We hope that your semester is off to a great start as you get adjusted to returning to campus or arriving for the first time. This month’s newsletter is full of information that students have said they wished they would have known when coming to SIU Carbondale such as...

1. Where can I eat on campus?
2. Is medical care available on campus?
3. Does SIU have student organizations?
4. Is tutoring or writing assistance available?
5. What is Desire2Learn?
6. What if I can’t find a parking spot?
7. How can I meet other adult students or get my family involved?

For answers to these questions and more...take a look inside!

Also, don’t forget about our Family Fun at the Rec...coming Sept. 21st! Visit nontrad.siu.edu for more information or to sign up!

Deborah
Student Highlight: Josh Rucinski
winding through the roles of student,
veteran, parent, and now author!!

Like many adult students, Army Reserves Staff Sgt. Joshua Rucinski has experienced a winding road on the way to earning a college degree. He began working toward obtaining a bachelor’s degree in Architecture in fall 2006. However, his education was put on hold not once but twice as he was called to serve two tours in Iraq.

In the spring of 2012, despite multiple obstacles including health problems for both he and his wife, Josh accomplished the goal of degree completion and entered graduate school at SIU Carbondale; but his accomplishments do not end there. Another one of his goals, to publish his children’s book, was also met with multiple stops and starts.

Over a decade ago, Josh developed a drawing of a character (now named Adam) that morphed into other characters with names corresponding to letters of the alphabet. Over the course of time, the idea emerged to create a children’s book. For instance, the character ‘Adam’ became the first page of the book with…Adam’s athletic achievements are amazing!

Josh designed a character and corresponding sentence for every letter of the alphabet and the book, Alphabugs, was born! Even though the book had been completed, it would be at least another year before Josh could publish as he was deployed to Iraq. Upon returning, Josh not only published his book but also completed his degree!

With this winding road behind him, Josh is now a veteran, a college graduate, an author, and now a graduate student!

We wish Josh the best in his graduate studies and want to express a sincere thanks to him and all our veterans for their service to our country.

WE APPRECIATE YOU!!!

To purchase Josh’s book, email jrucinski@siu.edu or visit Amazon.com. It is also available locally at the Bookworm and Dayshift. www.Alphabugsatoz.com

NOTE: Joshua’s story was recently featured in a Southern Illinoisan article (To read more visit: http://thesouthern.com/lifestyles/leisure/murphysboro-dad-pens-book-for-kids-adults/article_9ff9ae76-e66f-11e1-bdba-0019bb2963f4.html).

Welcome to the fall semester at SIU Carbondale!!

We hope you had the opportunity to attend some of the activities during Saluki Start Up/Week of Welcome and are already feeling a part of campus. As you start settling in to your classes remember to:

1. Set aside time to study,
2. Set aside time to relax,
3. Set aside time to have fun!

Striving to maintain balance between homework, relaxation, and recreation is not always easy with competing obligations that many of us have but these three things can be essential to not only doing well in school but also taking care of yourself in the process.

If you find that you are having difficulty in class or not grasping the material as you would like, be sure to stay in communication with your instructors as they want to see their students succeed. They can provide information about tutoring options or study sessions that can help.

If you find that you are becoming stressed or overwhelmed as the semester moves forward, you will find the staff at SIU’s Student Health Services are committed to helping you learn how to stay healthy.

And as always, the office of Non-Traditional Student Services is here to serve as a guide, support, and resource referral to help you keep your eye on the goal...degree completion!

Have a great semester!
Deborah (NTSS Coordinator)
DO YOU HAVE QUESTIONS???

WE HAVE ANSWERS.

1. Where can I eat on campus?

There are multiple places to eat on campus. The Student Center has several options to choose from including sandwiches, salads, pasta, pizza, and more. Also, many students forget about Old Main on the Student Center’s 2nd floor. They have a great menu each day that includes salad, soup, buffet, dessert, and drink for one low price. Check out your options at http://studentcenter.siu.edu/dining/

In addition, the university dining hall locations include Lentz Hall, Trueblood Hall, University Hall, and Eastside Express and dining plans are available for off-campus students and apartment residents. See http://www.housing.siu.edu/dining for details.

2. Is medical care available on campus?

Yes, the Student Health Center has a variety of services including medical, wellness, counseling, dental, pharmacy, sports medicine/physical therapy, and optical. Currently enrolled students have access to the Student Health Center through their student health fee. Visit http://shc.siu.edu/ for details.

3. Does SIU have student organizations?

Yes, SIU Carbondale has over 400 student organizations so students are sure to find something that interests them. All of the student organizations are organized through a system called OrgSync; check it out at http://www.orgsync.com/. In addition, an organization is currently being formed for SIU’s adult student population. The Association of Non-Traditional Students will hold its first meeting on Tuesday, September 11th at 5:00 p.m. in the Student Center (Troy/Corinth Room—1st floor dining near Blimpie) JOIN US!

4. Is tutoring or writing assistance available?

First, always stay in close communication with your instructor as they want to see you succeed! Second, the Center for Learning Support Services can assist with tutoring, study groups, or with improving study skills. For a list of services and contact information, visit tutoring.siu.edu. If you need help with writing skills, visit the Writing Center (Morris Library Room 236 or visit http://write.siu.edu/)

5. What is Desire2Learn?

Desire2Learn or D2L is a system used for both online and face-to-face courses and allows instructors to provide course information, assignments, etc. all in one easily accessible place. Accessing D2L is easy! Simply go to https://online.siu.edu/ and enter your username (dawgtag# - SIU85xxxxxxxx) and password that you use for other SIU systems. D2L will display any courses you might be taking that instructors have uploaded material for. If you are still unsure about D2L, simply go to https://online.siu.edu/ and click on SIU Online Help for a step-by-step tutorial.

6. What if I can’t find a parking spot?

The best advice for finding a parking spot is to arrive early. If lots near your class are full, you can always park in Lots 18 or 56 (at SIU Arena) and comfortably take the Saluki Express to your location and back – SIU students ride FREE with their student ID. See complete shuttle schedule for times/routes that meet your needs at http://www.siucstudentcenter.org/salukiexpress

7. How can I meet other adult students or get my family involved?

There are lots of ways to get involved. Stay informed about what’s happening on campus through our website at nontrad.siu.edu or by joining our Facebook group (SIU Carbondale’s Association of Non-Traditional Students). Also, the Rec Center has dependent memberships for students with children for only $15 a semester. More info can be obtained from the Rec Center Administrative Office.

For answers to other frequently asked questions including email, finances, parking, student ID, and textbooks, visit nontrad.siu.edu.
UPCOMING EVENTS & ACADEMIC CALENDAR

Wednesday, September 5th: 2012 State of the University Address, 3:00 p.m.-Student Center Ballroom D

Wednesdays, September 10th, 17th, and 24th: Monday Morning Coffee Break-Across from Starbucks

Tuesdays, September 4th, 11th, 18th, and 25th: Tuesday Lunch Break-Student Center Dining Area

*For details, visit nontrad.siu.edu EVERYONE WELCOME!!

Wednesday, September 12th: Coffee House Series. FREE iced coffee, live entertainment, and desserts on Student Center patio. http://studentcenter.siu.edu/coffeeshouseseries/

Friday, September 14th: Deadline to apply for December graduation. commencement.siu.edu

Friday, September 21st: Friday Fun at the Rec
If you are an SIU student who has children, this is a great opportunity to have a few hours to yourself or to spend with friends while your children have a great time at the Rec with their friends on a Friday night! For your child/children to attend, please take a moment to sign up at nontrad.siu.edu

September 28-30: Saluki Family Weekend

This Month’s Contest
Each month you have the opportunity to win prizes just by reading the newsletter. Last month, students were asked to identify a photo which happened to be a picture of the area across from Starbucks in the SIU Student Center (where we held our first Monday Morning Coffee Break!). Four entries were drawn to receive a $5.00 Starbucks giftcard.

Congrats to Molly Cummins, D’anette Miller, Loretta Diane Frew, and Joyce Deutsch who were drawn as this month’s winners!

HOW TO WIN THIS MONTH... Our student highlight, Joshua Rucinski, has now fulfilled a dream of writing, illustrating, and publishing his own children’s book. To be entered into this month’s contest, log onto our Facebook page (SIU Carbondale Association of Non-Traditional Students) and indicate what your favorite book is and why. It can be a book you read as a child or one that you have read recently. Those who participate will be entered into a drawing for an autographed copy of Josh’s book, Alphabugs. Whether you have children or not, this book would be a great addition to any library or would be a great memento of what one of your fellow students accomplished during your time here at SIU Carbondale. Good luck...looking forward to seeing what everyone’s favorite books are.

NOTE: This newsletter is designed to be electronic. If you received a copy in print form and need to access links, visit nontrad.siu.edu and click on Monthly Newsletter.
Thanks for joining us at
Family Carnival Presents...Start Your Engines!!

A HUGE THANKS TO OUR PARTICIPANTS

Carbondale Cub Scouts  SIU Craft Shop
Carbondale Public Library  SIU Graduate & Family Housing
Friends of Shawnee Forest  SIU Museum
Green Earth  SIU Non-Traditional Student Services
Jackson County Health Dept.  SIU Recreation Center
Secretary of State’s Office  SIU Student Support Services
Shawnee Forest  SIU Wellness Center

*A special thanks to SIU Housing for providing the great food!!

COMING UP NEXT...
FRIDAY FUN AT THE REC!
For info and to sign up visit nontrad.siu.edu

Along with their children/families, SIU students, faculty, staff, and community members enjoyed games, food, and fun while learning about on and off-campus resources. Thanks to all who participated and helped make this a great day!!