We are well into the Spring 2008 semester and midterms are right around the corner. Are you ready? Remember that the Act 101 staff is here to help. Stop in for assistance with planning for a successful semester, both academically and personally. We offer tutoring—for specific courses or tips on general study skills. In addition, we offer a free textbook lending library that can save you significant money on books. Our Act 101 lounge also includes a photocopy machine for your use, a place to relax and have a snack, or a quiet place to study.

**What’s ahead**

**Trip to New York City**
Tuesday, April 22th 7:30 am – 11:00 pm

The NYC trip is a required cultural experience for the 2007 Summer Program students. In addition, all Act 101 students are invited to participate. It’s a lot of fun and the day is an excused absence from class. The trip can also be applied toward your Del Val Cultural Enrichment credits. There is no cost to Act 101 students. Bus service and meals will be provided.

This year we will visit the Guggenheim, take a tour of Madame Tussaud’s Wax Museum, experience Midtown Manhattan, and visit the Empire State Building Observation Deck.

Spaces are limited so reserve your spot quickly (first come, first served basis). If you have any questions, contact Cheryl Lyons at extension 2951.

**Dates to Remember**
- 3/14 Mid-term grades due
- 3/15–3/23 Spring Break
- 3/25 Act 101 Group Meeting
- 3/24–3/31 Fall Registration
- 3/26 Career Day
- 4/3 Pride and Polish
- 4/9 Founders’ Day
- 4/10 Last day to drop “W”
- 4/22 Act 101 NYC Trip
- 4/25 “A” Day prep-No classes
- 4/25-4/27 A-Day Weekend
- 5/6 Act 101 Group Meeting
- 5/9 Last Day of Classes
- 5/12-5/17 Final Exams
- 5/24 Commencement

**Act 101 Staff Directory**
The Act 101 Offices are located on the 2nd floor of Segal Hall. We are here to assist you Monday through Friday from 8:30 am until 4:30 pm.

- Karen Kay, Director  x2309  karen.kay@delval.edu
- Cheryl Lyons, Administrative Assistant  x2951  cheryl.lyons@delval.edu
- Jim Yard, Tutorial Coordinator  x2452  james.yard@delval.edu
- Traci Kaye, Counselor  x4964  traci.kaye@delval.edu
- Sue McGovern, Counseling Coordinator  x2451  susan.mcgovern@delval.edu
The Act 101 Office offers tutoring for a variety of courses, morning, noon, and night. You can make that C into a B or even an A with a little extra help!

If you are simply feeling overwhelmed and need some help with organization, time management, or just to regroup, the Act 101 counselors are here to help!

In November, Act 101 sponsored a stress buster fair designed to relax and rejuvenate our students. We had a member of Crunch Fitness (NYC) demonstrate some yoga moves that could be done at your desk, massages provided by the International School of Shiatsu, handouts on time management and nutrition, and a special sampling of Planet Smoothie’s energy shake with an anti-stress blast.

Are you satisfied with how this semester is going? Are you feeling anxious about your grades? Are you unsure what your options are? Now is the time to take action!

ACT Now!

It is important to provide the Act 101 office with your current contact information so that we can contact you easily and notify you of upcoming events.

Act 101 First Year requirements include two individual and two group meetings each semester. The spring group meetings are scheduled for Tuesday, March 25th and Tuesday, May 6th at 4:30. Please contact Sue McGovern for more information at x2451.

The Act 101 Textbook Library has continued to grow! We do our best, on a limited budget, to provide you with the books you need. Please do your part by taking good care of the books you borrow and by promptly returning them at the end of the semester. If you currently have any overdue books, please return them immediately to a staff member in the Act 101 office.

The Act 101 Program is a state funded program designed to provide students with support services to achieve their academic goals. In addition to academic services, this program offers cultural activities, a book lending library, and more.