

# Adult & Commuter Connection

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Adult and Commuter Student Services  
424 University Center  
The University of Memphis  
Memphis, TN 38152

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## Student Highlight



Michael Beith takes a moment from his studying to pose for the camera

Michael Beith is a University of Memphis senior majoring in English with a minor in History. In addition to his responsibility as a student, he is married and has a 6-year old son, Eric.

Michael, like most nontraditional students, has a story to tell about his journey to college.

**Interviewer:** Why did you decide to return to college?

**Michael:** While working for a glass company, I met a customer. Over time, we became friends and he asked me had I ever considered going to college. College was not something that was discussed in my household, but getting a job after high school was expected. I got married and started working. To make a long story short, my friend proposed that if he paid me what I was making at this job, would I go to college? Here I am.

**Interviewer:** Wow, that is awesome! What advice would you give to returning adult students?

**Michael:** One thing that I would suggest is that your family needs to be on board when you decide to go to school. You should sit down as a family and discuss the new roles and responsibilities that everyone will have. Getting your family support is very important.

**Interviewer:** What has been your biggest challenge as an adult student?

**Michael:** I am a high achiever, so getting anything less than an A is difficult for me to accept. Also, balancing the responsibility of school with that of my family has been a challenge. I have a lot less personal time for myself.

**Interviewer:** Any other thoughts?

**Michael:** I would say that the development of the self is what college is all about. Don't be discouraged and remember that baby steps are still steps.

## From the ASA President...



Welcome to all of the new members of the Adult Student Association. We had a productive first membership meeting in September and good participation in the Time and Stress Management Workshop on September 18<sup>th</sup>.

As most of you know, we are filling vacancies in our officer ranks. Camille Bradley has been elected to serve as treasurer. We need nominations for vice president and co-secretary. We'll take nominations and hold elections for those offices at our October meeting. The meeting will be held on October 20<sup>th</sup>, from 11:30 a.m. – 12:30 p.m. in the senate conference room on the fourth floor of the UC. Bring your lunch ... we hope to see all of you there.

We voted to purchase a box of paper for use at the Adult and Commuter Services computer lab. This will make it easier for you to get those last-minute papers printed.

If you're having problems writing papers for your classes, the answer is here! Our October 9th workshop, *Writing Research Papers*, will guide you through the research process then show you how to effectively put that research into your papers. The instructors will be Ms. Jeanine Akers, a research librarian at McWherter Library, and Mr. Jim Kovaric, an instructor in the English department.

Don't forget homecoming on October 2<sup>nd</sup>. We're trying to put together a tailgate party. We'll let everyone know via e-mail when and where it will be.

I've been burning the midnight oil ... up at 1 a.m. to write papers. Don't follow my lead!

Lou Paris, President  
Adult Student Association

## Tiger Technology Seminar

Participants in the Tiger Technology Seminar on Sept. 15 learned how to edit text, format characters and paragraphs, and use other timesaving features of Word.

Presented by Venitra Hollingsworth of the Advanced Learning Center, students were given a document to practice formatting. Although basic in nature, many participants learned something new. Esther Agyemang stated that "I learned some of the short cuts in Word such as cut, copy, and paste. I really enjoyed the hands-on exercise, also." Others such as Patricia Whitley found that the workshop "refreshed some of the things I already knew."

Despite the reasoning, many participants found the seminar beneficial.



Esther Agyemang and James Catchings practice formatting

## Student Health Services

Student Health Services, our featured office for this month, offers many health services to students.

The **Family Planning Office** (Memphis-Shelby County Health Department), located in Student Health Services, is in need of more patients. For an appointment, call 678-2463 or 678-5687.

**Flu shots** will be available at the

following locations in October:

- 10/04 12-2 pm Wilder Tower, Room 220 or 225
- 10/05 12-2 pm Fogelman College of Business, 1st Floor lobby
- 10/18 9 am-1 pm Student Health Services, 1st Floor (basement area)
- 10/19 12-2 pm Ball Education Building, Room 215 B
- 10/25 12-2 pm Communication and Fine Arts Building, 1st Floor Lobby

- 10/26 12-2 Administration Building, 1st Floor by center stairs/elevator

### Costs:

Flu Shots: \$15  
Pneumonia Vaccine: \$30  
Meningitis Vaccine: \$85

For more information go to:  
<http://www.people.memphis.edu/~health/>

## This Month in History

**October 1, 1908** - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

**October 2, 1967** - Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court.

**October 3, 1995** - The O.J. Simpson double-murder trial ended with the former American football star acquitted of the murders.

**October 4, 1957** - The Space Age began as the Soviets launched the first satellite into orbit, Sputnik I.

**October 8, 1871** - The Great Fire of Chicago broke out. Over 300 persons were killed and 90,000 were left homeless.

**October 11, 1939** - Albert Einstein

warned President Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."

**October 14, 1964** - Civil rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize.

**October 19, 1987** - "Black Monday" occurred on Wall Street as stocks plunged a record 508 points or 22.6 per cent, the largest one-day drop in stock market history.

**October 21, 1967** - Thousands of anti-war protesters stormed the Pentagon during a rally against the Vietnam War in Washington, DC. About 250 were arrested

**October 24, 1945** - The United Nations was founded.

**October 25-30, 1983** - The Caribbean island of Grenada was invaded by the U.S. to restore "order and democracy."

**October 28, 1636** - Harvard University, the oldest institution of higher learning in America, was founded in Cambridge, Mass.

**October 28, 1886** - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor.

**October 31** - Halloween or All Hallows' Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

<http://www.historyplace.com/specials/calendar/october.htm>

## Upcoming Campus Events

Oct. 6 Wednesday Night Live w/ J. Chris Newberg; **8 pm, Tiger Den**

Oct. 14 Breakdancing Performance; **7 pm, Rose Theatre**

Oct. 16 Football vs. Tulane, 1:00 pm (Home)

**Oct. 17-19 Fall Break**

Oct. 20-24 Domestic Violence Awareness Week

Oct. 23 SAC-Cinema: Brother Bear; **2 pm Faulkner Lounge**

Oct. 23 Football vs. Cincinnati (Away), 6 pm,

Oct. 26 Help Me Harlan; **7 pm Faulkner Lounge**

For other campus events, such as concerts and plays, please go to <http://events.memphis.edu>

## Inspirational Corner

### You Can Start to Win At Any Time

Author Unknown

To solve any problem or to reach your goal, you don't need to know all the answers in advance. But you must have a clear idea of the problem or the goal you want to reach.

All you have to do is know where you're going. The answers will come

to you of their own accord. Don't procrastinate when faced with a big difficult problem, break the problem into parts, and handle one part at a time.

If you can get up the courage to begin, you have the courage to succeed. It's the job you never start that takes the longest to finish.

Don't worry about what lies dimly at a

distance, but do what lies clearly ahead.

Your biggest opportunity is where you are right now. Once you begin you're half done.

When you realize you want to spend the rest of your life with somebody You want the rest of your life to start as soon as possible.

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**Keeping you connected**

**We're on the Web**

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

**Mission:** The office of the Adult and Commuter Student Services' mission is to serve the learning needs of adult and commuter students and provide leadership in advancing the practice of lifelong learning.

THE UNIVERSITY OF  
**MEMPHIS**

A Tennessee Board of Regents Institution,  
An Equal Opportunity/Affirmative Action University

## **“Wild Wednesdays” Training Seminars**

Come join us for our “Wild Wednesdays” Training Seminars. As the name implies, the workshops are scheduled throughout the semester on Wednesdays. Please feel free to bring your lunch and come learn how to get the grades you want and manage stress.

*Light refreshments will be served*

### **Training Seminar II:**

Everything you need to know to be an ‘A’ student (Oct. 6)

Are you trying to raise your GPA? If so, come learn the characteristics of a successful student. You will learn effective methods in note taking, reading, and test taking. (Location: University Center, room 404; Time: 12:30-2:00 pm)

### **Training Seminar III:**

Exercises that can help reduce stress (Nov. 10)

Feeling stressed? This workshop will help you learn the causes of stress and how to manage it. (Location: University Center, room 404; Time: 12:30-1:30 pm)



**Tiger Technology Participants**

Training seminars are sponsored by the Adult & Commuter Student Services office. Please RSVP to Karen Green at [kgreen@memphis.edu](mailto:kgreen@memphis.edu) or call 678-2995.