

Adult & Commuter Connection

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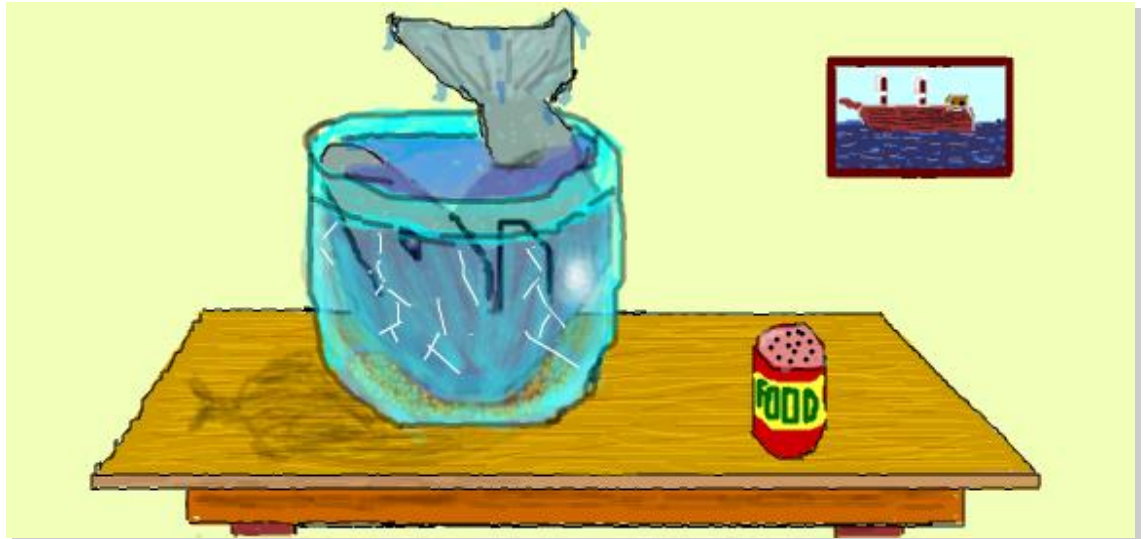
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So, You're a Whale in a Goldfish Bowl

your tuition, about a trillion little tasks that you've been putting off until the last minute, and that minute is coming fast. The walls start closing in. You're on edge all the time. At any moment you feel like you're going to explode or break. In the words of The Hitchhiker's Guide to the Galaxy, "DON'T PANIC."

Take a few deep breaths and let all of your anxieties flow out of your body. Imagine a warm gentle breeze blowing through a field of long grass. Okay, feel a little better? Good.

It's getting towards the end of the semester, and students are starting to feel overwhelmed by their workloads. The first thing you need to do is to stop thinking of everything all at once. When taken all together, the things you need to do will seem overwhelming. For instance, this morning I got up, brushed my teeth, made coffee, put cream and sugar

You've got three papers, two oral reports, a partridge in a pear tree, deadlines to meet for work, a boy/girlfriend threatening to break up with you if you don't spend more time with them, children and pets to take care of, parents to appease so they'll keep paying

in the coffee, stirred it, drank the coffee, got online and checked my email, read the news, showered, picked out clothes, got dressed... I could go on, but you'd probably stop reading. The point is that when looking at the big picture, it might seem like I had a busy and stressful morning, but in pieces, these things only consumed a few minutes each. If you break your workload down into small tasks, it will become much more manageable.

The second thing you need to do is work. That's right, the work isn't going to go away just by worrying about it. All you're doing is burning up time by avoiding it. Just get down to work. Start something, anything. There's nothing more intimidating than staring at a blank computer screen and wondering how you're going to fill it up with the "grade A" paper you need to submit. Be brave. Start writing, and don't worry so much about the quality (that's what revisions are for). Soon you'll find that you've hit a rhythm, where your thoughts are flowing naturally, and the work doesn't seem so daunting anymore.

Thirdly, come to the Stress Management Workshop on November 7th, at 12:40 pm in the campus recreation center (across the tracks). This workshop is part of the Wild Wednesdays series presented by Adult & Commuter Student Services. Dr. Yolonda Harper will be presenting. Please dress comfortably.

Focus on Faculty/Staff: Dr. David Arant



Dr. David Arant, Associate Dean of University College

Dr. David Arant is a busy man. The first thing that strikes you, walking into his office, are the large stacks of paper on his desk. Behind these papers sits a smiling cordial man who has taken time from his overflowing schedule for this interview. He speaks with a mild friendly voice, introducing himself.

Dr. Arant is from the Carolinas. He wasn't born with his PhD, as few Doctors are. He received a Bachelor of Arts in Psychology from Davidson University, while taking the opportunity to sample a variety of courses in the humanities, including, Philosophy, and Literature. He completed his Masters degree in Divinity at Emerson University, and went on to obtain his PhD in Mass Communication Research from UNC Chapel Hill. These diplomas are proudly featured on the wall of his office in Brister Hall, where Dr. Arant is associate Dean of University College. He states that his wide educational background has been very important in what he does now.

University College is the home of the liberal arts program at the

University of Memphis. It is comparatively smaller than similar Liberal Arts and sciences departments in schools like Duke and Georgetown, but the students receive more attention. Students of the college are engaged in interdisciplinary studies, frequently "designing their own degrees". Students enrolled in the University College tend to be either very creative students with a love of learning, or students with very specific academic interests that lie outside or between the traditional disciplines. For example, a new program was launched this fall in Asian Studies and International Trade. The program is intended for students interested in commercial relations with Asian countries, specifically China and Japan. It combines courses in Foreign Languages with courses in Business and Economics in order to create a new degree.

"This is what you could call an incubator college," Dr. Arant quips from behind his desk. Programs are started here and can be adopted by other University of Memphis colleges. Both African and African American Studies, and Music Industry Studies began with University College before becoming part of their respective present colleges.

Other programs developed by University College may not find a home in other schools, but are no less important. The Fire Administration degree is the only curriculum offered in a seven state area including Kentucky, Georgia, Arkansas and North Carolina. Up to 30% of the students of university college are distance learners, taking courses online. "It's great to be able to offer courses to people who are not able to come on campus every day, but are still interested in higher education."

Many students enrolled in

University College are non-traditional aged students. According to Dr. Arant, these students have spent several years in the work force, and have gained specialized experience. They would like to develop themselves professionally by getting a degree that applies to their specific field, which may not be offered through traditional fields of study. In some cases, these adult students can even be granted experiential credits, meaning that the experience they have gained in working would be equivalent to a course they would take to complete their degree.

A Korean drum rests on top of a book case in Dr. Arant's office. He recalls the memorable thesis project in which it was used, involving a history of Korean protest in the form of interpretive dance and poetry. A sampling of undergraduate degrees from the University College website, www.uc.memphis.edu, includes Alcohol & Drug Abuse Services, Commercial Aviation, Dance Education, Organizational Leadership, Religion in Society, and Technology Management Services. With the wide variety of subjects available to the students of University College, Dr. Arant jokes, "it seems like the person who's really getting an education is me."

On the subject of managing stressful workloads, Dr. Arant says the key is to pace yourself. You need to work hard, of course, but try not to let it get under your skin. It's important to be able to switch off from work sometimes, and not let it intrude into your personal life too much. It also helps to try to keep a sense of inner peace about yourself. "One thing I've found," Dr. Arant says, "Is that things have a way of working themselves out if you don't worry too much and just let them."

University of Memphis Named Best School in the Millington Area

The Millington Campus of the University of Memphis was awarded the honor of the Best College/University in the Millington area. The University was chosen in a 2007 Reader's Choice poll by the Millington Star, which has a readership of roughly 4100 readers. The University of Memphis beat five other schools in the area including, Park University, Southwest Tennessee Community College, and Webster University.

The present Millington Campus opened a little over three years ago, however, the U of M has had a presence in Millington since 1998. The campus has undergone two major renovation projects, and is in the process of a third project to increase class and office space, as well as to outfit the buildings with state of the art technology. The University of Memphis is extremely proud of the accomplishments it has made in building connections with the greater Millington community.

The U of M will continue to grow the campus by continuing to create new courses, develop more resources to attract new students, and build stronger bonds with the

Building Community With Off Campus Students Web Conference



On November 14th, the Adult & Commuter Student Services Office will host a web conference with Dr. Brian Keintz, director of the student union at Florida Atlantic University. The conference will be held between 11:30 am and 1:30 pm in the Panhellenic Building, room 101.

The focus of the conference will be to discuss and explore the challenges of building community with off-campus students.

Topics to be covered include the importance of student engagement on campus, how to meet the special needs of commuter students, an overview of commuter student programs, and ways to reach commuter students using technology. The ACSS looks forward to the exchange of ideas with Dr. Keintz as a way to grow the services they provide.



The University of Memphis: Voted best school in the Millington area.

Millington community as well stronger ties to the main campus. They currently offer a variety of undergraduate, and graduate degree programs in Business Administration, Organizational Leadership, Public Administration and more.

Adult and Commuter Student Services Potluck

The Adult & Commuter Student Services office will have a potluck lunch on Thursday, November 15th, at 11:30 am on the 5th floor of Wilder Tower. Adult and commuter students are encouraged to bring a food item to share with others. The event is open to both students familiar to the office and those who are unacquainted with the services that Adult and Commuter Student Services provides. Past potlucks have been a lot of fun. Make sure not to miss it.

To add your dish to the list, please contact the ACSS office at 678-2644 or acss@memphis.edu.



Holiday Movies: Eight Crazy Nights

The holidays are coming. It is a time to get together with relatives you haven't seen all year. You tell them all about how school is going and catch up on what has been happening in their lives. You reminisce about old times, and celebrate the year to come. After a few days, you've heard uncle Bob tell that same story about the guy in the hardware store seven times, and it wasn't even all that funny at first, the kids are driving you crazy, and you're bored out of your mind. That's when it's time to watch a movie. Here are some suggestions for holiday movies that can bring the whole family together, or at least distract you for an hour and a half, while Uncle Bob tells your parents (again) about his time share in Florida.



National Lampoon's Christmas Vacation – It's not really Christmas if you haven't seen this movie at least half a dozen times on every station on the television. Chevy Chase plays the American Every-Man trying against all odds (not to mention lunatic relatives and a scrooge-like boss) to pull off the perfect family holiday. It's been around for 18 years and it's still hilarious.



Scrooged – A modern (if you consider 1988 modern) update on the classic Dickens story, A Christmas Carol. Bill Murray plays the lead character, a bitter, egotistical, and obnoxious television producer. He is visited by his deceased business partner and tormented by the ghosts of Christmas Past, Present and Future, prior to having an epiphany about the true meaning of Christmas.



Home Alone – AAAAHHHHHH!!!!!! The McCallisters go on vacation to France, and leave their son, Kevin (Macaulay Culkin) home... alone. The pre-teen protagonist must fend for himself, and outwit a couple of criminals known as "The Wet Bandits". Kevin has more fun than most kids could dream of, but ultimately finds that Christmas is really about family, and wishes for them to come home.



The Grinch - You're a mean one Mr. Grinch. Jim Carrey plays the grumpy green skinned title character. Irritated by the good cheer of the Whos in Whoville, the Grinch attempts to ruin Christmas by stealing all of their gifts and decorations. But the Christmas spirit perseveres, and in the end the Whos win over the Grinch and he invites them all back to his cave. This movie expands on the classic Dr. Seuss story, finally providing a back story for the Grinch.



It's A Wonderful Life - You can run, but you can't hide from this holiday classic. This movie was number one on the American Film Institute's (AFI) top 100. George (played by James Stewart) wishes he'd never been born, and the angel Clarence (Henry Travers), shows him how poor the world would be without him. George gets a new appreciation for his life. It's wonderful.



Santa Claus Conquers the Martians - We go from the top of the mountain to the bottom of the barrel. A frequently overlooked holiday gem for B-movie enthusiasts. Santa Claus is kidnapped from the North Pole by Martians to make toys for the children of Mars. This movie will delight insomniacs and camp-ophiles, listed in the Bottom 100 worst movies of all time by the Internet Movie Database, it contains the three Rs of Christmas: Robots, Rockets and a Red Planet.



The Nightmare Before Christmas - Jack Skellington, the Pumpkin King of Halloween Town tries hard and fails to understand the spirit of Christmas. He attempts to take over Christmas for the people of Halloween town, but ends up making a mess of things. Even kidnapping Santa Claus doesn't seem to help. Jack realizes his mistake, and frees Santa at the last minute, who then miraculously fixes everything.



Miracle on 34th street – A department store Santa Claus turns out to be the real deal. It's a classic movie, that will leave you feeling warm and fuzzy inside. Or was that the eggnog? In any case, this movie was number nine in the AFI's 100 greatest movies of all time.

Campus Voices: How Do You Relieve Stress?



1) **Kyndra Outlaw** - I like to take a nap when I get too stressed. Sleeping seems to help. The problems are still there when I get up, but if I feel well rested, they're easier to handle.

2) **Mark Smith** - If I'm getting stressed, I like to go to the library. You know, somewhere quiet where I can be by myself, and just relax and not think about work.

3) **Dustin James** - I do yoga three times a week. The stretching and the breathing exercises help to relieve stress. I meditate too, and that focuses my mind so I can handle the things I need to get done.

4) **Nigel Morgan** - I'm not usually stressed out about much. I just don't worry about stuff, you know. I try to keep everything on an even keel, so I can study and watch football. I balance work and fun, by trying to keep the work manageable. I try not to take on too much at once.

5) **Katherine Thurmond** - I exercise. I like to go to the gym a lot, and I walk and play sports. It's fun, but it also helps to relieve stress. I always feel better after I exercise.

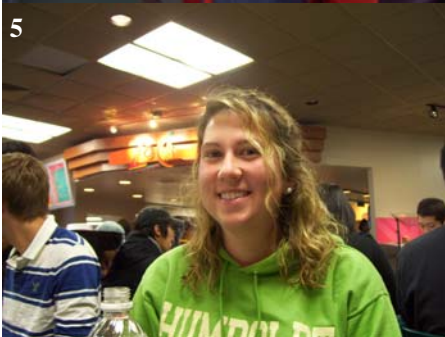
6) **Justin Young** - I don't know. I mean, I guess I just chill with friends. I like to talk a lot, just talk things out. And we laugh a lot. It's good if you can sort of laugh at the things that are bothering you. Having a sense of humour about things really helps to keep them in perspective.

7) **Keith Collins** - I like to listen to music. Mostly I listen to rap, R&B and Jazz. Jazz is really relaxing. And then I like to just go somewhere and be alone and not think about anything, you know. Just relax and listen to music.

8) **Aria Turner** - When I get stressed, I go shopping. I get new clothes, and that makes me feel better. I also like to listen to music and relax. I listen to R&B and rap. I like Trina, and Lil Wayne. They're my favourites.

9) **Siddhartha Janga** - When I need to blow off steam, I play computer games. I really enjoy Counter Strike, Age of Empires, and Prince of Persia, games like that. They're a lot of fun and they let me relieve some of my stresses. I also like to talk to my parents back in India. They always help me to get my mind off my troubles and make me feel at ease.

10) **Nica Formantes** - I go to the gym and exercise, hang out with friends or listen to high energy music, like techno or hip-hop. I like to dance too.



The Adult Student Association Wants You To Make The Healthy Choice



Fresh fruit: a nutritious choice for students

and m working, many students are not finding the time to eat nutritiously. The workshop will provide information on how students with a limited amount of time can maintain a healthy diet.

The last workshop the Adult Student Association

On November 16th, at 1:00 pm in Mitchell Hall, room 407 the Adult Student Association will present another workshop titled “Eating Healthy on the Go”, with Dr. Terra Smith. With the pressures of getting to class, getting around campus, studying,

presented was on October 26th, and called “Scholarship Searching”. The workshop featured Patrick Perry who provided many helpful tips on how to find and get a scholarship. The response from the students in attendance was positive.

The Adult Student Association represents the interests of non-traditional aged students at the University of Memphis. They provide a voice for the issues facing non-traditional students, as well as an opportunity to meet and socialize outside of the classroom.

The Adult Student Association meets on the first Friday of every month on the 5th floor of Wilder Tower. The last meeting was held on November 6th. The ASA will then break for Christmas. They wish everyone a safe and happy holiday.

Commuter Student Association In Action

The Commuter Student Association is one of the fastest growing organizations on campus. The lounge of the Adult and Commuter Student Services office (on the fifth floor of Wilder Tower) was buzzing with excitement over upcoming commuter student activities, such as a planned event at Fun Quest. The event will be held on November 10th between 5:00 and 10:00 pm, for members of the Commuter Student Association to enjoy bowling, skating and laser tag.

The CSA is continuing their Commuter Mondays at the Tiger Den. They meet every Monday between 11:30 am and 12:30 pm to eat lunch and connect with other commuter students. Sit with them and see what you’ve been missing.

October’s meeting was standing room only, and there was discussion about the necessity of finding a larger room to hold the next meeting in. Because of the growth of the organization, the Commuter Student Association will no longer meet in the lounge of the Adult & Commuter Student Services office. Instead, the next meeting will be held on November 8th in room 204 of the Panhellenic Building. Come to the meeting and find out what the excitement is all about. for more information on how you can get involved you can also contact the president of the CSA, Shane Perkins, via email: commuterstudents@memphis.edu



It was a packed house for the last CSA meeting.

Helpful Hints to Prepare for Finals

By Dr. Barbara Bekis, Coordinator, Educational Support Program (ESP)

Students focus much attention on study skills, including reading, taking notes, management of time, and test preparation, without always getting the intended grade or results. So, there must be something more which one should consider. Read the next sentence several times.

Studying is preparation for learning and understanding.

First phase: Studying generically refers to collecting new information from the textbooks and from lectures. To get the facts and details from reading, as well as from the lectures, requires close attention to identifying what information supports the topic or concept.

Hint: Slowing down when reading actually improves comprehension as does reading with the intent to jot down what is remembered from each page or heading. Collecting information from lectures requires the skill of listening closely to the professor. Thorough lecture notes are easier to write if the assigned reading was completed prior to lecture. Some professors provide power points and slides which can

be downloaded and brought to lecture.

Hint: Write your notes from the reading on the power point pages before going to lecture. During the lecture use a different color to add professor's notes to those pages.

Next phase: Learning and Understanding. Now, you have two types of notes to integrate: reading and lecture.

Hint: Learning is being activated! Restating how you understand the topic and concepts further prepares you for showing what you know on the quizzes and exams.

Hint or 'best idea' for testing yourself for exams: From each page of notes pick 2 – 3 important terms or ideas. Create questions which those terms or ideas would be the answer. You will recall more of the material and get better results on the exams from this method than from some that have been more often suggested.

Hint: Remember that tutors at all ESP Learning Centers are available through the last day of classes. Come see us!

ESP is located in 217 Mitchell Hall. Phone: 678-2704

Final Exam Schedule For the Fall Semester

If you have class:	Then your final exam will be:	If you have class:	Then your final exam will be:
MWF, 6:50am	W, Dec 12, 7:00 - 9:00am	TR, 8:00am	T, Dec 11, 8:00 - 10:00am
MWF, 8:00am	F, Dec 7, 8:00 - 10:00am	TR, 9:40am	T, Dec 11, 10:30am - 12:30pm
MWF, 9:10am	F, Dec 7, 10:30am - 12:30pm	TR, 11:20am	R, Dec 13, 8:00 - 10:00am
MWF, 10:20am	M, Dec 10, 8:00 - 10:00am	TR, 1:00pm	R, Dec 13, 10:30am - 12:30pm
MWF, 11:30am	M, Dec 10, 10:30am - 12:30pm	TR, 2:40pm	T, Dec 11, 1:00 - 3:00pm
MW, 12:40pm	W, Dec 12, 10:00am - 12noon	TR, 5:30pm	R, Dec 13, 5:30 - 7:30pm
MW, 2:20pm	W, Dec 12, 1:00 - 3:00pm	TR, 7:10pm	T, Dec 11, 7:00 - 9:00pm
MW, 5:30pm	W, Dec 12, 5:30 - 7:30pm	TR, 8:50pm	R, Dec 13, 8:00 - 10:00pm
MW, 7:10pm	M, Dec 10, 7:00 - 9:00pm	S, 9:00am	S, Dec 8, 9:00 - 11:00am
MW, 8:50pm	W, Dec 12, 8:00 - 10:00pm	S, 1:00pm	S, Dec 8, 1:00 - 3:00pm
		U, 1:00pm	U, Dec 9, 1:00 - 3:00pm

M = Monday | T = Tuesday | W = Wednesday | R = Thursday | F = Friday | S = Saturday | U = Sunday

Important Dates:

First Day to Register For Spring Semester:

- **Graduate (Degree Seeking) & Post Baccalaureate:** Nov 12, 07
- **Seniors:** Nov 14, 07
- **Juniors:** Nov 16, 07
- **Sophomores:** Nov 19, 07
- **Freshmen:** Nov 21, 07
- **Non-Degree Seeking (Grad & Undergrad):** Nov 26, 07
- **Tuition Waiver Stdts (PC191/TN Employee; Senior Citizen; Disability):** Dec 17, 07

Last Day of Regular Registration:

Full, 1st Half, RODP: Jan 11, 08
2nd Half: Mar 06, 08

Last Day of Late Registration (\$100 Late Fee) and Last Day to Add/Change Courses:

RODP: Jan 11, 08
1st Half: Jan 15, 08
Full: Jan 17, 08
2nd Half: Mar 11, 08

Last Day to Drop Courses with Full or Partial Refund:

Full, 1st Half, RODP: Jan 28, 08
2nd Half: Mar 24, 08

Last Day to Drop Courses, No Refund:

1st Half: Feb 06, 08
Full, RODP: Mar 14, 08
2nd Half: Apr 1, 08

The University of Memphis
Adult & Commuter Student Services
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Phone: 901-678-2995/901-678-2644
Fax: 901-678-4894

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

What's Happening on Campus

November:

11/07: Wild Wednesdays! Stress Management Seminar. 12:40 pm, Campus Recreation Center.

11/07: WNL—Jazz Musician Althea Rene. 8:00 pm, Tiger Den.

11/09: Berlin Wall Opening Day. Be Deconstructive.

11/10: SAC Cinema: Ratatouille 2:00 pm, Johnson Auditorium.

11/12: Calle Sur. 7:00 pm, Rose Theatre

11/14: Shifting Gears: Career Success for the Adult Student, 12:30 pm, 400 Wilder Tower.

11/14: Building Community Web Conference with Dr. Brian Keintz, Director, Student Union, Florida Atlantic University. 11:30 am, 101 Panhellenic Building.



11/17: Tiger Football v. UAB. 2:30 pm, Liberty Bowl.

11/21: World Television Day. "57 channels and nothing on."

11/24: Tiger Football v. SMU. 1:00pm, Liberty Bowl.

11/30: International Computer Security Day. All Your Base Are Belong To Us.

December:

12/05: Day of the Ninja. Have a Tae-Kwon Donut.

12/08: Anniversary of the Assassination of John Lennon. Imagine.



Late Registration by Kanye West

First Day of Classes:

Full, 1st Half, RODP: Jan 14, 08
2nd Half: Mar 10, 08

Spring Break: Mar 03 - Mar 09

Last Day of Classes:

1st Half: Feb 29, 08
Full, 2nd Half, RODP: Apr 23, 08

Final Exams: Apr 25 - May 1

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.

THE UNIVERSITY OF
MEMPHIS