OUR GOAL IS ENSURING YOU REACH YOURS AND CONTACTING US IS EASY!

With extended hours and our new LiveChat, connecting with Non-Traditional Student Services is easier than ever! You can reach us:

⇒ by phone at 618-453-7521
⇒ by email at nontrad@siu.edu
⇒ in person at the Student Services Building, Room 484, on the Carbondale campus
⇒ via LiveChat on our website nontrad.siu.edu

Regular office hours: M-F (8 a.m.-4:30 p.m.)
Extended hours: M, W (4:30-7 p.m.)

Did you know? According to a survey of students who contacted NTSS for assistance during the fall 2013 semester, students seek help in a variety of areas and they feel the services NTSS offers help them move forward toward completing their degrees.

THIS ISSUE

Contacting us is easy!

A Note from NTSS

Student Highlights
Nicholas Conforti
Dollisa Macon
Marlene Mezo

NTSS Updates and Upcoming News
Income Tax Assistance
Fall Child Care
Dependent Care Expense Form

The Wonders of Wellness
Physical Wellness

Association of Non-Traditional Students

Events & Academic Calendar

SIU’s Springfield Site

Monthly Contest
Enter to WIN!
A NOTE
FROM NTSS

Spring break begins March 8, which means we’re halfway through the semester and warm weather is on the way. (We hope!) Until then, take time to scan this month’s newsletter to get inspired by other students, learn about resources and upcoming events, sign up for our March wellness workshop, enter the monthly contest and so much more!

This month, I would like introduce you to another of our student staff members, Marlene Mezo. A junior studying social work, Marlene transferred to SIU in fall 2013 from Rend Lake College. Since she arrived on campus, she has looked for ways to get involved. She and her husband, Mike, attended the SIU football game at Busch Stadium in September (see photo). She also participated in the Student Center’s Halloween costume contest, attended Dawg’s Night Out and is an active member of the Association of Non-Traditional Students.

Marlene joined our team this spring and has been a tremendous asset. Given her interest in social work, she is always on the lookout for additional resources and support for students. In addition to balancing school and work, she is ‘grammy’ to eight grandchildren! She is also busy creating a children’s nook in the NTSS office to keep little ones busy when they visit the office with their mom or dad. Marlene is documenting the NTSS ‘story’ so we can share it with new and prospective nontraditional students to demonstrate that they, too, can reach their goal of earning a college degree.

Welcome to the team, Marlene!

Deborah
Coordinator, Non-Traditional Student Services

STUDENT HIGHLIGHTS

Nick Conforti is one of the newest additions to our team! He is our intern this semester and will graduate in May from the Health Education Department. Nick, a native of the northwest Chicago suburbs, has worked in many different industries but recently discovered his passion! He will be working in the corporate world, helping employees lead healthier lives. Nick believes that health is multi-dimensional. His work for our office includes healthy eating workshops and a monthly newsletter column. His interests include the culinary arts and healthy eating on a budget and he will share his expertise this semester through monthly workshops for non-traditional students and for the single parent program. We also want to congratulate Nick and his fiancé, both set to graduate in May from SIU, on their recent engagement!

Congratulations Nick and Ashley!

Dollisa Macon is the proud mother of four children and has 10 grandchildren. She is also a proud foster parent of two children, ages five and seven. Dollisa serves as administrative assistant and youth Sunday school teacher at the church where her husband, Mark-Us also serves as assistant pastor. She teaches her children to believe nothing is impossible or out of our reach. It is a belief modeled by Dollisa and Mark-Us as they balance family, work, education, and community service.

“Dollisa works full time, goes to school and manages family and community responsibilities in a truly admirable manner,” Marie Vicher, SIU academic coordinator, said.

Dollisa is a full-time student studying workforce education and development through SIU’s distance education and off-campus program at Lincoln Land Community College in Springfield. She holds a 4.0 GPA and, in addition to her commitment to her family and church work, she works full-time as an electrical engineering technician at Simplex Inc. and helps run a non-profit education and community agency. Dollisa returned to college with a goal of reaching as many youth and adults with an opportunity to better themselves mentally, physically and spiritually. She said, “I believe with hard work and dedication, you can do anything”.

Learn more about SIU’s Springfield location on page 4 of this newsletter.
If you were wondering how you can help or get involved with the Association of Non-Traditional Students, WE'RE GLAD YOU ASKED!

1. Attend the monthly meeting on Mar. 19, 4:30 p.m., Student Services building, Room 484
2. Volunteer at the Tiki Tuesday textbook scholarship fundraiser, Mar. 18, 11 a.m.-12:30 p.m.
3. Can’t volunteer? Donate a bottle of juice for the Tiki Tuesday fundraiser.

Let us know how you can help by contacting 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

March

5 University Career Fair  
10 a.m.-2 p.m., Student Center Ballrooms

6 NTSS Lunch and Learn Series presents  
“When You Feel Like Quitting, Think About Why You Started,”  
noon-1 p.m., Student Services Building, Room 489

9 What You Wish You Knew Before the Job Interview  
3 p.m., Student Health Center  
*for a complete list of workshops, visit shc.siu.edu

21 Friday Fun at the Rec: Parents Night Out  
5-7 p.m., Student Recreation Center

22 SIU Run for the Warriors  
Dedicated to the men and women wounded in Iraq and  
Afghanistan, their families, and families of the fallen.  
8 a.m., SIU Carbondale, old Beach House off of Douglas

29 Single Parent Program: Healthy Eating on a Budget  
2:30 p.m., Newman Center, 715 S. Washington, Carbondale  
*to sign up, email nontrad@siu.edu

See page 5 of this newsletter for additional fliers and information.

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

This Month’s Contest - CALLING ALL GRADS!

Congratulations to Grace Darmour-Paul, the winner of our February contest. She claimed a Neighborhood Co-op gift certificate wellness workshop attendance drawing. If you missed that workshop, plan to join us on March 6. (See details in calendar listing above.)

For the March contest, we are CALLING ALL SPRING GRADUATES! If you are graduating in May, CONGRATULATIONS! We want to recognize you. If you’re on campus, stop by our office by March 19 to be recognized on our graduate board and to enter this month’s contest for a $100 University Bookstore gift card, which you can use toward graduation regalia costs, a diploma display frame or whatever you choose. If you’re off-campus or can’t make it to the office, you can still enter to win. Simply email nontrad@siu.edu (RE: May Grad) and we’ll send you instructions about how you can be added to our grad board and contest drawing. GOOD LUCK!

20 Returning Adults Fulfill Dream of Earning Degree!

Southern Illinois University Carbondale’s Off-Campus Degree Program proudly held its first Springfield commencement ceremony for graduates of the Workforce Education and Development Accelerated Bachelor Degree Program at Lincoln Land Community College’s Trutter Center on Friday, Dec. 6, 2013. Marie Vicher, SIU distance and off-campus program academic coordinator, officiated.

Academic coordinator, Marie Vicher, and graduates.

More than 100 friends, family members and dignitaries attended the ceremony to applaud the graduation of 20 very happy adult learners. James S. Allen, SIU Carbondale’s associate provost for academic programs, braved travel through snow and ice to attend and serve as the keynote speaker. Steve Brown represented the Alumni Association and Jerry Wayne Doss, a pastor whose son is currently an SIU Carbondale engineering student, was an honored guest. Sixteen of the adult-learning students earned their Bachelor of Science degrees in education with a specialization in education, training and development participated in the ceremonies.

For more information about the program, contact Vicher at 217-303-5855 or by email
Find what’s happening on campus at siu.edu/events
FOCUS GROUP PARTICIPANTS NEEDED
MILITARY VETERAN STUDENTS

Participate in a 1-hour focus group this semester (Spring 2014) to discuss your experience as a student at SIU.

ELIGIBILITY
- Be enrolled in classes at SIU Carbondale
- Be a veteran of any branch of service
- Be willing to participate in a survey and/or focus group
- Students who self-identify as:
  Group A: Single veteran students balancing school and/or work; or
  Group B: Partnered or married veteran students balancing family, school and/or work.

INCENTIVES
- All participants will be entered into a drawing for $50 Visa gift card
- Pizza, sodas and snacks

TO SIGN UP OR FOR
MORE INFORMATION CONTACT:
Researcher: Gregory Harris, Jr., gregory.harrisjr@siu.edu
Supervisor: Dr. Randy Burnside, burnside@siu.edu

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