~ November 2017 ~

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
Check out what's new in our November Newsletter

Meet our Advising Team...

Carol Coeckel
KIN Adviser

Jenny Gibbs
KIN Adviser

Kyle Holtman
KIN Adviser

Mary Meier
ATR Adviser

Lisa Phillips
KIN Adviser

DeAnn Fitman
Program Assistant

Marsh Wiesneck
Lead KIN Adviser

We are here to help!

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
Check out what's new in our November Newsletter

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
*Crisis Text Line

STUDENT WELLNESS
Friley 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) 239-5133
EMERGENCIES 911

MARY GREELEY MEDICAL CENTER (515) 239-2011

Important Dates to Remember...

Wednesday, November 1, 2017

- Graduate College: last day for graduate students to cancel graduation through AccessPlus without being assessed a nonrefundable graduation fee.
Thursday, November 2, 2017

- First day of assigned Spring 2018 registration dates for students projected as sophomores. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday—Saturday.

Thursday, November 9, 2017

- First day of assigned Spring 2018 registration dates for students continuing as freshmen. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday—Saturday.

Wednesday, November 15, 2017 - 4 p.m.

- Last day of assigned registration start dates for Spring 2018 registration.

Friday, November 17, 2017

- Last day to add/drop a second half-semester course without extenuating circumstances.
- Last day to change a second half-semester course to or from Pass/Not Pass.
- Undergraduate graduation applications for Spring 2018 are due. Submit via AccessPlus (student tab, graduation, application).

Monday – Friday, November 20-24, 2017

- Thanksgiving break, classes recessed.

Wednesday, November 22, 2017

- Graduate College: last day for final oral examinations. Open your account in ProQuest and enter the name of your thesis/dissertation.

Thursday – Friday, November 23-24, 2017

- University holidays—offices closed.

Tuesday, November 28, 2017
Thursday, November 30, 2017

- Graduate College: last day to upload electronic thesis/dissertation to ProQuest for Thesis Office review.

See your adviser if you have any questions!

A Peer Wellness Educator is a PAID, leadership position in Student Wellness. Peer Wellness Educators work with students through outreach, education, and advocacy to enhance wellbeing and student success. Peer Wellness Educators facilitate workshops to student groups, plan and implement wellness events and programs, create and promote wellness messages/campaigns to other students, and work on strategies that address the culture and environment at ISU regarding health, wellness, and safety.

We are looking for Peer Wellness Educators that reflect our campus student population and are looking for students from all academic backgrounds.

Qualifications to be a Peer Wellness Educator:
- Enroll in and satisfactorily pass UST 316X: Leadership in Peer Education course (Spring 2018)
- Meet a minimum 2.5 grade point average
- Work a minimum of 6 hours per week (maximum of 10 hours per week) – these are flexible hours and allows students to have another job or internship if desired.
- Serve at least one full academic year (August 2018 – May 2019) in the position.
- Must complete application and submit with resume by October 12, 2017 at 11:59PM.

Peer Wellness Educators make $10/hr and work a flexible schedule of 5-10 hours a week.
Check out what's new in our November Newsletter

Don’t let 4 years in school... Turn into 40 years of debt!

Presenting our Fall “Lunch & Learn” series

Session #1 The Basics of Student Loans & Credit: Wednesday, November 8, 12:00 PM—1:00 PM, 1120 Sweeney Hall

Session #2 Money Management for Graduating Seniors: Thursday, November 9, 12:15 PM—1:15 PM, 1126 Sweeney Hall

All students are welcome to attend and may bring their lunch

Attendees will be entered to win an ISU Bookstore Giftcard!

(515)294-0677 / NoFearFinance.com / loaneducation@iastate.edu

Announcement regarding summer tuition awards for LAS Study Abroad
Beginning with the Summer 2018 term, the College of Liberal Arts and Sciences will award tuition credit via financial aid to every student who participates in an LAS Global Seminar. The LAS Global Seminars for 2018 (must be taught by LAS faculty during the summer term) and their corresponding courses are:

- **Andalucia: Exploring Cultures in Southern Spain & Morocco** - Erik Ladner & Jean-Pierre Taoutel (May) – INTST 395B (3 credits)
- **Berlin's History and Culture** with Mark Looney & Sandra Looft (July) – INTST 395B (3 credits)
- **Cathedrals of France (Paris area)** – Jean-Pierre Taoutel (June) – INTST 395B (3 credits)
- **Global Leadership: Sweden** – Amber Manning-Ouellette & Tara Widner-Edberg (May) – LD ST 370 or 333 (3 credits; may have 6 credit option)
- **On the Road in Ireland: a traveling writer’s workshop** – Debra Marquart – ENGL 395/595 (3 credits)
- **Service-learning in Tanzania: Sustainable Development & Gender Equity** – Ann Oberhauser – INTST 395 (3 credits)
- **Summer Tropical Forest & Coral Reef Experience: Belize** – Tracy Heath & Jordan Satler – BIOL 394 (3 credits)
- **Trieste and the Meaning of Place: Italy** – Christiana Langenberg & Kate Simmons – INTST 395 (3 credits).

Each participant, regardless of college major, will receive a scholarship for registration in a summer course taught by an LAS professor/instructor at the following levels:

3 credit course awards $750 automatic tuition award

This is a great time to meet that general education or international perspectives requirement, or take a class abroad if you can’t afford the time or money to study abroad for a semester! Additional scholarships for study abroad are also available from each college, so multiple scholarships may be awarded. No application is required for the LAS Global Seminar awards. Please apply at [http://isuabroad.iastate.edu](http://isuabroad.iastate.edu) by searching by location and “Summer” as Term.

For LAS primary or secondary majors, one scholarship application provides consideration for any of the various LAS study abroad scholarships for which a student is eligible.

Questions? Contact Nancy T. Guthrie, Director of Study Abroad for the College of Liberal Arts and Sciences. nguthrie@iastate.edu; 515-294-1162.
Check out what's new in our November Newsletter

Des Moines Women’s Club
Liselotte Gurau Health Science Scholarship

Apply Now!

Applications must be postmarked no later than January 19, 2018.

The Des Moines Women’s Club is offering a $1,000 scholarship for the 2017-2018 school year to a female student who is currently enrolled as a full-time student in a college or university, pursuing a degree in a health-related field.

More information and application forms:
www.desmoineswomensclub.com/scholarships

Applicants must be legal residents of, or registered students in Polk, Boone, Dallas, Jasper, Madison, Marion, Story, or Warren County.
Student Peer Health Coaches working with other students to help them reach their wellness goals!

Visit the website to learn about free health coaching available through the Cydekicks Study

www.studentwellness.iastate.edu
We are conducting a research study to learn more about how being a college student influences your health and quality of life.

This information will help us understand what it’s like to be a college student and help inform programming related to improving your wellbeing here at Iowa State.

Your participation will involve completing questionnaires online 2 times during the semester and you may have the opportunity to wear monitors to measure your physical activity. As a thank you for participating fully in our study, you will be entered into a drawing to receive a **Fitbit Charge HR**. One Fitbit will be given away per semester.

If this sounds interesting and you are between the ages of 18 and 25 and are within your first 2 years on campus here at ISU, please click the link below to learn more about this study.

If you have questions, please contact Katy Southard at kjsouth@iastate.edu.


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**Internship scholarships**

These scholarships are for CHS undergraduate students who enroll in internships or student teaching appointments where salary or wages are not paid. Scholarships will range from $1000 to $2000 to aid with living expenses. The larger awards will be considered for students serving in an unpaid internship within the state of Iowa that will benefit economic or community development, state or government agencies, schools, or social-service agencies.

**Scholarship application deadline:** December 10th

**Eligibility Requirements:**

- Must be an undergraduate student enrolled in a College of Human Sciences major
- Must be required for student’s degree program
- Must be registered for internship credit
- Cannot be receiving any other type of compensation, stipends, or travel reimbursements
- Must complete more than 180 hours across 8 or more weeks
- Must have earned at least 45 credits prior to fall 2017 semester
- Must have a 2.0 cumulative GPA or higher
- Two references

For more information: [https://www.hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/](https://www.hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/)
Fine Dining - HSPM 487/587
Joan Bice Underwood Tearoom

23 MacKay Hall
Doors will open at 6:15pm, first course will be served at 6:30pm.
Price: $35 with wine/beer and $30 without wine/beer

Ciao ISU – Taste of Italy
October 25th
Contact: Matt Ocheltree
maccheltree@gmail.com

College Classics, Reinvented
November 1st
Contact: Brianna Namuth
bjaminuth@iastate.edu

Julia Child Favorites
November 15th
Contact: Lindsay Miller
lfmiller@iastate.edu

Iowa State University
College of Human Sciences
Department of Apparel, Events, & Hospitality Management (AESHM)
Check out new programs from Student Wellness

Peer Wellness Educator
(Request Sleep, Stress, Alcohol, Violence Prevention, Joyful Eating Programs)

Green Dot
(Request Bystander Intervention Presentations)

Cyde Kicks
(Sign up for Individual Peer Health Coaching)

BeWellHut
(Pop-up Wellness Programs and Events)

Safer Sex Items
(Request Free Condoms, Lubricant, Dental dams)

Fill out online request form:
http://www.studentwellness.iastate.edu/programrequest

Visit us: Facebook | Instagram | TWITTER
studentwellness.iastate.edu
A37 Friley Hall | 515-294-1099
IOWA STATE UNIVERSITY
Student Wellness
Community Outreach Volunteer Opportunity

Retirement Housing Foundation, is a non-profit organization which provides affordable housing to older adults, families and persons with disabilities. Currently they are looking for organizations/volunteers who can provide onsite Outreach, Educational Services and Entertainment (games, crafts, art, karaoke, music, exercise, etc.) to our mobility impaired residents who reside in one of our buildings located in Des Moines.

Unfortunately, it can be difficult for some of the residents to participate in offsite programs due to their disability, lack of proper transportation, funds or simply lack motivation or interest. Our goal is to bring programs into the building for their enjoyment.

If you are interested in volunteering and sharing your talent, please contact the Property Manager: Brenda McLearn-Montz at 515-288-5616

Building Information
Virginia Park
2111 East Virginia Ave
Des Moines, IA  50320
What is it?
The Academic Success Center (ASC) is looking for enthusiastic student leaders to represent the ASC on campus for the Spring 2018 semester.

What's in it for me?
- Gain leadership skills in a supportive environment
- Use creativity to develop ASC projects and tasks
- Help peers apply academic resources

How do I apply?
Apply today on the ASC website
asc.dso.iastate.edu/

Deadline to apply
NOVEMBER 24, 2017
Check out what's new in our November Newsletter

Employment Opportunity: Now Hiring!

- Paid one-on-one time with certified physician with potential for letters of recommendation!
- Paid classroom and clinical training.
- 20-40 hours per week (part and full time employment)
- Pay starts at $8.75 an hour with a 90 day pay raise to $10!
- Flexible scheduling though there is a minimum of two full shifts (~16-20 hours) per week

How to apply:
- Go to our website www.ScribeAmerica.com and click "CAREER OPPORTUNITIES"
- click "HOW TO APPLY" to access the application.

Atlantis Project is accepting applications for this winter and summer. They are a Pre-med study abroad that allows you to shadow doctors in European and South American hospitals for over 20 hours per week while rotating specialties.

I, Kathryn Vitosh – a senior in KIN, recently attended the Atlantis Project this past summer in Spain and had an incredible experience! If you would like to learn more about this opportunity, please contact me at kvitosh@iastate.edu and I will answer any questions you may have while also explaining how you can apply to become an Atlantis Fellow.
The Writing and Media Center is pleased to offer the following workshops intended for undergraduates across the disciplines:

**Back to Basics: MLA Citation Style**
Tuesday, November 7 at 5:10-6:00 in Carver 208

**Back to Basics: APA Citation Style**
Tuesday, November 7 at 6:10-7:00 in Carver 208

**Tips for Effective Writing**
Wednesday, November 8 at 5:10-6:00 in Carver 208

Students may register for the workshops online: [https://www.wmc.dso.iastate.edu/special-events/](https://www.wmc.dso.iastate.edu/special-events/). Students will receive an email confirming their attendance, which they may forward to any of their instructors.
Pump & Run 3k

When: November 4th    Where: Lied Rec Center

Participants will bench press a predetermined amount of weight that they may select for as many reps as possible, followed by a run/walk around campus (~3K). Women must choose a weight over 30% of their body weight and men must choose a weight over 50% of their body weight.

Check in will be from 8:30am-9:15am immediately followed by weigh-ins. Benchin will start at 9:30am. The 3K run/walk will start at 10:30am.

Early Registration is $20 through Friday, Oct. 13th ($25 after). All participants without an ISU ID will be charged an additional $6 the day of the event for a daily pass to use the recreation facilities. Register by Oct. 13th to guarantee a t-shirt! You can register in person the day of the race. Open to the public. Participants must be 18 years or older.

Register Here: https://market-stuorg.sws.iastate.edu/337/product

Email: lift@iastate.edu
<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 27th, 12-1pm</td>
<td>LGBTQIA+ BASICS</td>
<td>Come learn what LGBTQIA+ means and what are and how to use gender-neutral pronouns in the classroom and with colleagues. Facilitators: LGBTQIA+SS Speakers Bureau</td>
</tr>
<tr>
<td>Nov 10th, 12-1pm</td>
<td>Film &amp; Discussion on Race &amp; Diversity Issues on Campus</td>
<td>Watch documentary “If These Halls Could Talk” about 11 college students of color’s experiences on campus. Following film we will reflect and discuss diversity issues in our classroom and ways to move forward.</td>
</tr>
</tbody>
</table>

WHERE: Palmer 0331

SNACKS PROVIDED!
Interested in becoming a trained Health Coach?

Enroll in the 2-credit course KIN 494AB: Practicum in Motivational Interviewing to become a trained student health coach! This is a great opportunity in a rising field that can benefit you in any career choice you are pursuing!

Course is offered:
Spring 2018
Tuesdays 2:10-3:00 PM

For more information please contact Katy Southard at kjsouth@iastate.edu or to apply online at http://www.studentwellness.iastate.edu/health-coaching/become-a-peer-health-coach/.

Did you know that Iowa State has a Lost and Found website where you can report your lost items? You can also use this website to report any items that you have found. Go to the ISU Homepage and then under the Index, click on the L, then scroll down to Lost and Found.

The Kinesiology Lost and Found is located in 237 Forker.
Check out what's new in our November Newsletter

Your Hardcore Run May Be as Dangerous as Sitting Around Doing Nothing

It's Official: Exercise Does Not Make You Less Depressed

Being Overweight Is Linked to Lower Risk of Mortality

It is time to bust the myth of physical inactivity and obesity: you cannot outrun a bad diet

Couch potatoes rejoice! Sitting for long periods is NOT bad for your health, study claims

Study: Sitting at work or in front of the TV is not linked with early death

Negative effects may come from a lack of movement, not sitting itself

- Disputes idea that sitting raises risk of heart disease and type 2 diabetes
- Calls into question effectiveness of standing desks some companies use

Exercise has no effect on risk of knee osteoarthritis

SPECIAL TOPIC COURSE FOR SPRING 2018

“KIN 590B: SPL TP HEALTH PROMO,” SECTION PE (undergrads can register with add slip)

“Critical Appraisal for Evidence-Based Practice in Kinesiology”

= Do you want to really understand the science behind the headlines?
= Do you want to learn how to critically evaluate scientific research?
= Do you want to prepare yourself for a professional career based on a solid foundation of scientific evidence?

- This “Special Topic” course is designed for senior undergraduate students (especially those in the pre-health professions and exercise science options) and graduate students (M.S. or Ph.D.).

- Students will develop skills that will enable them to form independent and informed evaluations of the quality of published research related to physical activity and health.

- Taught by Dr. P. Eftekari based on examples from published studies.

- No prerequisites. No background in research methods or statistics is assumed.

- Relevant research concepts will be introduced in the first part of the course. Students will lead discussions on published research articles during the last weeks.

- “Evidence-Based Practice” has become the backbone of medical and public-health education in the last 25 years. “Critical Appraisal” is the foundation of effective Evidence-Based Practice. This course is the first of its kind to introduce these concepts to Kinesiology. Be a pioneer, sign up for this course and distinguish yourself among your peers.
ISSO ADVISING AROUND CAMPUS

Questions for ISSO?

The ISSO Advising team is coming to your college to answer your questions!

9/28/17
College of Engineering
1-3 pm @ Hoover Atrium

10/05/17
College of Business
2-5 pm @ Gerdin, Granite Hallway

10/12/17
College of Liberal Arts & Sciences
1-3 pm @ Carver Lobby

10/19/17
College of Design
1-3 pm @ Design Atrium

10/26/17
College of Human Sciences
1-3 pm @ LeBaron Lobby

11/02/17
College of Agriculture & Life Sciences
1-3 pm @ Curtiss, Harl Commons

Stop by ~ Say hi ~ Ask Questions
~ Enter to win a $5 Starbucks gift card ~

INTERNATIONAL STUDENTS & SCHOLARS OFFICE, 515-294-1120, ISSO@IASTATE.EDU, WWW.ISSO.IASTATE.EDU
Retirement Party

You are invited to an
Open House Retirement Party
to honor Carol Cordell
(Academic Adviser, Department of Kinesiology)

Date: Wednesday, November 29, 2017
Time: 2:00 to 4:00 p.m.
Location: 213 Tekler Building
The Let’s Talk program was initiated by the Student Counseling Center in response to rates of depression and anxiety in students increasing in the last decade.

The program will allow students to come to the counseling office for a less formal counseling session.

It is meant to encourage students to go find out more information about counseling, whether it be for them or someone they know.

http://www.counseling.iastate.edu/outreach/talk

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**USA WEIGHTLIFTING**

We will be hosting a USA Weightlifting Level 1 Certification at University of Northern Iowa

**Date/Time:** Saturday, November 18, 2017 (7:30 a.m.) – Sunday, November 19, 2017 (5:30 p.m.)

**Location:** University of Northern Iowa  
Wellness Recreation Center  
2301 Hudson Road  
Cedar Falls, IA 50614

**Instructor:** Jed Smith  
jed.smith@uni.edu  
319-415-9163

For more information go to:  
Join the Supplemental Instruction Team

APPLY TODAY!

www.si.iastate.edu
Supplemental Instruction (SI) Leader Position Description

Description
A SI Leader is an undergraduate student who provides peer academic support for an assigned course. SI Leaders will assist in student learning and retention at Iowa State University through facilitation of SI sessions that help students better understand concepts and applications of course content.

This position will require Leaders to dedicate approximately nine hours per week for the academic semester, with some weeks requiring more hours for training and professional development.

Qualifications
For consideration, candidates must possess the following qualifications:
- Enrollment as an Iowa State University undergraduate student
- Minimum ISU cumulative GPA: 3.00/4.00
- Minimum semester GPA for the most recent academic semester completed: 3.00/4.00
- Grade of B+ or higher in course(s) you desire to lead
  *Please note: we do not provide SI Leaders with any training in specific content areas (ex: math), which is why this knowledge of course content is expected prior to application.
- Self-motivation and direction to work independently with limited supervision
- Empathy for and understanding of a diverse group of students
- Ability to speak and present information to large audiences

Responsibilities
SI Leaders will:
- Attend all lectures with students to relearn course content, stay on pace with instruction, and build rapport
- Promote SI and motivate students to attend SI sessions through class announcements, board reminders, and electronic communication
- Creatively plan for SI sessions including preparing interactive activities, worksheets, and other resources that encourage peer-to-peer learning
- Facilitate three 50-minute SI sessions per week using collaborative and active learning strategies
- Participate in staff development activities and continuous leadership development opportunities including SI Leader orientation, SI Leader retreat, staff meetings, individual meetings with an SI Supervisor or Mentor, and observations of peer SI Leaders
- Complete administrative responsibilities including taking and submitting attendance, submitting wage reports, maintaining website in a timely manner
- Develop relationships and maintain communication with students, SI supervisors, and course instructor(s) and facilitate relationship-building among students
- Assist students in becoming familiar with study skills and university resources
- Role model good student behavior and act in a professional manner

Compensation
SI Leaders will earn $10.50 per hour for time spent attending class, preparing for sessions, and facilitating sessions. For most Leaders, this is nine hours per week, with the exception of weeks including staff development activities, in which Leaders are compensated accordingly.
Landed

With Li Chiao-Ping Dance

Saturday, December 2nd
@ 7:00 pm

Betty Toman Dance Studio Theater
Forker 196
Tickets: 10$

Dance Scholarship Gala Concert

Saturday, October 21st
@ 7:00 pm

Betty Toman Dance Studio Theater
Forker 196
Tickets: 5$ Bleachers & 10$ Balcony

Featuring choreography and performance by guest artist Deborah Slater, local professionals, and members of Orehns I Dance Company

Local dance professionals and students perform to benefit the ISU Dance Scholarship; proceeds will be awarded to Performing Arts Dance Emphasis Majors and Dance Minors.
Be the reason someone smiles today! 😊

Academic Coaching Workshop Series

The Academic Coaching staff offers free workshops during the fall and spring semesters. Below is a schedule of the upcoming semester's workshops.

Academic Coaching Workshop: Preparing for Finals

**Tuesday, November 28** | 6:00 PM - 7:00PM or **Wednesday, November 29** | 5:30 PM - 6:30PM
0060 Hixson-Lied Student Success Center

This interactive workshop will give space for students to analyze their previous work and establish a game-plan for how to tackle their finals. Topics will include learning about prioritizing and managing your time, strategies for different test formats, and learning how to help

For more information, go to:
www.asc.dso.iastate.edu/coaching/workshop
Roy J. Carver Scholarship
Iowa State University

The Roy J. Carver Scholarship Program is funded by the Carver Charitable Trust in memory of Roy J. Carver, who achieved success through his own initiative and hard work. Scholarships are available to students with great potential and promise, who work hard to make ends meet, or are faced with debilitating circumstances in their lives.

Twenty Roy J. Carver Scholarships are available to ISU students or transfer students who will start their junior year fall semester of the award year. Awards average $5,200 each and will be considered for renewal for the senior year based on maintenance of a cumulative GPA of 2.80 and continued financial need.

To be eligible for the Roy J. Carver scholarship, a student must meet the following criteria:

- U.S. Citizen
- Graduate of an accredited Iowa high school or have been a resident of the state of Iowa for at least 5 consecutive years immediately prior to application
- Junior classification fall semester of the award
- Full-time enrollment (12 credits or more)
- Minimum cumulative GPA of 2.80
- Demonstrate financial need on basis of a Free Application for Federal Student Aid (FAFSA) filed by December 1st
- Evidence of significant social and/or economic obstacles

Apply online at:

www.carvertrust.org (click on Scholarships and on-line application)

You will submit the application, an essay and two references through this on-line process.

APPLICATION DEADLINE: APRIL 1

Contact information for the Scholarship Office:

Mailing address: Office of Student Financial Aid Scholarship office 0210 Beardshear Hall

In Person: 0640 Beardshear Hall
By Phone: (515) 294-5625
By e-mail: scholarships@iastate.edu
ATTENTION
Pre-Physical, Pre-Occupational Therapy or Exercise Science Students!!

Beth Dahlke, an Occupational Therapist from Homehealth Care at Mary Greeley Medical Center, is looking for student volunteers to assist with an exercise class for older members of the community with balance issues. She works with a class called A Matter of Balance and needs assistance for 2 hours per week for 8 weeks. See the attached flyer for more details. Contact her at dahlke@mgmc.com 515/291-2348.

RESEARCH OPPORTUNITIES AT ISU

The Campus-wide Undergraduate Research program welcomes you back to Iowa State University! If you are already involved in undergraduate research I would encourage you to continue during the Fall 2017. If you are still looking for opportunities to be involved in undergraduate research please register here. If you are not sure that research is for you or where to start I would like to invite you to the multiple information sessions. Below is
“How to create a research poster?”

- Tuesday, November 7th, from 3:10 to 4 p.m.

“Graduate school application”, TBA

“How to apply for the Summer Research Experiences for Undergraduates (REU) programs?”

- Tuesday, November 14th, 3:10 – 4 p.m.
- Thursday, November 16th, noon to 1 p.m.

Please, let me know if you have any questions about undergraduate research at ISU.

**Svitlana Zbarska, Ph.D. | Iowa State University**
Undergraduate Research Program Coordinator Campus-Wide
The Office of the Senior Vice President and Provost | University Honors Program
2132 Jischke Honors Building | Ames, IA 50011
email: szbar@iastate.edu
phone: 515.294.2064

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**Fall 2017 Dance Events**

Alvin Edgar Guest Artist Deborah Slater will be in Residency October 15-21 with 2 of her company dancers. The Scholarship Gala Concert which will include her company and new work on Orchesis I Dancers is Saturday October 21st at 7pm in the Betty Toman Studio Theater Forker 196. Other performers and local choreographers include, Paula McArthur, Kathleen Hurley and Dancers, Ken James, Cynthia Adams and others.

Li Chiao-Ping Dance Company is coming to perform 'Landed' December 2nd at 7pm in the Betty Toman Studio Theater Forker 196.

**DESCRIPTION OF LANDED (2017)**
The 12-person, evening-length, multi-media work, created by choreographer Li Chiao-Ping in collaboration with visual artist, Douglas Rosenberg, examines and explores the immigrant experience, drawing from stories of Angel Island immigrants in the early 20th century and cast members' personal family histories, some recent and some dating back several generations. The meta-narrative of the work brings the immigration discussion closer to home, presenting the opportunity to question and challenge our country's policies and climate. Ranging in age from their 20s to 70s, the performers share and hold the stage to represent our conjoined and often complicated personal, yet universal, journeys from one land to another and from past to present. Engaging with local audiences about their own unique stories is important to the continuation and growth of this project. In addition to post-performance discussions with the artists, LCPD also plans to involve local dancers and community members in the project, either
Ms. Li’s inspiration for LANDED came from her visit to Angel Island in San Francisco, primary research of original letters and poetry written by immigrants, and her own connection as a first-generation Chinese-American artist. Originally thinking that Angel Island was much like the Ellis Island, she came to discover that this was untrue; most immigrants were incarcerated there and some never set foot as free individuals in the U.S. Through further research and consultation with immigration experts from the fields of Law, History, and Asian American studies, Ms. Li has built a multi-media, choreographic work that investigates the immigrant experience through stories – her personal story, the stories of Angel Island immigrants from the early 1900s, and stories from contemporary artist immigrants who face similar and unique challenges of culture, identity and acceptance today.

ABOUT LI CHIAO-PING DANCE Choreographer and performer Li Chiao-Ping founded Li Chiao-Ping Dance in 1990 and has made Madison, Wisconsin the company’s home since 1993. As a choreographer/director, Li Chiao-Ping has created, produced and performed over 130 works for the stage and screen and has collaborated with many artists, including her long-time creative partner, visual artist Douglas Rosenberg. LCPD’s first production in Madison was in 1995 at the Isthmus Playhouse at the Madison Civic Center. The company was invited to be a resident company at the Overture Center for the Arts in 2006. In addition to performing 2-3 times in Dane County each year, LCPD also regularly tours nationally. LCPD is committed to engaging with its community and audience members through outreach, performance, and mentoring opportunities. LCPD's educational programs span from youth classes throughout the year to a week-long Summer Dance Camp and Intensive to classes at Madison Senior Center, where Ms. Li has taught since 2001.
EXERCYSE IS MEDICINE

To encourage regular physical activity and understanding of its health benefits by members of the ISU campus and the Ames, IA community. A secondary aim of ExerCYse is medicine is to encourage health care providers to include physical activity as a ‘vital sign,’ including the consideration and recommendation of physical activity when designing treatment plans. ExerCYse is Medicine is committed to the belief that physical activity is integral in the prevention and treatment of disease and should be a part of medical care. ExerCYse is Medicine ambassadors will be active volunteers at events to help communicate this message. This organization is directly affiliated with the Iowa State University Department of Kinesiology and the American College of Sports Medicine.

NEXT MEETING: Wednesday, November 1, 2017 at 5:00 p.m. in Forker 0278

For more information, contact club President - Genevieve Hepworth

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

To provide leadership and educational opportunities for Athletic Training Students at ISU.

For more information, contact club President - Megan Blomberg

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.

NEXT MEETING: Tuesday, November 7, 2017 at 6:00 p.m. in Forker 278

For more information, contact club President - Madisen Quick

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.

NEXT MEETING: Wednesday, November 8, 2017 at 7:00 p.m. in Pearson 0157

For more information, contact club President - Noah Hart
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.

NEXT MEETING: **Tuesday, November 7, 2017 at 6:30 p.m. in Forker 279**

For more information, contact club President - [Mallory Majors](mailto:mallorymajors@iastate.edu)

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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.

For more information, contact club President - [Andrew Zaman](mailto:andrew.zaman@iastate.edu)

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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.

NEXT MEETING: **Wednesday, November 1, 2017 at 7:00 p.m. in Hoover 1312**

For more information, contact club President - [Mason Schroeder](mailto:mason.schroeder@iastate.edu)

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**ORCHESIS I DANCE COMPANY**

Orchesis I is a student organization specializing in aspects of professional dance training. The company was established in 1926 as Iowa State's first dance group. We look for the best and brightest dancers who are open to change, growth, and development with their dancing and performing.

MEETS: **Thursdays from 7:00 to 8:30 p.m. in Forker 0196**

For more information, contact club President – [Rachel Tucker](mailto:rtucker@iastate.edu)

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**ORCHESIS II**

Orchesis II is a non-audition dance company in which all individuals are welcome to participate
many genres of dance including tap, hip-hop, modern, jazz, Latin, and many, many others.

MEETS: **Tuesdays from 7:00 to 8:30 in Forker 0196**

For more information, contact club President – [Laura Behrends](mailto:laura.behrends@iastate.edu) or [Haley Klusman](mailto:haley.klusman@iastate.edu)

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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, and professionals throughout the state of Iowa.

NEXT MEETING: **Monday, November 6, 2017 at 5:30 p.m. in Forker 278**

For more information, contact club President - [Kacie Schumann](mailto:kacie.schumann@iastate.edu)

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**PRE-MEDICAL PROFESSIONS CLUB**

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.

NEXT MEETING: **Tuesday, November 7, 2017 at 7:00 p.m. in Bessey 2234**

(A representative from the Student Counseling office will give an introduction to their biofeedback services and talk about stress management.)

For more information, contact club President - [Benjamin Dralle](mailto:benjamin.dralle@iastate.edu)

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**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.

For more information, contact club President - [Sydney Ginkens](mailto:sydney.ginkens@iastate.edu)

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**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.
For more information, contact club President - Kimberlie Hodne

PRE-PHYSICAL THERAPY CLUB

To promote networking, individual growth, and preparation for future physical therapy professionals.

NEXT MEETING: **Monday, November 27, 2017 at 6:30 p.m. in Forker (room TBD)**

Speaker: St. Ambrose University

For more information, contact club President - Dalton Frick

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.

NEXT MEETING: **Tuesday, November 14, 2017 at 6:00 p.m. in Forker 291**

For more information, contact club President - Julia Nguyen

TAP IOWA STATE

This group has weekly meetings that centers on learning, sharing, and refining tap and rhythmic dance skills. The membership is open to all Iowa State students who are interested in learning tap and other rhythmic dance. No previous experience is necessary. You have the opportunity to perform with the group during the Orchesis II semester showcase if you are willing to make the commitment.

For more information, contact club President – Kendra Beaman

THE KIN COLLECTIVE

This organization serves to build a stronger sense of community within students of color in the Kinesiology department, connect them to more resources and opportunities, and to help create a departmental connection so that students can foster the relationships necessary to excel in their field of study.

NEXT MEETING: **Thursday, November 9, 2017 at 6:00 p.m. in Forker 278**
Check out what's new in our November Newsletter

For more information, contact club President - Artorria Jung

What are YOU Thankful For?

health home family friends food

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