't, it is almost certain we won't; if our self-confidence is lost, so is our will.

Remember—preparation creates confidence and through continuous practice, confidence evolves into competence. At that point, we find ourselves accomplishing tasks enthusiastically and with great assurance.

Second, are your reactions calm, steady and composed? By demonstrating grace under pressure, each of us inspires others to stay calm and act intelligently. When major issues arise, it's natural to want to hide in a hole instead of taking a stand or position. Through a calm, steady and composed reaction, we have the opportunity to respond to what has to be done, when it needs to be done, for however long it takes. Things will continuously happen and people will always act and react in certain ways. We might not be able to control that, but we can keep this in mind—maintaining our composure is in the details. It's not what we say, it's how we say it.

Remember—at times, composure's greatest enemy is anxiety. Try not to worry—you can't change the past, but you sure can ruin the present by worrying over the future, while zapping your energy in the process. The large majority of the things we worry about never happen and the rest are going to happen anyway. Calmness is an extension of our self-confidence and faith that in the end, everything will work out.

Third, is your communication flowing freely? Two people can look at the exact same thing, but perceive it in totally different ways. Just as two people can hear the exact same thing, but interpret it in many different ways. The quality of the exchange of information between individuals sets the table for either success or failure. When we each have a true understanding and connection to those around us, the exchange of feedback and the value of accountability are made easier. Keeping the lines of communication open helps eliminate misunderstandings that can jeopardize our level of enthusiasm.

Remember—explain to people what you expect. Develop a plan for accomplishing your goals and objectives, and then launch the plan. Be the first to listen for feedback that may signal the need for a strategy change. When things go wrong, take two things—charge and responsibility. When things go right, share two things—glory and praise.

Fourth, are you emphasizing the good qualities of others? Emphasizing the good qualities of people is extremely contagious. It has a domino effect. When we hear others building people up, it's easy to join in. However, we know how easy it is to stray off in the opposite direction as well. People want to feel valued and respected for their place in life. A kind and sincere word of appreciation doesn't cost anything, but pays large dividends in loyalty and dedication. Finding the good qualities in others is a selfless act of placing others first, more often than last. In return, much more is received than given.
You are able to feel good about yourself and that helps sustain your enthusiasm.

Remember—research has shown that individuals who receive regular recognition and praise are more likely to commit to the team, become more productive and even tuck on additional years to their lives. Studies indicate that increasing positive emotions can lengthen a lifespan by 10 years; whereas being in negative surroundings consistently can increase the risk of stroke by up to 33%.

Fifth, do you recognize the strength of influence? Every relationship in your life will affect you one way or another. Those who do not increase you will decrease you. Take note of those who readily share your vision and complement your efforts because they are the ones who will make you better. The strength of our influence has the power to affect the minds and actions of many in a direct or indirect way. Realize we are where we are today because of the many who have influenced us along the way.

Remember—our attitude is not determined by circumstances, but by how we respond to circumstances. Our minds determine our attitude. We can respond positively or negatively. It’s how we react to the events, not the events themselves, which determines our attitude and level of enthusiasm.

Sixth, are you continuing to look inward—then outward? Most people don’t want to be managed. They want to be led. Who has ever heard of a world manager? World leader, yes. Education leader, political leader, religious leader, scout leader, community leader, business leader. They lead, they don’t necessarily just manage. Individuals who are able to look inward and get excited about their own lives are then in turn provided the incredible opportunity to look outward and enthuse others. If we concentrate on managing ourselves first, and do that well, then we’ll be able to stop just managing, and start leading.

Remember—no great leader ever succeeded alone. There is always a team of followers. It’s much easier to find great followers if the leader is able to generate excitement for the cause.

Life is chaotic and it is easy to feel beaten down. Nonetheless, find what moves you to become excited about the day ahead. Focus on the small joys of life and allow them to fuel your enthusiasm. Use the energy derived from the high moments to carry you through the lows, while never forgetting to help others do the same. Do this consistently and soon you will find yourself answering the question, “So how do you maintain enthusiasm in this whirlwind of life today?”

© Vital Communications, Inc. Paul Vitale, founder of Vital Communications, Inc., is a professional speaker and author based in Little Rock, Arkansas. He travels the globe presenting seminars and keynote presentations to various organizations while contributing content to regional and national publications. For additional information, visit paulvitalcom or call 501-663-1454.
Online Tutoring

SAU Tech has added another service to help you succeed. SAU Tech now has ONLINE TUTORING for students taking internet courses and students taking traditional classroom courses. Wondering how it all works? Just keep reading!

The coordination of the online tutoring will take place through the Tech Learning Center (SAU Tech’s tutoring center which is located in the campus library). You do not have to go to the campus to setup your online tutoring. You just need to give Michelle Williams a call at 870.574.4725 or contact her by email at mwilliam@sautech.edu.

If you are enrolled in any of the following courses, either online or in the classroom, you automatically have access to the online tutoring and you do not have to contact Ms. Williams. When you open Blackboard, you will see the tutoring listed as a class (Tech Tutoring Center) on your list of classes. This is how you will access tutoring help. Courses are listed below:

<table>
<thead>
<tr>
<th>Basic Math</th>
<th>College Algebra</th>
<th>Composition I &amp; II</th>
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</thead>
<tbody>
<tr>
<td>Elementary Algebra</td>
<td>Math for Technology</td>
<td>Reading</td>
</tr>
<tr>
<td>Intermediate Algebra</td>
<td>Math for Teachers I &amp; II</td>
<td>Writing I &amp; II</td>
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</tbody>
</table>

If you are a student, who is not taking any of the courses listed above, and you need online tutoring, please call or email Ms. Williams (info listed above) and she will setup the service for you!!!!!

SAU Tech’s fall 2011 student ambassadors.
Left to Right: Cheyann McGee, Trent Howard, Jordan Chandler, and Shelby Marty.
## College Calendar

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 5 &amp; 6</td>
<td>EXPO</td>
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<tr>
<td>October 12</td>
<td>Mid Term Grades</td>
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<tr>
<td>October 16-18</td>
<td>AATYC Conference</td>
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<tr>
<td>October 31-November 4</td>
<td>Early Registration (Multimedia &amp; Aviation)</td>
</tr>
<tr>
<td>November 7-25</td>
<td>Early Registration (All Returning Students)</td>
</tr>
<tr>
<td>November 21</td>
<td>Last Day for Instructor Drops</td>
</tr>
<tr>
<td>November 24 &amp; 25</td>
<td>Campus Closed for Thanksgiving Holiday</td>
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## More Welding Academy Photos

![Welding Academy Photos](image1)

![Welding Academy Photos](image2)

![Welding Academy Photos](image3)