HAPPY NEW YEAR! Welcome to 2015

As we ring in the New Year, we welcome all new and returning students to SIU Carbondale!

We are always interested in learning about your road to becoming a Saluki. Share your story with us at nontrad@siu.edu and you just might be selected as one of our featured student highlights.

In the meantime, we thought we would kick off your year with an inspirational story of one of our newest members of the Saluki family. Take a moment to read about Rose Howerton, a true lifelong learner from Carterville, Ill.

At a young, 84 years old, Rose is pursuing her dream of earning a college degree! Rose has not only earned a perfect 4.0 GPA in her classes at John A. Logan College but has learned new technology by taking online classes and also took a class at SIU this past fall! Thanks to Teri Campbell, Logan Media Services and to Anita Gentry, SIU Service Center Coordinator at John A. Logan College for sharing the story with us. Enjoy!

The Rose Howerton Story

I hope this finds you enjoying your winter break! We encourage you to take some time to rest and to do something fun so that you are ready to have a successful spring semester. Enjoy!

We have found that many students also take advantage of extra time during winter break to search and apply for scholarships. Such students have seen a tremendous return on their investment of time spent. For example, if you spend two full days or 16 hours searching and applying for scholarships and receive only one $500 scholarship, you just earned over $30 per hour for the time invested! Of course, there are no guarantees but one thing is certain: you cannot receive a scholarship you do not apply for!

Did you know that the SIU scholarship office provides a general scholarship application process that automatically matches you to scholarships you qualify for? That’s right, you can apply for multiple scholarships simply by completing ONE application. Visit scholarships.siu.edu to learn more. Don’t wait! Many scholarship deadlines are in February and March. See page 4 to learn about additional scholarships available through Non-Traditional Student Services and apply today.

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

This month we introduce you to the Hamels. This family of two, soon to be four, joined the Saluki family not long ago as they both set out to pursue doctoral degrees in psychology. They are also part of SIU’s Applied Research Consultants (ARC), an organization housed within the psychology department. This graduate student couple wear many different hats. Not only are they expecting twins this spring, but they also mentor, work as teaching assistants, and are on their internship.

Michael Hamel is a first generation student, specializing in applied mental health. Whereas his spouse, Rachel, is specializing in industrial organizational psychology. The biggest barrier this couple has faced has been time management because of all of their responsibilities, on and off campus. Although, since attending SIU this couple has felt closer. It is very rare that a couple meets as undergrads, going into the same field, with the same interests. They said that these things have pulled them closer together and, overall, has resulted in them having much less stress.

One challenge this couple has had to face was coming all the way from Pennsylvania and trying to find somewhere to live; even though there are resources to help, they said it was uncomfortable asking for help. They both had advice for other non-traditional students: Rachel said do not be afraid to look for graduate programs outside of your comfort zone, because it is so worth it once you have your degree. Michael said, make sure you have a calendar and persevere; it helps not only to learn the ropes of college, but also to get organized, as you go into your field.

To learn more about SIU’s ARC program and why it brought the Hamel family to SIU, see page 3.
Do you know about SIU’s Applied Research Consultants?

ARC is an organization composed of graduate students and faculty. Located in the heart of SIU’s psychology department, this organization offers various services including qualitative and quantitative research design, statistical consulting and program evaluation to local, regional and national organizations. ARC has provided research assistance to a number of campus departments, applied research consulting services to organizations and training of graduate students. They help organizations with developing feedback, data analysis and much more. For a free consultation or to learn more about ARC visit arc.siu.edu

DON’T FORGET...It’s FAFSA time!

You can begin filling out the Free Application for Federal Student Aid (FAFSA) as of Jan. 1. Visit fafsa.ed.gov to get started and to view helpful, 2-3 minute videos about how to apply. Completing the FAFSA typically takes less than 30 minutes.

You will need:
⇒ Your social security number
⇒ Any previous year W-2 forms
⇒ Your tax records

Note: State financial aid awards are made until funds are depleted. Apply early! If you have not completed your 2014 taxes, don’t worry. You can list estimates and update when your tax return is complete.

Family ID cards for the spring semester are now available!

What is a family ID card?
The identification card provides opportunities for a spouse/domestic partner or children of enrolled students to participate in and receive discounts for designated campus activities.

How do I obtain a family ID card?
To receive this FREE card, simply bring a completed Family ID card application, valid student ID, and appropriate documentation to the Non-Traditional Student Services office (Student Services building, room 484). Application and details available at nontrad.siu.edu. Cards must be renewed each semester to remain eligible for the program.

SAFE.SIU.EDU

Southern Illinois University is committed to providing a safe, healthy and supportive environment. By now, many of you have participated in training to help identify and protect yourself and others from potentially unsafe situations. If you have not participated in the Salukis Step UP! series and HAVEN training, we encourage you to visit safe.siu.edu for upcoming dates and online training.

As part of the training, 10 key themes are emphasized. Each month, this section of the newsletter will be dedicated to providing information and resources related to a key theme.

This month’s theme:
Media Stereotypes and Unrealistic Expectations

Real people don’t fit into media stereotypes. Recognize sources of stereotypes and understand how pop culture can lead to unrealistic attitudes, behaviors and expectations.

See these women as they react to what the media views as beautiful. Would you react the same way?

https://www.youtube.com/watch?v=zRIplkH3b5I

Coming in February:
Alcohol and Dating/Relationships
JANUARY

1   New Year’s Day (University closed Jan. 1-2)
1-31 The Light That Shatters Darkness Display, All Day, Morris Library
19 Martin Luther King, Jr. Day (Holiday)
20 Spring Semester Classes Begin
25 Deadline to register for full-term Spring classes
29 Rockin’ the Symphony, 7:30 p.m., Shryock Auditorium
31 SIU Family Carnival presents...Lights, Camera, Action, 2-4 p.m., Student Recreation Center

Looking ahead...

Feb. 1   Deadline to drop a full-term Spring Class to be eligible for a credit/refund
Feb. 13  Deadline to apply for May 2015 graduation

Did You Know?

Non-Traditional Student Services offers the Piper McMahan Endowed Scholarship and the Non-Traditional Student Services Scholarship. These applications are due annually by the last Friday in February. Visit nontrad.siu.edu and select Finding Resources to download the application.

Other scholarships specific to non-traditional students include the American Association of University Women Graduate Scholarship, the Joyce A. Kelly Memorial Scholarship and the Lelia Marvin Scholarships. Scholarships are also available through colleges and departments, such as the College of Education and Human Services and the Department of Theatre. You can check these out by going to your department’s website and entering scholarships into the search bar.

To conduct a search for additional scholarship opportunities and to fill out a one-time, general scholarship application, visit scholarships.siu.edu

Cheer on your Salukis during winter break!

Remember, students are admitted to SIU athletic events by presenting their valid student ID. If you have a spouse or children, tickets are only $5 with the Family ID Card courtesy of Saluki Athletics and SIU’s Non-Traditional Student Services (see information on page 3). It’s not only affordable, it’s great family fun! For a complete schedule of men’s and women’s basketball games, visit siusalukis.com.

Monthly Contest

This month we are doing a “Where was this picture taken?” contest.
As the new semester gets underway, you might find yourself here a time or two. This office can answer questions about scholarships, the FAFSA and more and is located in the same building as your Interim Dean of Students, Dr. Katie Sermersheim.

When you identify the location featured in this photo, simply email your answer to nontrad@siu.edu. All correct answers will be entered into a drawing for a gift card from the new Starbucks location in the SIU Student Center.

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.
COMING UP...

Family Carnival Presents:

Lights, Camera, Action!

Featuring:
- Campus and Community Recreation
- Health and Wellness Resources for Youth and Families
  - Snacks
  - Bounce House & Other Youth Activities

Learn More About:
- Youth Rec at the Rec
- Carbondale Park District
- Scouting
- Boys & Girls Club
- The University Museum
- Non-Traditional Student Services
- Rainbow's End
- Child Care Resources
- Dental Services
- Touch of Nature
- And Much More!
MARK YOUR CALENDAR

Friday Fun Night at the Rec

Upper Level Studio 7
5 - 7 p.m.

February 20
March 20
April 17

Are you an SIU student with a child? This program offers a wide variety of kid-friendly activities for your child at the Rec and gives you the chance to use a couple hours for yourself!

$2 per child / $5 max per family
(ages 3 and up)

Sponsored by SIU Student Recreation Center, Non-Traditional Student Services, and Student Support Services.

reccenter.siu.edu or nontrad.siu.edu
618/453-1266