



Money Matters: Wild Wednesdays Personal Financial Management Training Seminar

If you missed the Personal Financial Management training seminar, you really missed a treat! The seminar was held this past Wednesday, October 4, 2006 in the University Center. Pizza and cold drinks were provided to a room of over 60 students, faculty, and staff.

The Personal Financial Management seminar was facilitated by Mrs. Cynthia Hampton of Clearpoint Financial Solutions.

Mrs. Hampton provided



the ends and outs of creating and sticking to a personal budget. She also informed attendants on how to best manage credit card debt.

Students in attendance said that the seminar was one of the best ones they have attended on

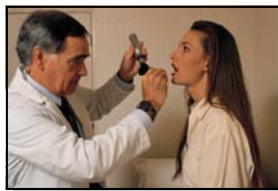
the topic of financial management.

The Personal Financial Management training seminar is part of the Wild Wednesdays Trainings Seminar series, sponsored by the Office of Adult and Commuter Student Services.

For information concerning seminar topics, times, and/or locations, please contact Heather Hampton at 901-678-2644 or visit the Adult and Commuter Student Services website at www.memphis.edu/acss/.

Health Matters: The October 4, 2006 Annual Student Health Fair

The 5th Annual Student Health Fair was held on Wednesday, October 4, 2006. The event under the tent ran from 10:00 a.m. to 2:00 p.m. on the Alumni Mall.



Students took advantage of free health screenings, enjoyed free food, and won free door prizes. The primary focus

of the event was to teach University of Memphis students how to become healthy Tigers! Various organizations were present at Wednesday's Health Fair, encouraging students to take care of their health. The health fair was presented by Student Health Services and the Career and Psychological Counseling Center.

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Special points of interest:

- *Lunch and Learn*
- *The Laramie Project*
- *Hispanic Heritage Month*

Academic Corner: The ABC's of Academic Success!

Setting goals is a process of identifying and defining the aims, achievements and values you wish to fulfill. By making goals concrete and specific you solidify your commitment and ownership of those aspirations. Ask yourself if your goals are consistent with your personal characteristics, abilities, and level of determination.

Sometimes putting pen to paper clarifies our thoughts of what we would like to achieve. This exercise was designed to help you with goal setting as a first time college student,



but it may also be helpful at other times in your life!

- My (long-range) goals to

complete in the next 2-3 years are:

- Steps I need to take to achieve these (long-range) goals are:

- My (mid-range) goals to complete in the next 1 year are:

- Steps I need to take to achieve these (mid-range) goals are:

- My (short-range) goals to complete by the first day of semester are:

- Steps I need to take to achieve these (short-range) goals are:

- My (immediate) goals for the next month are:

- Steps I need to take to achieve these (immediate) goals are:

Source: Idaho State University
<http://www.isu.edu/enroll>

Adult Student Association Speaks

Message from the ASA President, Alyce Richmond:

We held our first meeting of the semester on Sunday, September 17, 2006. This was the first time we held a meeting on a weekend day and it seemed to work well for most members. The tone & atmosphere

was definitely more relaxed and enjoyable.

We have scheduled the meeting dates/times for the remainder of the semester, so please mark your calendar and plan to attend:

Sunday, October 22, 2006 at 3:30 p.m. - meeting & potluck off campus.

Sunday, November 12, 2006 at 3:30 p.m. -

activities & location TBD.

Our first Weekend Workshop is right around the corner on Saturday, October 7, 2007 from 11:00 a.m. -12:30 p.m. in Brister 202.

For more details email Alyce Richmond at abrchmnd@memphis.edu.

Commuter Students' Corner: Commuting by Bus (MATA)

If you are like most college students, you probably do not own a car, and in the likelihood that you do, you might have considered other environmentally friendly ways to travel.

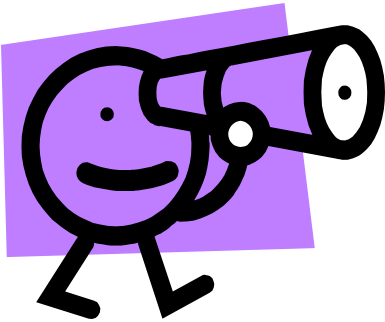
For most students public transportation is the most viable option to com-



mute to and from school. If you live in New York, then you are familiar with the NYCTA, with its many buses. However if you live in Memphis, you should be familiar with MATA, the Mem-

phis Area Transit Authority. MATA has over 30 routes connecting riders from downtown Memphis to Germantown. Students can access the 2 Medical Center, to get from the U of M campus to downtown. For more information on MATA, look under "Resources" at our website: www.memphis.edu/acss/

News and Events:



Get Your Flu Shots!

Flu Shots will also be available this month. The cost of the shot is \$20.00 and \$30.00 for the Flu Mist. Payment may be made by cash or check. For a detailed schedule of locations and times, please visit the Student Health Services website at :

<http://saweb.memphis.edu/health/immunization/flushots.htm>

Lunch and Learn: Building Your Career Skills

Did you attend the Career Fair last month? If so you might have noticed that two skills student need when searching for employment are: good marketing skills and communication skills.

The first will help you obtain the interview, the latter will help you

obtain the job. This month the Career and Employment Services is preparing you for both. On October 25, 2006, they will host "Basic Interview Skills" as part of their Lunch and Learn Series. The facilitator will be David Simkinan from Baptist Memorial Hospital. There will be pizza and refreshments.

Basic Interview Skills

Wednesday, October 25, 2006

Time: 12:30 p.m.—1:30 p.m.

Career and Employment Services

400 Wilder Tower

901-678-2239

The Laramie Project & The Fight Against Discrimination

When Matthew Shepard, a gay college student in Laramie, Wyoming, was savagely beaten and left to die, the act of hate shocked the nation. Using only eight actors to embody more than sixty different community members, and using their own words, this "Our Town" for our time

speaks volumes about the depths to which humanity can sink and the heights of compassion of which we are capable.

The Laramie Project is a documentary drama by Moises Kaufman and the Tectonic Theater Project Directed by Reggie Brown Studio Theatre. Tickets are \$10

and \$15, and all U of M students receive one complimentary ticket with a valid U of M I.D. Call 901-678-2576 for tickets.

Department of Theatre & Dance
3745 Central Ave
(across from the Central parking lot crosswalk).

“Diversity Matters: Celebrating Hispanic Heritage Month”

Did you know that Charlie Sheen, Cameron Diaz, and Marc Anthony are Hispanic-American? Each year from September 15 to October 15, America celebrates the heritage and traditions of people who trace their roots to Spanish-speaking nations.

If you're wondering why the celebration begins in the middle of a month, the answer is that this date is significant for being the anniversary of the independence of five Latin American countries. They are: Costa Rica, El Salvador, Guatemala,



Honduras and Nicaragua.

Mexico and Chile also celebrate their independence days in September, on the 16th and 18th, respectively. In honor of this special month, we are providing some interesting facts.

These statistics come from the [U.S. Census Bureau News](#):

- The estimated population of Hispanic Americans is just under 43 million.
- Hispanics are the fastest-growing minority group in the U.S.
- About 1-in-10 U.S. household residents speak Spanish. About half of those also speak English “very well.”
- 7.6 million Hispanic citizens voted in the 2004 Presidential election.

Source: About.com



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VISIT US AT OUR NEW LOCATION ON THE 5TH FLOOR
OF WILDER TOWER!**

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MISSION

The mission of the Adult and Commuter Student Services office is to provide a supportive environment for non-traditional and commuter students that promotes intellectual, social and academic growth and development through services and programs that foster lifelong learning.

CONTACT AND GENERAL INFORMATION

The Adult and Commuter Student Services office is located on The University of Memphis campus on the 5th floor of Wilder Tower. Our regular hours are 8:00 a.m. to 5:00 p.m. Monday through Thursday and from 8:00 a.m. to 4:30 p.m. Friday. If you need after hours help, please call us to make arrangements.

We welcome comments, questions, or suggestions. We can be reached by phone at 901-678-2995 during our regular business hours or after hours leave us a message on voice mail. You may also reach us through e-mail at jstout@memphis.edu.