CONGRATULATIONS, GRADUATES!

This is YOUR DAY.

We look forward to cheering you on and celebrating your accomplishments!

December 2015 Commencement
Saturday, December 19
2 p.m.
SIU Arena

For complete details, including how to prepare for commencement, seating, parking and what to expect on your big day, check out the December 2015 commencement brochure or visit commencement.siu.edu. The site also includes information for out-of-town guests and provides a Watch Live page for guests who are unable to attend the ceremony.

Remember: Graduation is just the beginning. Stay connected with your alma mater and join the more than 250,000 Salukis who took the next step of becoming SIU Alumni Association members.
Adult Student Recognition Week 2015 was a huge success! Thanks to everyone who participated.

One of the events, “Thank You Thursday,” focused on gratitude. Participants had an opportunity to make random tokens of kindness from the SIU Craft Shop. The Wellness Center distributed “gratitude jars” with the challenge to add daily notes of thankfulness in the jar for one year, and staff educated students on the many health benefits related to living a life of gratitude.

Students also wrote thank-you cards to people on the SIU campus who had made a difference for them. Nearly 70 cards were written and mailed throughout campus to 35 different academic and non-academic units. From accounting and automotive technology to financial aid and Morris Library, we appreciate the time students took to say thanks!

We received several responses back from faculty and staff who received thank-you cards. They expressed appreciation for receiving an unexpected boost of encouragement – and a reminder of the difference they are making in the lives of our students.

As the semester winds down, we encourage you to reflect on what you are grateful for and who has made a difference in your life. Take time out to say thanks!

Deborah Barnett, Ph.D.
Coordinator,
Non-Traditional Student Services

Marlene Mezo, a student employee with Non-Traditional Student Services, is graduating with a bachelor of science in social work. Mezo, from Daingerfield, Texas, said, “No, it is not home to Rodney Dangerfield – and yes, that is really my hometown.”

When asked about her favorite memory from SIU, she replied, “I have many, but I think my favorite is meeting so many amazing people – some who have become good friends, and some who have gone out of their way to help me. Some who have made an impact on my life, some who are an inspiration, and some who have made a special place in my heart!”

She has a couple of pieces of advice for other students: “First, slow down and enjoy your time. Second, do not be afraid to ASK! There is never a dumb question.”

Mezo said her degree means many things to her: “I have had the strength to go on when I thought I could not. I can hold my head up and not have to look down. I can make changes – and you are NEVER too old (to earn your college degree)! I have survived, I have struggled and I have succeeded!”

Her plans after graduation are to find a place in the world where she fits in, where she can advocate for what she believes in, to help people and “to help to spread KINDNESS to all that I meet.”

Mezo added: “Thank you to all that have helped me accomplish this great success in my life!” Congratulations, Marlene! You’ll always be a part of us!

Brenda Escutia, a student intern with Non-Traditional Student Services, also is graduating with a bachelor’s degree in social work. Escutia is from Rolling Meadows, Illinois, and her favorite memory of her time at SIU was “being a resident assistant on the international floor of Neely Hall.”

“They taught me so much about the countries they were from, and it was a marvelous learning experience from both ways,” she said.

Her bit of advice for other students is to “take advantage of all the opportunities that come your way, even if they are intimidating.”

“Getting out of your comfort zone and trying new things that you never thought were possible is the best way to grow as an individual,” Escutia said.

Her degree is an accomplishment that Escutia did not think was attainable four years ago. She said it shows her success in working for something that her parents sacrificed to give her.

“After graduating with my bachelor’s degree, I plan to pursue a master’s degree in higher education and student affairs,” she said. “I want to be a lifelong learner and help other students succeed in college.”

Congratulations, Brenda, and good luck in graduate school!
SIU Earns “Best for Vets: Colleges 2016” Ranking

Congratulations to SIU’s Veterans Services and to all who make Southern Illinois University a great place for student veterans to achieve their academic goals.

Have you completed SIU’s scholarship application?

If not, we recommend that you do! The general scholarship application is a single application that automatically matches you to scholarships for which you qualify. Although the deadline is not until Feb. 1, we encourage students to use time over the winter break to submit the application.

Get started today! For more information, visit scholarships.siu.edu.

Dependent Health Insurance Spring Enrollment begins Dec. 15

SIU now offers health insurance coverage for dependents of enrolled students. Spring enrollment coverage begins the first day of spring semester classes. The $611 insurance premium covers both spring and summer semesters.

For more information, visit shc.siu.edu/insurance.

Library Extended Hours

Morris Library offers extended hours the week before and the week of finals each semester. For the fall semester, the extended-hours area is open 24 hours beginning Dec. 7.

Did You Know?

The Saluki Express still runs after finals are over. From Saturday, Dec. 19, through Friday, Jan. 15, the Saluki Express will use a break route. Check it out for your winter break transportation needs.

Shop Local
(Even on Campus)

It is that time of the year again when we are trying to find the perfect gifts for our loved ones. But did you know that much of your shopping can be done right here on campus?

Check out your options.

SalukiTech Computer Store, located in the south end of the Student Center, has a variety of holiday gift bundles.

The “camera bundle” includes a Fujifilm Instax Mini 8 camera, groovy carrying case and two rolls of film for $109.99.

SalukiTech store now has Fitbits as well as different-color interchangeable bands for sale. It also has some of the essentials, such as earbuds, for $7.99; 16GB flash drives for $19.99; and Android wall chargers for $9.99.

They also have Dell computers at discounted rates, tablets, accessories, hard drives, printers, backpacks and much more! So make sure you stop by and look at their competitive rates.

For store hours and more information, click here.

University Bookstore offers a variety of SIU apparel and accessories. This includes mugs, home decor, diploma frames and collectibles. These can make great gifts for the holidays, or they make perfect gifts to give to a fall graduate.

Gift cards are always great stocking stuffers, too. Choose from McDonalds, Starbucks and Subway, which are all located in the Student Center. You can also visit the Student Center’s Holiday Craft Sale Dec. 3-5.
**DECEMBER**

- 2 Soul Food Day, 11 a.m., Morris Library first-floor rotunda
- 2 Military Appreciation Basketball Game, 7 p.m., SIU Arena
- 3-5 Holiday Craft Sale, 8 a.m., Student Center Renaissance Room
- 8 Women’s basketball, 7 p.m., SIU Arena
- 10 **Beyond the Horizon, 7:30 p.m., McLeod Theater**
- 14 Graduation regalia pickup begins
- 14-18 **Final Exams**
- 19 **Commencement**
- 20 Winter break begins

For a complete list of programs and events, visit calendar.siu.edu

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**Focus on Wellness**

Do finals have you stressed?

Look at our five helpful tips to keep you cool, calm, and collected!

1. **Make a study schedule!** You would think it would stress you out more, but if you stick to it, it will help. DO NOT FORGET TO TAKE BREAKS!

2. **Take a nap!** If you are tired, nothing you try to study really is going to register anyway. QUALITY OVER QUANTITY!

3. **Eat healthy!** Eating healthy food will make you feel better, lessen your stress and keep your stomach feeling full, so you can study longer.

4. **Take a hot bath/shower!** The warm water is a great way to relax, and it helps to wash the stress away!

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**Monthly Contest**

With the Saluki basketball season underway, our monthly contest question tests your sports knowledge.

Which former Saluki basketball player advanced into a Hall of Fame career – and, in 1997, received the honor as one of the 50 greatest players in NBA history? **Source: SIU Alumni Association**

If you can answer our trivia question, email the answer to nontrad@siu.edu for a chance to win a Saluki basketball prize package.

Join us to cheer on the Dawgs! Visit siusalukis.com for game times. If you have children, check out SIU’s Junior Salukis Club. Receive a free membership with a family ID card.

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**NOTE:** This newsletter is designed to be electronic. If you received a copy in print form and need access to links, visit nontrad.siu.edu and click on Staying Connected.
GREAT DEALS ON CAMPUS!

Small Christmas Bundle
SAVE BIG THIS CHRISTMAS!
$39.99
- 2 Jive Speakers
- Juice Bar Charger

Get A Raffle Ticket!
Receive 1 raffle ticket with the purchase of this bundle to be submitted in the drawing for the SalukiTech Computer Store Prize.

https://www.facebook.com/salukitechcomputerstore/

Medium Christmas Bundle
SAVE BIG THIS CHRISTMAS!
$109.99
- Instax Camera
- 2 Rolls of Film
- Carrying Case

Get A Raffle Ticket!
Receive 3 raffle tickets with the purchase of this bundle to be submitted in the drawing for the SalukiTech Computer Store Prize.

https://www.facebook.com/salukitechcomputerstore/

GetFit! Christmas Bundle
SAVE BIG THIS CHRISTMAS!
$99.99
- Fitbit
- Choice of Colored Wristband
- JLab Headphones

Get A Raffle Ticket!
Receive 2 raffle tickets with the purchase of this bundle to be submitted in the drawing for the SalukiTech Computer Store Prize.

https://www.facebook.com/salukitechcomputerstore/
TAKE SIU HOME WITH YOU.

LEAVING TOWN THIS WINTER? VIEW OUR ONLINE COURSES AT EXTENDEDCAMPUS.SIU.EDU

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