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More Inside!

From the Program Director:

Attracting Success

In researching the topic for this edition, “Attract Success,” I came upon some advice and the philosophy of F. W. Sears, who first published “How to Attract Success” in 1914 ([http://thediamondsmine.com/files/Ebooks/Sears-AttractSuccess.pdf](http://thediamondsmine.com/files/Ebooks/Sears-AttractSuccess.pdf)). This article intrigued me and I’ve found Sears’ advice and ideas as fresh and meaningful today, as I am sure they were over 100 years ago!

Sit back, relax and think about how you want to attract success........

So what exactly is success? How do you define it? My favorite poem about success has been attributed to Ralph Waldo Emerson (but now historians believe it was written in 1905 by Bessie Stanley):

To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty, to find the best in others;
To leave the world a bit better, whether by a healthy child,
a garden patch or a redeemed social condition;
To know even one life has breathed easier because you have lived.
This is to have succeeded.

Continued on pg.2
Sears gives us this definition to consider: “To be successful in anything is to have the ability and power to do the thing we want to do when and where we want to do it, or to have what we want, when we want it, and as long as we want it. Success is a thing which we can build for just as surely and scientifically as the architect plans and builds the skyscraper or the engineer the wonderful tunnels and bridges of modern times.”

As I read the work of Sears, I am struck by this idea - that every moment of our lives, with every breath we draw, we are creating something. We don’t get a second chance of reliving that precise moment.......as I have long told my children: “Your life is not a dress rehearsal.......there are no do-overs!” In order to obtain what we want, when and where we want it, we must continuously and persistently affirm our oneness with the thing we want.

So do you go about attracting success? Here are some suggestions from E.C. LaMeaux:

Define success for yourself, as your definition will look decidedly different from the next person. Framed against the law of attraction, defined as the Universe responding to our thoughts and words, you need to be very specific about what you want to life to represent.

Visualize success as a present reality - what do you envision in your life? Live as though you have accomplished your goals.

Affirmative prayer or practice gratefulfulness -- just recently, our college President, Dr. Chris Bustamante, invited Tom Thibodeau to speak to Rio employees about Servant Leadership. In Tom’s address, he encouraged us to live a life of gratefulness.........and in turn, this grateful “state” attracts success. Give this idea some thought.......I’ve been thinking about it deeply and tend to agree with Tom.

Set goals........just like organizations develop strategic plans, with goals and measurements, so should each of us.

What are your goals? How will you know when you’ve accomplished what you strategically plan for your life?

In closing, don’t discard these attributes: think positive; think accurate; find models of success and hold on to these images; and finally TAKE ACTION! Along the way to building a successful life, you are bound to grow and change, becoming the person you must be in order to be internally rewarded by the success you wish.

Assistance is a click or phone call away!

To help you be successful, we have created a document that includes information on who to contact with questions such as grading, Task Stream, broken links, technology as well as many other issues that you may experience. Visit the Early Childhood and Human Development home page to find a “Who to Contact When in Need of Help” resource. Please take a moment to click on the following link and familiarize yourself with the content. You never need to feel that you are unsure of where to turn for assistance.

http://www.riosalado.edu/programs/earlychildhood/Documents/ECH-Contact.pdf
Meet Your Instructor:

Hello, my name is Maureen Powers. If you have taken a course in the Early Education or Human Development areas chances are I have been your instructor. I may have even designed the course you are taking. I am currently a Senior Manager for the Adult Learning and Development and Coaching certificate and degree programs.

Learning is my passion, for myself and for others. My friends and family have always said that if you hang out with me long enough you are bound to either complete your education or embark on a new learning adventure!

I got my BA in Psychology and Education and the plan was to teach high school social studies but while completing my degree, I worked at night as a counselor with at risk youth. The work fascinated me and I enjoyed bridging schools, courts, social services and families. I went on to work as a substance abuse counselor working with the Criminal Justice System. Marriage and children shifted my focus to early childhood. I got my M.Ed. in Early Childhood Education. Now, I have earned several teaching certificates and have enjoyed over 27 years teaching and working with children and families. I am starting my doctoral studies this summer in Organizational and Educational Leadership.

Maureen Powers
Attract Success

By Di Baysinger

Many of you are familiar with the term Law of Attraction. It is simply this: We attract whatever we think about, good or bad. The power of attraction is a universal power that brings thoughts into manifestation. As early as 391 BC, the Greek philosopher Plato had already stated that “likes tend toward likes”. As you can see, it is not a new concept but because of media, it has become a hot subject today.

The power of the mind draws certain experiences and people into our lives and repels others. It is like a magnet. When we think positively about an event or action we get positive results. When we harbor negative thoughts, negativity will be drawn into our lives. Life is going to have its natural flow of blessings and burdens; the biggest difference between people who attract success and people who don’t attract success is how they manage the blessings and burdens.

Success manifests in many ways, sometimes it shows up obviously and directly through taking specific steps like: taking classes to secure a degree/certification, doing extra credit to get a good grade, using a nutrition and exercise plan to lose weight, implementing a training plan to complete a marathon and sometimes success comes indirectly in a sudden and miraculous way like: a new idea that pops into your mind, people who show up to help, a new job that comes unexpectedly, or your intuition leading you to follow a certain course of action.

Attracting success requires mental work, focus, visualizing the results you want and action. The realization that you can attract success brings excitement and hope. It can also bring disappointment and frustration if you do not have guidelines and tools to use. Here are some things to think about that will help you.

MENTAL WORK: Like the magnet, the mind does not only attract, it repels. When you practice gratitude you attract things to be grateful for and generate positivity in your life.

I have a friend who was diagnosed with Lymphoma 20 years ago and over the years has had 3 rounds of chemotherapy. She was determined to keep a positive attitude and live her life as fully as possible. She continued to work, practice yoga and stay an active member of the community. She has been an inspiration to all those around her because she learned to focus on being grateful for her blessings and she learned to deal with the burden of managing the disease.

When you do not believe you can accomplish something then you repel it with thoughts of fear and insecurity. Many years ago when I first learned about the law of attraction, I became aware of my own negative thoughts and feelings of insecurity. It was a time when I had a new opportunity for a career change and I did not believe I had the experience or skill to fulfill the responsibilities that were offered. Fortunately, attracting success was at work and the right people came into my life to guide me. My desire and commitment for the change helped me take the action that eventually led to the success I have today. I had to find the courage to fight the fear and trust that I would be successful with time and discipline and it worked.

FOCUS: Now that you know the power of the mind you can pay attention to what you are focused on.

Continued on pg. 5.
10 Tips for Being a Successful Online Student

The following are ten tips that North Nennepin Community College posted as a resource for their students. These are tips they continually heard from successful online students. Like all great advice, most of these tips are common sense things we know that we should do. Make the commitment to be successful and follow as many of these as possible.

1. **Accept that the first online class will feel overwhelming**
   Let's face it, the first time you try anything new it feels overwhelming. Online courses are no different. It takes time to learn how to maneuver through the system and to communicate with others online. Your confidence will build as you become more comfortable with how things work. Think about ways to motivate yourself now, so when you feel overwhelmed you keep yourself grounded in your overall education goals and keep moving forward.

2. **Take full advantage of the college resources that are available to you**
   RIO has a variety or resources available to online students including, library, computer labs and career centers, help desk assistance, and tutoring to name a few. Make sure you are familiar with where to find available resources and how to use them to help make your online experience a success. Please visit the following link for a comprehensive list of the services that available to you as a Rio Salado College student: http://www.riosalado.edu/Current/pages/default.aspx

**Di Baysinger Continued...**

Strive to be aware of your thoughts, chose beneficial thoughts and consciously utilize the power of attraction.

There were many times in my life when I was disappointed by something that I had no control over and I would focus on the disappointment hoping that something on the outside of me would change. I have had to learn to accept the things I cannot change, change the things that I can, let it go and move on so I can focus on and attract what I truly want. It has been a discipline to pay attention to what I pay attention to but over the years I have found greater peace of mind and greater success in my life.

**VISUALIZING RESULTS:** Repeated visualization of what you want in your life, focused thinking, desire and commitment unleash powerful results. You can attract people, circumstances, events, possessions or a certain lifestyle with the magnetic power of your mind. Trust yourself to dream, post pictures of the things that you desire and then imagine those things being in your life.

**ACTION:** It is not enough to visualize success; you must take action to attract success. Identify what you want and place it down as a goal. Be clear, specific and realistic about the goal and be sure you have a strong desire and commitment to do whatever it takes to achieve it. Be ready to be persistent, self-disciplined and open to use opportunities that come your way.

As the semester comes to a close and you enter another phase of your journey what are you going to do to continue to attract success? The first thing you might consider is to appreciate what you have already accomplished. Take a moment and imagine all the steps you have taken in the last three months and imagine what steps you will take in the next three months that will attract the success you want.

Di is the founder of Arizona Partners, an international coaching and consulting business. She has been in business for over 30 years and has trained and served clients around the world. She can be reached at Diana.baysinger@gmail.com
3. **Participate...Participate...Participate**
Regular participation is very important to a quality online experience for everyone. Some of our ECEHD courses offer a Town Hall option to you. Your classmates have a wide variety of background experiences that will naturally come out during discussions and projects, and it's a great way to network with future colleagues. Jump in and contribute!

4. **Take the program and yourself seriously**
As part of the ECEHD program accreditation, we are required to prove during strict audits that our classroom and online courses deliver the same content and rigor. Many students take online courses, because they believe them to be easier or take less time. These students either drop out or do poorly in the course. Don’t let this happen to you! Online courses affect academic records and financial aid.

5. **Budget your time, set schedules, and complete work on time**
Online courses are a convenient way to fit your education into an already busy life. Make sure to block off regular time to work on your course and stick to that schedule. For new online students it often takes a few weeks to get into a pattern, but you will find that setting a specific time period to work on your class will keep you on track.

6. **Make sure you have a private space where you can study**
Online courses are a convenient way to attend a course that you might otherwise not be able to attend on campus. That being said, don’t discount the importance of having a private place to concentrate and work on your course. Coming to campus for a face-to-face course is a great way to get away from the disruptions of work or family for a few hours, and you will need to find a similar space to do the same when you work on your online course.

7. **Log on to your course every day**
Make sure to check your course a minimum of 4-5 days a week. If you let too many days go by, you will get behind and find it very difficult to catch up. Make sure to check your student email daily!

8. **Be polite and respectful**
Being polite and respectful is not only common sense, it is absolutely essential for a productive and supportive online environment. In a positive online environment, you will be able to express your thoughts and opinions openly and feel your contribution has been valued.

9. **Speak up if you are having problems**
Technical difficulties are not an excuse for late or missed assignments. If you are having technical difficulties, or problems understanding something about the course, you MUST speak up otherwise there is no way that anyone will know that something is wrong. Chances are that if you don’t understand something, others have the same question. The ECEHD program at Rio has available to you several help desk opportunities. Use the “Who to Contact” document posted in your course announcement to find a comprehensive list of places to turn for help. (add link here)

10. **Apply what you learn**
Apply everything you learn as you learn it, so it will be committed to long-term memory. Whenever possible, take the things you learn in your online course today and use them in your workplace tomorrow. Also, make connections between what you are learning and what you do or will do in your job.

http://www.nhcc.edu/student-resources/online-learning-d2l/tips-for-online-learning-success
Outstanding Student Graduate(s)
Awards
AAS in Early Learning and Development
Trina Lopez

Academic Certificate in Child and Family Professional Development
Jenna Miller

Congratulations!

2014-2015
Graduation Banquet

Rio Salado Staff and Early Childhood & Human Development Students
Congratulations to our 2014-2015 Graduates!

Certificate of Completion in Parent Education
Gerry O’Connell

AAS in Family Life Education
Nicole Dominguez
Nancy Collier

AAS in Early Learning & Development
Sara Pederson
Juana Urbina
Valynn Carter
Danielle Lee
Mande Padilla
Joy Parrett
Maria Sondgeroth
Nasra Aden
Reynaldo Angulo
Sybil Peters

AAS in Early Childhood Administration & Management
Grace Joy
Sybil Peters

Certificate in Infant Toddler Development
Reynaldo Angulo
Jessica Ethington

Academic Certificate in Child & Family Professional Development
Chelsea Hays
Tammie Kiovunie
Osiris Lopez
Tiffany Rivera
Margaret Sawadzki
Cassandra Welch
Genesis Murello
Elizabeth Barnes
Malinda Hudson
Ashley Scott
Jandy Baca
Jenna Drake
Rosa Dreher
Xeomara Fiero
Destiny King
Justice King
Brandi Kowalczyk
Katja Lawson
Danelle Lee
Trina Lopez
Michelle Murphy
Dawn Parker
Bibiana Puente
Cassidy Schmitt
Ashley Scott
Athena Serrano
Virginia Chavez
Nicole Friedrich
Taylor Giles
Elizabeth Sanchez
Lacrisha Etsitty
Kathy Jenkins
Nasra Aden
Robin Johnson
Adaluz
Elequen Chavez
Savannah Graham

Certificate of Completion in Adolescent Development
Jyevonne Saffold
Nicole Dominguez
Kapioloni McLain
Lisa Gaylord

Certificate in Child and Family Organizations Management and Administration
Gloria Gentry
Lorraine Jackson
Deja Freeman
Khemika Kemawong
Lori Silva
Nicole Cericola
Amely Florish-Lopez
Chekesha Polite
Nancy Collier

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Rio Salado College is a Maricopa Community College (EEO/AA institution), is accredited by the Higher Learning Commission, and is a member of the North Central Association.