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Monday, September 30
Homecoming Court Penny Wars  
11:30am-1:00pm; Dunham Hall Atrium

Mind Readers: Larry & Raven  
10:00-11:00pm; Crimi Auditorium

Tuesday, October 1
Homecoming Court Penny Wars  
11:30am-1:00pm; Spartan Spot

Comedian: James Davis  
10:00-11:00pm; Perry Theatre

Wednesday, October 2
Homecoming Court Penny Wars  
11:30am-1:00pm; Dunham Hall Atrium

Powder Puff Football Game  
4:30-6:30pm; University Quadrangle

Musicians: Audio Body  
10:00pm; Crimi Auditorium

Thursday, October 3
Gear up for Homecoming  
11:30am-1:00pm; Dunham Hall Atrium

Comedian/Magician: Nick Pike  
10:00-11:00pm; Crimi Auditorium

Friday, October 4
Founders Convocation  
2:00pm; Crimi Auditorium

Spartan Spirit Night  
8:00-11:00pm; Spartan Spot

Saturday, October 5
Dedication of the Wackerlin Center  
or Faith and Action Addition  
10:30am; Wackerlin Center for Faith and Action

All-Campus Homecoming Lunch  
11:30am-1:00pm; University Quadrangle

Arrival of the Spartan Torch  
12:45pm; Vago Field

Homecoming Football Game  
1:00pm; Vago Field

Discovering What Matters: Art and Spirituality  
2:30pm; Wackerlin Center for Faith and Action

Arts and Ideas Concert: John Pizzarelli  
7:30pm; Crimi Auditorium*  

*Seating is limited and reservations are required for  
these Arts and Ideas free events.  
To register, call 630-844-4924,  
e-mail artsandideas@aurora.edu  
or visit www.AUartsandideas.com.
Navigating the social media scene can be tough. In today’s world, it is important to be a part of it for networking opportunities or to connect with old friends. It’s also important to remember that it’s never “just on Facebook” or “no one important will see my Twitter”.

Your pictures, posts, tweets etc. are woven together to show the digital story of you. You may think that you are safe because your setting is set to private but you’re wrong. Potential / current employers, parents or teachers may casually search you online at any time. With a few simple key strokes even the most inexperienced social media user can tap into your online profile. What will they find? Is it an accurate reflection of you? What opinion would a casual observer form of you? You may be surprised to find how quickly your online profile can damage the credibility of the “real” you.

Successful people understand the importance of balancing an online presence with their real world reputation. We have gathered some tips that will help you clean up your image so it projects the most positive image of you.

**Avoid posting embarrassing photos**

That picture of you on spring break may seem funny now, but will it still be funny next year when a potential employer at your dream job sees it and labels you as irresponsible and a “party girl”? Do the 50 selfies you posted make you look vein? It may not seem fair that someone will make a snap judgment of you based on photos, but they will. If you posted it, you must like how it represents you. Think twice before posting a picture.

**Watch your grammar**

Scroll through your news feed and you will see many communication errors in your friends’ posts. Open those posts and you will most likely see someone pointing out the missing apostrophe or misuse of their, there and they’re. Grammatical errors are sloppy and a poor reflection of you. A hiring manager may question the great written communication skills you bragged about when they see that you can’t differentiate between your and you’re. Take the extra time to check the autocorrect feature before posting.

**Mind your manners**

You may think you are being witty with your snappy remark but no one else does. Ranting against authority, using negative language or being sexually provocative will not portray you in the best light. Ask yourself, who is going to see this? You never know if that online tirade you had against your boss will be seen by him and be the reason for your one way ticket to the unemployment line. There is a time and a place to voice your frustration but social media isn’t the area to do it. If someone posts a negative comment towards you, take the high road and respond in private.

**It’s not all about you**

Do you think everyone wants to know every thought that entered your head today? Do they want to see hundreds of photos of you? Think again. A new study conducted by the University of Birmingham found that individuals who excessively share photos made people like them less and was damaging to their real world relationships. Post sparingly to reach a wider audience who will want to hear what you have to say because they have not heard from you in a while.

**Behave like you would in real life**

Just because you access Facebook or Twitter from your phone doesn’t give you a free pass to act like a jerk. Would you go up to your boss or professor and say to their face what you said about them on Twitter? No, you would probably think twice before you did because you would be more mindful of the consequences. It’s no different online. People will perceive you by what they see here. Remember that next time you post.
## Test Anxiety: Causes and Eliminators

Midterms are this month and a little tension before a test is good. It keeps you alert and ready. But when the tension gets too high, that emotion can flood your ability to think and respond quickly and accurately. The result is poor performance on the test. This problem is often referred to as “test anxiety.” Here are common “causes” of test anxiety, along with “eliminators” to help you lower anxiety and perform your best.

<table>
<thead>
<tr>
<th>Causes</th>
<th>Eliminators</th>
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<tbody>
<tr>
<td>1. Giving in to guilt or anxiety due to a lack of preparation</td>
<td>College requires a commitment of time. If you are truly well prepared, you will “forgive” yourself for a few mistakes due to stress or anxiety. If you do feel guilty, it may be because you have not really made school a priority and focus in your life.</td>
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<tr>
<td>2. Underpreparing and “going blank”</td>
<td>The purpose of tests and exams is:</td>
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<td></td>
<td>(1.) to evaluate your retention of course material,</td>
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<td></td>
<td>(2.) to apply the information to demonstrate understanding or to solve new problems.</td>
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<tr>
<td></td>
<td>Failing to properly prepare and doing poorly on the exam becomes a self-perpetuating cycle of low effort leading to low grades.</td>
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<tr>
<td>3. Letting grades determine your self-worth</td>
<td>Realize that a grade is only an approximate measure of your performance. Grades have nothing to do with you as a person but are a helpful guide to what you need to review.</td>
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<tr>
<td>4. Trying to meet other people’s expectations</td>
<td>Decide whether living up to these expectations is something you want to do for yourself. Set your own goals and live up to your own expectations.</td>
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<tr>
<td>5. Fearing loss of affection</td>
<td>Understand that people like you and value your presence in their lives for many reasons — none of which is the grade you made on a test.</td>
</tr>
<tr>
<td>6. Placing excessive emphasis on a single test</td>
<td>Your semester grade may include, in addition to tests, quizzes, homework, papers, presentations, lab reports and class participation. Keep up with the material as if you had to take a major test every week.</td>
</tr>
<tr>
<td>7. Feeling helpless, with no control over what happens</td>
<td>Take charge by taking control. Improve your study habits. Prepare for your next test by starting NOW. Observe the connection between the amount and quality of your studying, and the grade you earn.</td>
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</table>
After his recent success with the Boston Pops, jazz artist John Pizzarelli was hailed by the *Boston Globe* for “reinvigorating the Great American Songbook and re-popularizing jazz.” Using performers like Nat King Cole and Frank Sinatra, and the songs of composers from Richard Rogers and George Gershwin to James Taylor, and Lennon and McCartney as touchstones, Pizzarelli has established himself as one of the prime interpreters of the Great American Songbook and beyond, bringing to his work the cool jazz flavor of this brilliant guitar playing and singing. He has performed on *The Tonight Show with Jay Leno*, *The Late Show with David Letterman*, *Late Night with Jimmy Fallon* and *Conan*.

All theatre and lecture events are free of charge, though reservations are required. To register, visit auartandideas.com, email artsandideas@aurora.edu or call 630-844-4924

www.johnpizzarelli.com

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**Sleep Out on the Quad**

3rd Annual!

An event designed to raise awareness of homelessness

Friday, October 25th

Check in begins at 6:00 pm in UBH followed by a series of interactive educational sessions. The night culminates with sleeping out on the quad. Look for an email regarding registration and more event details soon!

*Questions? Contact Kris Johnson at kjohnson@aurora.edu*
The university chaplain, Jonathan Dean, enjoys meeting with students of all faiths and none. If you have an idea for a small group, a suggestion for programming, can help with worship, or just want to chat about life, he'd love to hear from you.

(630) 844-6866 or jdean@aurora.edu

What I Believe

On the third Thursday of the month, an AU staff or faculty member reflects on their core convictions: What matters in life? And how do we build our lives around that? 12-1 p.m. in the Wackerlin Center, with food.

October 10
Dr. Julie Hipp (for No Impact Week)

Coming soon...

Remembering Kristallnacht

Thursday, Nov. 7 3:30-5:00

We’ll remember the 75th anniversary of the night Nazi violence against the Jews was unleashed, and reflect on genocide and its origins today.

Panel: Magda Brown Holocaust survivor
Kelly Szany Holocaust Museum
Carl Wilkens eye-witness to the Rwandan genocide, World Outside My Shoes

Serve, Lead, Believe

A place to relax, make friends and reflect with others on what matters. All welcome: food served from 5 p.m. Conversation from 5:30 p.m.

October 1
Mayer Smith (AID)
Learn about the power of recycling: you’ll never say it’s boring again!

October 8
UPAVIM Delegation from Guatemala
An extraordinary women’s collective, changing lives in Guatemala City. You don’t want to miss these amazing women!

October 15
Student-led conversation on Marriage Equality, for National Coming Out Day

October 22
Telling our Stories: finding meaning amid life’s challenges

October 29
Mayor Tom Weisner
From the Peace Corps to Public Life, come chat with Aurora’s mayor!

No Impact Project: A Week to Change the World!

Throughout the week, activities to save the planet, encourage sustainability and challenge the way we live.

Monday, Oct. 7 Recycling drive begins: We want your stuff
Tuesday, Oct. 8 Car pool/ cycle or walk to work day
Wednesday, Oct. 9 Eat Local; Act Global— the sustainable food challenge. Ryan Klassy from Kane County Farm Bureau, 10:40 a.m.
Thursday, Oct. 10 “Turn Out the Lights!” Day
Friday, Oct. 11 Show us your reusable water bottle; get a free coffee!
Saturday, Oct. 12 The Morning of Service: give back. All AU students welcome we as we serve our neighbors around the city.

More details on No Impact Project from Julie Hipp, Barb Calvert, Jonathan Dean or Cody Fuerst.
Register at noimpactproject.org
ATTENTION FIRST YEAR STUDENTS

First year registration for spring begins Oct. 14, 2013

Students who attended a first year advising workshop in Crimi Auditorium on Sept. 30 or Oct. 1 can schedule an appointment during the first year advising period of Oct. 14-25. Students who did not attend a session can schedule their appointments for dates after Oct. 25.

Students with (a) student account and/or immunization hold(s) will need to have their accounts cleared with the respective office(s) prior to scheduling an advising appointment.

Please contact the Crouse Center for Student Success with any questions.

630-844-6840 Eckhart Hall 310 / 312

Bedtime Stories: Discover What Matters

Did you miss Bedtime Stories? You missed a great story of Dr. Lora de Lacey’s determination, persistence, and success as a math professor—which ultimately led to a successful career that chose HER. See photos and read a little about her story on SpartanNet.

Our next Bedtime Stories will feature someone who knows all about Disney, pixie dust and making magic happen on a daily basis. She’s been a cast member at Disneyworld, an event planner and can make a difficult task look easy. She has always known that when you wish upon a star—and work hard—your dreams can come true.

Join us Thursday, Nov. 21 at 10 p.m. in UBH. Wear your PJ’s, bring a blanket and pillow! We’ll serve cookies, milk, raffle prizes and stir in a little magic.

Aurora University Career Services


Walk in hours on Tuesdays from 10 a.m. to 1 p.m.

Career Services ~ Catalysts for your career success
Are you aware that colds, flu, most sore throats and bronchitis, and some ear infections are caused by viruses? Did you know that antibiotics do not help fight viruses? It's true! Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment. (Antibiotic Resistance)

GET SMART: KNOW WHEN ANTIBIOTICS WORK

This chart shows which upper respiratory infections are caused by viruses—germs that are not killed by antibiotics.

<table>
<thead>
<tr>
<th>ILLNESS</th>
<th>USUAL CAUSE</th>
<th>Antibiotic Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold</td>
<td>Virus: X</td>
<td>NO</td>
</tr>
<tr>
<td>Flu</td>
<td>Bacteria: X</td>
<td>NO</td>
</tr>
<tr>
<td>Chest Cold (in otherwise healthy children &amp; adults)</td>
<td>Virus: X</td>
<td>NO</td>
</tr>
<tr>
<td>Sore Throats (except strep)</td>
<td>Bacteria: X</td>
<td>NO</td>
</tr>
</tbody>
</table>

WHEN YOU ARE PRESCRIBED AN ANTIBIOTIC:

Take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.
Great America: Fright Fest

Step into a frightening atmosphere come nightfall at Six Flags Great America. Enjoy the rides and shows you love during the day and stay close to your friends after dark when the ghouls come out of the haunted houses all around the park.

Sign-up: October 8 Noon-1:00 p.m.
Spartan Spot (Must have AU ID)
Trip: October 12
Bus departs from the Spartan Spot at 10:00 a.m.