

April 2009

Spring 

SJE Journey



Hello,

The end of the spring semester is almost upon us. Have you kept up with your studies this semester? Are you preparing for your midterms?

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>

As of April 7, Juniors can register for Summer 2009 and Fall 2009

As of April 14, Sophomores can register for Summer 2009 and Fall 2009

Thursday, April 30 is the last day to withdraw from the University

May 1 is the last day of classes!

May 4- 9 is Finals week- good luck!

Spring reminds of baseball so here are some baseball trivia questions to test your knowledge of baseball!

1. What is the diameter of an MLB pitcher's mound?
2. What is the official name of the pitcher's rubber on the pitching mound?
3. How many stitches are there on the Rawlings Official Major League Baseball?
4. What player holds the MLB record for most runs scored in a season?
5. Who was the only US President to throw out the first pitches to a season opener both right handed and left handed?
6. What was the only MLB team to win an Opening Day game by forfeit?
7. Which MLB pitcher holds the record for starting the most Opening Day games?
8. How many times was Roger Maris intentionally walked during his record breaking 61-homer season in 1961?
9. What was the first Major League baseball Team to win 3 straight postseason games scoring 10 or more runs?
10. Who was the first female to appear as a player for a MLB team in a spring training game?

(Answers below ☺)



<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/wvupallnight/index.shtml>



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

Finals week is one of the most stressful times in a college student's academic career. Eating healthy is not a top priority at this point and time. Some tips for healthy eating at stressful times include:

- ~To help improve energy, sleep, mood, and concentration eat B Vitamins, antioxidants and Omega-3 fatty acids.
- ~Complex carbohydrates are better than sugar-filled foods and white bread at sustaining mental energy for long periods of time.
- ~Drink Water to help metabolize hormones associated with stress and conduct electrical activity in neurons.
- ~Don't quit snacking.
- ~ Try healthier snack alternatives such as baked chips or low fat pretzels instead of regular potato chips, choose a frozen fruit bar instead of a creamy ice cream sandwich.
- ~Replace sugary snacks with fresh or dried fruit.
- ~Take breaks and have a healthy snack rather than continually grazing on food while studying.

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.

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

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 to 3:00 PM. Call 293-5788 for more information.

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
transportation@mail.wvu.edu
<http://transportation.wvu.edu/>

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

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/OffCampus
Housing](http://www.studentlife.wvu.edu/OffCampusHousing)
293-5611

Do You Need a job?

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

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.

Answers to the baseball trivia questions:

1. The MLB pitcher's mound has a diameter of 18 feet
2. The pitcher's rubber is defined in MLB rules as the "pitcher's plate"
3. There are 108 double stitches on a Rawlings Official Major League baseball
4. Hall-of-Famer [Billy Hamilton](#) holds the record with a total of 196 runs scored in the 1894 season. Known as "Sliding Billy", Hamilton played for three teams during his career and was one of a small handful of MLB players to have scored more runs (1,691) than games played (1,578). He is the Philadelphia Phillies career leader in Batting Average (.361), On-base percentage (.468) and Stolen Bases (508)
5. President [Harry Truman](#) showcased his ambidextrous ability on April 18, 1950 in the season opener when he threw out balls with both his right and left arms
6. The [Philadelphia Phillies](#) were declared winners of the 1907 season opener at the Polo Grounds in New York after disgruntled N.Y. Giants fans began hurling snowballs onto the playing field, disrupting play. The fans' actions led to a melee, where fans continued the snowball fight on the playing field itself and chaos ensued, causing the umpire to declare the game a forfeit in favor of the Phillies
7. Hall-of-Famer [Tom Seaver](#) has been the starting pitcher in 16 Openers. He started Opening Day games for three teams: the [New York Mets](#), the [Cincinnati Reds](#), and the [Chicago White Sox](#)
8. None. Roger Maris was not intentionally walked during the 1961 season because Mickey Mantle hit behind him
9. The 2007 [Boston Red Sox](#) are the owners of this record. Their streak:
2007 ALCS Game 6: 12 to 2 over Cleveland
2007 ALCS Game 7: 11 to 2 over Cleveland
2007 World Series Game 1: 13 to 1 over Colorado
10. On March 20, 1934, [Mildred \(Babe\) Didrickson-Zaharias](#), the noted multi-sport female athlete, pitched the first inning for the Philadelphia Athletics in a spring training exhibition game against the Brooklyn Dodgers, giving up one walk but no hits. Two days later she pitched one inning for the St. Louis Cardinals against the Boston Red Sox. In addition to her baseball exploits, she was a 1932 Olympic Games track & field star, as well as an expert basketball player, golfer, hurdler, high jumper, swimmer, javelin thrower, football halfback, billiardist, weight lifter, fencer, boxer, wrestler, and dancer