NOVEMBER 2011

Page 1: Preparing for Graduate School
Page 2: Winterize Yourself
Page 3: National Career Development Month
Page 4: In a Study Rut?
Page 5: Suicide Prevention
Page 6: Go Green, Win Green

For U @ AU
a monthly newsletter from the Office of Student Life at Aurora University

The Choices That Count
Empowering students to make informed choices
The National Center for Education Statistics projects that during the 2012-13 academic year 709,000 masters degrees will be conferred and in 2013-14 that number will rise to 727,000. If you want to be among those nearly 1.5 million graduate students, here are some things to think about as you prepare for graduate school.

Graduate school is a huge investment not only of your money but your time. Therefore, it is important that you do this right. It is never too early to begin considering what you need to do in order to go on to graduate school. In your junior year, identify not only what you want to study but possible graduate programs where you want to apply. This will give you ample time to talk with faculty members at the schools you are considering, tour the various campuses, and ensure that you don’t miss any deadlines.

In the summer before your senior year, begin to pull together admission application materials, take a graduate exam prep class, and stay on top of pending deadlines by creating a timeline for each program you are considering. Most graduate programs request the following information but check with each school as application requirements can vary greatly:

- Letters of recommendation
- Personal statement
- Application
- Transcripts of all universities attended
- Appropriate graduate school entrance exam

By the fall semester of your senior year, take the graduate entrance exam for your chosen field. Some industries have testing deadlines. For example, if you are interested in a graduate program in psychology traditionally, universities do not accept a GRE score past the November testing date. They also require not only the general GRE test but a subject matter test as well in psychology. It is important that you read admission information carefully so you understand what the requirements are for acceptance. Different industries require different graduate entrance examination. Below are some of the various graduate admission tests. For more information check out these websites:

- Graduate Management Admission Test (GMAT) [www.gmac.com/gmac/thegmat/](http://www.gmac.com/gmac/thegmat/)
- Graduate Record Examination (GRE) [www.ets.org/gre](http://www.ets.org/gre)
- Law School Admission Test (LSAT) [www.lsac.org](http://www.lsac.org)
- Pharmacy College Admission Test (PCAT) [www.aacp.org](http://www.aacp.org)
- Medical College Admission Test (MCAT) [www.aamc.org](http://www.aamc.org)
- Dental Admission Testing Program (DAT) [www.ada.org/](http://www.ada.org/)
- Optometry Admission Test (OAT) [www.opted.org](http://www.opted.org)

As you consider graduate school, seek advice and support from others such as your professors, family members, and personal mentors. They can not only be good proof readers, excellent references, and wise sounding boards, they can also be your biggest fans as you navigate this demanding process of applying to graduate school. For more information about applying to graduate school, contact Career Services at either 630-844-5403 or career@aurora.edu.
Winterize yourself now!
Defend against DRY SKIN, CHAPPED LIPS, and THROAT DISCOMFORT

AVOID CHAPPED LIPS

Protect your lips by using a lubricating cream or lip balm with petroleum or beeswax. Apply before going out in the cold & reapply often.

Avoid licking your lips
Saliva evaporates quickly, leaving lips drier than before you licked them!

PROTECT YOUR HANDS!

Skin on the hands is thinner and has fewer oil glands, so they become dry and crack easier. Always wear gloves outside in the cold, and use a heavy hand moisturizer after washing hands and at bedtime. For severely dry, cracked skin try a petroleum based product such as Aquaphor.

MINIMIZE “A.M.” THROAT DRYNESS

With the furnace blasting, the air becomes very dry, causing sore throat discomfort, dry itchy skin, nosebleeds, and dry eyes.

A HUMIDIFIER puts moisture into the air and can ease these symptoms.

Keep yourself well HYDRATED by drinking at least 8 glasses of water per day.

PREVENT DRY SKIN

Moisturize your skin daily with a oil based lotion. Apply directly after your shower while skin is moist for best absorption.

DON'T FORGET YOUR EYES...WEAR YOUR SUNGLASSES!

Snow reflects 80% of the sun’s rays. That means more harmful ultraviolet rays are directed into your eyes. Unprotected exposure can lead to cataracts, macular degeneration, and cancer of the eyelids & skin around the eyes.

COVER YOUR HEAD

Covering your head with a scarf or hat helps prevent heat loss.

COVER YOUR MOUTH & NOSE WITH A SCARF

Wearing a scarf over your mouth & nose warms the air you breathe, which will have less drying effects on your nose & throat. It will also help protect your lips from becoming
Celebrating National Career Development Month with Aurora University Career Services

**ETIQUETTE LUNCH**
Thursday, November 3 | Noon–1:00 p.m.
University Banquet Hall
Cost is $5.00. Reservations are required; call 630-844-5403 or email career@aurora.edu. Co-sponsored by Career Services and Delta Mu Delta.

**MINUTE CLINIC**
Wednesday, November 9 | 9:00 a.m.–2:00 p.m.
Dunham Hall Atrium
Stop by the Career Services table with your resume for a quick check-up as well as other job searching tips.

**E-PORTFOLIOS**
Wednesday, November 16 | 3:00–4:30 p.m.
Dunham Hall, Room 101
Learn how to create a professional online portfolio using College Central Network and Google Docs.

**LINKEDIN 101**
Wednesday, November 30 | 1:15–3:00 p.m.
Dunham Hall, Room 102
This webinar will introduce you to the powerful online networking tool, LinkedIn, and teach you how to set up a profile page that will gain the attention of recruiters.

All events are free for AU students and reservations are not required unless otherwise noted. For more information, contact Career Services at 630-844-5403 or career@aurora.edu.
“Trick or Treat, smell my feet, give me something good to eat…” is how the saying used to go in elementary school. A couple of weeks ago, as I prepared for this year’s onslaught of trick-or-treaters, I saw all of the ready-made Halloween costumes for sale. I have to admit, I was a little bit saddened at the thought of a boy running around in a pre-fabricated Batman costume or a plastic Transformers hat. For me, the best costumes were always the homemade ones and seeing the pre-fabs this year made me remember a certain moment from my childhood I will never forget.

I remember one particular Halloween I wanted to be a cowboy, and I had it all; the hat, the poppers, the holster, I had it all…except for the chaps. I had found a picture of a cowboy I copied out of a book to have a reference for the way I wanted to look, and the piece I wanted more than anything, though, was the white sheep chaps the cowboy wore. I had to have them, but we looked everywhere for a pair of chaps; Wal-Mart, K-mart, even to Farm and Fleet, but we could not find these Chaps, so naturally I was in a funky mood the night I went Trick-or-Treating, but something happened that I will never forget. Seeing the look on my face must have made my mother get creative as the next thing I knew she had a light bulb above her head. My mother ran into the bathroom, lifted the white (sheep-like) bath rug and cut it down the middle, making perfect cowboy chaps, just like the picture. No one could come close to being the best mother in the planet that night and I will never forget the night her creative thinking saved the night!

It is interesting how creative a person can get when they put their minds to it, and as a student, you can as well. Getting into the middle of the semester it is easy to let yourself slip into auto mode, which is not necessarily the best way to study, as your grades will show it. Get creative with your studying to guarantee successful grades, which will also ensure that you retain the knowledge you study. Below are some creative ways that can help you break out of a “study rut” and find new perspectives on your academic tasks.

- Brainstorm ideas on one topic onto a large piece of paper: don’t edit these. Just write them down.
- Take breaks. Study for 10-15 minutes and then take a 5 minute break to get your mind off the subject.
- Study with a friend who can pop quiz you, but see if they can switch up the order so you make sure your know the answers and not the order.
- Allow yourself to play with an idea whilst you go for a walk.
- Draw or paint a theory on paper.
- Ask the same question at least twenty times and give a different answer each time.
- Combine some of the features of two different objects or ideas to see if you can create several more.
- Eat healthy and regular. Starving your stomach starves your brain.
- Come up with acronyms to help you remember.
- Study somewhere different to see if a new environment will help you remember more.
- Change your routine. Do things a different way. Walk a different route to class.
- Let your mind be influenced by new stimuli such as music you do not usually listen to.
- Be open to ideas when they are still new: look for ways of making things work and pushing the idea to its limits.
- Ask questions such as ‘what if…?’ Or ‘supposing….?’

You can find more information on this subject at http://www.palgrave.com/skills4study/studyskills/thinking/creative.asp
Information from the National Suicide Prevention Lifeline:
Looking out for friends and loved ones is an important part of preventing suicide. You can call the Lifeline to speak with a crisis worker on behalf of someone you are concerned about. The crisis workers have access to local resources, and can help you identify ways to get help to your loved ones. So call 1-800-273-TALK today to help save a life.

To find out more about the difference you can make in a friend or loved one's life, visit www.whatadifference.org.

What if Someone Needs Help Online?
If you see someone online who is suicidal, there are several steps you can take to help this person:
- Give him or her a helpful resource. In addition to the counseling resources available on campus (630-844-5118, the Lifeline can be reached at 800-273-TALK (8255). The National Suicide Prevention Lifeline also has a website with a variety of resources available at www.suicidepreventionlifeline.org.
- Tell him/her we are available 24/7 for anyone in suicidal crisis in the United States.
- Take his/her words seriously and respond with compassion.
- Encourage him/her to reach out for help to a friend, family member, counselor, and other community members.
- If the person online is saying he/she is going to kill him or herself at that moment or is in the process of attempting suicide, please try to find his/her location and call the local police or 911.

How To Be Helpful to Someone Who Is Threatening Suicide
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as weapons or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Be Aware of Feelings
Many people at some time in their lives think about suicide. Most decide to live because they eventually come to realize that the crisis is temporary and death is permanent. On the other hand, people having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts they experience:
- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

If you experience these feelings, get help!
If someone you know exhibits these symptoms, offer help!

This content was developed by the American Association of Suicidology.
Go Green
Win Green

The Go Green @ Your Illinois Library, an Illinois Library Association project, will be awarding cash this Fall.

The Go Green, Win Green Contest will award four $1,000 cash prizes for each of these green ideas:

$1,000 for the most replicable green idea for business (chosen by drawing)
$1,000 for the most replicable green idea for residences (chosen by drawing)
$1,000 for the most creative green idea for business (chosen by judges)*
$1,000 for the most creative green idea for residences (chosen by judges)*

Four iPads will be awarded -- one to each library that submits a winning entry.

Entries need to be submitted to gogreenila@gmail.com by a public, special, school or academic library staff member.

Entries need to include name, address, phone number, idea of entrant and category. There is a limit of one entry per individual per category and an individual may only win once.

The contest is open to Illinois residents 14 and over. Entries will be accepted from October 18, 2011 - November 18, 2011 at 5 p.m.

www.gogreenila.info

Questions? Email draleigh@gailborden.info or call Denise Raleigh at 847.429.5981.

* Field Museum Anthropologists from the Environment, Culture, and Conservation Division, the creators of the Go Green Toolbox, Mapping Green Assets, Fostering Green Partnerships and Tell a Green Story - tools on www.gogreenila.info - will be judging.