

DIRECTOR'S UPDATE

October 2009

Remember: With Freedom Comes Responsibility

I sincerely hope that you are having an enjoyable, exciting and productive first semester and that the University faculty and CAS staff are providing you with the necessary support.

This is the first issue of a CAS newsletter that will be distributed twice each semester. Each edition will provide you with information that will help you throughout the school year.

As you make the transition from high school to college, you may experience a great deal of freedom. For many of you, this is the first time you have been on your own. Remember that with freedom comes responsibility. The choices you make and the habits you establish this semester affect your future. Make the right choices!

Good luck to you during the rest of the academic year.

Yvonne K. Williams, Ph.D.

Director

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Silence . . .

"In the end, we will remember not the words of our enemies, but the silence of our friends."

Martin Luther King Jr.

Advisement Appointments

It is already time to sign up for spring semester classes. Pre-advisement began September 21. If you haven't already done so, it is especially important that you make an appointment as soon as possible. *Students with early appointments secure a more convenient schedule and a better selection of classes.*



If you need a work block or you are an athlete, it is particularly important for you to make an appointment as soon as possible. Without an early advisement appointment, you run the risk of not securing a work block

and/or not having classes that coincide with practice times.

If you haven't made your appointment, schedule it now. Come by the CAS Office (Woody Hall C-7) today!

Advance Registration for Spring 2010

Beginning Date	Time	Last Name Begins With
Friday, October 30	7:45 AM	K through O
Friday, October 30	9:45 AM	A through C
Friday, October 30	11:45 AM	P through S
Friday, October 30	1:45 PM	D, E, and T through Z
Friday, October 30	3:45 PM	F through J

What are Registration Holds?

The two most common types of registration holds seen in the Center for Academic Success are "Transcript Holds" and "Immunization Holds." These are explained below:

Transcript Hold – All students must have a FINAL high school transcript on file with Records and Registration.

Immunization Hold – All students are required to have a current immunization record on file with Student Health Services.

If transcript and immunization requirements are not fulfilled, a registration hold results. Students with registration holds will not be able to register for spring semester. Students who must resolve a hold before

registering will find that the delay in registration makes it difficult to obtain a suitable class schedule.

Education . . .

"Education makes a people easy to lead, but difficult to drive; easy to govern, but impossible to enslave."

Omar N. Bradley

Peer Assistants (P.A.) Offer You a Helping Hand!

You may be asking yourself, "What is a P.A. and why do I need one?" First and foremost, Peer Assistants are a freshman's dream come true. A P.A. is a person you can consult without the pressure of having to deal directly with university officials.



Your Peer Assistant can help you make friends on campus and adjust to college. If you have a problem with a class instructor, a P.A. can help you. If you want to try something new, but are worried about doing it, talk to your P.A. He/She will have an open mind, be a good listener and may help you feel more confident.

A Peer Assistant can give you vital information concerning the University as a whole. Remember, a P.A. has experience negotiating university policies and handling academic pressure and college stress; a P.A. can use his/her experiences to assist you in adapting to college life. So, if you don't already have a Peer Assistant, a better question to ask yourself is, "What am I waiting for?"

Contact Michelle Jackson at the CAS Office (Woody Hall C-16) for more information about Peer Assistants.

Computer Lab Hours

A classroom in the computer lab (ASA 112E) is always reserved for CAS students. Lab hours are:

Monday & Wednesday: 9 a.m. - 12 p.m.

Tuesday & Thursday: 8 a.m. - 3 p.m.



The Lab Coordinator is John Korte, who can help you with your UNIV 100 homework. Call him at 453-7977.

Happy Halloween!!!!



Enrollment and Withdrawal Information

Full-Time Enrollment: Students must carry a minimum of twelve (12) hours to be considered full-time. When you drop a course and fall below the minimum 12-hour requirement for full-time status, you put your housing and financial aid in jeopardy.

Transitional Programs: The Transitional Programs office, located in Woody Hall A-102, handles student withdrawals and emergency absence requests. Students must contact Transitional Programs (453-7041) to officially withdraw from SIUC or to verify and/or document the reason for an emergency absence. Transitional Programs staff does not and cannot excuse absences; however, they will forward information to a student's academic unit and one's professors. (Examples of emergency absences: personal or family illness and hospitalization; cases of a death in the family; and/or other personal tragedy.)

W Grade: A grade of W indicates an authorized drop from a course made through the program change process by an established deadline. Under SIUC's grading system, there is no grade to accompany the W.

WF Grade: A grade of WF will be requested for any student who does not officially withdraw from a class, but ceases attending class and fails to complete all course requirements. Receiving a WF grade can affect future registration and result in the loss of financial aid for that course (making immediate repayment of the cost for the course to the Bursar's Office necessary). The WF counts as an F in calculating one's GPA.

Fun Facts about Pumpkins

- ☺ In early colonial times, pumpkins were used as an ingredient for the crust of pies and not the filling.
- ☺ Six of the seven continents can grow pumpkins. Antarctica is the only continent in which pumpkins will not grow.
- ☺ Pumpkins were once used to remove freckles and cure snake bites.
- ☺ Pumpkins are 90% water and contain potassium and Vitamin A.

- ☺ Pumpkin flowers are edible.



Academic Coaching: The Key to Good Grades

Academic Coaching Services, located in Woody Hall C-16, is a free program designed to help current and former CAS students improve their grades. This service is not just for students who have problems in classes or with studying. In the past, many CAS students who received good grades continuously attended Academic Coaching sessions. Here are some of the reasons why:

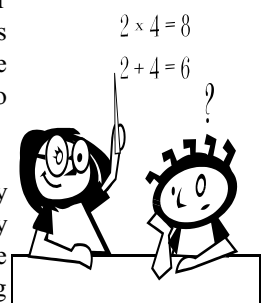


- ① Academic Coaches, who are students themselves, offer assistance with study strategies and test preparation. They remember when they struggled to learn the same things you are trying to learn. Academic Coaches have a casual yet professional manner and won't make you feel embarrassed.
- ② Students do not always understand what instructors say during class, but Academic Coaches can explain things in different ways so that students do understand. Academic Coaches can take as much time as is needed to fully explain a situation or problem(s) on a one-to-one basis.
- ③ Many students keep regular weekly appointments so they can get assistance with their homework. While Academic Coaching staff will not do homework for you, they will help you so that you can do your homework yourself.

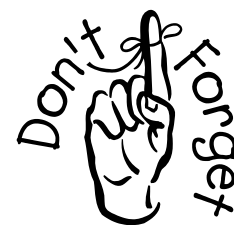
As soon as you receive an assignment with which you need help, see an Academic Coach. Don't wait until the day before the assignment is due to make an appointment. Waiting will likely result in lacking the proper time to prepare and may be the difference between receiving a good or bad grade.

When you meet with your Academic Coach, you need to be prepared. Make a complete list of your questions and do not worry about its length. Make sure that you take all the books and assignments you will need to your coaching appointment.

To request an Academic Coach, stop by the Academic Coaching Office (Woody Hall C-16) and complete the "Coaching Request Form." Coaching



appointments are scheduled in Woody Hall (C-16),
Mondays through Fridays, between 9 a.m. and 5 p.m.
Appointments and walk-ins are welcome.



Calendar of Events

Date	Event
Monday, October 12 – Friday, October 16	Mid-Semester Exams
Friday, October 30	Advance Registration for Spring 2010
Sunday, November 1	Daylight Saving Time Ends
Wednesday, November 11	Veterans Day Holiday - No classes
Saturday, November 21 – Sunday, November 29	Thanksgiving Vacation
Monday, December 14 – Friday, December 18	Final Exams
Monday, December 21 – Sunday, January 17, 2010	Break