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“Spartan Defense” is a prevention program designed to the Aurora University community on actions to minimize and prevent illness. Many of our students are asking Wellness Center staff members what they can do to protect themselves from getting the flu this season. The Wellness Center is encouraging students to develop the following healthy habits to minimize their chances of coming down with the flu.

**Consider getting the Seasonal Flu Vaccine.** The vaccine will be available on campus on October 29, 2009, from 11 a.m. to 2 p.m. in the gym for a $20 fee. Also available will be pneumonia shots ($35), Tetanus-diphtheria-pertussis shots ($45) and meningitis shots ($100). No appointment is required; payment made at time of service.

**Follow the "3 C's":**

- **CLEAN:** wash your hands frequently and avoid touching your eyes, nose or mouth.
- **COVER:** Cover your mouth and nose with a tissue when you cough or sneeze and dispose of the used tissue right away. Cough or sneeze into your upper sleeve if you do not have tissue.
- **CONTAIN:** Try to stay several feet away from sick people to avoid catching their germs. If you suspect you have the flu, you should remain home until you have been fever free for 24 hours (without the use of fever-reducing medication) to prevent the spread of flu to others.

**Practice good health habits** including adequate sleep, eating nutritious food, staying away from people who are sick, and keeping physically active.

**Do not share personal items**, such as drinks, eating utensils, or lip balm.

**Be prepared.** Be prepared in case you get sick and need to stay home for an extended period of time. Having self-care supplies such as hand sanitizer, cleaning supplies, tissues, thermometer, over the counter fever-reducing medications, throat lozenges, decongestants, and your usual prescription medications or other related items could be useful and help avoid having to make a trip out in public while you are sick.

**Stay informed.** Knowing the facts and being prepared is your best defense. Visit our Resources page for reliable, accurate and timely information.

**When in doubt, visit the Wellness Center in Jenks Hall.** The Wellness Center, located in the lower level of Jenks Hall, is open Monday-Friday, 8:30am-4:00pm. Please call 630-844-5434 to schedule an appointment.

**WANT2KNOWMORE?**

To learn more about how to protect yourself from the flu and other similarly transmitted diseases, visit the Wellness Center website (http://www.aurora.edu/student-life/wellness/spartan-defense/resources.html).
Being a Good Neighbor

Many of Aurora University’s undergraduate students live off campus. In any community, there is a mixture of residents, often including senior citizens, families with children and single professionals. In the communities surrounding Aurora University, student residents are often considered to be representatives of the university, even at their off-campus residences. As a result, the University is concerned about the impact of students’ conduct in the community.

We ask students to be considerate of their neighbors. Students should recognize that their schedules may differ considerably from other residents’ schedules and be considerate of community issues such as noise, parking, trash, property maintenance and alcohol usage. It is the student’s responsibility to know and follow the City of Aurora Ordinances. These can be found at [http://www.aurora-il.org/](http://www.aurora-il.org/).

General expectations include the following:

- Check your lease to determine who is responsible for lawn maintenance and trash. It is important that you keep your home and yard clean and managed.
- Park cars in the street or in your driveway, not on the lawn; keep parked cars to a minimum and do not infringe on the ability of others to get in and out of their driveways without their view being obstructed.
- Be aware that loud music or cars, shouting individuals or increased traffic will disrupt your neighbors.
- Take care of your pets. Barking dogs or other wandering pets are disruptive and a safety hazard.
- Take responsibility for your guests and ask them to respect your neighbors’ property and quality of life.

FACEBOOKER BEWARE:
Postings on Facebook can come back to haunt you.

Not to start celebrating Halloween too early, but what students don’t know about social networking can be scary.

Facebook, MySpace, Twitter, etc. are all intended to provide people with an opportunity to interact with friends, family, and colleagues across the country and around the globe. It can be a great way to keep in touch, share stories, and network. What many people don’t realize is how quickly information can spread, and just how many people (your grandma, your boss, your teachers) can potentially access information that you prefer to share with a more select group.

Generally speaking, there are a few basic safety tips that social networkers are recommended to follow:

- Do not share your password—not with roommates, not with your boyfriend/girlfriend, not with anyone
- Be aware of your privacy options and review them often to ensure that they reflect your level of comfort
- Be extremely careful about posting personal information, especially details that could be used to identify you or locate you offline, such as your address or telephone number
- Report any unwanted/inappropriate communications

The posts/pictures that can haunt a social networker are those that are subsequently viewed by a potential employer or graduate school admissions committee. A study by CareerBuilder found that 45% of employers research candidates online and cautioned that many employers choose not to hire based on the information they find.
On October 13 & 14, the Crouse Center for Student Success hosted First-Year Advising Workshops at which students met their academic advisor, received information pertaining to registration for spring 2010 courses, and had the option to schedule an advising appointment.

**What is academic advising?**
The purpose of academic advising is to help you develop an educational plan and eventually reach your specific educational goals. This process also involves helping you understand the objectives and requirements of the bachelor’s degree. You will find that helping you connect your academic work with your personal passions is another goal. Your advisor is a valuable resource for selecting courses, finding out about the requirements for various majors, helping you understand general education requirements, and referring you to others for assistance when necessary. Through helping you with your advising questions and concerns, your advisor can help you make the most of the many opportunities Aurora University has to offer.

**An academic advisor is someone who can:**
- Help you plan an educational program based on your interests, talents, and goals.
- Assist you with learning better study and time management skills.
- Review your selection of classes to make certain that they are appropriate choices leading toward your particular degree or major.
- Answer your questions about taking summer classes.
- Explain your major and minor requirements.
- Suggest options if you do not like your current major.
- Inform you about various college or university policies and procedures.
- Help you decide whether or not to drop or add a course.
- Explain your General Education Requirements.
- Suggest ways you can correct an academic deficiency.
- Talk about next term’s schedule.
- Refer you to a personal or financial counselor.

**An academic advisor cannot:**
- Make decisions for you.
- Choose an appropriate major for you.
- Tell you which classes or professors are “easy.”
- Solve your problems for you.
- Act as a personal or financial counselor.
- Give academic information about you to others without your permission.

**WANT TO KNOW MORE?**
Visit the Crouse Center for Student Success at [http://www.aurora.edu/academics/resources/crouse-center/index.html](http://www.aurora.edu/academics/resources/crouse-center/index.html)
**Student Organizations**

**Thursday, October 22**
Gamma Phi Omega, LaLoteria Game Night, Spartan Spot, 7-9pm

**Saturday, October 24**
Games Club, Rock-Con ’09, Rockford, IL, 6am-11pm

**Tuesday, October 27**
Colleges Against Cancer, Scare Away Cancer Fair, UBH South, 5-8:00pm

**Wednesday, October 28**
Alpha Phi Alpha Fraternity, Inc., Feed My Starving Children, Aurora, IL, 6:30-8:30pm
Greek Council, Pizza with the Greeks, Luigi’s Pizza and Fun Center, 7-9:00pm

**Thursday, October 29**
Intervarsity Christian Fellowship, Large Group Meeting, Chapel, 8-9:30pm

**Activities Programming Board (APB)**

**Tuesday, October 27**
Clearly You Crystal Key Chains, Dunham Hall Atrium, 10am-4pm

**November Sneak Preview**

**Tuesday, November 3**
Counseling Services, Depression Screening, Spartan Spot, 11am-1:30pm

**Wednesday, November 4**
FLY, Wardrobing on a Budget Seminar, Dunham Atrium, 7-8pm

**Thursday, November 5**
BSA and Alpha Phi Alpha Fraternity, Talent Show, UBH, 9pm-12am

**Saturday, November 7**
Intervarsity, “What is Church Really” Program, Downtown Aurora, 7-9pm

**Thursday, November 12**
Delta Mu Delta & the Crouse Center for Student Success, Etiquette Luncheon, UBH North, Noon-1pm

**WANT2KNOWMORE?**
To learn more about upcoming campus events, visit the Student Activities website (http://www.aurora.edu/activities). An exciting event is always right around the corner at Aurora University!