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This issue contains information regarding... We are here to help!, Crisis Text Line, Study Abroad Fair, Human Sciences Week Leadership Opportunity, Academic Coaching Workshops, Apply to be a Peer Mentor, Iowa State Leadership Experience, Career Fair, Be an Ambassador, ISU Women's Club Awards, Science Bound Shadow Day, Addiction and Art, ISU Volunteer Portal (VoPo), Student Assistance Quick Start Workshops, AAMC MCAT Practice Exam Info., Exercise the Brain Seminar, Tutoring Services, Fitness Instructor Training Class, In the News, A TR/KIN Affiliated Clubs - Information and Meeting Times

~ January 2017 ~
Happy New Year
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

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**Meet our Advising Team…**

Carol Cordell  
KIN Adviser

Jenny Gibbs  
KIN Adviser

Kyle Holtman  
KIN Adviser

Mary Meier  
ATR Adviser

DeAnn Pitman  
Program Assistant

Lisa Phillips  
KIN Adviser

Mersha Wissink  
Lead KIN Adviser
Please go to our **Administrative Office** located in **237 Forker**...

- Any time you have questions or need assistance
- If you are looking for a room
- If you want to rent a locker
- If you need help finding your instructor’s mailbox
- If you are looking for Lost and Found
- To report any building issues

**Meet our Administrative Team!**

- Hector Angus
  - Assistant Scientist I
- Jody Burdick
  - Clerk II
- Ren Leibold
  - Storekeeper II
- DeAnn Pitman
  - Program Assistant II
- Fran Sobotka
  - Admin Spec II
- Lori Wildeman
  - Admin Spec III
to our
Fall 2016 Graduates!
Text ISU to 741741

Providing free, private and secure support with a trained Crisis Counselor 24/7

STUDENT COUNSELING SERVICES
Student Services Building, 3rd Floor
(515) 294-5056
Walk-In Hours: Monday - Thursday
8:00 am - 3:00 pm
counseling.iastate.edu

THIELEN STUDENT HEALTH CENTER
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday
8:00 am - 5:00 pm*
CycloneHealth.org
*Hours vary, please refer to website.

STUDENT WELLNESS
Finley Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday
8:00 am - 5:00 pm
studentwellness.iastate.edu

ADDITIONAL SELF-HELP RESOURCES

ULifeline
ulifeline.org/iastate/
800-273-TALK (8255)
Text “START” to 741-741

The National Suicide Prevention Lifeline
(800) 273-8255

FIRST NURSE (515) 239-6877
IOWA STATE POLICE DEPARTMENT
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911
AMES POLICE DEPARTMENT
NON-EMERGENCIES (515) 239-6133
EMERGENCIES 911
MARY GREELEY MEDICAL CENTER (515) 239-2011
Students who attend can expect to talk to representatives at over 45 tables about study abroad, international internships & volunteering, and scholarships & financial aid.

Students who attend and swipe in will be entered for a chance to win study abroad scholarships!

Human Sciences Week 2017
Leadership Opportunity

Looking to gain some leadership experience? Want to share your love for the College of Human Sciences? Consider applying to a serve on the Student Leadership Team for Human Sciences Week (HSW) 2017.

Positions include: co-chair, communications director, events director, fiscal director, and operations director.

If you have questions or to get an application, please be contact Sarah Wilson (slwilson@iastate.edu) or Jenn Plagman-Gavin (jpgalvin@iastate.edu).

Applications are due January 20th! Hope to have you consider this opportunity!
Apply NOW to be a 2017-2018 Peer Mentor!

Peer mentors are needed for the 2017-2018 Kinesiology Learning Communities. We are looking for upper-level students to help new Kinesiology and Athletic Training students make a successful transition to ISU next year.

Applications are due February 3, 2017.

Up to 16 mentors will be hired to work with freshmen and up to 12 mentors will be hired to work with transfer and change-of-major students.

Applicants must be:

- interested in helping new students
- at least a sophomore by Fall 2017
- available for 3-6 hours of paid training in April
- available for 5-7 hours each week next year

Mentors will work with students, assist with class, participate in group events, plan study sessions and events, as well as attend one hour weekly team meetings.

For more information, click here.
What else can I expect?
Sessions on leadership topics will be offered by respected student leaders, faculty, staff, and community members. Participants will get to interact with and learn about current topics in leadership and find new ways to collaborate across campus. There will be an opening and closing keynote, as well as several breakout sessions. You will get to choose which topics you want to learn about during each session. Dress is casual.

Who is invited?
Any ISU student who wants to enhance his or her leadership skills and meet other campus leaders. If you are just getting started in leadership at Iowa State, this is a great resource to help you on your way! If you are currently an organization president, adviser or instructor we encourage you to send your student leaders to the Iowa State Leadership Experience.

What's in it for me?
Gain new leadership skills
Hear new ideas to implement
Network with campus leaders
Learn from knowledgeable presenters
Add something to your resume
Get FREE food!

SAVE THE DATE
Wednesday, February 8, 2017
12:00 - 6:00 pm
People to People
Scheman Building
Business, Industry and Technology
Hilton Coliseum

Check CyHire for registered organizations.
hscareers@iastate.edu | 131 MacKay Hall | 515-294-0626
Iowa State University Women’s Club Awards

The ISU Women’s Club (ISUWC) is again this year recognizing the accomplishments of full-time ISU women students through awards endowed by the club and a former member. These awards are in honor of personal achievement; financial need is not a consideration. **Deadline is February 16, 2017.**

The **ISUWC Award** is available to a young woman who will be a senior or graduate student during the 2017-2018 academic year, maintains a 3.0 or higher GPA, and demonstrates qualities of leadership and character that contribute to the university and broader community. The number of awards varies year to year.

The **Patricia Miller Scholarship** is available for any full-time women student who maintains a 3.0 or higher GPA. One award will be given.

The application, including address for submission, can be found on our web page at [www.isuwc.org under Student Awards.](http://www.isuwc.org)
The Science Bound Program at ISU is looking for current students pursuing a kinesiology major to help out with this event.

To register to volunteer, go to: www.tinyurl.com/SBshadowday17
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,
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
Move for Life: The Health Benefits of Exercise Across the Lifespan

Exercise and the Brain

Daniel Corcos is a Professor at Northwestern University in the Feinberg School of Medicine. He is a motor systems neuroscientist who has made significant contributions to understanding how different brain regions control movement. In addition, he is studying how progressive resistance exercise improves the motor and non-motor systems of people with Parkinson's disease. He is also studying how endurance exercise changes disease severity in Parkinson's disease.

Thursday
January 26, 2017
7pm
Sun Room, Memorial Union

Tutoring Services

Every effort will be made to fulfill your tutoring request, but placement depends on the number of qualified tutors and schedule compatibility. All inquiries should be emailed to tutorsrv@iastate.edu. If you need immediate assistance, you can call 515-294-6624.

- Apply to Become a Tutor - Spring 2017 applications are open from November 21 to March 24
- Apply to Request a Tutor - Spring 2017 applications are open from January 2 to April 14
- Learn more about tutoring - Sessions are held 2x week

Supplemental Instruction and Tutoring may occur outside of Academic Success Center hours and in different locations on campus.
Fitness Instructor Training Class

Classes begin next week...

LEARN TO TEACH

Group Fitness Instructor Training Program

See www.recservices.iastate.edu/fitness/training to register.

January 24 - April 20, 2017
Tuesdays & Thursdays
3:00 - 4:30PM
State Gym Rm 1218

This training course will teach you to be an ISU Fitness Instructor and prepare you for the ACE (American Council of Exercise) National Fitness Instructor Certification Exam.
Yoga Instructor Training Class

Learn the skills to teach yoga for ISU Recreation Services

10 Hour Training:
Sunday, February 5th & 19th, 2017
11:00am-3:30pm (30 min. lunch break)
6 Week Co-Teaching scheduled after completing audition at training

Instructor training requirements:
Must be an ISU student or employee and have attended a semester of yoga classes.

To register contact: Nora Hudson, Assistant Director of Fitness
E-mail: nhudson@iastate.edu
Phone: 294-6905
March 13 – March 17, 2017

In the News

ExerCYse is Medicine provides high-impact service learning experiences -
Greg Welk, KIN Faculty
Katy Southard, KIN Graduate Student
Ashley Ebelsheiser, KIN Undergraduate Student
Matthew Eaton, KIN Undergraduate Student

Iowa State to launch new effort to mentor underrepresented students in toxicology -
Faith Gaye, KIN Undergraduate Student

Three human sciences women featured in 2017 calendar -
Britney Williams, KIN Undergraduate Student

Iowa State graduate finds success by getting more involved -
Markus Flynn, KIN Graduate Student
**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:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Ryan Bader

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**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, February 1, 2017
**TIME:** 5:00 p.m.
**LOCATION:** TBD
**CONTACT:** Ashley Ebelsheiser

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**FELLOWSHIP OF ATHLETIC TRAINING STUDENTS**
To provide leadership and educational opportunities for Athletic Training Students at ISU.

**DATE:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Trevor Elmitt

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**GERONTOLOGY CLUB**
To promote scholarship, research, professionalism, friendship, and service to older persons, and to recognize professionalism in gerontology.

**DATE:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Jennifer Low
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, January 24, 2017  
**TIME:** 5:30 p.m.  
**LOCATION:** Forker 0279  
**CONTACT:** Ashley Ebelsheiser or Kiersten McGuire

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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:**  
**TIME:** CHECK BACK SOON!  
**LOCATION:**  
**CONTACT:** Claire Roesler

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**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:**  
**TIME:** CHECK BACK SOON!  
**LOCATION:**  
**CONTACT:** Morgan Bowman

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**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

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**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, January 24, 2017  
**TIME:** 7:00 p.m.  
**LOCATION:** Hoover 1213  
**CONTACT:** Amy Kurr

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**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,
**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, January 26, 2017
TIME: 7:00 p.m.
LOCATION: Science 0152
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, January 31, 2017
TIME: 6:10 p.m.
LOCATION: Forker 0227
CONTACT: Sydney Ginkens

**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: Wednesday, January 25, 2017
TIME: 6:30 p.m.
LOCATION: Forker 0289
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: CHECK BACK SOON!
TIME: CHECK BACK SOON!
LOCATION:
CONTACT: Amber Garthwaite

**PRE-PHYSICAL THERAPY CLUB**
To promote networking, individual growth, and preparation for future physical therapy professionals.
**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: CHECK BACK SOON!
TIME: CHECK BACK SOON!
LOCATION: CHECK BACK SOON!
CONTACT: **Emilio Zayas**

DATE: CHECK BACK SOON!
TIME: CHECK BACK SOON!
LOCATION: CHECK BACK SOON!
CONTACT: **Andrew Oswald**

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