

The University of Memphis

Adult & Commuter Connection

Start Your Day With Us!



The inaugural Open House on the University Center fourth floor bridge was an enjoyable success. The event, tagged “Start Your Day With Us”, was held Aug. 30 & 31. It marked a collaboration

between the offices of Adult and Commuter Student Services, Student Activities Council (SAC), Leadership and Greek Affairs, and Minority Affairs. Students were able to visit information tables and tour each of the four offices, all of which are located on the fourth floor of the UC:

- Student Leadership & Involvement and Greek Affairs are both located in UC 427. The Leader-

ship office provides programs and opportunities for students to become meaningfully involved in campus life. Programs and initiatives consist of campus-wide entertainment, cultural and educational programs, Greek organizations, volunteer service, leadership, recognition, and student organizations.

- SAC, located in UC 425, provides programs, events and services to the University of Memphis community based upon the Wellness Model concept focusing on the community's social, occupational, spiritual, physical, intellectual and emotional development.
- The Office of Minority Affairs, located in UC

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Adult and Commuter Students Welcome

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Greetings Adult and Commuter Students:
 Now that your summer is over and school is in session, we hope that you are ready to face this transition with the belief that you can be a dreamer, thinker and a doer. We want you to believe that you can do whatever you want to do if you put your mind to it.
 The Adult and Commuter Services Office is available to assist you as you evolve into a U of M dreamer, thinker and doer. You are welcome to

visit our office to study, relax between classes, use the computers, and meet other students. Campus and Community resource information can also be obtained in our office. We have been making plans for your arrival this fall by carefully planning activities/training seminars based on the student survey satisfaction results.
 This semester we will host “Wild Wednesday” training seminars monthly, and the Adult Student Association will continue to host

their monthly Saturday workshops. The office will host its first Multicultural Eating at Lunch (MEAL) potluck. You are invited to bring a dish representing your culture to share with us during the potluck. Also, tutoring will be available in English, U.S. History and World History. We look forward to your participation in our fall semester activities.
 Have a great semester!
 Joy Rogers Stout
Director of Adult and Commuter Student Services

Wild Wednesdays!

Adult and Commuter Student Services invites you to attend our *Wild Wednesdays!* Training Seminars. Lunch will be provided. Space is limited, so please RSVP to Heather Hampton at 678-2644.

The first seminar, "How to be an 'A' Student" takes place Sept. 21. Future seminars include "Tiger Technology" on Oct. 19, and "Stress Management" on Nov. 16. For more information, visit the ACSS Web site, www.memphis.edu/acss.

How To Be An "A" Student

Facilitated by Dr. Barbara Bekis, Educational Support

Wednesday, September 21, 2005

1 p.m. – 2 p.m.

UC 404 (Senate Chambers)

Students will receive valuable tools that will help them to have a successful academic experience.

Career and Internship Expo

Looking for that key networking opportunity? Want to increase post-graduation employment opportunities or gain an important internship? Then you won't want to miss the 2005 Career and Internship Expo.

Career and Employer Services encourages students to dress professionally for the expo, to allow plenty of time to meet employers, and to bring several copies of their resumes. To visit with the most

employers, be sure to come early – some employers are unable to stay the entire time.

How to Make the Most of a Career Fair

- Dress as you would for an interview; ask thoughtful questions.
- Before attending the fair, take the time to review the list of companies that will be participating (www.people.memphis.edu/~univplace). Gather relevant

information about those whose representatives you are interested in meeting.

- Prepare a 2-3 minute presentation of your qualifications.
- Ask for business cards from representatives.
- Follow-up letters may include thanks for information received, a review of your qualifications, and a request for an interview.

Student Health Fair



Haven't had your check-up yet? Then check out the 4th Annual Student Health Fair on Wednesday, Sept. 21. The event under the tent runs from 10 a.m. to 2 p.m. on the

Alumni Mall. Students can take advantage of free health screenings, enjoy free food, and win free door prizes. Learn how to become a healthy Tiger. The health fair is presented by Student Health Services and the Career and Psychological Counseling Center.

Graduate and Professional School Fair

Don't miss the Graduate and Professional School Fair on Thursday, Sept. 29, from 11 a.m. to 2 p.m. in the UC Ballroom. Representatives from graduate,



law, pharmacy, seminary schools, and more will be available to discuss their individual programs. This is a great opportunity for students to gather information from a number of schools from across the region at one time.

Adult Student Association (ASA)

What is it? The ASA serves as a support and advocacy group for nontraditional students who have needs, both academic and social, which are different than those of traditional students.

Where can I find out more? You can pick up information and an application to join in the Adult & Commuter Student Services office or check out the ASA website at www.people.memphis.edu/%7Eadultstu.

ASA News

ASA elections were held in the spring and the ASA started the fall semester with

three new officers and one returning officer. Newly elected officers include President Alyce Richmond, Vice-President Chris Dorais, and Secretary Tara Whitson. Treasurer Jim Schrader was re-elected.

The ASA and the Student Activities Council (SAC) are co-sponsoring a workshop series open to all students. The following workshops will be offered:

- Stress & Self Management – 9/24/05
- Academic Research & Paper Writing – 10/8/05
- Family Budgeting – 11/19/05



ASA officers (l-r): Chris Dorais, Alyce Richmond, and Jim Schrader.

Arts and Entertainment

The Art Museum of the University of Memphis (AMUM) will host receptions on Friday, Sept. 16, to mark the opening of three exhibits:

- Perfect: A Group Exhibition
- Samuel H. Crone: Answers & Questions
- Nick Nelson: “Memento”

The receptions are from 5 p.m. to 7:30 p.m., and are free to the public. The exhibits will run through Saturday, Oct. 15. Call 678-2224 for more information on this and other AMUM events.



Award-winning poet **Mark Jarman** visits U of M this month as part of the River City Writers Series. He will read selections from his work on

Wednesday, Sept. 21, at 8 p.m. in the UC Faulkner Lounge. On Thursday, Sept. 22, Jarman will hold an interview at 11:30 a.m. in Patterson Hall 456, and will conduct a poetry workshop at 3 p.m. in Patterson Hall 403. All events are free and open to the public.

Grammy nominee **Kirk Whalum** will perform with **Southern Comfort**, U of M’s student jazz orchestra, on Wednesday, Sept. 27, at 7:30



p.m. at the Harris Concert Hall (Music 100). Admission is free for U of M students and faculty with ID, \$8 for the general public, and \$5 for senior citizens and non-U of M students. Call 678-2541 for information on this and other Music events.

Educational Support Program Seminars

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

- 9/8 “Set Up for Learning Success” — Strategies for Learning
- 9/14 “More Reading in Less Time” — Effective Reading Strategies
- 9/22 “Time Management is of the Essence” — Effective Planning and Time Management
- 9/28 “There Might Be a Better Way to Study” — Note Taking and Study Strategies

How to Improve Gas Mileage

With gas prices climbing toward \$3 per gallon in Memphis, it is important to know how to improve gas mileage and keep a few dollars in your wallet.

Keep Your Car in Shape

When was the last time you had your engine tuned? You can save an average of 4.1% in fuel economy by fixing what's under the hood. Also, regularly check and replace air filters. This can improve gas mileage by up to 10%. Using the recommended grade of motor oil for your

vehicle and keeping your tires properly inflated can save you a few more pennies per gallon.

Drive More Efficiently

Speeding, rapid acceleration and braking can lower your gas mileage 5% around town and 33% on the highway. That's an extra \$0.15-\$0.86 per gallon wasted by aggressive driving. Observe the speed limit. Each 5 mph that you drive over 60 mph costs you another \$0.15 per gallon. Plus, driving under the speed limit will save you a ticket!

Plan and Combine Trips

It is cheaper (and more time efficient) to run several errands during one trip than to take several short trips. Consider carpooling with other students or co-workers. This can reduce weekly gas costs by half and save wear and tear on your vehicle if you and others take turns driving. Another option is to take the bus or ride a bicycle.

*Source: US Department of Energy
www.fueleconomy.gov*

Start Your Day With Us (continued)

417, promotes and advances the personal development and academic success of minority students enrolled at U of M.

- Adult and Commuter Student Services, located in UC 424, provides 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.



A student enjoys a doughnut and orange juice at the Open House.

Tutoring Available

Dr. Gary Thomas will provide tutoring in US History on Wednesdays, 1 p.m. to 2 p.m., in the Adult and Commuter Student Services office, UC 424. Call 678-2995 for more information. English tutoring also will be available soon; check with the ACSS office for dates.



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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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