WE HAVE MOVED!!

Find us now at the new Student Services Building, fourth floor (Room 484).

The first 50 students to stop by during the week of December 2 will receive a Finals Survival Kit!

CONTACT US
Non-Traditional Student Services
Student Services Building Room 484
Southern Illinois University
1263 Lincoln Drive
Carbondale, Illinois 62901

Phone: 618/453-7521
Email: nontrad@siu.edu
Web: nontrad.siu.edu
Facebook: SIU Non-Traditional Student Services
National Adult Student Recognition Week was a lot of fun as we met numerous students who learned about Non-Traditional Student Services and other campus resources and connected with other non-traditional students as a result of the weeklong programs.

Some of the week’s highlights included:

- Sending more than 50 thank you cards from students to faculty/staff across campus as part of Thank You Thursday.
- Raising funds at the Good Morning Station to support textbook scholarships. (See page 3 for scholarship details.)
- Collecting food and children’s books to benefit SIU students in the Saluki Single Parent program.
- Informing 100+ students about Morris Library’s family study room through the Books and Cookies program.
- Preparing students for their future careers with a dinner etiquette presentation by Jaime Conley-Holt of Career Services. (See this month’s Student Highlight for photos and to learn how one student put good etiquette to use.)

Following the recognition week, the NTSS office staff was busy moving to the fourth floor of the new Student Services Building. Come check out our new space in Room 484. Beginning Dec. 2, the first 50 students to visit the new space will receive a Finals Survival Kit!

Finish the semester strong,

Deborah

Undergraduate Student Gains New Perspective and Inspiration at Professional Conference

As an undergraduate student, Dianna Balan attended her first professional conference in November and not only learned more about her field of study but was inspired by real-life stories that would solidify her reasons for pursuing a career in Communication Disorders and Sciences.

On Friday, Nov. 15, Dianna arrived in Chicago for the 2013 American Speech-Language-Hearing Association (ASHA) Convention. As part of the convention, she made plans to attend one of the luncheons offered as the cost was only $5 and fit nicely in her student budget. Dianna was pleasantly surprised when she arrived to find a formal dining experience, amazing food, and an inspiring story of perseverance by Bob Love, former NBA player with the Chicago Bulls. Mr. Love shared about his successes and also his challenges as he was passed over for opportunities because of severe stuttering. His story of perseverance and about those who helped him through speech therapy as an adult gave new meaning and a real-life inspiration to Dianna as she prepares for her career. She left the convention with LOTS of information and a renewed zeal for making a difference through her field of study.

As Dianna prepares to graduate in May and go on to graduate school, she will always be grateful for investing in professional development as an undergraduate student. Not only did the convention inspire her but the formal luncheon provided opportunity for her to put the proper dinner etiquette to good use that she had learned the week prior during the Adult Student Recognition Week’s Finding the Salad Fork program. Congratulations Dianna! Your future is bright.

Congratulations to Volunteer of the Month, Anitra Dorsey!

SIU’s Center for Service Learning and Volunteerism recently featured Anitra Dorsey in its volunteer spotlight! Anitra returned to college to study business management and, in addition to juggling multiple responsibilities, found time to focus on serving others. See her story at http://www.cslv.siu.edu/vom.html.

To learn more about volunteering in the campus area or in your home community, visit www.cslv.siu.edu.
Did you know that in addition to the many scholarships available there are some available specifically to non-traditional students? Here are just a few:

- **Non-Traditional Student Services Activity Scholarship** $500
- **Piper-McMahan Endowed Scholarship** $1000
- **American Association of University Women Graduate Scholarship** $500
- **Joyce A. Kelly Memorial Scholarship** $500
- **SIU Women’s Club Joyce Guyon Non-Traditional Student Scholarship** $2000
- **Association of Non-Traditional Students Textbook Scholarship**

For more information, visit nontrad.siu.edu.

For a complete listing of scholarships or to conduct a scholarship search, visit scholarships.siu.edu.

**Eating Well Over the Holidays**

Eating healthy while in college can be difficult, but it doesn’t compare to the challenge of eating well over the holiday season! Here are some tips:

**Stay hydrated.** When the body needs fluids, a message is sent to the brain to encourage fluid consumption. This signal gets confused with hunger pangs, leading to unnecessary eating.

**Avoid hunger.** Going to a party hungry may make you eat more food than you planned. Avoid skipping meals before an event to “save” calories for later. Eat protein and fiber 1-2 hours before arriving or eat from a healthy dish before reaching for high-calorie selections.

**Move it.** Check for holiday specials at local gyms back home where you can get a one-month pass to work out. Consider using exercise tapes, going for a walk at the mall, or old-fashioned pushups and sit-ups.

**Write it down.** To avoid gaining weight this season, write down what you eat to stay mindful of your diet and your food selections. People who write their food intake down eat 30% fewer calories.

**Be mindful.** When at a party, put small amounts of your favorite foods on your plate and focus on the food’s taste, texture and aroma. If still hungry after your first plate, then get seconds.

There’s no coincidence the word holiday has “day” in it. It’s one day to celebrate, not an entire month. If you overeat one day, forgive yourself, move on and eat healthier the next day. What a great holiday gift to give to yourself!

**Show Me the Money**

**Wednesday, Dec. 18, 9-11 a.m.**  
**Student Services Building (Room 484)**

Participants will:
1. Conduct a scholarship search.
2. Apply for dozens of scholarships with one application.
3. Learn about other scholarships they qualify for.

**SPACE IS LIMITED**  
Email NONTRAD@SIU.EDU today to reserve your space!

**End of the Semester Celebration**

**Tuesday, Dec. 17, 6 p.m. at Pagliai’s, 509 S. Illinois Ave.**

**Spaghetti Dinner:** Adults $7, Children $4  
(Includes drink and dessert.)

For more info, contact **Scott Schackman, treasurer**, at sschack@siu.edu.

**DO MORE THAN SURVIVE THE END OF THE SEMESTER… CELEBRATE IT!**

**THE ASSOCIATION OF NON-TRADITIONAL STUDENTS**

**SPACE IS LIMITED!**  
Email nontrad@siu.edu to reserve your space!
Mark Your Calendar...
EVENTS & ACADEMIC CALENDAR

DECEMBER
- Test Anxiety – Brain Freeze: Dec. 3
  2 p.m., Student Health Center Auditorium
- Friday Fun at the Rec: Dec. 6,
  5-7 p.m., Student Recreation Center
- Final exams: Dec. 9 - 13
- Fall Commencement: Dec. 14
- University Closed: Dec. 25 - Jan. 1

JANUARY
- Spring Semester Begins: Jan. 13
- University Closed: Jan. 20 Dr. Martin Luther King, Jr. Holiday

For a complete calendar listing visit siu.edu/events

WANT TO TAKE A SHORT CLASS DURING WINTER BREAK?
Classes held during the Winter Break last for only 1, 2, or 4 weeks (or even less) and count as a part of the Spring 2014 term for credit hour and tuition/fees calculation purposes. For details or a class listing, visit registrar.siu.edu

NEED TO STRETCH YOUR SPRING BUDGET?
Enroll now for the spring tuition payment plan. The deadline to enroll with no down payment is Dec. 30 (with balance payable in four monthly payments: January - April). For details, visit bursar.siu.edu

DO YOU KNOW ABOUT THE HEALTH INSURANCE REFUND?
If you already have health insurance, you can request a refund of your student health insurance fee. The deadline for the spring semester is Jan. 24. For details, or to submit a request, visit shc.siu.edu

This Month’s Contest

Thanks to everyone for showing your support by stopping by all of the National Adult Student Recognition Week programs! All of your passports were entered into a drawing for a $100 gift card to the University Bookstore, courtesy of the bookstore and New Student Programs.

And the winner is....MARLENE MEZO!

This month, everybody wins! Stop by the new office space and grab your Finals Survival Kit. It is available to the first 50 students, courtesy of Non-Traditional Student Services.
Looking for things to do in Southern Illinois over winter break? Check out sifamilies.org for a comprehensive listing of community events, volunteer opportunities, and great tips for families. You’ll even find places in the area where kids eat FREE (or close to it)... great for tight budgets!
Thanks for making National Adult Student Recognition Week a success!

Milk & Cookies: Study Room Awareness
Association of Non-Traditional Students Good Morning Station and Scholarship Fundraiser!

Thank You Thursday: Over 50 cards sent to faculty/staff
International Coffee Hour
Stress Free Monday: Free massage and stress management tips

Finding the Salad Fork: Professional Development and Dinner Etiquette
Newell House, Carbondale

RTK: Random Tokens of Kindness

Find what’s happening on campus at siu.edu/events