The hum of tractor motors and the sound of machines signal the next phase of growth for Miles College with initial construction underway on three new facilities. Crews are already clearing the ground and laying the infrastructure for a welcome and visitors’ center being built across from Pearson Hall and a new dormitory that will be located directly behind it. Work has also started on land that will be home to a new student center, located behind the Learning Resource Center (LRC).

“Currently, construction crews are working on the project five days a week, but the days and hours of work may change as the projects move forward,” said Thomas Brown, Miles College director of facilities.

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While the new buildings will have a significant impact on Miles College faculty and students when they are completed, they will impact the local economy while under construction,” Brown said. He and the construction subcontractors estimate that more than 100 crew members will be working once the actual buildings start going up. “That means people will have good work and they can go into local stores and businesses,” Brown said. “The need for additional facilities is being driven by the college’s growth in enrollment and changing trends in higher education,” said Dr. George T. French, Jr. “The growth of our enrollment and the demands of our students, faculty and community require that we have a campus designed for the future,” he said. “There are certain amenities that students have come to expect when they go off to college to pursue higher education. “We want to be certain that Miles recruits and retains the best and brightest students who are serious about learning and leading.”

President’s Message

It’s great to be back for another exciting calendar year at Miles College. We had many successes in 2012, and we are looking forward to even more success in 2013.

Before this year ends, we expect to have the final word on the reaffirmation of our accreditation with the Southern Association of Colleges and Schools (SACS). I am proud of the team that has led us through this process, and I am also proud of each member of the faculty and staff participating in this effort.

While we know that Miles College provides a quality education to its students, serves the community and develops plans for future enhancements, every 10 years we must document our story and present it to SACS. The reaffirmation will mean that Miles College will continue to be in good standing so that our students are eligible for federal assistance, the college is eligible for other federal money, and college credits earned by students are recognized and respected as they go on to other academic pursuits.

Also this year, we will complete a major expansion on campus – a welcome and admissions center, a new residence hall and a new student activity building, cafeteria and full service Starbucks.

We have great students, faculty and staff here at Miles College. As president, I am committed to continue working to ensure that each person has what he or she needs to be successful.

Dr. George T. French, Jr.
Metacognition is making a difference for students who go to the lab in 207 Pearson Hall or participate in after hours sessions at the Learning Resource Center (LRC) -- just ask freshman Marvelle Rose.

In his first semester at Miles, Rose said he began making regular visits to the lab where he received help in identifying his learning style and study habits. “The results were great”, he said. “I had three As and two Bs for the first semester.”

“The goal of the Metacognition Lab is to focus on learning rather than rote memorization,” said Tina Dorius, director of the lab. “We want students to see themselves as active learners. Too often students focus on memorizing information for a test; when the test is over, they lose the test information.”

“The lab opened in the fall of 2011 as a pilot program and went into action full swing in the fall of 2012,” Dorius said. She works along with academic coaches – honors students employed by the lab-- to assist students identified by professors and advisors as candidates for the lab.

“This arrangement works well because it strengthens the collaborative enthusiasm among the students; they feed off of each other,” Dorius said. “The academic coaches are held to a high standard, so they know they must continue to be strong examples. “The students who are coached learn from those who have good study habits and are active learners.”

The Metacognition Lab is open from 10 a.m. to 5 p.m. each day in Pearson Hall. After hours sessions are available in the LRC until 8 p.m.

It’s no secret that people who read and understand what they are reading are more successful when it comes to learning and retaining information. That’s why leaders at Miles College have introduced the Quality Enhancement Plan (QEP) focusing on student learning and cognition.

QEP focuses on enhancing reading skills using metacognition – “thinking about thinking.” Utilizing this strategy with course materials can ultimately improve long-term academic performance, says Professor Gwen Miles.

Miles College developed a requirement in its accreditation reaffirmation process with the Southern Association of Colleges and Schools. The goal was to identify a specific area and present a plan for enhancing student performance. The Miles administration, faculty and staff chose to work on reading and cognition.

“If you have trouble with reading, you will have a problem with most subject areas,” Shelton said. “You have to be able to understand information before you can make judgment or do an analysis.”

“Students who participate in QEP lab, tutoring and coaching are placed based on their ACT scores or academic history,” Shelton said. Academic coaches work to help them grasp a systematic approach to reading and learning that allows them to get more out of their college education experience.

“We are looking for this intense focus on reading and cognition to have a positive impact on student retention and on overall college success,” Shelton said.
Make My Plate: 10 Tips To A Great Plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1. Balance calories. Find out how many calories you need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. Enjoy your food, but eat less. Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

3. Avoid oversized portions. Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. Make half your plate fruits and vegetables. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. Switch to fat-free or low-fat (1%) milk. They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. Make half your grains whole grains. To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats such as ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. Compare sodium in foods. Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. Drink water instead of sugary drinks. Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.
What Is Transformational Leadership?

The classroom is perhaps one of my favorite places in the world. I often think of what my life would be like if I did not have this opportunity as a part of this season of my world. Today was a rainy, stormy, dreary day and most of my students came to class dripping wet. I was so happy to see them in class-truly weathering the storm. Today was the day for class presentations where the students tell their personal life story (whatever they are comfortable sharing) and answer two questions, “Who Am I and Why Am I here”? This happens to be one of Dean Batie’s favorite topics in chapel. As one student shared her story, she prefaced it with, “Today when I left chapel it was raining and Dr. French noticed I was walking in the rain and he gave me his umbrella.” The students cheered Dr. French on (although he was not in the classroom) for this kind gesture.

In my mind I thought of what it means to be a transformational leader. One of the major qualities of the transformational leader is being able to ‘inspire people’ (Bass, 2004: Journal of Leadership and Organizational Studies: The Influence of the Transformational Leader). On his rainy, dreary Wednesday morning, our President, Dr. French, inspired a class of students and a colleague to always show random acts of kindness. You never know whose life you will impact. As a matter of fact, we all have the ability and opportunity to be a transformational leader. Be mindful of the small ways we can help others whose lives we touch!

Gwendolyn Dees, Assistant Professor, Division of Humanities

Feb 3, 1956 • Autherine Lucy, admitted into University of Alabama.

Feb. 4, 1913 • Rosa Parks born.


Feb. 9, 1909 • NAACP founded.

Feb. 11, 1965 • Birmingham NAACP Charter presented to Yvonne W. Turner and secretary. Dr. John W. Nixon, President.

Feb. 14, 1818 • Fredrick Douglas born.

Feb. 16, 1970 • Joe Frazier becomes world heavyweight champion.

Feb. 25, 1964 • Muhammad Ali wins world heavyweight crown.

Feb. 28, 1940 • Hattie McDaniel becomes first black to win an Oscar for her role in “Gone with the Wind”.

Miles College welcomes Ms. Bern Nadette Stanis as the 2013 Professor in Residence in the Division of Humanities. Ms. Stanis will be offering Master Classes in the Performing Arts to all Miles College students. For more information, contact 205-929-1052.

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