For U @ AU

a monthly newsletter from the Office of Student Life at Aurora University

OCTOBER 2010

Helping First Year Students Succeed

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Not Considering a Flu Shot?

The Choices That Count
Empowering students to make informed choices
Beginning in the Fall 2008, a program was developed at Aurora University to help our first year students succeed through an early intervention process that involved faculty and assistance from the Crouse Center for Student Success. This program has continued to grow and evolve over the past two years.

The goal of the program is to develop a system for faculty to submit an Early Student Intervention Notice for first year students who are struggling in their courses within the first four weeks of the semester. There is a group of volunteer faculty and staff to reach out to these students early in the semester and provide a supportive, yet urgent, atmosphere for the students to take the necessary steps to improve their performance in the course that was identified.

The notices for this fall will be going out to first year students who are struggling in one or more of their classes this semester beginning on Wednesday, September 29. The notices will be sent electronically to the student’s AU e-mail account with a copy going to the student’s academic advisor and athletic coach, if applicable. The student will also receive a follow-up contact from the volunteer faculty or staff member to work with the student to develop an action plan that will help the student get back on track in the class.

Over the past two years, the Early Student Intervention Program has contributed to the positive impact in students’ final grade in the referred class. The AU faculty and staff are looking forward to offering assistance and support and to provide them the resources the students need to achieve their academic success at Aurora University.

**Saturday, October 9 • 10:30 a.m.–noon**
Saturday Success Series
Resumé Writing and Cover Letter Composition
Perry Theatre • Aurora Foundation Center
To register, call 630-844-5482, e-mail alumni@aurora.edu or visit www.aurora.edu/alumni.

**Friday, October 15 • 8:45 a.m.–4:45 p.m.**
Illinois Small College Placement Association Interview Day
Ashton Place, Willowbrook, IL

**Wednesday, October 27 • 5:00–6:00 p.m.**
“Say What?: Graduate Interviewing”
*Presented by Brenda Barnwell, Assistant Professor of Social Work*
University Banquet Hall • Pizza provided

For more information, please contact Judie Caribeau, Assistant Director of Career Development/Academic Advisor, at jcaribea@aurora.edu or 630-844-5403.
The Aurora University Students' Association (AUSA) is very excited to welcome a new group of students to represent the student body for this academic year. AUSA has established itself as an organization that represents the student body. The group acts as a liaison between the administration and the students in a way that allows them to voice concerns and bring about change based on the needs and wants of the student body. They are very excited about the upcoming year and have plans to be busy working on many new and exciting projects. Some of the highlights for this semester are:

- **Powder Puff Football Game**: Currently, AUSA is organizing the Powder Puff Football game during Homecoming week where female students compete against one another in a flag football competition, a tradition AUSA has been hosting for the last few years.
- **Alcohol Awareness**: In October the students of AUSA will be working with the Counseling Center on an alcohol outreach project that will help inform the campus about the effects of alcohol abuse.
- **Tobacco Awareness**: During the semester AUSA will be hosting Tobacco Awareness Week, where they will promote tobacco consciousness on campus through a variety of interactive activities each day.
- **Community Service**: In a combined effort with the Wackerlin Center for Faith and Action (WCFA), AUSA will be hosting a Community Service Day in December. This event will coincide with the dedication of the WCFA’s new space on campus and help instill their mission to the campus community.

Your 2010-2011 AUSA Executive Board Members are President Lauren Lawson, Vice President Emma Hill, Treasurer David Ferrel Jr., Secretary Alfred Vidrio, and Senate Chair Teddy Matthews. In addition, the following members of our student body will serve as 2010-2011 Class Senators:

- Freshman Senators: Marcus Atkins, Valerie Bryant, Cody Fuerst, Dulce Heelan
- Sophomore Senators: David Aquino, Kaitlyn Crohan, Amanda Liss, Stephanie Sevcik
- Junior Senators: Rich Artz, Emilio Fischer, Kariann Lazansky, Joey Mysliwiec
- Senior Senators: Ariane Arlie, John Hatler, Jacarla Mitchell, Andrea Warman

This group is advised out of the Office of Student Activites by Tabitha Nordlof, Student Activities Spartan Fellow, and Dr. Deborah Stevens, Associate Education Professor.
Marcia Hanlon, LCSW
This is my seventh year at AU, but I’ve worked with college students for more than 20 years. I enjoy the higher education environment because of the openness, challenge and excitement of learning and growing. I’m a 1st generation college student (my parents didn’t go to college) and have worked with many 1st generation AU students, who are facing challenges similar to what I did as a student who was the first in my family to go to college. It’s a joy to see these students, in particular, achieve their goals and graduate. I attended large schools as a student – the University of Illinois-Urbana-Champaign where I received my BA in the Sociology of Sports and Journalism, then Loyola U-Chicago, where I earned my Masters in Social Work. My professional career, though, has been at smaller schools including Brown University (Rhode Island) in Sports Information, as well as North Central College as a counselor and adjunct professor before AU.

Becca Smith, LCPC
Having worked at Bradley University’s Counseling Center for my graduate school internship, I knew that AU would be a good fit. I like the energy on a college campus and I love working with students because they are usually more willing to learn new things, change and grow. It makes my job very rewarding to see a student figure out who they are and make positive changes in their lives. I grew up in Harvard, Illinois, then went to Bradley for undergrad work in Business/Marketing. When I decided that wasn’t the career route I wanted to take, I pursued my Masters degree in Counseling, which was a much better fit. My professional experience began with a social service agency in Peoria called The Children’s Home, which included working with families in their homes. After that, I joined a private practice, working with people who were experiencing depression, anxiety, addictions, relationship issues, and had survived abuse.

Colleen Clark Lay, LCSW
As a graduate of AU (BSW, MSW), my return “home” to AU was a welcomed surprise. I love the diversity of students that my work at AU provides. I have worked as a counselor in a homeless/domestic violence shelter for women and children, been a case manager at an HIV/AIDS network, a mental health therapist in a community mental health setting and on an inpatient psychiatric unit. In addition to working with AU students, I maintain a private practice in Oswego. I believe there are three components to a happy self (the physical, the emotional, and the spiritual). If each of these components is nurtured for growth and in line with the other components, the self feels at peace. I encourage all of my clients to eat and sleep healthy, exercise, have a healthy support system, and take quiet time for you each day.

Kesha Burch, LCPC
I am a Licensed Clinical Professional Counselor and have worked with college students for the last ten years as a counselor and an adjunct professor. The lessons we learn about ourselves in the educational journey lay the foundation for future problem solving. I like to think of myself as someone who helps others maximize their life satisfaction and success potential. I studied Counseling Psychology as a graduate student at Northwestern University after receiving a BA in psychology from the University of Michigan.
Fall has finally arrived. With it, comes the beauty of the leaves changing, the frost on the morning grass, and the loads of winter clothing brought back to the residence halls after a weekend at home. But beware the hazards that the well-worn sweatshirt can bring... it may eventually be casually and unintentionally dropped on the floor on the “roommate’s side” of the room. Nine days out of ten, this will be taken in stride, but in the world of residence life, this can also become a time bomb as the seconds tick down to a full blown Roommate Conflict.

Throughout the course of training in Residence Life, a common topic of discussion is roommate mediation. There is a Resident Assistant on every floor to help residents navigate these situations.

In addition from seeking help from our staff, here are five helpful tips residents can use when dealing with a roommate conflict:

**OPEN COMMUNICATION IS KEY**
Nothing on the planet can escalate a situation more than by holding things back. It has been a common observation in roommate conflicts that it is not always the catalyst that began the conflict that is the issue. For instance with the ‘sweatshirt thrown in the corner’ scenario, what is making the other roommate more upset is the lack of respect for her area, so be open and honest on what the issue is and do not beat around the bush; the shortest distance between two points is a straight line, so go straight to the point.

**BE RESPECTFUL**
One of the easiest things to say to someone when you are outside of the situation, but also the easiest thing to forget when you are right in the middle. Be respectful to the other person, because if you’re willing to hear them then they are willing to hear you.

**TEAR DOWN THE WALLS**
A wise person once said you can tear down a brick wall with a rubber ball, but it will take years and patience...along with a few extra rubber balls. Do not put up the wall so you can play verbal catch with your roommate.

**NEUTRAL GROUND**
Do not hold the conversation in your room, as the space of your room plays a major part in your conflict, so go to the cafeteria or take a walk outside in the quad. Find a place where both parties are equal.

**BORROW THEIR SHOES**
Not literally, but figuratively! It is easy to judge someone, but harder to walk a mile in their shoes. We are all different and come from different environments. Try your best to understand where they have been, where they stand and where they are going. Not only will this help to see from their perspective, but also give you clues as to why someone acts as they do.

These five tips have always come in handy, and the Resident Assistants along with the Resident Hall Directors have extensive training in roommate conflict, so do not be hesitant to contact either source for help.
CONSIDER THIS...

Living with roommates who are coughing, sneezing, & hacking?  
Classmates wiping their nose with their hands and touching the desk & door knobs?  
Sleep schedule out of whack?  
Midterms, papers & projects got you stressed?  

Even healthy people can get the flu and it can be serious!  
Flu like symptoms are defined as:  
Fever (100 degrees or higher) or chills AND any of the following: fatigue, cough, body aches, headache, stuffy nose or sore throat  

Some complications of the flu are:  
bacterial pneumonia, bronchitis, ear or sinus infection, dehydration, and worsening of chronic medical conditions.  

FLU MYTHS:  

“The shot can give you the flu”.  
No, a flu shot cannot cause the flu illness. The influenza viruses contained in a flu shot are inactivated (killed), which means they cannot cause infection.  

“I got a flu shot and still got the flu”.  
This can happen, but the flu shot protects most people from the flu. However, the flu shot will not protect you from other viruses that can cause illnesses that sometimes feel like the flu. This year’s seasonal flu vaccine protects against 3 flu viruses, including the H1N1 virus. Research has indicated these virus strains will cause the most illness during this flu season.  

“The flu is just a bad cold”.  
Influenza is far more dangerous than a bad cold. It’s a disease of the lungs, and it can lead to pneumonia. Each year about 114,000 people in the US are hospitalized and approximately 20,000 people die because of the flu.  

“Only the very old need a flu shot”.  
Both adults and children who are in good health need a flu shot to stay healthy. The Centers for Disease Control and Prevention (CDC) says everyone should get a flu shot to prevent the flu, and to protect the people you live with and come in contact with.  

“I don’t get sick.”  
“My friend got the flu from the vaccine.”  
“It’s only a couple of days of being sick.”  

“I don’t get sick.”  

“My friend got the flu from the vaccine.”  

“It’s only a couple of days of being sick.”
Avoid being sick, missing classes or work!

**AU Vaccination Clinic 2010**

Get your flu shot at one of our two upcoming flu vaccination clinics.

**Tuesday, October 5, 11 a.m.—2 p.m. in the Gym**
**Thursday, October 28, 4 p.m.—7 p.m. in UBH North**

Flu shot $25
Meningitis Shot $100
Tetanus, Diphtheria, Pertussis $35

No appointment needed. Show up the day of the clinic.
Cash or check made payable to VNA of Fox Valley accepted.

See you there!
Monday, October 4
Pep Rally
7:00–8:00 p.m.
Thornton Gymnasium
Mentalist Chris Carter
10:00–11:15 p.m.
Crimi Auditorium

Tuesday, October 5
King and Queen Voting
11:30 a.m.–1:00 p.m.
Dunham Hall Atrium
The Balloon Guy and Art on You
11:30 a.m.–3:30 p.m.
Dunham Hall Atrium and Spartan Spot
Bags Tournament sponsored by FEAU
Noon–4:00 p.m.
Quadrangle
Volleyball: AU vs. Rockford College
7:00 p.m.
Thornton Gymnasium
The Music of Five Times August and
Nacho Bar
10:00–11:15 p.m., Spartan Spot

Wednesday, October 6
King and Queen Voting
11:30 a.m.–1:00 p.m.
Cafe Lobby, Dunham Hall
Men’s Soccer:
AU vs. Dominican University
2:00 p.m., Vago Field
Scavenger Hunt
8:00–10:00 p.m.
Starting from Spartan Spot
The SHOWOFF Show (comedy)
10:00–11:15 p.m.
Perry Theatre

Thursday, October 7
King and Queen Voting
11:30 a.m.–1:00 p.m.
Dunham Hall Atrium
Bandana Decorating
Noon–1:30 p.m.
Spartan Spot
Powderpuff Tournament
4:30–6:30 p.m.
Quadrangle
Magician Michael Kent
10:00–11:15 p.m.
Crimi Auditorium

Friday, October 8
Schingoethe Center for Native American Cultures Open House
8:00 a.m.–1:30 p.m., Dunham Hall
Bookstore Open
9:30 a.m.–3:30 p.m.
Dunham Hall
Jenkins Collection and University Archives Open
10:00–11:30 a.m., Phillips Library
Founders Convocation
2:00 p.m.
Crimi Auditorium
Movie Night: Pirates of the Caribbean
8:00–10:00 p.m.
Perry Theatre

Saturday, October 9
Wackerlin Center for Faith and Action Open House
8:00–9:30 a.m., 430 S. Evanslawn Ave.
Schingoethe Center for Native American Cultures Open House
8:00 a.m.–1:30 p.m., Dunham Hall
Then and Now:
Alumni and Student Panel
with President Rebecca L. Sherrick
9:30–11:00 a.m., Perry Theatre
Bookstore Open
9:30 a.m. to end of half time
Dunham Hall
Jenkins Collection and University Archives Open
10:00–11:30 a.m., Phillips Library
Saturday Success Series — Resume Writing and Cover Letter Composition
10:30–11:45 a.m.
University Banquet Hall
Reservations are required for this free workshop for seniors. Register online at www.aurora.edu/alumnievents
Servant Leadership and Today’s Aurora University Student — Creating Lives of Meaning through Service
10:30–11:45 a.m.
Wackerlin Center
430 S. Evanslawn Ave.

Sunday, October 10
AU Men’s Alumni Soccer Game
10:00 a.m.
Vago Field
Jenkins Collection and University Archives Open
Noon–1:45 p.m.
Phillips Library
Men’s Soccer: AU vs. Berry College
1:00 p.m.
Vago Field
Schingoethe Center for Native American Cultures Open House
1:00–4:00 p.m.
Dunham Hall
Inaugural Concert of the Crimi Auditorium Pipe Organ with renowned musician
David Schrader*
2:00 p.m.
Crimi Auditorium

For more information about Homecoming student activities events, call 630-844-6510.

* Seating is limited and reservations are required for these free Arts and Ideas events. To register, call 630-844-4922, e-mail artsandideas@aurora.edu or visit www.AUartsandideas.com.