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This issue contains information regarding...We are here to help!, ISU Volunteer Portal (VoPo), Academic Success Center - Supplemental Instruction, Academic Coaching Workshops, Top Hat Information, AAMC MCAT Practice Exam Info., CHS Career Fairs, Chemistry Info., CHS Family Weekend Reception, Preparing for Graduate School Workshop Series, Hilton Endowed Chair Seminar, Physical Therapy As your Future: From Application to Practice at U of I, Want to be a KIN Department Student Ambassador?, DMU Doctor of Podiatric Medicine, LiFT 2016 Pump & Run, HS Week, In the News, A TR/KIN Affiliated Clubs - Information and Meeting Times

~ September 2016~
(2nd Edition)

We are here to help!

Please go to our Advising office located in 203 Forker...
• Any time you have questions or need assistance
• To learn more about the careers in Kinesiology
• If you have questions about University policies
• If you start to struggle in your course(s)
• Before selecting or changing your major or option
• While planning your educational journey
• When considering adding or dropping a class
• When creating your schedule and choosing classes
• If you need information on tutoring in writing, math or other subjects
• When you are within 2-3 semesters of graduating
The ISU Volunteer Portal (aka VoPo) is a grass roots initiative (powered by GivePulse) to enable ISU students to find and track service learning and volunteer opportunities. Students voluntarily enroll through GivePulse and are connected to lists of various opportunities on campus and in the community. A key advantage of the system is that it is possible to provide Admin rights to various groups, departments, or clubs to manage their own links and opportunities. The motivation and direct benefit to students is that they can establish a personalized record of volunteer/service “Impacts” over time (and link to it with a personalized URL) to verify their contributions to potential internship sites or employers. The following description of VoPo on the ISU GivePulse page describes the vision:

*The Iowa State University VoPo is The Place for students to come to find volunteer opportunities on campus. We work with students, clubs, organizations, and Greek chapters to provide up-to-date information about the opportunities for volunteer civic engagement on campus and service-based initiatives that extend into the community at Iowa State University.*

The Department of Kinesiology has established a Service Learning Hub that will help to introduce students to GivePulse early in their program and provide links to various outreach and service opportunities from our clubs and community partners. However, other departments can set up and manage their own links under the ISU organization. Highlights of experiences from our past work are provided below.

- **Class-based Service-Learning:** We utilized Give Pulse to enhance service learning in two undergraduate courses and received positive feedback from the pilot. In HS 430, we enrolled 47 service-learning students and formalized partnerships with 13 community organizations to help carry out a range of health-based service projects in the community. In HS 380, we enrolled 74 service-learning students and provided health and wellness screenings to 5 area worksites.
- **Organization / Open Enrollment Service Coordination:** We utilized Give Pulse to facilitate service/volunteer management for two different ISU organizations. We enrolled 118 student ‘ExerCYse Ambassadors’ in the system and these students tracked and recorded 331 unique service impacts. We also trained leaders from the ISU Blood Drive to facilitate the recruitment and coordination of over 500 volunteers successfully.

Formal evaluations were conducted to obtain feedback from students on GivePulse and these are summarized on separate documents. Preliminary observations revealed that the tool was easy to use and clearly valued. Many students have recorded their service “impacts” of their volunteering, and have explored further volunteer opportunities by being introduced to GivePulse. In an effort to partner with the Greek system, we built the infrastructure for students to register as part of the Greek Chapters. This was a passive notion (they were not told or required to search for and find their Greek Chapter) that led to 280 students to date registering within the Greek system under their specific chapter, while approximately 10 more Greek chapters have been added independent of the Admins. This shows that
students were searching for their Chapters but did not find them and took it upon themselves to build
their chapter in GivePulse. We’ve seen growth in chapter participation every week, via growth in
number of users and members logging service hours on GivePulse independently.
Nearly 1,500 students have opted into the network on their own. We envision a larger and more
integrated network that would enable other departments/faculty, clubs, and organizations to tap into the
benefits and resources available through this system. The structure provided will help to ensure
positive experiences for students while also ensuring that quality service is provided to the participating
agencies. The management is inherently de-centralized and could be distributed to a single ISU entity
or managed by our team to help support the initial growth. By taking small, calculated steps in the
growth of the system, we hope to propose this platform for wide-scale service-learning and
volunteering tracking for the entire ISU community.

Academic Success Center
Supplemental Instruction

Need some extra help with a class?
Check out the Fall 2016 Supplemental Instruction Schedule:
https://apps-dso.sws.iastate.edu/si/

Academic Success Center

**Academic Coaching Workshop: Midterm Topics**

**Topic 1: Time Management**

*Monday, October 3 | 5:30PM - 6:30PM* or *Thursday, October 20 | 5:30PM - 6:30PM*
*0060 Hassemer-Lied Student Success Center*

Students will determine time management systems that are effective and useful for navigating midterms.

**Topic 2: Study Skills**

*Wednesday, October 5 | 5:30PM - 6:30PM* or *Tuesday, October 18 | 6:00PM - 7:00PM*
*0060 Hassemer-Lied Student Success Center*

Students will become aware of ways to improve their study skills and exam preparation strategies

Registration is required! Go to [http://www.asc.dso.iastate.edu/](http://www.asc.dso.iastate.edu/) for more information.
TOP HAT INFORMATION

We are pleased to announce that Top Hat, a new cloud-based, interactive teaching and learning platform for ISU instructors and students, is now available for use at ISU. Top Hat was piloted at ISU during the 2015-16 academic year and was well received by users, and now we are excited to open it up to all of campus.

There is no charge for instructors to use Top Hat. It offers excellent features, including:

- Six types of questions for student responses
- Synchronous and asynchronous modes of participation
- Options for instant feedback via open-ended discussions
- New ways for instructors to create interactive content and customize student access

For students, Top Hat allows for the use of students’ own smartphones, tablets, and computers. It is accessible via the Top Hat app and web browsers.

The adoption of Top Hat also means that the legacy TurningPoint clickers will no longer be sold or supported at ISU. The TurningPoint 5 software is growing obsolete as its vendor no longer supports it which makes it incompatible with software updates such as Microsoft Office 2016.

Students with legacy clickers will have the option to return them to the ISU Book Store for a $25 credit toward a new Top Hat license. We thank the book store staff for their work in supporting this transition.

We've created a Top Hat support site to help guide you through the questions you might have, including how to transition from TurningPoint to Top Hat. You can also read more in our Inside Iowa State story.

For instructors who used clickers in the past, we hope to make your transition as seamless as possible. For those who have not used clickers, we hope you will explore Top Hat and consider implementing it in your classroom. We think you will find it to be a very robust interactive classroom tool.

Please feel free to share this message with your departments and colleagues, and reach out to us directly with any questions you may have.

AAMC MCAT Practice Exam - Get Instant Access

This 230-question online practice exam has the same functionality as the actual MCAT exam and provides scaled scoring information.

You get:

- Up to 20 "starts," which means you can take the exam up to 20 times
- An optional "Simulate Actual Test" setting to take the practice exam with the same timer as the actual timed exam
- A score report that includes a scaled score, percentile rank, and incomplete question count
• Summary of the "Why did I miss this question" feature, to help you understand and improve your test taking skills

The AAMC MCAT Practice Exam is a great way to see how you might perform on test day, hone your test taking skills, and gain more confidence.

Click HERE for more information.
College of Human Sciences
Career Services
2016 Fall Programs

Schedule of Events

Career Fairs
Wednesday, September 21 / 12:00pm - 6:00pm
People to People | Scheman Building
Business, Industry & Technology | Hilton Coliseum

Tuesday, October 11 / 9:00am - 3:00pm
Agriculture and Life Sciences Career Day | Lied Recreation Center

What’s Next? Unpacking Your International Experience
You’ve set yourself apart from most students with your international experience. Now how do you unpack the personal, academic and professional benefits of studying or interning abroad?
September 7 / 12:10-1:00pm / 1009 LeBaron
CyHire Central
This session will cover what you need to know about CyHire for career fairs, jobs, internship seeking, and more!
September 7 / 4:10-5:05pm / 1009 LeBaron
How to Get Your Resume Noticed!
Join Career Services to learn how to best market yourself at the career fairs with this important document!
Session One: September 13 / 3:10-4:00pm / 1009 LeBaron
Session Two: September 19 / 5:10-6:00pm / 2069 LeBaron
Success at the Career Fairs
Learn how to network, what to say when you approach an employer, get resume tips, advice on what to wear, and other great tips for a successful experience!
Session One: September 14 / 6:10-6:50pm / 8117 MacKay
Session Two: September 20 / 4:10-5:00 / 2069 LeBaron

Mock Interview Days with employers are scheduled. See CyHire for details!

IOWA STATE UNIVERSITY
College of Human Sciences Career Services
131 MacKay Hall | 515.294.0626
Are you struggling with the material in Chemistry 163, 167, or 177?

Chemistry 50, a preparatory chemistry course, is meant to help students to review and refresh fundamental concepts from a past chemistry course or to learn these concepts for the first time. Chemistry 50 is offered in two formats during the fall term:

**Chemistry 50a:** Sections 1, 2, 4-8 meet all 16 weeks. Lecture is held on Monday and Friday at 11:00 to 11:50 a.m. in 1552 Gilman. Recitations meet on Wednesdays. There are seven recitation sections from which to choose. *The last day for students to drop back to Chemistry 50a, full semester format, is Wed., Sept 21st.* That date is after the first hour exam in each of the courses 163, 167, and 177. It gives those students who have been struggling but just wanted to try to take the first hour exam an option to drop back to review in Chemistry 50 before re-taking the higher level course.

**Chemistry 50b:** Starting on October 17, Section 9 (known as Chemistry 50b) is offered at an accelerated pace, meeting daily M-F from 2:10 to 3:00 p.m. through the end of the semester. There is not a recitation associated with Chemistry 50b. *The last day for students to drop back to Chemistry 50b is Friday, October 21st.*

During the spring term, Chemistry 50 is offered only in accelerated format (similar to Chemistry 50b during fall term). For Spring 2017, that course begins on Monday, March 6, 2017.

There is a developmental course fee of $330 associated with Chemistry 50. The text used is *Introductory Chemistry Essentials* by Nivaldo Tro, 5th edition.

Talk to your adviser if you have questions regarding this information.

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**College of Human Sciences**

**Family Weekend Reception**

Saturday, October 15, 2016
9:00-10:30 a.m.
1009 LeBaron Hall

Join our first year students and their families at the CHS Family Weekend Reception. CHS deans, faculty, academic advisers, and staff are invited to help welcome students and families, answer their questions, and show them our support for their students.

*Light refreshments will be served.*

Hope you can join us!

Hosted by:

College of Human Sciences
Student Services Office

For more information, contact LuAnn Adams at ladams@iastate.edu or 515-294-4466.

Campus wide Cyclone Family Weekend events can be found at [www.familyweekend.iastate.edu](http://www.familyweekend.iastate.edu).
Graduate College Workshop Series on Preparing for Graduate School

This fall, the Graduate College will host a workshop series for graduating seniors on *Preparing for Graduate School*. The three workshops will include information on choosing and applying, navigating funding, the admissions essay, and transitioning/navigating the first year of graduate school. All workshops will be held in **Hixson Lied Student Success Center, Room 0060**. We are asking that each student register so that we have a seat for all who are interested.

**Workshop 1: Choosing and Applying to Graduate School**
September 21st, 5:30-7pm

**Workshop 2: The Admissions Essay**
October 19th, 5:30-7pm

**Workshop 3: Transitioning from Undergrad to the First Year of Graduate School**
November 9th, 5:30-7pm

**Register Here:** [https://iastate.qualtrics.com/SE/?SID=SV_8kM2uYDQvqHH2vj](https://iastate.qualtrics.com/SE/?SID=SV_8kM2uYDQvqHH2vj)

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**Hilton Endowed Chair**
**Dean Helen LeBaron Hilton Endowed Chair**

I-Min Lee

I-Min Lee is a professor of medicine at Harvard Medical School and a leading researcher on the role of physical activity in preventing chronic diseases and enhancing longevity. She has served as an expert panelist for such groups as the American College of Sports Medicine, American Heart Association, and the U.S. Department of Health and Human Services, for which she wrote the scientific report on the 2008 physical activity guidelines. Her most recent research has focused on women’s health in collaboration with Brigham and Women’s Hospital and the National Cancer Institute.

**History**

Helen LeBaron Hilton served as dean of what was then the Iowa State University College of Home Economics from 1952-1975. LeBaron Hilton was an advocate of the status of women and the well-being of children. In 1993 LeBaron Hilton bequeathed $1.4 million, establishing The Helen LeBaron Hilton Chair, the largest fully endowed faculty chair fund at Iowa State University at the time.

Dr. Lee will be presenting a seminar:
Want to be a KIN Department Student Ambassador?

Job Description
The Ambassadors are students who are selected and trained by the academic advisors to promote Iowa State and the Kinesiology Department. Student Ambassadors talk with prospective students and
their families, either during campus visits or over the telephone. They give tours of the Forker labs and explain some of the upper level Kinesiology & Athletic Training classes. They occasionally participate in alumni functions or perform other duties that promote the department such as during Homecoming or other special events.

**Eligibility**
Student Ambassadors must have positive attitudes and meet the following criteria:
- possess good communication skills
- be active in one or more student groups
- have at least sophomore standing
- have knowledge of the campus and university resources
- have experience working with students from diverse backgrounds
- possess leadership ability
- be in good academic standing
- be willing to serve for up to four hours per month each semester

**Selection Process**
Students need to be available to escort families & give tours for Experience Iowa State sessions (Mondays & Fridays from 9:40 –10:50 on designated dates.) The academic advising staff will select Student Ambassadors based on the information from their applications and personal interviews as needed.

**Orientation/Training**
Upon selection, Ambassadors receive approximately two hours of orientation and training. Additionally, Ambassadors are required to study and become familiar with the information provided during training.

**Commitment/Compensation**
Student Ambassadors will commit approximately four hours per month throughout the academic year. Each Ambassador will earn $150 per semester and Ambassadors receive a nametag & a KIN Dept. shirt to wear while on duty. Applications are due 9/23/16.

Contact Carol Cordell (515-294-4090) with questions.
On September 30, DMU’s College of Podiatric Medicine and Surgery is pairing up with the Iowa Podiatric Medical Society to promote exploration into the profession of Podiatric medicine.

Students will have an opportunity to listen to professionals, physicians, experience a student panel, and explore the industry exhibit hall in the morning sessions at the Downtown Des Moines Marriott. The group will then commute to DMU for lunch, campus tours, and hands-on lab demonstrations including: anatomy, human performance, and surgery.

This event is free to students. Any student who later applies to the Doctor of Podiatric Medicine program at DMU will also receive preferred consideration in the review process.

Who should sign up for this event:

- Students with an interest in podiatry
- General interest in a career in the healthcare industry
- Interest in sports medicine
- Exploring health care areas as a physician
- Interest in surgery

Interested students should click on the following link for more information and to register to attend. We are happy to assist with any additional questions as students plan for this exciting day!

Des Moines University Admissions
College of Podiatric Medicine and Surgery
cpmsadmit@dmu.edu
Ladies in Fitness Training (LiFT) Club

LiFT is hosting a Pump & Run on Saturday, October 15th at Lied Rec Center on ISU campus.

Participants will bench a percentage of their body weight and then run/walk a 5K. The $20 registration fee includes a t-shirt, beverages, fruit, protein bars, and various samples from different companies.

Early registration ends on Sept. 23rd.

The link to register is: https://market-stuorg.sws.iastate.edu/69/product

If you are interested in learning more about LiFT feel free to check us out on Facebook ISU's LiFT
In the News!

College of Human Sciences students driven by passion to help others -
Griffin Clabaugh and Emma Gettes, Undergraduate Student, Dept. of KIN

KCCI highlights Story County e-cigarette ban spearheaded by ISU Health Promotion Club -
Denise Denton, Senior Lecturer, Dept. of KIN
A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

ALLIANCE FOR HEALTH AND FITNESS PROFESSIONALS
To enhance physical fitness and good health practices through educational programming and to promote professional involvement in the Association.

DATE: CHECK BACK SOON!
TIME: CHECK BACK SOON!
LOCATION: CHECK BACK SOON!
CONTACT: Ryan Bader

EXERCYSE IS MEDICINE
To encourage regular physical activity and understanding of its health benefits to the ISU campus and Ames community. To promote the notion that daily exercise is an essential part of a healthy lifestyle, and that exercise is literally the best medicine to combat many diseases.

DATE: Wednesday, October 5, 2016
TIME: 5:00 p.m.
LOCATION: Forker 278
CONTACT: Ashley Ebelsheiser

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS
To provide leadership and educational opportunities for Athletic Training Students at ISU.
**GERONTOLOGY CLUB**
To promote scholarship, research, professionalism, friendship, and service to older persons, and to recognize professionalism in gerontology.

**DATE:** **Wednesday, October 5, 2016**  
**TIME:** **4:00 p.m.**  
**LOCATION:** **Memorial Union common area**  
**CONTACT:** [Jennifer Low](mailto:jenniferlow@isu.edu)

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**HEALTH PROMOTION CLUB**
To encourage healthy living among the campus and community while providing students with an opportunity to practice what is learned in the classroom and gain knowledge in relevant health topics.

**DATE:** **Tuesday, September 20, 2016**  
**TIME:** **5:30 p.m.**  
**LOCATION:** **Forker 0279**  
**CONTACT:** [Ashley Ebelsheiser](mailto:ashleyebelsheiser@isu.edu) or [Kiersten McGuire](mailto:kierstenmcguire@isu.edu)

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**IOWA STATE PRE-DENTAL CLUB**
To aid all pre-dental ISU students with any questions they may have regarding dental school. We will cover everything from applications to admission. Our purpose is to help with anything related to the dental profession.

**DATE:** **Wednesday, September 21, 2016**  
**TIME:** **6:00 p.m.**  
**LOCATION:** **Pearson 1106**  
**CONTACT:** [Claire Roesler](mailto:claireroesler@isu.edu)
KINESIOLOGY & HEALTH CLUB
Facilitates activities that relate to physical activity, wellness and health. In addition to introducing students to the ideas of establishing and maintaining an active and healthy lifestyle, while sharing that information with the community.

DATE:  Tuesday, September 27, 2016
TIME:  6:30 to 7:30 p.m.
LOCATION:  Forker 0289
CONTACT: Morgan Bowman

KINESIOLOGY GRADUATE STUDENT ASSOCIATION
To increase cohesiveness of graduate students on assistantship and those who are not on assistantship, to increase the visibility of HHP graduate program, as well as the dept. in general, to serve as an academic and social forum for HHP graduate students.

CONTACT:  Paul Khoo

LADIES IN FITNESS TRAINING (LiFT)
To help women advance in all fitness related activities. LiFT provides members with a place to ask questions and learn about weightlifting and fitness related activities, an encouraging and motivating atmosphere, resources to build a support system of strong willed and compassionate friends, and opportunities for involvement with activities in the club, at Iowa State University, and in the community.

DATE:  Tuesday, September 20, 2016
TIME:  7:00 p.m.
LOCATION:  Hoover 1312
CONTACT:  Amy Kurr

PHYSICAL EDUCATION CLUB
To promote staying active through a variety of planned activities. In addition, the club will provide knowledge and information about physical education and related areas, while creating professional relationships among members, faculty/staff at Iowa State University, and professionals throughout the state of Iowa.
PRE-MEDICAL PROFESSIONS CLUB
Works to better prepare Pre-Medical students for acceptance into the medical field and to answer any questions about the path to and beyond medical school.

DATE: Thursday, September 22, 2016
TIME: 7:00 p.m.
LOCATION: Physics Hall 0003
CONTACT: Kiran Sharma

PRE-OCCUPATIONAL THERAPY CLUB
To give students the resources and information they need to be successful in a career in Occupational Therapy. The goal is to prepare students in many different aspects to become accepted into a graduate program. Including admission requirements, networking, and other necessary skills that will help them gain the knowledge and experience they need to achieve their goals in this field.

DATE: Tuesday, September 20, 2016
TIME: 6:00 p.m.
LOCATION: Carver 0232
CONTACT: Madeline Wille

PRE-OPTOMETRY CLUB
Explores the field of optometry as well as optometry schools by visiting local optometrists, listening to optometry school representatives speak about their school and related activities.

DATE: Tuesday, September 27, 2016
TIME: 6:30 p.m.
LOCATION: Forker 0278
CONTACT: Jonathan Eide
**PRE-PHARMACY CLUB**
For those interested in pursuing a career in Pharmacy. Activities include speaking to current pharmacy school rotation students, discussing application requirements and sharing volunteer and job shadow opportunities. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

**DATE:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Natalie Koberna

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**PRE-PHYSICAL THERAPY CLUB**
To promote networking, individual growth, and preparation for future physical therapy professionals.

**DATE:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Emilio Zayas

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**PRE-PHYSICIAN ASSISTANT CLUB**
To educate students about the Physician's Assistant profession. We also help students with the application and interview process so they are adequately prepared when meeting with a potential employer or school.

**DATE:** Wednesday, October 12, 2016
**TIME:** 6:00 p.m.
**LOCATION:** Forker 0289
**CONTACT:** Andrew Oswald