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### Our Mission:

The Division of Student Affairs fosters students' academic, personal growth, educates students to respect and appreciate diversity, and prepares students to be responsible and engaged citizens in a global community

## University Residences opens to a Full House

The beginning of the academic year always brings a new level of excitement and activity to the WOU campus. This year is no exception. With the recruitment of one of the largest freshmen classes in school history, along with a significant increase in international students, WOU is bursting at the seams with new students. The large number of on campus students has required that we open a former residence hall, Arbuthnot Hall (which was previously used by the Oregon Police Academy), for housing upperclassmen in single rooms. The majority of our first-year students are housed in our traditional freshmen halls, Heritage, Landers and Barnum, but because of the significant number of freshmen, we are housing approximately

40 first year students in Gentle Hall, a traditionally upperclassman hall.

We are thrilled to maximize all of the space we have in our residence halls and apartments. Our residential communities are an excellent



mix of students from all over the state, the country, and in many cases, the world. Each community is managed by a Resident Assistant or Apartment

Manager who are upperclass students that have been trained to build strong communities, assist with transition issues, mentor students and manage community standards. Resident Assistants and Apartment Managers are supervised by Area Coordinators, live-in professional staff, who work full-time to support the residential program at WOU.

Living on campus is a valuable experience that can't be duplicated by any other living experience. We look forward to offering a variety of activities and other opportunities to the many students who live on campus this year. With a full house, the activities in the residence halls and apartments will be nothing short of exciting and engaging for our residential students!

## What does Philosophy smell like?

Students with disabilities have been learning in alternative ways since the courts decided that free and public meant that opportunities were open to all. Since 1973, Higher Education has had the obligation to make reasonable efforts for equal opportunities to its students with disabilities. But many schools, such as WOU go beyond reasonable to provide students with accommodations that can increase the ability of its students to learn.

The accommodation that allows blind students and students with learning disorders to access the printed word is simple. Convert the text into audio. The method was not so simple, however. Hiring readers who had the education, skill, and tenacity to read entire text books was tedious, expensive, and only allowed the reader to listen. Today, ODS provides its students with the opportunity to use more than one media (the

method needed to access information such as auditory, tactile, or sight), to access the printed text. In ODS text books are unbound, scanned, edited and converted into auditory formats all using a computer. Students who have difficulties accessing and learning from print material can listen to the text, follow the print material, and take notes from that same material all at their computer. (see "Philosophy" page 2)

## Multicultural Recruiters Make a Difference



Multicultural Recruiters with Chavez Leadership Conference Committee Members

On March 9, 2007 Western Oregon University hosted the 17<sup>th</sup> Annual Cesar E. Chavez Leadership Conference. This conference brought 1400 Latino High School students from all over the state of Oregon to campus. The conference instills the value of education, social consciousness, and civic responsibility in our Latino youth.

This year, **Multicultural Recruiters**, a WOU student volunteer group, served as ambassadors and role models to the high schools stu-

dents that attended.

The MCR's were established during the 2006-07 academic year in order to assist WOU in the recruitment and retention of students of color. In collaboration with the Multicultural Student Services & Programs Office and Multicultural Recruiter in the Admission Office, the MCR's were trained to give campus tours and assist in providing student panels for campus visits, high school visitations and programs such as this conference.

For the 2007-08 academic year, 23 of the 30 volunteers are returning and we are in the process of interviewing to fill the remaining 7 slots. This program is not only a great Leadership opportunity for our students, but a venue that allows our students the opportunity to give back to the communities and organizations that supported their efforts to pursue a Higher Education.

WOU Student Affairs E-News is published periodically by the Vice President for Student Affairs at Western Oregon University.

Every student registered for 9 credit hours or more automatically receives a limited health insurance plan

### Philosophy (con't)

The dual media learning concept: Using more than one media to learn is not new. We know that humans learn better if what they need to learn is presented in more than one media. Consider a lemon. As children we are exposed to lemons. We learn to identify them by sight, touch, smell, and taste. All these forms of media reinforce our learning to identify the lemon. Now, what does Philosophy smell like? Don't answer that! If you were a student with reading comprehension issues, Phi-

losophy might sound like a British woman's voice, read at a moderate pace. Psychology might be a German man at a moderate fast pace and Sociology an American grandma who smokes too much! All of these voices help the student to associate the information with the voice and make it easier to recall the information because of the association. After listening to the text and identifying what is important and necessary to learn (professors like to give exams on these tidbits), the student using the

audio material can stop the audio, highlight, cut and paste this information to build notes of the text book material. All of this is done thanks to simple technology.

Of course this is not just for students with disabilities; any student who wants to reinforce their learning can use this method of reading and learning. In ODS, if a student with a disability wants their books in this format, we will teach them how to do it themselves. To quote a trite phrase: "When life gives you lemons, make lemonade!" So what does philosophy smell like?

### For Your Health

Students registered for 9 plus credit hours automatically pay a health fee that allows them to utilize services within the Student Health and Counseling Center. Students taking fewer than 9 hours can choose to pay the health fee, thus gaining access to all the medical and mental health services in the center. What

students may not realize is that part of the health fee includes the purchase of a limited health insurance plan. \$31.00 dollars of your fee goes to a \$5,000.00 per condition health plan that covers out-patient and in-patient medical services in the community.

Some highlights of the plan include: 80% of hospital room and board coverage; 5 doctor visits per illness or condition; 80% of

emergency room treatment up to a \$1,000 per illness; Allergy injections; Annual exams and pap smears up to \$150.00; Mammography up to \$150.00 per condition Mental Health evaluations up to \$250.00

Complete information about the health plan can be obtained at The student Health and Counseling Center as well as going to the plans web site at <http://services.ameriben.com>.

# Freshman 15: Fact or Fiction?

The idea of the freshman 15 has been around for some time. Little research has been conducted on whether this is fact or fiction until recently when Cornell University conducted a scientific study exploring the first year eating habits of college students. What they found was that students do indeed gain weight, but few gain as much as 15 pounds. Their study noted students gaining between 3 to 10 pounds and the bulk of the weight gain occurring during their first semester. Researchers did note an increase in over-

all consumption do in part to the buffet style dining in college dining facilities. Officials also noted a caloric increase as far as breakfast selections as well as high calorie eating after the evening meal.

The researchers at Cornell noted that not all students gained weight. In fact some students lost weight and many more maintained their initial weight throughout their freshman year. It's not inevitable that students will gain weight in their first year of school. In fact with a little work, students can

learn to navigate their way through the many temptations that lurk in the dining hall, residential hall and fast food establishments that set up shop around our campuses.

If you need some help improving your eating habits or if you are just looking for information on nutrition, contact the Health and Counseling Center. Sarah Weber is a licensed dietitian on staff at the Center. You can arrange an appointment with her by calling 838-8313.

*"In fact with a little work, students can learn to navigate their way through the many temptations that lurk in the dining hall...."*

## Tips to hold off the Freshman 15

- Learn what constitutes a balanced meal and avoid seconds of high calorie foods like fried foods and desserts.
- Despite that chaotic schedule, try not to skip meals. Skipping meals means excess hunger later and the increased possibility of overeating.
- Avoid the vending machines. If you need a quick snack and the vending machine is your only choice, pick pretzels or a wholesome granola bar instead of candy or chips.
- Watch out for those late night trips to the pizza or fast food establishments. Those foods will tend to be high in calories and you will have fewer opportunities to burn the calories off.
- Find time to exercise. Just walking for 30 to 45 minutes four times a week can do wonders as far as keeping the pounds off.
- Avoid snacking while studying. Take breaks and walk away from the books to find a piece of fruit or other wholesome snack.
- Look out for the calories in alcohol. There are hidden calories that tend to get stored directly into body fat.

## RAPID Resident and Professor Intellectual Dining.....Making Connections Beyond the Classroom

Students living in the Residence Halls are able to dine with a professor in Valsetz Dining Hall and Campus Dining pays for the professor's meal. Residents with meal plans can use a RAPID Meal Ticket to interview a Professor for a class assignment or just treat a professor to lunch or dinner. Also, residents and RA's can use the RAPID meal tickets for a hall program. Resi-



dents request a RAPID meal ticket in the Office of University Residences and the professor signs the back of the tickets when the meal is purchased in Valsetz Dining Hall.



# Helping your student succeed

The middle of a new student's first term is one of the most challenging times for them. As a parent or family member, this then can be particularly difficult for you. It is very stressful to listen to your son or daughter tell you their problems and not be by their side to help. The temptation is great to invite them home every weekend to soothe their pain.

But this pattern of going home can be detrimental to the student development process. Students are undergoing key developmental challenges. Two areas that students are experiencing tremendous growth in are: developing autonomy and establishing identity.

A student who is developing autonomy is getting used to living on their own for the first time. Things like managing a budget, doing laundry, setting and follow-

ing a schedule are all things that were done for them prior to college. Now, the student is doing these things for themselves. Related to this developmental area, the student is also establishing an identity separate from what they are used to. Relationships are brand new and the responsibility for making friends rests completely on the student.

The time can be very disorienting, frustrating, and scary. When the stresses of work in these two areas mount, the student will want to return to where they feel safe. Under severe stress, allowing the student to return to their "Safe Zone" (home) is appropriate and encouraged. But under normal stress levels, allowing the student to repeatedly return to their safe zone will only stunt their growth. And if their growth is stunted

during this crucial first year, the rest of the academic and social growth during college will be affected negatively as well.

Many of the staff members in the Division of Student Affairs are trained in the areas of student development that your student is working on right now. They are skilled in areas designed to provide support, guidance and referrals to other resources on campus. Our residential and student activities staff work to make sure there is enough fun things to do and to make sure each student has the support they need. There is no place like home, for sure, but we do our best to make WOU and Monmouth a great place to live.

## Alternative Break Group Travels to Peru

A group of seven students and two advisors traveled in June to Cuzco, Peru as a part of Service Learning & Career Development's Alternative Break program. The team worked with an Orphanage on several projects to better the lives of the children there. Limited to damaged and inadequate supplies, a chicken and duck coop and yard were constructed using determination and ingenuity as the blades of hedge trimmers were used to dig post holes. It was satisfying to see the appreciation from the children and workers at the orphanage as Western Oregon students and staff delivered approximately 50 ducks and chickens along with four sheep to the newly constructed pen. One student summed it up saying, "being here and working in the Orphanage was hard, hard work but it has been so worth it. When we delivered the animals, you would have thought we had delivered a million dollars. All of these people will be in our hearts always."

Alternative Break trips are student planned and led. As part of his sociology class a year and a half ago, Student Leader, Senior David Austin had come to the realization that he wanted to make a difference in the world in a very real way. Through an internship with Service

Learning & Career Development, he discovered a passion for Peru and was determined to lead a group to not only engage in service with the people but become immersed in the Peruvian culture as well. Austin's next goal is to continue to research the possibilities of building a term-long, Service Learning Abroad program for Western Oregon University students.

An important component to any of the Alternative Break trips is the leadership of the faculty/staff advisors. Two



**Alyssa Epperson, Brittany K-Hinds, Mona K-Hinds, Brenda Vaandering, Andrea Arce, Megumi Hanada, Danae Burke, Gary Dukes, Craig Lockhart and David Austin at orphanage in Anta, Peru**

advisors are selected for each trip and serve as consultants as well as trip participants. VP for Students Affairs, Gary Dukes and Upward Bound Project Counselor, Mona K-Hinds served as advisors. Both utilized their leadership skills in the fundraising efforts prior to the trip, guidance during the trip, and through the service at the orphanage.

Throughout the fourteen days of the trip, the group not only worked on projects at the orphanage, but also played with the orphans, supervised them during a day trip to Cusco, and had time for a trip to Machu Picchu. The experience made a positive impression on the people of Peru and to the trip participants. "It's crazy how fast it has gone and I think it is amazing to realize all the personal growth that has taken place. We are all better people for coming here...and I know I have learned a lot about myself as I experienced this culture for the first time," said one student who was impacted by the trip.

Applications are currently being accepted for the next round of Alternative Breaks. Locations are still being finalized by the student leaders but some possible locales include: San Diego, CA, New Orleans, LA, Seattle, WA, Portland, OR, Hanoi, Vietnam, and Cape Verde, Africa.