

The University of Memphis

Adult & Commuter Connection

Interview with Dr. Waldon Hagan

Adult and Commuter Student Services commends Dr. Waldon Hagan for his service as the chair of its Advisory Board. ACSS wishes him well in his new endeavor as Director of Student Recruitment and Development. The *Connection* interviewed Dr. Hagan for his reflections on his old and new roles.



Dr. Waldon Hagan

Q: You were the first chair of the Adult and Commuter Student Services Advisory Board. What did that experience mean to you?

A: Aside from giving me an opportunity to meet other professionals concerned about student development on campus, the experience afforded me an opportunity to better understand the needs of adult students pursuing higher education. I became intimately acquainted with the various support systems necessary to aid students in sustaining active engagement with the educational enterprise, while also being

responsible for all the obligations that come with raising a family and working. In essence, the experience gave me a greater appreciation for what students confront on their journey toward acquiring a college degree.

Q: You're stepping down as chair, but will still serve on the Advisory Board. What do you hope the Board can accomplish this year?

A: Although difficult, I hope the Board can accomplish the task of getting more mature commuter students to see that they are important contributors to the University community. Thus, the Board needs to establish lines of communication with other Student Affairs offices and organizations to develop and sponsor activities that represent this segment of the commuter student population.

Q: Recently, you were promoted to Director of Student

(Continued on page 2)

Inside this issue:

Relieve Your Stress	2
ASA News	3
Arts & Entertainment	3
Kick Back with SAC	3
Spring Registration	4
Study Tips for Final Exams	5
Final Exam Dates	5
Holiday Recipes	6

Student Spotlight

Elizabeth Hamilton is renegotiating her career. After years of working in sales, she has decided to become a doctor. However, Elizabeth has a bachelor's degree in business, not biology or chemistry. That is why she has returned to school, so she can take prerequisite science classes and strengthen her application for medical school. Elizabeth's sales career kept her in close contact with doctors, and through observing them she gained confidence that she too could be a doctor. Elizabeth chose to take her prerequisites at the University of Memphis rather than her alma mater, Emory University in Atlanta, because she had already relocated to



Elizabeth Hamilton

Tennessee for a job. "I didn't want to move anywhere else," she said.

Although Elizabeth has been a Tiger only since the summer, she has already woven herself into the University fabric. She plays intramural volleyball and is a member of the Adult Student Association (ASA). Recently, Elizabeth accepted a seat on the Advisory Board for Adult and Commuter Student Services (ACSS). Her goal as a board member is to help ease the transition for non-traditional students into the University. She said a major difference between traditional and non-traditional students is the concept of time. "Every minute counts for something," Elizabeth said.

(Continued on page 2)

Relieve Your Stress with ACSS



Winter break is only a few weeks away, and the only thing standing between you and your vacation is... finals. Preparing for exams and term papers can be a stressful task, but don't give way to panic. Join

Adult and Commuter Student Services for a "Stress Management" seminar, Wednesday, Nov. 16, at 1 p.m. in UC 218.

Learn exercises to relieve stress and relaxation techniques from Fonda Fracchia, an instructor from Campus Recreation & Intramural Services (CRIS). Dr. Clairressa Goad from the Career & Psychological Counseling Center will discuss the importance of managing stress.

Stress Management

Facilitated by Fonda Fracchia and Dr. Clairressa Goad

Wednesday, November 16, 2005

1 p.m. – 2 p.m.

University Center 218

Please RSVP to Heather Hampton at 678-2644.
Refreshments will be provided.

Remember to dress comfortably for a light workout!

Q & A with Dr. Waldon Hagan (cont'd)

(Continued from page 1)

Recruitment and Development. What are your goals for the office and for the College of Education?

A: Generally, my primary goal is to attract quality students to teacher education programs and to assist students in their professional development.

Specifically, a major project that I am undertaking during the next year is recruiting 18 African American men into a special program that will lead to certification to teach math and science in middle schools. Eighteen may sound like a small number, but recruiting 18

African American men who possess baccalaureate degrees in math or science is quite challenging, given the array of career opportunities already available to them.

I also wish to get undergraduate students more involved in professional associations, as well as the research of our professors.

Q: How will your office collaborate with academic and student affairs? What projects or programs can we expect to result from these collaborations?

A: Quite a few program options have

been discussed. For example, Career and Employment Services (Student Affairs) will work closely with our teacher education majors in developing E-portfolios (funded in part by Academic Affairs) for not only interviewing purposes, but also for assessment and evaluation purposes toward initial teacher licensure. In addition, my office will work closely with both Academic Affairs and Student Affairs in identifying new geographical venues for the recruitment of students and in the creation of systematic supports we provide to these students once we get them.

Student Spotlight (cont'd)

(Continued from page 1)

Time management is one reason Elizabeth prefers to stay on campus between classes rather than go home. In the time it takes to drive back and forth, she could be studying in a location that already has some of home's amenities—the ACSS office. She first heard about the office from classmate and ASA President Alyce Richmond. Elizabeth said she hangs out at ACSS because, "I like to have a place that's central on campus that's near my classes, where I can study or watch the news, have lunch, network, use the computer, or use the phone." In fact, Elizabeth is such a regular at ACSS that her classmates know to look for her there when they need help. It seems Elizabeth already has a waiting room; now all she needs is her medical degree.

International Education Week

The University of Memphis hosts several events for International Education Week, Nov. 14-18, including:

- All week—View photographs taken by American students abroad and foreign students in the U.S., UC Mark Twain Lounge, 8 a.m.-9 p.m.
- Nov. 14—Sample food from various nations at the International Food Tasting, UC Mark Twain Lounge, 11:30 a.m.-1:30 p.m.
- Nov. 16—Find opportunities to study and travel at the Study Abroad Fair, UC 2nd floor Concourse, 10 a.m.-3 p.m.
- Nov. 16—The Center for International Programs & Services will host an Open House, Brister Hall 102, 3 p.m.-4:30 p.m.

For information on these and other events, call 678-2814 or visit <http://iew.state.gov>.

Adult Student Association (ASA) News

Please help a child's Christmas be a merrier one. The Adult Student Association is collecting donations to adopt a Christmas Angel. Any contributions will be gladly accepted. With the money donated, we'll be purchasing gifts from the child's wish list. Your generosity is greatly appreciated.



Contact Alyce Richmond, abrchmnd@memphis.edu, if you would like to participate or get more information.

ASA Meeting

Tuesday, Nov. 15, 2005
2 p.m.-3 p.m.
University Center 301K

Debt Management Weekend Workshop

Saturday, Nov. 19, 2005
9:30 a.m.-11:30 a.m.
University Center 404

Arts & Entertainment

Theater & Dance

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.

Much Ado About Nothing

Directed by Dr. Douglas Koertge

Shakespeare's comic masterpiece about bickering lovebirds engaged in a battle of wit runs Nov. 10-12 and Nov. 16-19 at the Communications & Fine Arts Auditorium. The play, set in the 1930s, opens each night at 8 p.m.

Far Away

Written by Caryl Churchill

Directed by Rachel King-Barr

The short drama is an apocalyptic

warning about violence and the lengths society will go to accommodate it. *Far Away* runs Dec. 2-3 at 8 p.m. in TC 237.

The Burial at Thebes

Written by Seamus Heaney

Directed by Teresa Morrow

This modern-day version of Sophocles' *Antigone* is part of a double feature that takes place Dec. 2-3 at 8 p.m. in TC 237.

Comedy Night

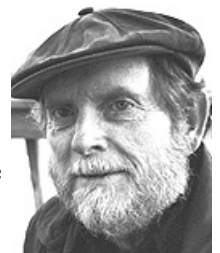
Need a little fun before the onslaught of finals? Then check out comedian **Gabriel Iglesias** on Monday, Nov. 7 in the Rose Theater at 7 p.m. The event is sponsored by the Hispanic Student Association. For

more information, contact Rocio Gonzalez at rgonzale@memphis.edu.

River City Writers Series

Richard Bausch

will present a reading of his work on Tuesday, Nov. 15 at 8 p.m. in the UC Faulkner Lounge. He is the new Moss Chair of Excellence in the English Department.



Professor Bausch is the author of 16 volumes of fiction, including *Hello to the Cannibals*, *The Last Good Time*, *In the Night Season*, *The Stories of Richard Bausch*, and *Wives & Lovers*. This event is free and open to the public.

Kick Back with SAC

Tues.	11/8	Voices of Africa	7 p.m.	Rose Theater
Sat.	11/19	SAC Cinema: The Polar Express	2 p.m.	UC Faulkner Lounge
Tues.	11/29	Battle of the Sexes: Concert with Zox & Raining Jane	7 p.m.	Rose Theater
Wed.	11/30	Wednesday Night Live: Game Extravaganza	8 p.m.	Tiger Den

Visit SAC online
[http://
saweb.memphis.edu/sac](http://saweb.memphis.edu/sac)

Spring Registration

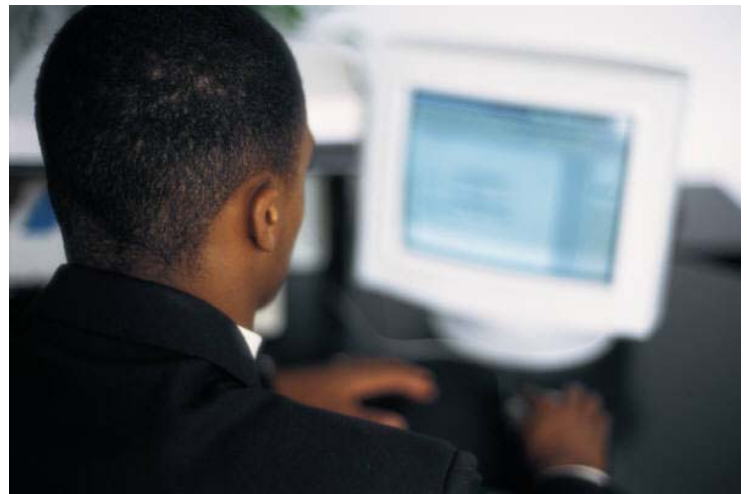
It's time to register for Spring 2006 courses, but before signing up for your favorite, or merely required, courses be sure to:

- Visit your advisor.
- Check your classification so you'll know which day to begin registration.
- Clear any holds (for library fines, parking tickets, etc.).

Below are the registration dates and deadlines. For other important dates, such as fee payment schedules and intent to graduate deadlines, visit <http://www.memphis.edu/academics>, and click on "**Registration Center**."

1st Day to Register

Graduate & Postbaccalaureate	11/14/05
Seniors	11/15/05
Juniors	11/17/05
Sophomores	11/23/05
Freshman	11/23/05
Non-Degree Seeking (Graduate & Undergraduate)	11/25/05
Tuition Waiver Students	12/19/05



Register for classes at <https://tigerweb.memphis.edu>.
Problems using Tigerweb? Call the IT HelpDesk, 678-8888.

Registration Deadlines

	Full Session	1st Session	2nd Session	Regents
Last Day to Register	1/13/06	1/13/06	3/9/06	1/13/06
Late Registration \$100 Late Fee	1/14/06-1/20/06	1/14/06-1/18/06	3/10/06-3/14/06	n/a
Last Day to Add or Change Sections	1/20/06	1/18/06	3/14/06	1/13/06

Study Tips for Finals

By Dr. Barbara Bekis
Educational Support Programs

Get started NOW

- Make a calendar of the days remaining in the semester, including all *due dates* or *scheduled* class events.
- Study on campus before you go home or to work.
- Go to an ESP Learning Center (call 678-2704 for information).
- Talk to the ESP Learning Specialist (678-5226).
- See your professor at office hours.
- Get into a study group for each course.
- Identify the topics that your professor energetically included in the lectures.
- Predict the questions that the professor could ask about the topics.
- Review your past tests.
- Learn the information that you missed on the quizzes/ tests.
- Compare your lecture notes with those of a classmate.

- Look for several different ways to apply the information.
- Use the study guides to predict exam questions.

Structure a Plan

- Set a start time and stop time for each study session.
- Be selective about the material you need to cover.
- Cover the material and jot down what you learned.

Be Efficient

- Reduce your pages of reading to fewer pages of notes.
- Reduce your pages of lecture notes and compare to reduced reading notes.
- Make practice questions from your all reduced notes.
- If you are afraid that something will be asked on the exam, learn that first.
- To be sure of what you know, teach it to someone or just *talk aloud!*

Final Exam Dates

The final examination dates for full session courses appear below. Exams for 2nd session courses will be given on Dec. 7 or the course's last meeting day.

Days	Class Time	Exam Date & Time	Days	Class Time	Exam Date & Time
MWF	6:50 a.m.	Wed. 12/14 7:00 a.m.-9:00 a.m.	TR	8:00 a.m.	Tues. 12/13 8:00 a.m.-10:00 a.m.
MWF	8:00 a.m.	Fri. 12/9 8:00 a.m.-10:00 a.m.	TR	9:40 a.m.	Tues. 12/13 10:30 a.m.-12:30 p.m.
MWF	9:10 a.m.	Fri. 12/9 10:30 a.m.-12:30 p.m.	TR	11:20 a.m.	Thurs. 12/15 8:00 a.m.-10:00 a.m.
MWF	10:20 a.m.	Mon. 12/12 8:00 a.m.-10:00 a.m.	TR	1:00 p.m.	Thurs. 12/15 10:30 a.m.-12:30 p.m.
MWF	11:30 a.m.	Mon. 12/12 10:30 a.m.-12:30 p.m.	TR	2:40 p.m.	Tues. 12/13 1:00 p.m.-3:00 p.m.
MW	12:40 p.m.	Wed. 12/14 10:00 a.m.-12 p.m.	TR	5:30 p.m.	Thurs. 12/15 5:30 p.m.-7:30 p.m.
MW	2:20 p.m.	Wed. 12/14 1:00 p.m.-3:00 p.m.	TR	7:10 p.m.	Tues. 12/13 7:00 p.m.-9:00 p.m.
MW	5:30 p.m.	Wed. 12/14 5:30 p.m.-7:30 p.m.	TR	8:50 p.m.	Thurs. 12/15 8:00 p.m.-10:00 p.m.
MW	7:10 p.m.	Mon. 12/12 7:00 p.m.-9:00 p.m.	SAT	9:00 a.m.	Sat. 12/10 9:00 a.m.-11:00 a.m.
MW	8:50 p.m.	Wed. 12/14 8:00 p.m.-10:00 p.m.	SAT	1:00 p.m.	Sat. 12/10 1:00 p.m.-3:00 p.m.
			SUN	1:00 p.m.	Sun. 12/11 1:00 p.m.-3:00 p.m.



Holiday Recipes



With final exams and papers being due during the holidays, you may not have the time to cook a turkey for hours or to bake Grandma's famous pound cake. Or maybe you have trouble boiling water. Either way, these holiday recipes are quick enough for the overworked student to make, and simple enough to make a non-cook feel like Martha Stewart.

These recipes were submitted by **Terrie Reed Jackson**, a senior majoring in Individual Studies with a concentration in Nonprofit Development and Administration. Terrie is also a member of the Adult Student Association and an Administrative Secretary in the Office of Judicial and Ethical Programs.

Broccoli, Cheese & Rice Casserole

Ingredients:

- 1 can cream of mushroom soup
- 1 can of milk (use soup can)
- 1 8oz bag of casserole shredded cheese
- 1 12oz bag of frozen cut broccoli
- 2 cups of cooked rice

Heat oven to 350°. Mix the soup and milk; heat in microwave or on stovetop until blended. Mix soup mixture, cheese, broccoli and rice together and pour into casserole dish. Bake for 30-40 minutes. If you choose, add chicken or turkey chunks.

Pecan Divine

Ingredients:

- 2 Egg whites
- 1 Heaping tablespoon of sugar
- Cinnamon (to taste)
- 2 lbs pecan halves

Heat oven to 350°. Beat egg whites; add sugar and cinnamon. Add pecans to mixture. Lift pecans out of mixture one at a time onto a baking sheet. Bake until browned. Enjoy!

Lemonade Pie

Ingredients:

- 1 graham cracker pie crust
- 1 8oz container of Cool Whip
- 1 4oz frozen lemonade

Pour approx. 2 to 3 oz of lemonade into container of Cool Whip and stir until well blended. Fold mixture into pie crust. Freeze 2-3 hours. Remove from freezer about 15 minutes prior to eating.

Holiday Punch

Ingredients:

- 2 liter ginger ale
- ½ gallon Red Hawaiian Punch
- Orange slices
- Strawberry slices

Chill all ingredients. In large punch bowl, pour ginger ale and Hawaiian punch. Put orange and strawberry slices in bowl. Serve and enjoy.

The University of Memphis
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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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