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The University of Memphis - Adult and Commuter Student Services
www.memphis.edu/acss

Adult & Commuter Connection

October 2009 - volume 7, issue 2

current seminars >>>

Web 2.0 Tools for Students.

Students will be able to incorporate various web 2.0 tools such as Twitter, Picnik, Animoto for use in projects, group collaborations, presentations, and for everyday organization and entertainment.

Thursday, Oct. 29, 2009

11:20a - 12:45a in Panhellenic Ballroom

Presenter: Ms. Kristy Conger, Academic Technology Consultant, U of M Advanced Learning Center.

For more information call us at 678-2644 or go to www.memphis.edu/acss



Follow us: twitter.com/uofmemphis_acss

Useful information for life

Our seminars enrich you beyond academics

On September 29th, 225 students took advantage of our seminars on Sustainability and Safety. "I wish people would be more aware of wasting water. Most people leave faucets running and showers going. Reducing this would benefit us," said Daniella Christy, a freshman, business major.

Presenter Calvin Strong, U of M Director of Campus Custodial and Landscape Services

he said, "that is the equivalent to creating enough electricity to power more than 1,160 homes."

informed students that the University plans to save an estimated \$1,651,722 in 2009 by utilizing sustainability initiatives. According to him, the Heating and Cooling Plant will make use of a Variable Primary Chilled Water Flow saving

"I will pick up trash around campus and I will drive less to decrease air pollution"

- Billy Butcher, Freshman

over 5 million kilowatt hours, equivalent to planting 1468 trees per year. "The U of M's carbon footprint will be reduced by over 8,933 metric tons of carbon dioxide per year,"

The U of M's commitment represents 16% of Shelby County's participation this year in the Green Power Switch, which is a program created by the Tennessee Valley Authority in partnership with MLGW to

fund new sources of electric generation. "I like all the machines, such as the lawn mower that is not going to create that polluting exhaust. I am big into reducing the

[Read more on pg. 5](#)



>>>I come here everyday between classes. I don't know where I would go to if this office was not here. - Ashley Washington, Freshman Accounting major

<<<ACSS offers a quiet study area and hot cocoa. There is no wait and I can enjoy my meals. - Baker Nsubuga, Health Administration graduate student



>>>I come to the lounge three times a week because I like the quiet study area with no interruptions. - Sandra Udelhoven-Taylor, Sophomore undeclared business major



<<<This is the quietest place to study on campus and it is so important because it gives people a place to go to. - Angela Parker, Senior Accounting major



Join other students this month:

October

Student Activities

10/4-10 — Homecoming Week

10/7 — Wednesday Night Life - feat. comedy of Theo Vonn — Tiger Den — 8 p.m.

10/8 — Homecoming Step Show — Rose Theatre — 7 p.m.

10/9 — Homecoming Parade — Around Campus — 5 p.m.

10/9 — Pouncer Party Semi-Formal — 9 p.m.

10/10 — Homecoming Game vs. UTEP — Liberty Bowl — 7 p.m.

10/13 — Independent Film Festival — Little Miss Sunshine — Psychology Audit. — 7 p.m.

10/14 — Independent Film Festival — Joshua — Psychology Auditorium — 7 p.m.

10/15 — Independent Film Festival — The Visitor — Psychology Auditorium — 7 p.m.

10/24 — SAC Cinema — Bedtime Stories — Johnson Auditorium — 2 p.m.

Career Workshops

Lunch & Learn Workshop:

Oct. 14 – “Using Technology to Your Advantage in the Job Search” by Valorie Kimbrell of Medtronic Inc.;

Oct. 28 – “Planning for Success: Creating a Life Plan” with Sylvia Reed of FedEx Corp.; held on Wednesdays from 12:30 to 1:30 p.m. in Room 400 of Wilder Tower



Art Museum Exhibitions

Now - November 7

Greely Myatt And Exactly Twenty years

Art Lab — Virginia Overton

Caseworks — GM Selects

Library Exhibition

Pride and Passion: The African - American Baseball Experience. Ned R. McWherter Library, Second Floor, Now – Oct. 16.

Health Center

8am - 4:30pm Tue. at 9 am



Seasonal Flu Shot Schedule

Tuesday, October 6
from 12 – 2, **Law School** Student Lounge

Thursday, October 8
from 12 – 2, **Campus Recreation & Intramural Services**, Check lobby

Monday, October 12
from 12 – 2, **J.W. Brister Hall** 202

Tuesday, October 13
from 12 – 2, **College of Business** Lobby

Wednesday, October 14
from 12 – 2, **McWherter Library** Main Lobby

Tuesday, October 27
from 12 – 2, **Administration Building** Lobby-1st floor

home games >>>



Go Tigers!

- 10/06 — Women's Volleyball vs. Central Arkansas — 7:00 PM (Elma Roane)
- 10/09 — Softball vs. Western Kentucky — 3:00 PM (Park Avenue Campus)
- 10/09 — Women's Volleyball vs. East Carolina — 7:00 PM (Elma Roane Fieldhouse)
- 10/09 — Softball vs. Mississippi Valley State — 7:00 PM (Park Avenue Campus)
- 10/10 — Men's Soccer vs. Kentucky — 7:00 PM (Mike Rose Soccer Complex)
- 10/10 — Football vs. UTEP — 7:00 PM (Liberty Bowl Memorial Stadium)
- 10/10 — Women's Volleyball vs. Marshall — 7:00 PM (Elma Roane Fieldhouse)
- 10/13 — Women's Volleyball vs. UT Martin — 6:00 PM (Elma Roane Fieldhouse)
- 10/16 — Women's Soccer vs. SMU — 7:00 PM (Mike Rose Soccer Complex)
- 10/17 — Softball vs. Union Tenn. — 10:00 AM (Park Avenue Campus)
- 10/17 — Softball vs. Northwest CC — 12:00 PM (Park Avenue Campus)
- 10/17 — Men's Soccer vs. Florida International — 7:00 PM (Mike Rose Complex)
- 10/18 — Women's Soccer vs. Tulsa — 1:00 PM (Mike Rose Soccer Complex)
- 10/19 — Men's Golf vs. Memphis Intercollegiate — All Day (Colonial Country Club)
- 10/20 — Men's Golf vs. Memphis Intercollegiate — All Day (Colonial Country Club)

Special Events

Sustainable Technologies Awareness Day: October 6, 10 am — 2p.m.
Rose Theatre and Student Activities Plaza

Student Health Fair: Oct. 7 — Student Plaza

Common Ground Sessions: Conversations on Race. Fridays 1:30-4:30pm October 23, October 30, November 6 and November 13. Sign-up deadline is October 9. Go to www.commongroundmemphis.org for more information.

Commuter Plug-in

Becoming socially and academically integrated into the college community can be a challenge when you spend a limited amount of time on campus. Here are some practical ways to develop leadership skills and get acquainted with faculty, staff and other students.

Meeting other students: One great way to make friends is to visit our office located at 500 Wilder Tower. Here you can study, use a computer and meet great people. Also, be sure to check out the Student Activities Calendar on page 2. There are many events planned for you, such as movie nights, comedy shows, art exhibitions and football games. Remember we have lounges for you if you need to stay over to attend an event.

Getting acquainted with faculty and staff: If you haven't done it already, send your instructors an e-mail and introduce yourself. Tell them what your career interests are and ask about ways you can get involved, such as a club memberships, participation in special projects and free web resources in your area of study. The next time you go to class introduce yourself in person and thank them for the reply. Do the same for staff, especially if they will be a resource to you while you are in school. Both faculty and staff do have a heart for students, that's why they are here, so they will enjoy hearing from you. All e-mail addresses for faculty and staff can be found on the university's website.

Developing leadership skills: For most organizations, the first criteria you need to meet before campaigning is that you need to be a member of that organization. So do just that! Join organizations you have affinity with and make sure to attend their meetings. Volunteer for different tasks and be willing to help. Soon you will be leading, planning and helping others as you go. There are over 140 registered organizations at the University of Memphis. For a full list, please visit memphis.edu/student_leadership_organizations.php.



Be a part of the Commuter Students Association (CSA)

Join us October 8th at 3p.m. in room 100 in the Panhellenic Building for the October general meeting.

Visit us at: memphis.edu/commuterstudents

Adult Student Association

Save the date: Resume Building Workshop with Clay Woemmel, Associate Director of Career Services. November 4, 2009 Pan Hellenic, Room 101 from 2:00 - 3:30 pm Refreshments will be served.

Visit us at: memphis.edu/adultstudents

What would you like to see featured in the next **Adult and Commuter Connection?**

E-mail us at: acss@memphis.edu



director's corner >>>

Embracing your educational development

Dear students,
I would like to encourage you to make the most out of your University of Memphis experience. A vast

array of resources is available to you, so grab all you can. In this section you will find information on valuable resources you can take advantage of. October 6 is the Sustainable Tech-

nologies Awareness Day. Make plans to attend it between classes and learn what Sustainability means and how you can use it in your daily lives.

Another great event is the Health Fair on October 7. Even if you think you already know all you need to in order to stay healthy, come and find information you can share with your roommates, family and friends to demonstrate what you are learning at the University of

Memphis. My door is always open to you all, feel free to come in and let us know what we can do to help you.

If you are a non-traditional student, I am delighted to assist you with preliminary advising. If you are returning to school after a long break or just starting out and need a sense of direction, don't hesitate to contact me.

Sincerely, Joy Stout

New UC

We will be relocating to the new UC in the Spring 2010 semester. We will have a new and spacious area designated for adult and commuter students, so I want to hear from you. Send me your comments and suggestions for our new space!

Centennial

In 2010 the University of Memphis will be celebrating its Centennial and we will take part on the festivities. I welcome any ideas you may have to make that day extra special. Please feel free to call me or e-mail me at any time.

Contact Information

Joy Rogers Stout
Director, Adult and Commuter Student Services
The University of Memphis
505 Wilder Tower
Voice: (901) 678-2644
E-mail: jstout@memphis.edu

Choosing the right career

On September 23 the University of Memphis hosted its annual Career and Internship Expo. Around 65 prospective employers were present and an estimated 815 students were in attendance. But what brings these vendors to the U of M? Mary Rea who is a human resources generalist for AS Hospitality said that they choose to attend the expo because they have an interest in local students and also because of the U of M graduates reputation. "We have a couple of positions to be filled and have already interviewed a number of students. Some already came for a second interview and we will be possibly be making an offer in the next 2-3 weeks," she said.

According to Courtney Pierce who is U of M's Assistant Director of Career Services, the most sought after majors were in the financial industry, engineering and counseling. But how do you go about deciding what career path to take?

Located at 400 Wilder Tower, the Office of Career Services not only helps undecided students find the career that will best fit them but also offer guidance on a career plan, job and internship placement, resume tips, mock interviews and a vast array of services that are helpful to those seeking employment opportunities.

Career Services also offers valuable information on their website, www.memphis.edu/careerservices. For more information and to schedule an appointment, please call 678-2239.

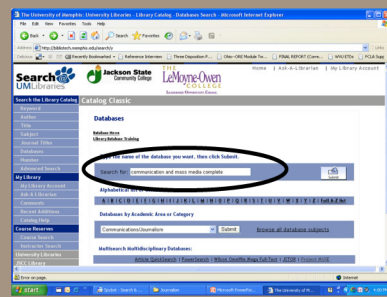


University Libraries >>>

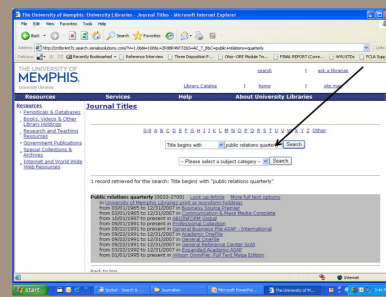
No time? Read it online!



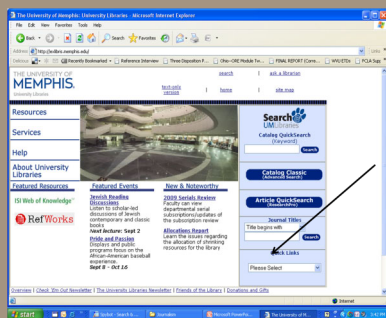
New homepage



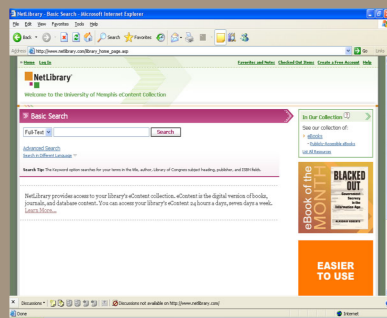
Database search



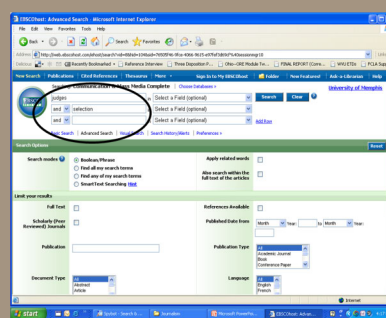
Journal Titles



Quick links menu



Netlibrary



Advanced Search

E-books and more
This past September, the University Libraries have redesigned their home page. There are nearly **70,000 e-books**, **155 e-databases** and **78,000 e-journals** you can read online, from the comfort of your home. Another cool feature is the Interlibrary loans. If you need a book that the U of M does not have, they can borrow it from another library at no cost to you. The new web address is memphis.edu/libraries. So before you buy a book, go online to check if it is available online!

What you can do to stay healthy

- ✦ Frequently wipe shared surfaces, e.g., doorknobs, stair handrails, telephone handsets, computer keyboards, etc., with alcohol-based germicidal cleaners.
- ✦ Keep hand sanitizer dispensers or wipes available for use in classrooms and areas of frequent interaction among people, e.g., receptionists' desks, computer labs, etc.
- ✦ Cover your mouth and nose whenever you cough or sneeze. Preferably, cough or sneeze "into your sleeve or elbow." If you use a tissue, throw it away after you've used it once.
- ✦ Wash your hands often, use soap and water. Alcohol-based hand clean-

- ers are also effective in killing flu germs.
- ✦ Avoid shaking hands with other people whenever possible.
- ✦ Avoid touching your eyes, nose, or mouth. Germs spread easily that way.
- ✦ Get the seasonal flu shot; it will be available on campus for \$18. A schedule is posted on page 2.
- ✦ Try to avoid close contact with sick people. The recommended distance between people is a minimum of 6 feet. Flu symptoms can include fever, body aches, runny or stuffy nose, sore throat, vomiting, and/or diarrhea.

From the U of M Student Health Services

Dining Dollars

Be informed about your money!

So what is this all about and how does it apply to you? We'll tell you, read on!

What is it?

It is a program in which all full time freshmen and sophomores who attend the University of Memphis participate. At the beginning of the fall and spring semester, each student who is enrolled in 12 or more hours will automatically have \$300 (\$600 for the academic year) in Dining Dollar\$ charged to their account which will be available for use at campus dining and vending locations. The \$300 per semester averages to \$2.68 per day or \$18.75 per week to spend on campus for food, beverage, and snacks. Dining Dollar\$ are not charged for the summer semesters.

Is this plan only for students living on campus?

No. It is for all Freshmen and Sophomore students who meet the plan criteria.

What if I don't use it?

While the new meal plan is still mandatory for students with 60 or fewer course hours, students who refrain from using their Dining Dollar\$ can receive a full refund, starting April 28.

You can request a refund of any unused Dining Dollar\$ at the end of spring semester for a specific period of time. Refund requests are only accepted online. If no refund is requested, then all your unused Dining Dollar\$ will be transferred to your Tiger Fund\$ account. Up to date information on the refund process can be found at: <https://bf.memphis.edu/diningdollars/refund.php>

Where can I use Dining Dollar\$?

Dining Dollar\$ may be used in the dining halls, kiosks, Bookstore Café, and at vending machines equipped with card readers.

Dining with
THE UNIVERSITY OF
MEMPHIS **TIGER**
dining

Off campus student plans are available to any off campus

Another meal option

Commuter 10 Meal Plan	<ul style="list-style-type: none">• \$200 in DB Dollars• 10 meals per week• \$200 DB Dollars (declining balance dollars),• Cost: \$680/semester + tax
Commuter 5 Meal Plan	<ul style="list-style-type: none">• \$200 in DB dollars• 5 meals per week
Tiger 50 Block	<ul style="list-style-type: none">• 50 meals per semester (about 3 meals per week)• \$500/semester + tax

Workshops from pg. 1

exhaust cars make," said Blair Halle a freshman Elementary Education major.

Following the Sustainability seminar, Officer Marco Anderson, U of M Police Services, opened the Staying Safe On and Off Campus. He provided students with information concerning the roles and responsibilities of our campus police. Surveyed students reported that key takeaways from the workshop included useful numbers like 901-678-HELP (U of M police) and 901-678-HOME (Tiger Patrol Escorts). The usability of the emergency phones strategically placed around campus was also highlighted. Overall, students walked away with techniques and a greater awareness about what they can do to ensure their safety while on campus.

Shelby County Sheriff's Officer Les Haynes followed as the second speaker, discussing ways to increase safety while off-campus. Surveyed students said they found to be the most helpful included: traveling in groups; parking in well lit areas; securing valuables you typically leave in your automobile; wearing clothing that allows you to evade a criminal (stilettos are out!); and use of the panic feature on most car keys to ward off a criminal.

Adult and Commuter Student Services

OFF-CAMPUS HOUSING



ONE SITE FOR:

- Housing listings
- Roommates
- Sublets
- Furniture, carpool, & more

Featuring Rentals from:

6111 at Ridgeway Crossing • Court Square Center
• HM Heckle • Jamesbridge Apartments • Madison East Apartments • Revid Property Management • The Renaissance • The Stratum on Highland • The Venue • The Villages at Harrison Creeks Apartments
• University Tower • Woodland Station & more!

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www.memphis.edu/offcampushousing

Did you know?

In 2008, the U of M campus had a 1.9% decrease in reported crime.

Did you know?

The City of Memphis has a sound ordinance meaning you can't play that stereo as loud as you want too. Doing so could cost you 500.00. BEWARE: this rule also applies to the U of M campus.

University College - flexible, relevant, and responsible

Offering a unique approach in higher education where students can help design their majors and choose which classes they take, the U of M's University College provides interdisciplinary educational opportunities primarily to nontraditional, adult students. "We offer a Bachelors of Liberal Studies and a Bachelors of Professional Studies with concentrations that are tailored to directly match student's career plans," said Dr. Pat Stevens, who is the associate dean of University College.

According to her, most students are professional adults who already have experience in their fields and are looking to advance in their careers, enhance their skills and to validate their accomplishments. "A great advantage we have over traditional degrees is that we count on the expertise of the entire university faculty. A Correctional Administration major for example, will take classes from different departments such as Psychology, Sociology, Journalism, Business and Political Science instead of just staying in one specific area," said Stevens. "We are a best-kept secret."

The University College has approximately 1500 enrolled students. It offers on-campus and online classes during the day and night times. Upon enrollment, students

are assigned to an advisor who will assess their interests and guide them through making the right decisions toward achieving their goals. "Being an adult student myself when I first got my degree, I appreciated having a support system from a supervisor who encouraged me to further my education," said Dorothy Hale who is a distance education advisor and also a PhD student.

The Organization Leadership and Health Services Administration concentrations have the highest number of students. Successful candidates may be able to apply their professional experience toward credit hours. The University College also offers a Master of Arts in Liberal Studies, a Master of Professional Studies and a Master of Science in Merchandising & Consumer Sciences. The average student age is between 25-30 and many Shelby County are University College graduates.



Dr. Patricia Stevens
Associate Dean of
University College



Learn more about the University College by calling 678-2716 or visiting
www.memphis.edu/univcoll



Visit us on Facebook: University of Memphis Adult & Commuter Student Services

October



Web 2.0 Tools for Students

Students will be able to incorporate various web 2.0 tools such as Twitter, Picnik, Animoto for use in projects, group collaborations, presentations, and for everyday organization and entertainment.

Presenter: Ms. Kristy Conger, Academic Technology Consultant, U of M Advanced Learning Center.

Thursday, October 29, 2009
11:20 a.m. - 12:45 p.m.
Panhellenic Ballroom

November



Stress Management

Students will learn about the types of stress, time management skills, nutritional caveats that affect stress, and will practice relaxation techniques that help to manage stress.

Presenter: Dr. Yolanda Harper, Asst. Vice President for Student Affairs, Student Development.

Wednesday, November 18, 2009
12:40 p.m. - 2:05 p.m.
Campus Rec (GYM)

MISSION

The mission of the Adult & 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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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 901-678-2644 during our regular business hours or after hours leave us a message on voice mail. You may also reach us through e-mail at acss@memphis.edu.