



Mission Statement:

The Division of Student Affairs fosters students' academic, personal and professional **GROWTH**, educates students to respect and appreciate **DIVERSITY**, and prepares students to be responsible and engaged **CITIZENS** in a global community.

"Study Away" Opportunity for WOU Students

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Catch up on what is in the works for our WOU Campus "living room." Werner University Center Director Jon Tucker talks about upcoming plans to make the WUC the place to be

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The WOU Pool earns national recognition. Aquatics/Outdoor Programs Coordinator Melissa Ineck talks about the programs offered at the pool that remains a mystery to many.

the Wolf after Class

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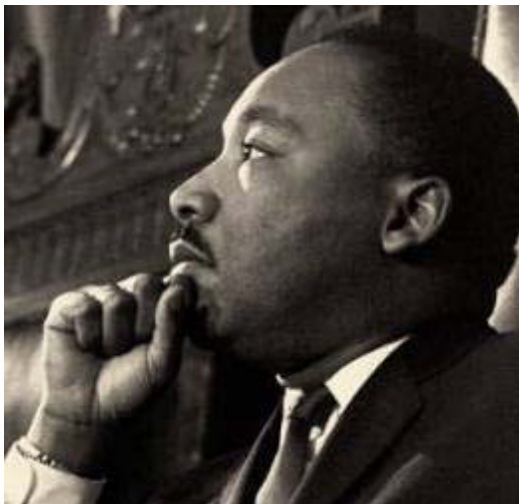
Imagine if you can, the opportunities available from the combined resources of 190 campuses with all of their courses and programs. Think of the adventure, of the diversity of people, culture, and geography. When most people hear about exchange programs, they picture crossing oceans and international borders which are thousands of miles from home. Sometimes, however, thinking globally may begin a bit closer to home. That is the National Student Exchange (NSE).

NSE allows WOU students to study up to one year at a participating institution paying in-state resident tuition or paying WOU tuition. For example, a Western student from Salem studied in Puerto Rico last fall term at the Universidad del Sagrado Corazon. Western is hosting four students beginning next fall, from Alaska, New Mexico, South Carolina, and Hawaii. University of Montana and University of Hawaii will host a total of six Western students next year, too! These students will be sharing their experiences later.

NSE offers opportunities to live in a different geographic area while studying, take courses not offered at Western, investigate graduate or professional schools, explore other cultures, or experience studying away without language barriers. Participation in the NSE program may open the door for studying abroad. Exchanges at Canadian universities are coordinated by the NSE program in conjunction with the Study Abroad office.

Students may apply for the program when they are freshmen, as long as they will be sophomore status (45 earned credit hours or more) at the time of exchange. Additional information on the NSE program and application deadlines is available from Debbie Diehm, email her at diehmd@wou.edu or online from WOU's home page at www.wou.edu/student/nse.

WOU's first annual Dr. King Celebration in over 15 years



"Nearly 150 people attended..."

By Lauren M. Smith

WOU held its first weeklong Martin Luther King Jr. celebration January 21 through January 25, 2008. The events included a Nonviolence/Social Justice Student Essay competition, a Commemorative Dinner featuring the Rainbow Dance Theatre and southern cuisine, and a student-led service learning project with the Ella Curran Food Bank and were aimed at fostering diversity through education and activism, and addressing issues of poverty in our community through service.

In the Student Essay Competition, students were asked to write a short essay related to social justice, race relations, equality, and/or nonviolent social change. Four winners were selected out of the numerous entries. Ana Ramirez, a first-year student and Biology major, was selected as the Grand Prize winner. Miles Robinson, an English Literature major, was selected as our 1st Runner-up. Ashley Motley, an Early Childhood Education major, was selected as the 2nd Runner-up. First-year student, Stephany Cruz-Rivera, was selected for our Honorable Mention award.

Nearly 150 people attended the 2008 Commemorative dinner, which focused on the life and legacy of Dr. King. The Rainbow Dance Theatre, choreographed by Darryl Thomas and Valerie Bergman, wowed the crowd with their energetic and interactive performance. Peter Callero, professor of Sociology and MLK Student Essay Contest committee member, awarded the winners of the essay competition.

The Office of Service Learning & Career Development and students, Stephanie Gilbert and Keely Beach, organized the "War on Poverty" food drive. There were over twenty volunteers that braved the sub-freezing temperatures and went door to door asking community members for nonperishable food donations. The hard work and dedication of those students definitely paid off as over 800 pounds of nonperishable goods were collected and donated to the Ella Curran food bank in Independence.

Multicultural Student Union and Black Student Union hosted a great discussion, "Civil Rights in America Then and Now". Nearly 50 participants passionately discussed several questions relating to educational equality and whether or not the acquisition and possession of civil rights in America is still a relevant issue today.

The 2008 Dr. Martin Luther King Celebration was sponsored by Multicultural Student Services & Programs, Service Learning & Career Development, ASWOU, Student Leadership & Activities, the Associate Provost, Financial Aid, the Bookstore, Oregon Volunteers, and the Independence Subway. Thanks to everyone that made this year's first annual celebration a success. Here's to looking forward to a bigger and better celebration in 2009!



The WUC during last construction in 1996

the Wolf after Class

Planning Ahead in the Werner University Center

Things are always changing in the Werner University Center! We're known as WOU's campus "living room" and we're a multi-use facility that caters to students, staff, faculty and the community. As suggestions come in from our users, we attempt to accommodate and keep the nature of our facility fluid and responsive to their needs. We are also in the beginning steps of examining a small addition to the Werner University Center and a furniture remodel to another area! We are also creating a five-year plan for the facility to budget for, and anticipate maintenance and other needs.

For those of you familiar with our facility, the last remodel was completed about eight years ago. At that time, plans were in place for a fourth stage to the remodel when the money ran out. That area was to be a second-floor addition located over the Pacific Room lobby and near the Campus Recreation offices. We are currently examining procuring money to complete this area and determining what would be put in this space. The addition is relatively small (about 3,000 sq. feet out of a 80,000 sq. foot facility), but there are some interesting possibilities. Ideas that have surfaced have been:

- Window wall student lounge space
- Gender-neutral and family-friendly restroom
- New office space
- Additional conference room
- Student organization space

The other part of the remodel would be to the Summit dining area. Currently, that space has a collection of wooden chairs and tables with limited booth space. That

space is utilized during meal times of 11-2 M-F, but not much is used outside of that timeframe. Feedback from the campus community would be to create more comfortable furniture, booths, table space for studying or group meetings and maybe a "sports bar" atmosphere (without the bar!)

We are also increasing our environmentally-friendly plans for the facility with in-room recycling options as well as efficient lighting for the Oregon Room. We welcome feedback and thoughts about the Werner University Center and the role it serves on campus. If you have thoughts or suggestions, please feel free to contact Jon Tucker, Director, at (503) 838-8063 or tuckerj@wou.edu.

(continued)

Western Oregon Counseling Services

By Luis Rosa

College students across the country are utilizing mental health services in increasing numbers. Experts attribute this upsurge to a number of reasons. Many students are arriving to college having already been treated for mental health concerns. In the past, some of these students were unable to attend college because of their mental health struggles. The overall improvements in psychiatric care and psychotherapy have given students the stability needed to enter and succeed in college. These students continue the care they once received in the community at the university or college counseling center. It has always been a fact that mental health problems tend to emerge between the ages of 18 and 24. Coupled with the stressors inherent in college life, completion of a degree being the only portal into service and technology careers, and the alienation that comes with our high tech society, it is understandable when you hear statistics like 76% of students report being "overwhelmed and stressed" to the point that their academic

performance is affected. And the statistic reported by the American College Health Association that 22% of students surveyed reported symptoms consistent with clinical depression.

As a part of the Student Health and Counseling Center, Western Oregon University provides confidential counseling services to all students who have paid the health fee. Students receive an evaluation and 5 counseling sessions at no cost. Subsequent counseling sessions are \$30.00 per session. Counseling services also provides a number of other services. Throughout the year a number of different group counseling opportunities are offered. Currently groups for students from alcoholic homes and students concerned with body image are being offered. Counseling services also provides an opportunity to be seen by a nurse practitioner who specializes in prescribing medications for differing mental health problems. Evaluations for alcohol abuse and drug abuse are also offered. Counseling services is also equipped to respond in a supportive and sensitive way to those who have been sexually harassed, sexually assaulted or physically assaulted.

Students need not being suffering from a serious mental health problem in order to take advantage of counseling services. In fact counseling has better outcomes when it is utilized as prevention tool. If you are in a slump, feeling stressed, just broken up from a relationship or looking for direction in life, counseling services may be of help to you. Making an appointment is easy, just call 838-8396 and we will work with your schedule in getting you in as soon as possible.

"Western Oregon University provides confidential counseling services to all students who have paid the health fee."

Wolverton Memorial Pool Receives National Honors

By Melissa Ineck

Did you know Western Oregon University has a swimming pool on campus? Wolverton Memorial Swimming Pool was recently named one of the Top 25 Aquatic Programs in the Country for the year 2007 by United States Water Fitness Association. Our facility is located behind the Natural Science Building, as part of Old PE. Students at WOU have the opportunity to utilize the pool for free with their student ID card during any of our lap and recreational swim times. We also offer a variety of classes for students, staff and community members. The Wolverton Pool is open to the public. Staff offer a wide variety of water activities to ensure there is something for everyone. Here are some examples of what the Wolverton Pool has to offer:

Lap Swim - Our 5 lane pool offers plenty of room for all who come to swim laps, whether you're a beginner or an expert, you're always welcome!

Recreational Swim - Enjoy some fun in the pool, shoot some hoops, jump in the deep end, dive for sticks, float on a noodle or just

swim around!

PE Credited Swim Classes

– Beginners in Aqua I will learn the four competitive strokes, work on turns and starts. Aqua II offers more detailed instruction on each stroke and fine tunes a swimmers technique. Fitness Swim is for the more advanced swimmer who needs a little help and wants a good work out.

Early Bird Aqua Exercise -

A fundamental shallow water aerobic class. It includes a warm-up, pre-exercise stretch, 30 minutes of aerobic activity, abdominal toning, stretching, and strength activities.

Deep Water Aqua Jogger -

A little to no-impact, moderate intensity class, in the deep end of the pool, which minimizes the stress on joints. Fitness, endurance, strength, flexibility, and body alignment emphasized with resistance training.

Stress Busters - Those who desire a vigorous workout may want to try our Stress Busters class. This class offers a more intense stress reducing workout to release the stresses of the day. Wash away your tensions by exercising with us in the shallow waters of our pool. You can still participate at your own pace if you desire a little less.

Other Classes - We offer classes to become certified

as a lifeguard, Water Safety Instructor (Swim Lesson Teacher), Water Aerobic Instructor or Scuba Diver. We also offer American Red Cross swimming lessons for *everyone* from a parent – tot class, to progressive Levels 1-6 and adult lessons!

Our friendly pool staff welcomes you to our pool for fun or to try out our classes. Our heated pool is always warm even during those cold months, so come on over and join us in the water!

To learn more about what our pool can offer you and your family, please visit us at www.wou.edu/pool to view our schedule and events that are being hosted at Wolverton Memorial Swimming Pool. You may also contact us at **503-838-8701** should you have any questions.





"Focusing on six "realms" of wellness, C.W.C challenges participants to set goals..."

New Wellness Program Debuted at Western

The Student Health and Counseling Center debuted its newest program, the Campus Wellness Challenge. Sponsored by the center's Health Education department, Campus Wellness Challenge (C.W.C.) was created to provide students, staff and faculty with a broader view of health and wellness. Focusing on six "realms" of wellness (Physical, Mental, Social, Academic, Spiritual and Environmental), C.W.C. challenges participants to set goals across a spectrum of wellness, rather than focusing on exercise and nutrition alone. Goals of the program include:

1. Seeking to improve the over-all health and wellness of the students of W.O.U
2. Expanding student knowledge of campus and community wellness resources.
3. Supporting students in development and ownership of individual wellness goals.
4. Assessing the wellness needs of the students of WOU and incorporate into wellness program planning.
5. Campus Wellness Challenge will utilize

varied perspectives of wellness, including non-western methods/ideas when programming.

6. Wellness programs will reflect an understanding and sensitivity towards diversity.

C.W.C. was designed to be flexible to the needs of the Western community by providing monthly programming and online tools that students, staff and faculty can use to track their personal progress from home. Online tools can be accessed by going to www.wou.edu/portal, entering a W.O.U. login and password, and clicking on the "Campus Wellness Challenge" link. Here, users can access "MyTRACK", a physical activity and calorie tracker that includes most W.O.U. Physical education classes/club sports, and "My Nutrition", an online food log. All logs are confidential, and students may print them to have them assessed by health center personnel if they choose.

For more information on the Campus Wellness Challenge program, please contact Craig Wimmer, or project coordinator Carli Stewart at extension 8-8772.

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