



SJE



Journey



You should be proud of yourself! You have made it to the middle of February and mid-semester is just around the corner (February 27). Be sure to study so that you don't receive any mid-terms!

If you are experiencing problems, talk with your advisor, your professor, or come to see me (my office hours are listed below).

Please be sure to take advantage of the many resources we have which will help you to continue to have a successful year at WVU.

**David Stewart
Dean of Students & Associate Vice President
for Student Affairs**

Sophomore/Junior Office Hours with the Dean

Each Monday the Dean has set aside office hours from 2:00 – 4:00 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)

Have a problem?

**Contact the
Student Advocacy Center:**

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

SJE Contact:

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

Shyla.powell@mail.wvu.edu

Important deadlines:

<http://www.arc.wvu.edu/admissions/deadlines/spring2009.html>

Friday, February 27, is mid-semester!

Upcoming Events:

Free Ice Skating/Pizza Party for sophomores and juniors at White Park in Morgantown – March 5 – email Victoria.oster@mail.wvu.edu to sign up!

Faculty Dinner Series (Free Dinner and Presentation to first 25 to sign up):

- ◆ Tuesday, March 31, Dr. Thomas Kammer will present “Extinction of the Dinosaurs and Why YOU are Here Instead”, 6-8 p.m., Hatfields A-B, Mountainlair
- ◆ April Presentation will feature Marjorie Fuller, Director of the Center for Black Culture and Research and the date will be announced later

Email Kelli.Eisentroutrout@mail.wvu.edu to sign up for a Faculty Dinner Series – first come, first served!

For more details:

http://sophomorejunioryear.experience.wvu.edu/upcoming_events





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

**Looking for something fun and FREE to do?
Check out Up All Night!
Thursdays from 7-10 p.m. and Friday and Saturday
evenings 7 p.m. – 2 a.m.
A FREE Midnight Breakfast begins at midnight
on Fridays and Saturdays!
Check out this website for a complete listing of what's
happening each weekend!**
<http://www.events.wvu.edu/wwupallnight/index.shtml>



**For events and happenings in your Morgantown community, go to:
<http://www.tourmorgantown.com/dvd.php>**



College Alcohol Abuse and Dependence

Thirty-one percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking ([Knight et al., 2002](#)).

- T - Does it take more than *three drinks* to make you feel high?
- A - Have you ever been *annoyed* by people's criticism of your drinking?
- C - Are you trying to *cut down* on drinking?
- E - Have you ever used alcohol as an *eye opener* in the morning?

Answering "yes" to two of the four T-ACE Test questions it is an indication of possible alcohol abuse or dependence. If you would like to discuss your results you can contact the WVU Student Assistance Program (SAP) at 293-6872.

Consequences of excessive drinking among students between the ages of 18 and 24.

- **Death:** 1,700 college students die each year from alcohol-related unintentional injuries, including motor vehicle crashes.
- **Injury:** 599,000 students are unintentionally injured under the influence of alcohol.
- **Assault:** More than 696,000 are assaulted by another student who has been drinking.
- **Sexual Abuse:** More than 97,000 are victims of alcohol-related sexual assault or date rape.
- **Unsafe Sex:** 400,000 had unprotected sex and more than 100,000 students report having been too intoxicated to know if they consented to having sex.
- **Academic Problems:** About 25 percent report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.
- **Health Problems:** More than 150,000 develop an alcohol-related health problem.

NIAAA National Institute on Alcohol Abuse and Alcoholism
<http://www.niaaa.nih.gov/>

Dark Chocolate

Dark chocolate may have some health benefits. Research has shown moderate amounts of dark chocolate may help protect your heart and cardiovascular system.

Dark chocolate contains compounds called flavonoids. Flavonoids are a type of polyphenol. Polyphenols are responsible for the health benefits of tea, red wine, and cranberries.

Not all chocolate is created equal. Dark chocolate contains the desirable flavonoids while milk or white chocolate does not. The flavonoid compounds are lost during the processing of milk and white chocolate. To be sure your getting the most from your chocolate look for a product that is >70% cocoa, made from cocoa butter, and made without partially or fully hydrogenated oils.

Chocolate contains 'good' and 'bad' fats. The good news is dark chocolate contains mono-unsaturated fat (good fat). But dark chocolate also contains saturated fat (bad fat). This is why dark chocolate should be enjoyed in moderation. Whether the fat is considered 'good' or 'bad' it still contains a high number of calories, and therefore needs to be enjoyed in moderation. Choosing dark chocolates with few or no add-ins, such as: caramel or marshmallows, is best to keep saturated fat and calories to a minimum.

Dark chocolate should be enjoyed in MODERATION! This recommendation isn't anything new. While dark chocolate may have health benefits , it can not be eaten in unlimited amounts. Research suggests eating one to two ounces of dark chocolate a day is enough to reap the possible benefits from this sweet indulgence.

Contact: Netti.freshour@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.

What's Going On With Me?

Evaluating Eating and Exercise Habits

- **Do you spend time wishing parts of your body looked different?**

- **Do you skip meals?**

- **Do you count the calories or fat grams in anything you eat?**

Constant concern about body weight and shape, fat grams and calories can start a vicious cycle of body dissatisfaction.

The things you're doing to be thin can quickly *spin out of control* and become a life-threatening eating disorder.

If you have these habits, you may be dealing with "disordered eating."

What is Disordered Eating?

Disordered eating is when a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness and safety.

Disordered eating may turn into an eating disorder.

Even if you don't have a full-blown eating disorder, you may be missing out on living while you spend all your time dieting!

If you believe you may have an eating disorder or are engaging in disordered eating habits, please call the Carruth Center at 304-293-4431 to set up a time to talk about it, or just come to the walk-in counseling clinic, every weekday from 9 a.m. to 4 p.m.

Information by:

Colleen Harshbarger, Director of Student Wellness



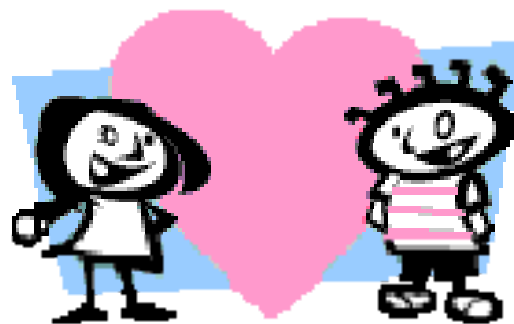
The History of Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day — and its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

For more information and legends go to:

<http://www.history.com/content/valentine/history-of-valentine-s-day>



Resource Centers Offer Free Tutoring to All Students

West Virginia University Academic Resource Centers provide free tutoring in math, chemistry, biology, physics, and statistics. The tutoring is provided every day on a walk-in basis and is available to any WVU student. The Academic Resource Centers have four locations: Arnold Hall, Brooke Tower, WVUp All Night, and the newest addition, the Downtown Library. This space, provided by WVU Libraries, houses the Term Paper Clinic and Writing Center in addition to the Academic Resource Center. The hours of operation are as follows:

Location	Days	Time	Subjects
Arnold	Sun & Tues	7-11pm	Math, chemistry, bio, physics, stats
Downtown Library	Mon & Wed	7-11pm	Math, chemistry, bio, physics, stats
Brooke Tower	Sun-Thurs	7-11pm	Math, chemistry, bio, physics, stats
WVUp All Night	Thur-Sat	7pm-12am	Math, chemistry, bio, physics, stats

Arnold Hall, Sundays and Tuesdays 7-11pm

Downtown Library, Mondays and Wednesdays 7-11pm

Brooke Tower, Sunday through Thursday 7-11pm

WVUp All Night, Thursday, Friday, and Saturday 7pm-12am

The Academic Resource Center is staffed by WVU undergraduate and graduate students. The staff is well versed in the subject area that he or she tutors and has received at least a B in the courses tutored.

Other resources:

- The [Math Learning Center](#) is located in 301 Armstrong Hall. Student may drop in and receive help with homework problems or ask questions concerning returned homework and exams. Appointments are not necessary. Hours are 9:30 AM to 8:00 PM Monday through Thursday and 9:30 AM to 4:00 PM Friday. Call 293-7273 for more information.
- The [Chemistry Learning Center](#) is a free tutorial service offered to students taking general chemistry courses. The center is open Mondays through Wednesdays from 7:00 PM to 10:00 PM and is located in 408 and 410 Clark Hall. Call 293-3435 for more information.
- The [WVU Writing Center](#) assists students in becoming better writers. **The Writing Center has moved to G02 Colson Hall** and is open Monday through Thursday from 10:00 AM to 5:00 PM and on Friday from 10:00 AM

Do You Need a job?

WVU CAREER SERVICES CENTER

Career Courses and Seminars

Orientation 151 – Career Exploration

Orientation 252 – Finding a Job/Internship

MountaineerTRAK Seminar Series -Weekly
topics

Sophomores Orientation 151 – Undecided students, or

should consider Orientation 252 – Declared major students looking for an internship, or :

Job Search Seminars – weekly

Juniors Orientation 252 – Looking for internship, or

should consider:

Job Search Seminars – weekly

The Office of Student Employment, under the division of Human Resources, assists students in finding part-time and seasonal employment while they are in college. Whether students are interested in seriously supplementing their financial aid, keeping themselves in "pizza money" or upgrading a cell phone, this office can help with the job hunt. On campus jobs include office work, event planning, catering, and working as ushers and ticket takers at football games and major plays and concerts. Off-campus opportunities include options as varied as babysitting, food service, business and human resources internships, camp counseling work, and summers at national parks, state parks, and amusement parks! The office sends out information on the Student Jobs List, their list serve, offers one-on-one counseling and is available for job search assistance.

Visit our website at studentjobs.wvu.edu

Off-Campus Housing

The WVU Office of Student Life website will help you find off-campus housing that suits your needs!

www.studentlife.wvu.edu/OffCampusHousing
293-5611

ARE YOU A COMMUTER?

You're encouraged to visit the Commuter Lounge located on the first floor of the Puritan House (Room 101).

www.studentlife.wvu.edu/commuter.html

PARKING AND TRANSPORTATION

If you need information on the PRT and/or parking permits you should contact the Department of Parking and Transportation at:

Department of
Transportation and
Parking
Post Office Box 6561
Morgantown, WV 26506-
6561
Phone: (304) 293-5502

The Carruth Center for Counseling and Psychological Services

The Carruth Center is the principal mental health agency on campus. It is staffed by licensed psychologists and supervised psychologists in training.

Our mission is to provide psychological services which foster your academic and personal development, and to provide supportive psychological services to faculty, staff, and parents.

We provide counseling services that are free and confidential.

The Carruth Center is conveniently located on the Downtown campus on the 3rd floor of the Student Services Building.

Initial counseling is on a walk-in basis—no appointment necessary—between 9 AM and 4 PM, Monday through Friday.

Here Are Some of the Ways We Can Help

Individual Counseling. Some typical issues include:

Adjusting to WVU, including homesickness and difficulty making new friends

Self-esteem concerns

Poor academic performance, including problems with motivation

Concentration problems and test anxiety

Time management problems

Eating and self-image problems

Relationship counseling. We can help you sort out problems in relationships with roommates and friends, as well as with that special person.

Career counseling. Undeclared and floundering? We offer career assessment for helping you learn more about your major interests and yourself.

What WVU Students Say About Us

“I think that the services provided by the Carruth center are essential to students’ health. We can go to the Rec Center and then to Student Health to remain physically healthy, but it’s important for students to also be mentally/emotionally healthy.”

“Simply talking with an impartial third party can offer an even-keeled perspective on a personal problem. I felt as though I was on the verge of a mental breakdown, and coming to the Center was a big step in preventing that.”

“My counselor helped me through a very hard time. Without her help, I would not have made it through the semester.”

Want more information? Visit us at www.wvu.edu/~cocenter

Located on the third floor of the Student Services Building

Phone: (304) 293-4432

Mountaineer Creed

WVU is dedicated to personal and academic excellence.

As a Mountaineer, I will:

- practice academic and personal integrity
- value wisdom and culture
- foster lifetime learning
- practice civic responsibility and good stewardship
- respect human dignity and cultural diversity

In order to become a meaningful member of West Virginia University and the society in which I live, I dedicate my energy, my talents, and my intellect to these standards of excellence.

Student Organizations Services

Student Organizations Services at West Virginia University offers students nearly 300 clubs and organizations with interests and missions as diverse as the students who attend WVU.

There's everything ranging from sports, political, cultural, and professional organizations with which to get involved. The SOS office is your contact for almost everything you will do as a member of a recognized WVU student organization.

The office staff helps to facilitate the activities and provides support and service.

Contact us:

We are located in the Student Organization Wing of the Mountainlair and the hours are 8:15am to 4:45pm. Call (304)293-4397 or check the website at sos.wvu.edu for the most updated information.

STUDENT HEALTH SERVICES

Contact Us:

**West Virginia University Student Health Service
Robert C. Byrd Health Sciences Center
PO Box 9247
Morgantown WV 26506-9247**

Phone: (304)293-2311

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

