SPRING 2014 FAMILY CARNIVAL
SAVE THE DATE
Saturday, January 25

Free Food, Bounce House, Nearly 30 Resource Tables, Prizes, and MORE!!!
As we begin a new year, we want to look back at our 2013 student highlights and recognize just a few of our growing number of SIU non-traditional students. In addition to the highlights you will see on this page, I want to take time to recognize our dedicated student staff at NTSS.

**Jamie Eader**, a journalism student, has been with NTSS since January 2013. If you enjoy this newsletter, you can thank Jamie. Her primary role is writing and designing the newsletter, including our student highlight, services and support, calendar of events and monthly contest sections. She is also the mom of an energetic 3-year-old. We appreciate you, Jamie!

**Scott Schackmann**, a foreign languages and literatures student, joined our team in fall 2013. Scott oversees social media, email communications, and so much more! Because of Scott, students visiting our Facebook page are always informed and others frequently share the NTSS page on their own sites. Scott is forward-thinking and is always brainstorming about what might help students succeed. Most recently, he developed and presented a scholarship workshop specifically for non-traditional students. Thanks Scott!

**Jessi Funkhouser**, a senior animal science major, also joined us in fall 2013. Jessi worked on special projects including the annual update of our Complete Resource Guide that includes new resources for commuters, textbook tips, and more! She was also the creative mind behind our Family Carnival displays and the Non-Trad Trivia contest. Thanks Jessi, for being part of our team!

In February, I’ll have the pleasure of introducing you to a student intern and another student employee joining our team in the spring!

**Deborah**

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**STUDENT HIGHLIGHTS - A YEAR IN REVIEW**

As we prepare for 2014, we checked in on students featured in our 2013 student highlights for updates.

**Matt Baccus** graduated in spring 2013 and then worked as a Trek Leader on the Appalachian Trail with C-5 Georgia; Coca-Cola’s non-profit organization that caters to Atlanta’s high-potential/at-risk youth. Matt just completed his first semester of graduate school in scene-design and plans to intern as a painter this spring. His daughter, Kenzington, is in first grade and reading like a champ. They are excited to see what 2014 brings.

**Heather Will** graduated cum laude, at the fall 2013 commencement. She earned a degree in workforce education and development and is pursuing a position in education or management. In addition to being awarded the Piper-McMahan scholarship through NTSS, she was one of three statewide Illinois Business Education Association (IBEA) scholarship recipients this year. Congratulations Heather!

**Prince Robertson** graduated in May 2013 with a Master of Science degree in college student personnel. Prince and his family now live in sunny Florida where he accepted a position with Bethune-Cookman University as residence life coordinator.

**James Anderson** just completed his field season and is compiling reports for the USDA trials that they had. He is also in the process of writing a manuscript for publication!

**Cristina Castillo** finished the semester successfully and has enjoyed her University College graduate assistant position very much. Cristina will be graduating in May and is even thinking about taking on the challenge of a obtaining her doctorate! Keep swimming Cristina!

**Ryan McKennedy** is moving forward with his graduate studies and continues to be instrumental in projects that support student veterans, including a 24-mile ruck march on Veterans Day which raised $1,500. Ryan was also recently nominated for an Adult Learner of the Year award through the American Council on Education.
ANTS is pleased to announce a textbook scholarship!

To download the application, visit nontrad.siu.edu and select Finding Resources.

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.

Wonders of Wellness
Courtesy of SIU’s Student Health Services

This Year...You CAN Do It! We come into each new year with existing thoughts, perceptions, and experiences, as well as a hope for new beginnings (often in the form of New Year’s Resolutions). If we use the wisdom from our experiences, we CAN make New Year’s Resolutions and keep them! Here are some tips to help:

Make SMART resolutions!

a. Be Specific. The resolution (goal) should be distinct and well-defined.

b. Make your goal Measurable. Build benchmarks into the goal to let you see progress toward meeting the goal (break down the big task into little stepwise ones).

c. Keep the goal Attainable. Ensure the goal can realistically be met within limitations of ability and resources.

d. Keep it Relevant. Keep the goal significant to you and your life.

e. Be Time-bound. Set a realistic timeframe to meet each task and keep your resolution.

Resolutions are not mere words, but are commitments to do something. To avoid the guilt and the disappointment we often feel when we fail to accomplish what we set out to do, we must:

• Know what it is that we really want to accomplish.

• Have a specific plan on how to reach our goals, which includes contingency plans to deal with setbacks and challenges along the way!

• Utilize available resources. Many resources are available to help students reach their academic and personal goals, including the Student Health Services (http://shc.siu.edu/). Let us help you keep your resolutions!

SCHOLARSHIPS: The Dec. 18 scholarship workshop provided an opportunity for students to use their winter break to apply for valuable financial support as they move toward degree completion. Participants learned how to conduct a scholarship search and applied for dozens of scholarships before even leaving the workshop. If you missed the workshop, you will have another opportunity during our spring semester extended hours! Join us on:

Wednesday, Jan. 29, 5:30-6:30 p.m.
Student Services Building, Room 489
Space is limited. Please email nontrad@siu.edu to reserve your spot.

Association of Non-Traditional Students FOOD DRIVE, held during Adult Student Recognition Week, brought in donations that filled bags with food and children’s books for 12 SIU students with children. In addition, 56 items were donated to the Wesley Foundation food pantry. The food pantry was created by students, for students, and is located just north of Quigley Hall. Check it out!

OTHER ITEMS IN THE NEWS...

Non-Traditional Student Recognized in Chancellor’s Column

SIU - The Only Illinois University Recognized for 15 to Finish Initiative

SIU’s Teacher Education Program among Top Colleges in Illinois

SIU Recognized on Best National Universities for Veterans List

CLINTON GLOBAL INITIATIVE

Seeking Interested Students for the Clinton Global Initiative University. Deadline is January 17. Visit the Dean of Students website for details.
Thanks to everyone for stopping by to check out the new NTSS office and to pick up a Finals Survival Kit! We had 50 kits available and all were claimed quickly! It was so exciting to meet students who stopped by and familiarize them with available resources. And, for many, it was the first time visiting the new Student Services Building and seeing all it has to offer in ONE location!

As we start a new year, we are interested in learning how many of you make New Year’s resolutions and, if so, what they are! Comment on the Facebook post or email us your resolution at nontrad@siu.edu! Of comments received by Jan. 17, three will be selected to win a Starbucks gift card, perfect for a winter warm up.

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.
OUR GOAL IS TO HELP YOU REACH YOURS!

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

SCHOLARSHIP DEADLINES ARE APPROACHING...APPLY TODAY!

- Non-Traditional Student Services Activity Scholarship $500
- Piper-McMahan Endowed Scholarship $1,000
- American Association of University Women Graduate Scholarship $500
- Joyce A. Kelly Memorial Scholarship $500
- SIU Women’s Club Joyce Guyon Non-Trad Student Scholarship $2,000
- 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

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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