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Be ready for the New Year!

Complete and submit the 2010-2011 FAFSA now for maximum consideration of federal, state, and institutional aid.

Financial aid awards are made for one academic year. You must apply for financial aid each year. Aurora University highly recommends filing the FAFSA as soon as possible after January 1st.

Federal School Code: 001634

Visit www.FAFSA.ed.gov to fill out your 2010-2011 academic year FAFSA (Free Application for Federal Student Aid)

WANT2KNOWMORE?

To learn more about filing for financial aid, visit the The Office of Financial Aid, Eckhart 205, (630) 844-6190, finaid@aurora.edu, www.aurora.edu/financialaid.
Most people prior to making an important decision or purchase do a little research about their options. Whether it is visiting a web site, accessing resource information, or going somewhere to ask questions to find the best features, price, warranties, customer service plans, etc..., educating ourselves prior to making that big decision or purchase makes us a more wise consumer and less likely to have unexpected problems or buyer’s remorse. Would you make an expensive purchase or decision blindly?

Healthcare is no different. You are the consumer of healthcare and have a responsibility to yourself and your health to educate and advocate for yourself. February is “Wise Healthcare Consumer” month. Take a moment to think about what you can do to be a smart consumer.

**What Can I Do to Become a Wise Healthcare Consumer?**

**Know your insurance plan.** Do I have an HMO or PPO? Does my plan cover office visits, immunizations, urgent care or ED visits, prescriptions? What doctors are “in my network” so I can pay less out of pocket. Do I have co-pays? How do co-pays work?

**Choose a primary care physician (PCP) otherwise known as a “regular doctor”**. You will receive better care from someone who knows you and your history, this is especially important if you have any chronic or recurrent health problems.

**Be prepared for your visit to a healthcare provider.** Bring your ID and your insurance card or info. Know the medications you take or are supposed to take, any allergies you may have, your medical and surgical history. Be prepared to give a history of symptoms, when they started, and how they have progressed since onset.

**Establish open and honest communication.** This is extremely important. Be concise, stick to the point of your visit, report the facts. Do not tell them what you think they want to hear or what you think you should say to get what you think you need. Let the facts and medical evaluation determine your care. Better communication leads to better solutions and outcomes.

**Ask questions.** Don’t be intimidated. Yes, the care provider only has a limited amount of time, but when you leave you should know your diagnosis, how to treat it, what to expect, and when to follow up for a recheck if needed. If you have questions or problems following the plan, call them. Many times they can advise you further by phone.

**Advocate for yourself.** If something does not seem right, ask questions. If you healthcare provider isn’t listening or answering questions, say something or find a doctor that will listen. If you have barriers to following the plan of care like a limited insurance or prescription plan or budget or any other barriers to following the plan discussed by your provider TELL THEM. They may be able prescribe a less expensive med to do the same job, or have samples available, or may be more fiscally responsible with ordering testing or treatments as long as it does not jeopardize your health outcome, or adjust your plan so that you can follow it.

**Take responsibility for your health.** No one can help you if you don’t try to help yourself. Educate yourself, follow the plan of care, follow-up as directed, listen to your body, and advocate for yourself. After all isn’t your health your biggest investment.

**Are You Healthcare Wise?**

To learn more about being an informed health care consumer, visit the Wellness Center in the lower level of Jenks Hall.
Once upon a time, a long, long time ago, we were not expected to give a valentine to every student. We would march around the elementary school classroom (while magical music was playing) and slide our secret notes or candy into the brown paper sacks of students we liked, we knew from our neighborhood, we knew were going to give us something, or we were madly in love with.

Not unlike picking teams on the playground, there were always a few kids who felt like they were leftovers and received few cards. And of course, there were several kids who had overflowing sacks. We all have been one of these, or very possibly the kid in between, wondering what it was like to be the popular one or the one who sadly embraced only three cards, two of which came from the teacher and classroom assistant. Yes, there were students who didn’t care about Valentine’s Day, but many of us wondered who liked us, or if we would be so lucky to have cupid shoot an arrow in our butt.

Since then, things have evolved. Elementary students today are expected to give something to everyone in the class so no one is left out. The valentines are purchased at the store and only have a small space to sign your name in ant-size letters. There is little room for interpretation or creativity, and because everyone gets the same amount, no reason to be sad. Kids sign their names, tape on the Jolly Rancher or sucker, and then carry their boxes of cards to school with visions of sugar highs dancing in their heads. Everything is equal. Everyone heads home with impersonally full bags of candy and cards which will likely induce diabetes and end up in the recycling bin by Saturday. Everyone is "happy."

Then one day we wake up and we are in college. There are no homerooms and there are no paper sacks. In this world we may give valentines only to our boyfriend or girlfriend, or maybe if you are a girl, your BFF. The emphasis in the "adult world" is that we give gifts, cards, flowers or take that special someone out to dinner (even if we may not be able to afford it). There are no teachers or parents in our faces making us give things to everyone, and there is no guarantee that anyone will give us anything to show us that we are wanted or loved. Often, if there is no "special someone," Valentine's Day may result in feelings of loneliness or despair. Do we necessarily feel any better than we did when we were in 3rd grade? Do we have anybody who will ask us out or show us they want us? The answer may be yes, but it also may be no. The American culture seems to take this opportunity to tell us what love is, and sometimes it feels like we don’t have it.

However, many people believe that love is about giving, and that when we give it, more often we receive it. If we aren’t feeling the love or don’t even know what love means to us right now, we can still be experience a bit of that magical music. Just as most holidays have a reason for reflection or emphasis on celebration, we can create our own for Valentine’s Day regardless of what our circumstances may be. If we choose to look at this made-up, greeting card holiday not as merely a holiday for lovers, but a chance to consider the love all around us and give love to others, we can experience it.

It can be very easy to get caught up in our own wants and needs, and allow ourselves to feel down, but let me suggest a few ideas for all of us to consider that could help us to not only spread the love, but feel it as well. These ideas aren’t just for Valentine’s Day, but things we can do anytime. Try one out, or create your own, but whatever you do, try not to let the number of valentines in your brown paper sack determine your worth. You can be a living, breathing valentine to someone else.

If you are struggling with a relationship or feeling down, Contact Counseling Services for guidance and encouragement. Call (630) 844-5118 to schedule an appointment.

How to Spread the Love This Valentine’s Day

- Mail a card to a friend
- Write a note of encouragement to someone
- Take a risk and ask someone out on a date
- Get a small inexpensive gift for someone who is down
- Make a list of the things you love about yourself
- Do a random act of kindness for someone
- Buy red food coloring and make red pancakes
- Take a step to break an unhealthy cycle
- Try your hand at writing a poem
- Return something you have borrowed
- Volunteer some time at a retirement home
- Write a love song and play it for someone
- Apologize if you are sorry
- Do something to take care of yourself
- Hug five people
- Do something to make someone laugh
The 2010 Commencement Ceremony is drawing ever-near. For many of our graduating seniors, the focus has already begun to turn from academics to employment. The Crouse Center for Student Success houses the university’s career services programs. The following events are designed to provide students with access to interview experience and exciting employment opportunities. Please be sure to register for these events as soon as possible!

### CareerFest

The purpose of CareerFest is to connect quality student and alumni candidates from ISCPA member schools with employers who want to hire for their job and internship positions. *Only current students and alumni can attend.*

**Date:** Friday, February 5, 2010  
**Location:** Drury Lane Theater, in Oakbrook Terrace, IL  
**Times:** 9-11:30 AM and 12:30-3:00 pm  
**Registration:** $20.00 at the door (cash only)

**Professional Dress**  
**Bring Plenty of Resumes**

For further information, please visit:  
www.ISCPA.org

Questions? Contact Kidada Robinson; krobinso@aurora.edu

### TeacherFest

The purpose of TeacherFest is to connect quality teacher candidates from ISCPA member schools with Illinois school districts. *Only current students and alumni can attend.*

**Date:** Thursday, February 18, 2010  
**Location:** Drury Lane Theater, in Oakbrook Terrace, IL  
**Times:** 12:30 p.m. - 5:30 p.m.  
**Pre-Registration:** $10.00; deadline is Friday, February 12

**Professional Dress**  
**Bring Plenty of Resumes**

For further information, please visit:  
www.ISCPA.org

Questions? Contact Kidada Robinson; krobinso@aurora.edu

Spring means that it is time to start getting your resume together. Whether you are looking for an internship or your first professional job out of college your resume must persuade a prospective employer that you are the perfect person for the job.

**Don’t miss Career Thursdays: Writing Effective Resumes**

Thursday, February 11, 2010—12:00 (noon) to 1:00 p.m.  
UBH North—RSVP by calling 630-844-6870

**FREE PIZZA, SODA AND COOKIES!**

WANT2KNOW MORE?  
To learn more about career services at Aurora University,  
Visit http://www.aurora.edu/academics/resources/crouse-center/career-services/index.html
**STUDENT SPOTLIGHT:** Leighann Rohrsen

**Name:** Leighann Rohrsen  
**Year:** Senior  
**Hometown:** Carol Stream, IL  
**Major:** Biology  
**Minors:** Chemistry and Physiology  
**Hobbies:** Snowboarding, going to concerts, going to Cubs games, shopping

**Major Job Responsibilities:** As a Senior Resident Assistant, I am a mentor to the other staff members in my building, I put the schedule together for who is on duty every night in the residence halls, I run weekly meetings, and help with training of other staff members. I also do everything else that a Resident Assistant does, such as planning educational and social programs, and assisting my residents in any way I can.

**Favorite thing about AU:** The small class sizes have allowed me to form really strong relationships with many of my professors. Some of them have been helpful references for me while applying to graduate school.

**Favorite thing about living in the residence halls:** Convenience—it makes everything less stressful! All I need is right here. I am never far from my classes, places to eat, the library, campus activities, friends, and my on-campus jobs.

**Why I wanted to work in Residence Life:** I wanted to be an active part of Res Life, because I wanted to mentor other students, and help others experience all the opportunities available on the AU campus like I have. I have been able to do these things, and much more during my three years as a Resident Assistant.

**One highlight of my time at AU:** The opportunity to travel on a May-term trip to Costa Rica for a Global Health Systems course. We compared the health system in the United States with the health system in Costa Rica; I don’t think I’ve ever learned so much in just over one week!

**Additional activities:** Besides being a Senior Resident Assistant, on campus I am a Cell Biology lab assistant and a genetics peer tutor. I also volunteer weekly at Gigi’s Playhouse-Down Syndrome Awareness Center, and at the Association for Individual Development Crisis Line.

**Something most people don’t know about me:** I have three national championships and a world championship in baton twirling.

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**ATTN: Unattended Children**

Whether it is the economy or some other cause, we have had an increasing number of incidents this semester where students (typically in the evening) come to campus with their minor children and leave them unattended in public spaces on campus, typically the library or a computer lab. The administration expects that all AU students will make child care arrangements for the children prior to coming to class.

This expectation stems from a number of issues. First, our buildings are wide open and the unattended children are at risk of abduction. Second, the children are in a space surrounded by college students who are not always sensitive to what children should hear or see when they (the college students) speak or surf the internet. Third, university resources, both human and physical, must be dedicated to the learning experiences of our students. Unattended children place a burden on both of these kinds of AU resources.
Be a Part of Residence

L.I.F.E.!

Learning • Integrity • Friendship • Excellence

Adam Campos

“I enjoy meeting new people and developing leadership skills. I also like being able to facilitate social programs that will help others build lasting relationships.”

Shammrie Brown

“The best parts about being an RA are learning the importance of serving others, and discovering the strengths we, as resident assistants, possess within ourselves before we graduate and enter into the ‘real world.’”

Ebony Brooks

“What I enjoy most about being an RA is the constant opportunity to have an impact, no matter how big or small, on the lives of residents.”

WANT TO KNOW MORE?

Visit the RA. Selection website at http://www.aurora.edu/student-life/residence/how-to-ra.html
2010–2011 Resident Assistant Selection Timeline

Thursday, January 14 • 11:30 a.m.–1:00 p.m.
Involvement Fair
Thornton Gymnasium
Learn about the RA program at this popular campus event.

Tuesday, January 26
RA Information Sessions
Meet current RA s and hear about their experiences or just get a free hug!

11:30 a.m.–1:30 p.m.
Dunham Hall Atrium and Cafeteria Entryway in Alumni Hall

4:30–6:30 p.m.
Cafeteria Entryway in Alumni Hall

Wednesday, February 17
RA Application Materials* Due by 4:30 p.m.
Submit materials to Megan Germain, Assistant Director of Residence Life, in Wilkinson Hall or by e-mail at mgermain@aurora.edu. Both printed copies or electronic copies are acceptable.

Friday, February 19 • 6:00 p.m.
Group Process Night
Dunham Hall Atrium
All RA candidates are required to attend Group Process Night in order to continue in the RA selection process. This get-together involves a series of group challenges in which teamwork, prioritizing skills and leadership potential are evaluated. Attire is casual, but keep in mind this is an interview-like setting.

Tuesday, February 23–Thursday, February 25
RA Candidate Interviews
Office of Residence Life, Wilkinson Hall
Interview sign-up will occur at Group Process Night.

Wednesday, March 3
Decision Letters Available
Letters can be picked up in the Office of Residence Life in Wilkinson Hall.

Sunday, March 28 • 7:00–9:00 p.m.
New Staff Orientation (NSO)
Dunham Hall Atrium
All 2010–2011 RAs are required to attend.

Sunday, April 11 • 7:00–9:00 p.m.
New Staff Orientation (NSO)
University Banquet Hall South
This meeting is for new RAs only.

* Application materials can be accessed at www.aurora.edu/ra or e-mail a request to Megan Germain at mgermain@aurora.edu.

“I love being an RA because the entire Residence Life staff is like a part of my family. While my residents depend on me, I can depend on my staff for support!”

Gwendolyn Tsuji

AURORA UNIVERSITY
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<td>Writer's Block, Magnet Fundraiser, Dunham Atrium, 11:30am-1pm</td>
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<td>Musician: Javier Colon, Spartan Spot, 10-11:15pm</td>
<td>Autism, Animals and Design—presentation by author Temple Grandin,*Crimi Auditorium, 7pm</td>
<td>Office of Residence Life, RA Applications Due, Office of Residence Life, 4:30pm</td>
<td>Illinois Small College Placement Association TeacherFest, Drury Lane Oakbrook Terrace, 12-5:00pm</td>
<td>Gospel Concert, UBH, 6-8pm</td>
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<td>BSA, Movie Night: &quot;Good Hair,&quot; Perry Theatre, 8-10:30pm</td>
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<td>Airbrush Art, Dunham Atrium, 11:30am-2pm</td>
<td>AUSA, Dream Presentation, Perry Theater, 7-8pm</td>
<td>Band: Cavashawn, Perry Theatre, 10-11:15pm</td>
<td>AUSA, Sit Down Summit, Spartan Spot, 7-9pm</td>
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<td>AU Theatre Department presents Trip’s Cinch by Phyllis Nagy,* Perry Theatre, 7:30pm</td>
<td>AUSA Presents Immigration Reform Awareness Week, February 22-25</td>
<td>AUSA, Dream Presentation, Perry Theater, 7-8pm</td>
<td>*AUSA Events are listed in GREEN AUSA Events are listed in yellow</td>
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*Arts and Ideas events taking place in Crimi Auditorium and Perry Theatre are free, but reservations are required. Call 630-844-4924, or register online at www.aurora.edu/artsandideas

**WANT TO KNOW MORE?**
To learn more about upcoming campus events, visit the Student Activities calendar (aurora.edu/studentevents). An exciting event is always right around the corner!