Family Carnival

The “Take me out to the ball game” Family Carnival in January was a big hit! The kids had a blast with all of the games and prizes while the parents took advantage of all the information and resources available. There were 27 resource tables available to help inform students of all the services and resources offered at SIU and in the community. This event is always a great way for students with children to meet and network! The family carnival takes place at the start of each fall and spring semester. If you missed out this time, check out the Jan. 27 Daily Egyptian article to learn more about it and be sure to catch the next carnival in the fall!
As SIU’s non-traditional population continues to grow, we look for ways to serve you better! This spring, we welcome intern Nicholas Conforti to our team. Nick, a senior studying health education, has developed a lunchtime workshop series featuring great tips and great food that you won’t want to miss! Here’s an excerpt about what’s coming in February...

**Emotional Wellness Month. You feel the way you think.**

For some, February can be a month that creates a lot of emotional stress. The holiday festivities are over and Valentine’s Day is approaching. We catch ourselves wondering just how long winter is going to drag on this year. As negative thoughts surround us, it is easy to automatically turn the stress inward. However, implementing healthy strategies into your daily schedule can help.

This month’s theme focuses on coping and raising awareness about how our thoughts can affect us. One way we can accomplish this is to apply suggestions from the Dr. David D. Burns book, “The Feeling Good Handbook”. Burns discusses the double standard every one of us deals with. Negative thoughts can lead to self-criticism. We are quick to encourage close friends dealing with similar problems but need to learn the skills to apply the same encouragement to our own lives.

**Activity:** For this month’s activity, we suggest you write down a negative thought you have had about yourself recently. Then think about what you would say to a friend who voiced a similar thought to you. Make a list of everything you would say. Now say those things to yourself. Positive self-encouragement can make a big difference in your everyday attitude.

Denise Demers of SIU’s Health Education Department will be joining us and talking about emotional wellness. She will also present a live demonstration about cutting foods and vegetables. Yes, you will get to eat the food! Bring your friends!

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**Student Highlights: ACE Adult Learner of the Year Nominees**

The American Council of Education (ACE) presents the Adult Learner of the Year Award to adult students who have benefited from the use of ACE credit recommendations to earn a college degree or advance a career. This is a national award and SIU’s 2014 nominees are Ryan McKennedy and Phillip Adams. **Good luck Ryan and Phillip!**

Paul Copeland, coordinator of Veterans’ Services for SIU, submitted the nomination for McKennedy. He noted that Ryan organized several successful charity functions, wrote a business plan that succeeded in obtaining a grant, and that he gives his attention across campus in many other areas including Non-Traditional Student Services. Copeland also mentioned McKennedy’s master’s program 4.0 GPA and his deployment overseas. Copeland said McKennedy is more than deserving of the award and that he would love to see McKennedy get some personal recognition for his accomplishments. **Great job and good luck Ryan!**

Connie K. Plessman, academic coordinator of the Off-Campus Degree Program nominated off-campus student Phillip Adams for the award. “His focus is on his wife and his family, which is admired. Not only is he managing his family responsibilities, his navy career, and his schoolwork very successfully, Phil is challenged by his wife’s medical situation as she awaits a lung transplant,” Plessman wrote in her nomination. A Navy colleague also said this of Adams, “As the enlisted submarine training division officer at Naval Submarine School New London, Phil is responsible for the welfare of over 2000 students annually. In his daily contact with them, he often stresses the importance of lifelong learning, using himself as an example of what is possible. He shows the students it is possible, although challenging, to successfully juggle career, family, and school responsibilities.” **Great job and good luck Phillip!**

Did you know that SIU has off-campus sites for students across the United States and online programs that students can access anywhere in the world? Our nominee, Phillip Adams, attends class and takes online courses at one SIU’s site in Groton, Conn. To learn more about SIU’s distance education programs, see page 4 of this newsletter.
Scholarship Deadlines

Non-Traditional Student Services:
- Piper McMahan Endowed Scholarship ($1000) and Non-Traditional Student Services Activity Scholarship ($500)
  Scholarship application due on Feb. 28
- Association of Non-Traditional Students Textbook Scholarships
  Scholarship application due on Feb. 28

Other Non-Traditional Student scholarships:
- The American Association of University Women Graduate Scholarship
  Deadline: February 4
- The Joyce A. Kelly Memorial Scholarship
  Deadline: February 4

For a complete listing of scholarships, visit scholarships.siu.edu

The sixth floor of Morris Library is now open!

This new addition includes Math Central, your one-spot stop for all instructor-led math classes, labs, tutoring, and support. Math classes are in rooms 652 and 654 while labs convene in rooms 677 and 280. There are many other opportunities on the sixth floor, including brand new Mediascapes. These interactive study tables are pictured in the bottom photo. Plug in your device to see your group project on the big screen and get brainstorming!

Wonders of Wellness

February is Dental Hygiene Month!

February is “National Dental Health Month,” a time to raise awareness about the benefits of good oral health. The American Dental Association recommends brushing twice daily with a fluoride toothpaste, flossing daily, eating a balanced diet and seeing your dentist regularly to address tooth decay in its earliest stages. Parents need to help their children to make sure they are taking proper care of their teeth and limiting sugary and acidic foods and beverages like soft drinks. Next to the common cold, tooth decay remains the most prevalent disease in the U.S.

We can help with your smile. The Student Health Center’s Dental Service is available to help students with their oral health needs. Students and eligible spouses can schedule an appointment for a comprehensive examination and X-rays for just a $6 fee. If further treatment is needed, a treatment plan is available with fees. The health of your teeth, gums and supporting bone not only influence the appearance of your smile but can also affect your overall health.

For more information, log on to the website at www.shc.siu.edu. Click on Dental Service in the left column to learn more about frequently asked questions and dental tips.

Courtesy of Dr. Wachter – Staff Dentist, SIU Student Health Services

Do you have children? Saluki Smiles Day is on Friday, Feb. 28 from 8:30 a.m. to 4:30 p.m. Location: Dental Hygiene Clinic in the Applied Sciences building on campus. Call 618/453-8826 to make an appointment (first come, first served)

Featuring: Free dental education, dentistry care for uninsured children ages 1-14, prizes and more! Provided dental care includes: exam, X-rays, cleanings, fluoride and sealant.

NEXT MEETING

Wednesday, Feb. 19, 4:30 p.m.
Student Services Building, room 484

Taco potluck! Meat provided. Let us know if you can bring cheese, lettuce, chips, etc.

Children are welcome at meetings and events.

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

Stay up to date by joining us on OrgSync (a portal for SIU’s registered student organizations)
Mark Your Calendar
EVENTS & ACADEMIC CALENDAR

3  Advance registration for summer 2014 classes
5  Grad Bash ’14, 11 a.m. - 3 p.m. in the Student Center Ballrooms
6  NTSS Lunch and Learn Series, noon-1 p.m., Student Services Building, room 489
7  Deadline to apply for May 2014 graduation
10-14  52nd International Festival, “Building Bridges Across Cultures”
12  International Food Festival, 11 a.m. – 2 p.m., Student Center Ballrooms
12  Black Heritage Month film, Free Angela Davis and All Political Prisoners, 6-8 p.m., Lawson 231
12  Black Heritage Month speaker, Angela Davis, 6:30 p.m., Shryock Auditorium
21  Friday Fun at the Rec, 5-7 p.m., Student Recreation Center
28  Deadline to submit NTSS scholarship applications (see page 3 for details)
28  Saluki Smiles Day, 8:30 a.m. – 4:30 p.m., SIU School of Allied Health’s Dental Hygiene Office
*To schedule an appointment, call 453-8826

SPC film Titles for February: Rocky Horror Picture Show, Lee Daniel’s The Butler, Romeo and Juliet.
Visit spc.rso.siu.edu for details, dates, and show times.

Distance Education and Off-Campus Programs
It’s an SIU Universe!

Did you know that in addition to the growing number of online courses and programs, SIU has locations in 13 states including Arkansas, California, Connecticut, Delaware, Florida, Maryland, New Jersey, North and South Carolina, Tennessee, Virginia, Washington and, of course, multiple sites in Illinois! This month we highlight the Groton, Conn. site where Phillip Adams, our highlight student, is completing his SIU degree.

SIU’s site at Groton is located at the Naval Submarine Base New London. It has been offering the Workforce Education and Development Accelerated Program for working adults at this location since 1978. This program is part of a network of satellite programs located at military bases across the county. The SIU students at Groton represent a wide range of industrial, technical, medical and trades associated with the Navy’s Submarine School, nuclear submarine fleet and other professional careers. First developed for military students, the program now serves both military and civilian students in its blended format of weekend, online, and independent study courses. Connie Plessman, academic coordinator, and Mary Hagerman, liaison, say they are quite proud of their students’ accomplishments, both in the program and in the types of positions that the students are able to secure as they enter the civilian workplace.

To learn more about SIU’s Distance Education and Off-Campus Programs, visit distanceeducation.siu.edu

Dr. Connie Plessman has served SIU students at Groton, CT since 1995

This Month’s Contest

In January, those who told us about their New Year’s resolutions had a chance to win a Starbuck gift card!

Congratulations Anitra Dorsey who resolved this year to continue to do the things she loves but to take them to the next level, including spending quality time with her son, volunteering, and progressing in the registered student organizations she is involved with. Good luck with this year’s goals Anitra!

This month, (as mentioned on page 2) we will begin our new wellness program, led by intern Nick Conforti. Participation in this program will enable you to enter our February contest. Complete Nick’s Homework, bring it to the Lunch and Learn on Feb. 6 and be entered for a chance to win a gift card to the Neighborhood Co-op! If you have prior obligations or are off-campus but still want to enter the contest, simply complete the activity and email us at nontrad@siu.edu. Put “Nick Feb. Activity” in the subject line, and tell us how doing the activity helped you. Good Luck!

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.
BEGINNING SPRING 2014
Non-Traditional Student Services Offers

Mid-Week Extended Hours
Each Wednesday until 7 p.m.

Student Services Building, Room 484
Make an appointment or simply stop by for services

OUR GOAL IS TO HELP YOU REACH YOURS!

LEASING OPTIONS NOW AVAILABLE!

Dell Latitude 10 Tablet with Case
ONLY $75 PER SEMESTER!

For details, visit the
SalukiTech Computer Store
Student Center, 1st floor

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