

The University of Memphis

Adult & Commuter Connection

Housing & Child Care Information Fair

THE UNIVERSITY OF
MEMPHIS
Adult and Commuter
Student Services



Are you looking for a place to live? Do you need child care while you go to school or work? If you answered yes to either of these questions, then Adult and Commuter Student Services has the event for you. The **“Off-Campus Housing and Child Care Information Fair”** takes place **Wed., March 22, from 9 a.m.-1 p.m. in the Rose Theatre**. Representatives from several apartment complexes and child care facilities will be available to discuss their services with students.

Students will have an opportunity to obtain information about various housing options in the community and learn specific details about a rental property, such as its conveniences and the bottom-line cost. The housing representatives will be in the Rose Theatre Main Lobby.

Also, students can find out what child care options are available near the University of Memphis. They can learn information such as availability, hours of operation, and cost.

Admission is free. For more information, call Heather Hampton, 678-2644, or stop by the Adult and Commuter Student Services Office, UC 424.

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Keys to Successful Apartment Living

A Wild Wednesday! Training Seminar



Learn how to find the right apartment or rental property, at the upcoming seminar, “Keys to Successful Apartment Living” on **Wed., March 15, at 1 p.m.** in the Senate Chambers (UC 404). Students will also have an opportunity to learn what their rights and responsibilities are as tenants.

The seminar will be facilitated by Michele Harris, Residential Development Manager for Crye-Leike Property Management, and Brenda Oats-Williams, Attorney for Memphis Area Legal Services. Refreshments will be provided.

Wild Wednesdays! training seminars are sponsored by Adult and Commuter Student Services. Future seminars include “Stress Management,” which will be held April 19. Call 678-2644 for more information, or visit ACSS online at www.memphis.edu/acss/.

Student Spotlight



Juaniqua McClennan

Juaniqua McClennan may be a junior Biology major with a minor in Spanish, but lately she's been making history. As the first elected president of the Commuter Student Association (CSA),

Juaniqua has the arduous task of representing the needs of the more than 18,000 students who live off campus.

She has firsthand knowledge of those needs. Three days a week, Juaniqua commutes to the University of Memphis from Jackson, TN—that's a one-hour, 25-minute drive each way. The long commute is new to her. Until this summer, Juaniqua had lived in the

residence halls. However, she got a job in Jackson and decided to move there. Juaniqua says she needed the job, but she was not willing to leave the university for it. "My determination to continue my education has first priority in my life, therefore the drive did not seemed to be an impossible obstacle to overcome."

One of Juaniqua's goals for CSA is to provide students with networking opportunities that will further their educational goals. She also hopes to make the administration aware of commuter students' interests in order to "help minimize or eliminate the many hassles that [students] endure as they commute to and from campus."

Juaniqua advises commuter students to get connected with campus life.

"Living off campus can be strenuous, leaving you feeling disconnected from the rest of the student body. The Adult and Commuter Student Services Office provides a positive environment for the students to connect and interact with other students who also commute to school."

Juaniqua's personal aspiration is to help others. "The future holds multiple possibilities, however I plan to obtain a medical degree, research the HIV/AIDS pandemic, and practice medicine—and possibly teach one day." It seems Juaniqua's days of making history are just beginning.

Tips for a Healthy, Safe Spring Break



Whether you're traveling or staying in Memphis for Spring Break, the following tips can help you stay

safe and healthy so you can enjoy your vacation.

Limit alcohol consumption.

Spring Break is not an excuse to binge drink. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every

two weeks, so remember: Don't drink and drive.

Be active. Take this time away from your books and computer to get fit. Enjoy walking, dancing, swimming, or other physical activities. Health experts recommend just thirty minutes per day of moderate exercising.

Plan a successful trip. Be prepared, whether you're headed to Hot Springs or Cancun. Are vaccinations required? Are there special food, environmental or other considerations you

need to make? If you are taking medications, do you have enough for the trip? Know what's happening en route or at your travel destination.

Avoid excessive exposure to the sun. Before you lay out on the beach all day, be sure to wear sunscreen with at least SPF 15, and sunglasses that offer 100% UV ray protection.

For more advice on staying safe and healthy during Spring Break, visit www.cdc.gov.

Women's History Month

To celebrate Women's History Month, the Center for Research on Women, the Women's Studies Department, and the Memphis Area Women's Council have organized the following events.

3/13, 20, 27	Movie Monday	7 p.m.	UC Delta Lounge
3/15, 22	Reading in the Rotunda	10 a.m.	Ned McWherter Library
3/16	<i>Break the Silence, Stop the Violence</i>	3 p.m.	UC Faulkner Lounge
3/26	Women of Achievement Award Banquet	4 p.m.	U of M Holiday Inn
3/20	Panel Discussion: Women in Music	4:30 p.m.	FedEx Institute of Technology
			Methodist Presentation Theatre
			UC 317
3/31	Brown Bag Mtg: Women's Research Forum	12:30 p.m.	

Adult Student Association News

The Adult Student Association (ASA) congratulates its newly elected 2006-2007 officers:

President: Alyce Richmond
Vice President: Chris Dorais
Treasurer: Elizabeth Hamilton
Asst. Treasurer: Garland Watkins
Secretary: Tara Whitson
Asst. Secretary: Deloise Henderson

Thanks to everyone who participated in the elections. For additional information about the ASA or upcoming meetings and workshops, please see the ASA web site at <https://umdrive.memphis.edu/g-adultstu/www/> or the ASA News area in the ACSS office.

If you have any questions, comments, or concerns regarding the ASA, contact Alyce Richmond at abrchmnd@memphis.edu.

Mark your calendars and join us!!!

Adult Student Association

Meetings

Fri., March 17, 1 p.m., UC 404
Fri., April 21, 1 p.m., UC 404

Workshops

Procrastination Pitfalls
 Sat., March 18, 9:30 a.m.-10:30 a.m.
 UC 404

Assertiveness & Communication
 Sat., April 8, 9:30 a.m.-10:30 a.m.
 UC 404

Commuter Student Association Update

The Commuter Student Association (CSA) has elected officers for Spring 2006:

President: Juaniqua McClennan
Vice President: Noel Moore
Treasurer: Matt Rhodes
Secretary: LaTonya Gray

Jerry Bobbitt and Aneicia Barbee were appointed Publicity Chair and Membership Chair, respectively.

CSA is here to serve the needs of students who live off campus. If you have concerns about things such as parking, transportation, security, CSA meetings are the place the voice them, and to work on solutions. CSA meets every other Wednesday at 4 p.m in UC 310J. For more information, e-mail commuterstudents@memphis.edu.

Save the dates for upcoming meetings!

Commuter Student Association

Serving the needs of students who live off campus

Wednesdays

March 15, March 29, and April 12

4 p.m.

University Center 310J

E-mail: commuterstudents@memphis.edu

Student Activities Council Events

3/1	Wednesday Night Live <i>Music of Ross Copperman</i>	8 p.m.	Tiger Den
3/16	Mad Chad Taylor	7 p.m.	Rose Theatre
3/21	Suze Orman	7 p.m.	Rose Theatre
3/22-24	Foreign Film Festival	7 p.m.	Psychology Auditorium
3/25	SAC Cinema: <i>Little Rascals</i>	2 p.m.	UC 218
3/27	Open SAC Meeting	4 p.m.	UC 218
3/29	Wednesday Night Live <i>Poet Queen Sheba</i>	8 p.m.	Tiger Den

Visit SAC online
<http://saweb.memphis.edu/sac>

Arts & Entertainment

Theater & Dance

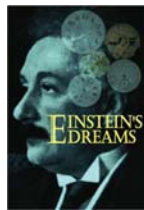
Einstein's Dreams

Novel by Alan Lightman

Adapted and directed by Gloria Baxter

What was Albert Einstein like as he worked on the Theory of Relativity? What were his dreams? The play, based on the book by native Memphian Alan Lightman, explores those questions and more. It runs March 24-25 and March 27-31.

Tickets are \$10 and \$12. University of Memphis students receive one complimentary ticket when they present valid university IDs. Call 678-2576 to reserve tickets.



River City Writers Series

Poet [Dave Smith](#) will read selections from his work on Tuesday, March 21, at 8 p.m. in the UC Faulkner Lounge. Smith will give an interview Wednesday, March 22, at 11:30 a.m. in Patterson Hall 456, and will conduct a workshop at 3 p.m. that day in Patterson Hall 403.

Smith has written 17 books of poetry, including *The Wick of Memory: New and Selected Poems, 1970-2000*, as well as three books of criticism and two works of fiction. The award-winning author is the Elliot Coleman Professor of Poetry at Johns Hopkins University. This event is free and open to the public.

Educational Support Program

All ESP seminars begin at 1 p.m. in Mitchell Hall 211.

- 3/16 "Study Strategies for Success"
Identify strategies related to learning, test comprehension, note-taking, and exam performance.
- 3/29 "Organization is of the Essence"
Identify management techniques related to study, prioritizing, and efficient use of personal and professional time.
- 4/6 "Self-Management, Study, & Stress"
Identify management strategies for procrastination, stress, and anxiety as related to study and exam performance.

Lunch and Learn

All Lunch and Learn seminars are from 12:30 p.m.-1:30 p.m. at Career and Employment Services, 400 Wilder Tower. Pizza and beverages are available on a first-come, first-served basis.

- 3/15 "Career Tips in Accounting and Finance"
Frank Allen and featured presenters, *Shoemaker Financial*
- 3/22 "Non-Profit Careers and the Importance of Internships"
Nila Carrington, *ALSAC St. Jude Children's Research Hospital*
- 3/29 "Building a Professional Image and Wardrobe"
Jill Ellis, *Ellis Image Consulting*



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<http://www.memphis.edu/acss/>

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.

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