

October 2008

SJE Journey



Hi,

By now you have received your mid-terms and you are either happy with your grades or worried about them. I encourage you to pick up one of the rescue classes we have available (see information below). Again, talk with your professor if you are experiencing any problems. In this newsletter we have provided you with information pertinent to the sophomore and junior years and upcoming events. Be sure to take advantage of the many resources we have which will help to ensure you have a successful year at WVU.

The SJE (Sophomore/Junior Year Experience) program is designed to meet the needs of sophomore and junior students at WVU.

David Stewart

Dean of Students & Associate Vice President for Student Affairs

Upcoming events:

- Washington, DC Overnight: October 24-26
- 3 on 3 Classic Basketball Tournament, October 27, 2008
- Faculty Dinner Series: October 28, 2008, 6-8 p.m. with Professor DiClerico
- Sophomore/Junior Fair: October 29 from 10 a.m.-3 p.m. in the Mountainlair Commons
- Fright Farm: October 29, 6 p.m.

For more details: http://sophomorejunioryear.experience.wvu.edu/upcoming_events

Registration Date for sophomores and juniors

Tuesday, October 29, ["STAR" WEB](#) available for juniors to register for Spring 2009

Wednesday, November 5, ["STAR" WEB](#) available for Sophomores to register for Spring 2009

Student Advocacy Center Contact:

Kim Mosby
Main Floor, Elizabeth Moore Hall
304.293.5555
Kim.mosby@mail.wvu.edu

Splendors of Italy

Students enroll in the Humanities for Italy course, which they take during the spring semester at WVU. Check out the [course syllabus](#) for more information.

As part of the course, students go to Italy during the week of spring break, where they visit Florence, Rome, Venice, and many other beautiful cities! Click [here](#) to see a more detailed itinerary.

A non-refundable \$500 deposit will be accepted beginning September 2008, on a first-come, first served basis. The approximate cost for the trip is \$2,500. Keep in mind that financial aid resources are available – generally, students can earn up to \$1,000 in scholarship money.

The trip will depart on Friday March 13, 2009 and return on Sunday March 22, 2009. To ensure a place on the trip, please contact Shawna Stewart at Shawna.Stewart@mail.wvu.edu.

Downloadable Materials:

[Humanities for Italy Syllabus](#)

[Italy Itinerary 2009](#)

[Application Packet - Italy](#)

Stop Hiding Behind a Mask!



Do you....

- **Drink alone or in the morning?**
 - Hide alcohol?
 - **Have blackouts?**
 - Drink to escape pressure?
 - **Get drunk when intended to stay sober?**
 - Feel you **HAVE** to drink to have fun?
 - **Miss class or work due to drinking?**
- **Gulp drinks (shots, beer bong, shot gun drinks)?**
- **Changes in behavior or personality when drinking?**
- **Feel guilty or regret your behavior after drinking?**
- **Lie about how much or how often you drink?**
- **Find it difficult to stop drinking after your start?**
- **Feel anxious, moody, sad, irritable or over sensitive to personal criticism?**

Answering yes to more than one of these can indicate a problem with alcohol.

Please contact the Student Assistance Program at 293-6972 or Carruth Center for Counseling and Psychological Services at 293-4431.

Prevention Specialist: Tami.allen@mail.wvu.edu

Wellness Tip:

Have you ever heard the expression, "You Are What You Eat"? Well, there is a lot of truth behind this saying; your eating behaviors have a 70% or greater impact on the way your body looks, feels, and responds to an exercise program. Eating for life is a concept that every individual, no matter the gender or the age, can commit to and adapt to their lifestyle. The eating for life concept consists of a few basic guidelines:

1. Individuals should consume 5-6 small meals throughout the day that are spaced 2-3 hours apart.
2. Meals should consist of **lean proteins** (egg whites, chicken, beef, turkey, tofu), **complex carbohydrates** (brown rice, yams, whole wheat pasta and breads, oatmeal), **fresh fruits and vegetables**, and **water**.
3. Starchy carbohydrates (alcohol, white bread, pasta, cookies, donuts, cake, etc.) should be avoided, especially at night.

Who wants to count points for the rest of their life? The eating for life concept can be modified to fit any lifestyle, all it takes is a little planning. Not only will you have more energy because you are eating throughout the day, but you will increase your metabolism which will cause you to lose body fat. Colleen.harshbarger@mail.wvu.edu

Healthy Tailgating 101:

At WVU tailgating is not only part of the football game, but apart of school. Here are some ways to stay healthy while watching and cheering on the Mountaineers

- Pack a thermos of hot cider, cocoa, or soup. Bring pretzels, crisp veggies and salsa and crunchy fall apples
- Go easy on fried chips and dips. BBQ chicken breast, shrimp kabobs, or lean meats hit the spot.
- Be active and bring a ball to toss
- Grill veggies just like a burger

Recipe: No-Bake Tex-Mex Nachos

- 4.5 oz tortilla chips
- 1 ½ cups canned chili-style red kidney beans
- 2 Tbp. sour cream
- ½ cup Cheddar cheese
- 1 cup chopped veggies (tomatoes, onions, etc)
- mix together and enjoy!

Contact: Netti.freshour@mail.wvu.edu

How to pick a pumpkin so it will last through Halloween:
Your pumpkin should be firm, without blemishes or cuts, and have a strong stem. Keep your pumpkin cool, not in direct sunlight, and not outside if the temperature is low enough to freeze.



**LET'S GO
MOUNTAINEERS!**

[Football Schedule](#)



Dr. Robert DiClerico

EDUCATION: A.B., Hamilton College, Clinton, New York. (1966); Ph.D., Indiana University, Bllomington, Ind. (1974)

EMPLOYMENT: Eberly Distinguished Professor, Political Science, West Virginia University, 1972-present; Visiting Professor, University of Exeter (1990). Visiting Professor, University of Houston, (1983).

HONORS AND AWARDS: Distinguished West Virginian, conferred by Governor Gaston Caperton (1995); West Virginia Teacher of the Year, Faculty Merit Foundation (1995); CASE West Virginia Teacher of the Year, Council for Advancement

And Support of Education (1990); First Recipient, West Virginia University Foundation Award For Outstanding Teaching (1986); West Virginia University Amoco Award For Outstanding Teaching (1975); Danforth Fellow, Danforth Foundation (1976-1982).

SELECTED PUBLICATIONS: VOTING IN AMERICA (A6C-CLIO, 2004); POINTS OF VIEW, with Allan Hammock, Nineth Edition (McGraw-Hill, 2004); POLITICAL PARTIES, CAMPAIGNS AND ELECTIONS (Prentice-Hall, 2004); CHOOSING OUR CHOICES, with James Davis (Rowman and Littlefield, 2000); THE AMERICAN PRESIDENT, Fifth Edition (Prentice-Hall, 2000); ANALYZING THE PRESIDENCY, Second Edition (Dushkin, 1990) FEW ARE CHOSEN, with Eric Uslaner (McGraw-Hill, 1984).

Important deadlines:

<http://www.arc.wvu.edu/admissions/deadlines/fall2008.html>

**Friday, October 24, is the LAST day to drop a class
for Fall 2008**

Sophomore/Junior Office Hours with the Dean

Each Thursday the Dean has set aside office hours from 1:00 p.m. – 3:00 p.m. where he will meet with any sophomore or junior who needs to talk with him. Stop in to room 206 Elizabeth Moore Hall to set up your walk-in appointment (do not need to set up the appointment ahead of time)

SOAR

The **S.O.A.R.** (Sophomore Outdoor Adventure Reorientation) Program is an experiential based 3-credit course designed for students who have just finished their freshman years. The course will help students reflect on their freshman year and learn about themselves, develop leadership and healthy living skills, discuss and prepare for sophomore year expectations, and form lasting friendships with other students.

This course begins at the end of the student's freshman year with a 14-day camping and backpacking trip to the Rocky Mountains and the Desert Southwest. The students will then reunite in the fall semester for four classroom meetings, focusing on trip reflections, continuation of preparing for sophomore year, exploring careers of interest, and making connections with WVU faculty and staff that will aid students throughout their college years.

Mission

The SOAR program was developed to ease the transition from freshman to sophomore years, teach leadership and healthy living skills, facilitate self-growth, stimulate environmental awareness, foster social connections, and promote holistic student wellness and success.

Goals

- Ease transition to the sophomore year
- Create a safe and exciting environment that students find challenging and fun
- Provide opportunities for leadership and teamwork
- Enhance interpersonal skills such as trust, communication, conflict resolution, and cooperation
- Facilitate increased self-awareness, confidence, resilience, goal-directedness, and congruence with personal values
- Develop wilderness skills
- Improve student retention

For More Information:

Ian Kellems - SOAR Lead Instructor
Carruth Center 304-293-4431 ian.kellems@mail.wvu.edu

Child Development & Family Support Services (CDFSS)

<http://childcare.wvu.edu/>

CDFSS is a unit that has been created at West Virginia University to support students who are parents. The Child Care Access Means Parents in School (CCAMPIS) grant from the U.S. Department of Education helps fund these programs and services. Located on the first floor of the Purinton House, CDFSS serves as a central campus location for current or potential WVU students seeking child care information. The office and adjacent family resource center serve as a support system for WVU families to reduce family conflict, stress, and risk factors so they can earn their degrees at West Virginia University.



<http://u92.wvu.edu/>

SJE Contact:

Sheila (Shyla) Powell,
208 Elizabeth Moore Hall,
304.293.5811

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Happy  Halloween