

September 2009

SJE

Journey



I am so glad that you are back for the fall 2009 semester! West Virginia University is a very exciting place to be especially for sophomores or juniors. The SJE (Sophomore/Junior Year Experience) program was designed to meet the needs of second and third year students at WVU. This monthly newsletter will provide you with information and upcoming events. Be sure to take advantage of the many resources we have to help ensure you have a successful year at WVU

David Stewart

Dean of Students & Associate Vice President
for Student Affairs

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Important deadlines:

<http://www.arc.wvu.edu/admissions/deadlines/fall2009.html>

- **Friday, October 9**
 - Mid-Semester
- **Friday, October 30**
 - Last day to drop a class for Fall 2008
- **Tuesday, November 3**
 - "STAR" WEB available for **Juniors** to register for Spring 2010
- **Wednesday, November 10**
 - "STAR" WEB available for **Sophomores** to register for Spring 2010

FIGHTING FLU AND COLD SEASON

Foods are better than dietary supplements for the prevention of colds and flu because you get the whole nutritional package. For example eating an orange is better for you than just taking vitamin C because the orange offers you a combination of nutrients -- magnesium, potassium, folate, vitamin B6, and antioxidant-rich flavonoids.

While we know that vitamin C is important for a healthy immune system, studies don't show that taking massive doses of vitamin C helps to prevent colds and flu at all. However, we do know that eating fruits and vegetables high in vitamin C will help to keep your immune system strong. Your immune system is what protects you from viral infections, and the foods you eat have a major impact on your immune system's ability to fight off colds and flu. The reason that fruits and vegetables do a better job of keeping your immune system ready is because they also contain vitamins A and E, as well as the flavonoids that work along side vitamin C to keep your immune system and your whole body healthy.

While you want to focus on increasing the amount of fruits and vegetables you eat, don't forget to choose other healthy foods to supply nutrients your immune system needs. A healthy balanced diet with lean meats, fish, poultry, low-fat dairy, legumes, whole grains, nuts and seeds provides your body with all of the nutrients you need for general health. A healthy body tends to have a healthier immune system.

Protein sources such as lean meats, dairy, eggs and legumes are especially important because they supply the amino acids that your body needs to build the components of your immune system. Lean meats also contain iron and zinc; deficiencies of these minerals can depress your immune system.

Of course, avoiding unhealthy food is important too. Stay away from excess sugar and unhealthy fats, such as saturated fat and trans fats. Being prepared by keeping healthy snacks handy so you won't be so tempted to eat less healthy options. Try dried fruit or trail mix.

What If You Do Get Sick?

Good nutrition is still important if you catch a cold or influenza. Even when you are sick, you need to eat when you can. Focus on getting three meals per day, and don't forget to keep eating lots of fruits and vegetables. It is important to get enough energy from the foods you eat while you are recuperating -- you may not be running around and exerting much, but your body is working hard to get better. Avoiding dehydration is also very important. Drink fluids throughout the day such as water and 100% juices.

Nettie Puglisi Freshour MS, RD, LD, CSSD
 Dietitian/Program Coordinator
 WVU Dining Services
 Adjunct Professor Human Nutrition and Foods
 Consulting Dietitian WVU Athletic Department
 West Virginia University G104 Bennett Tower

LET'S GO MOUNTAINEERS!

Athletic Events Schedule

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.

**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/wvup/allnight/index.shtml>

If you or your friends choose to go out drinking remember to.....

Use the Buddy System and always stay with your group.

Keep an Eye on Your Drink to prevent anyone from slipping drugs into your drink.

Know Your Limit when it comes to how much you can drink before you can no longer control your actions and your physical reactions. Use common sense.

Beware of the Signs and Symptoms of Alcohol Poisoning. Binge drinking such as drinking games and shots can be fatal. Slow or irregular breathing, cold or clammy skin, vomiting and slipping in and out of consciousness are a few signs of alcohol poisoning. If you think a person has alcohol poisoning never leave them alone and call 911.

Contact: Tami.Allen@mail.wvu.edu



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

Upcoming Fall events:

Faculty Dinner Series: September 22 Dean David Stewart will present "Poetry" in the Mountaineer Room; October 20 Marjorie Fuller will present as part of Diversity Week in the Mountaineer Room; and November 9 Dr. Chris Wilkinson will present Hatfields Main Dining Area (each dinner/presentation begins at 6-8 p.m. and are held in the Mountainlair)

Sophomore/Junior Fair: October 14, Noon - 5 p.m. in the Mountainlair Commons, Mountainlair

Rich's Fright Farm Trip: October 21, 6 p.m. – midnight

Ghost Stories in Elizabeth Moore Hall with the Dean: October 28 in Elizabeth Moore Hall at 7:30 p.m. – come hear great scary ghost stories and share some of your own if you like!

SJE New York City Trip: November 14-15, 2009 – \$75.00 per person, \$100.00 if you would like to see The Lion King (for the first 20 to sign up). Come get away with us to explore New York City and see all that the city has to offer. It is sure to be a great time!

SJE Washington, DC Trip: October 23, 24, & 25 – call 293-5811 for details – limited spots!

<http://sophomorejunioryear.experience.wvu.edu/> FOR ALL THE DETAILS

Did you know...

One night of binge drinking (consuming 5 or more drinks (male), or 4 or more drinks (female) in a 2 hour time period.) can cause a person to take in an additional 750-2,000 calories depending on the type of alcohol consumed.

The calories consumed do not provide any of the carbohydrates, protein, fat, vitamins or minerals needed to maintain body function. That means you must burn the additional calories off or you risk the chance of your body storing them as fat.

For example:

A 180 lb male would have to be on the Elliptical Trainer Machine for 1 hour and 20 minutes to balance out consuming 5 beers.

A 120 lb female would have to be on the Stair Stepper Machine for 3 hours and 30 minutes to balance out consuming 4 margaritas.

Contact: Colleen.Harshbarger@mail.wvu.edu

Nutrition Tip and Recipe

Starting at the top of the day, breakfast is best. It's the gold medal as far as health goes. Though it may be tempting to sleep right through the morning meal, skipping breakfast:

- ~ Shortchanges your body, your mind and your attitude
- ~ Can make you feel crabby come mid-morning
- ~ You tend to try to make up for the calories you missed in the morning by overeating in the afternoon or evening
- ~ You lose out of potentially more hours of calorie burning by skipping breakfast

Research shows that people who eat breakfast lose weight and keep it off better than those that skip breakfast.

Easy breakfast recipe:

1 whole wheat tortilla, 1 banana, and 1 tablespoon of peanut butter. Spread peanut butter on tortilla, place banana in the middle, roll tortilla and ENJOY!!!

Contact: Netti.freshour@mail.wvu.edu

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.htm

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For events and happenings in your Morgantown community, go to:

<http://www.tourmorgantown.com/dvd.php>

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.

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/>

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

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

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

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)



WELLWVU

**293-WELL
(293-9355)**

PRIMARY CARE MENTAL HEALTH SERVICES HEALTH PROMOTIONS

A recently formed Department at WVU that brings together professional physicians, psychiatrists, psychologists, counselors, and health promotion specialists to foster the complete well-being of our students. Our goal is to offer the highest quality of care and education at minimal cost to the student. In fact, many of our services are free, with others having only a nominal fee. Our offices work collaboratively to provide a fully integrated approach to health.

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 three locations: Brooke Tower, WVUp All Night, and the Downtown Library. The Downtown Library 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
Downtown Library	Sun-Thurs	7-11pm	Math, chemistry, bio, physics, stats
Brooke Tower	Sun-Thurs	6-10pm	Math, chemistry, bio, physics, stats
WVUp All Night	Fri & Sat	7pm-12am	Math, chemistry, bio, physics, stats

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.

The [Term Paper Clinic](#) is conducted at the Downtown Campus Library. No appointment is necessary. The Clinic is open Monday through Friday from 1:30 PM to 3:30 PM. Call 293-4040 EXT. 4040 for more information.

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.

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

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

TIPS FOR SUCCESS

West Virginia University

- Contact the Student Advocate at 293-5555 for answers and help!
- Set goals. Setting goals will help you achieve your dreams!
- Get into a study routine—find a favorite place to study—make your studies a daily habit
- Keep a planner, stay organized! Mark test dates and when assignments are due
- Undeclared major? Contact the Undergraduate Academic Services Center (UASC) at 293-5805
- Build your career portfolio! Visit the Career Services Center—call 293-2221
- Pace yourself, stay focused, work hard, and don't burn out by pulling all-night cram fests
- Make sure you make time to have fun with friends—make new friends
- Stressed? Need to talk with someone? Contact the Carruth Center at 293-4431
- Having trouble in a class? Talk to your professor!
- Your current major is not for you? Contact UASC at 293-5805
<http://sophomorejunioryear.experience.wvu.edu/>
- Need help writing a term paper? Contact the Library at 293-3640
- Eat, Exercise, and SLEEP!!!

Sophomore/Junior Year Experience (SJE), a part of Experience WVU

