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
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

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Meet our Administrative Team!

![Hector Alegre](image1.png) Assistant Scientist II  
![Jody Bardick](image2.png) Clerk II  
![Evan Leibholz](image3.png) Stockkeeper II  
![Debra Fitesman](image4.png) Program Assistant II  
![Pam Robbins](image5.png) Admin Spec II  
![Lori Wildeman](image6.png) Admin Spec III

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Welcome to our new Academic Adviser...

**Jessica DeWall**
Congratulations to our

Fall 2017 Graduates!

The Spring Study Abroad Fair is Thursday, January 18 from 10:30 am – 1:30 pm
In the Memorial Union Great Hall

** New this year: Passport Fair! Students and faculty can have photos taken and apply for a passport with United States Postal Service staff >> *appointment is recommended: 515-292-2560

Students who attend can expect to talk to representatives at over 40 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!
Important Dates to Remember...

Saturday, January 13, 2018

- Last day to return textbooks for refund to University Book Store. Exclusions apply. See www.isubookstore.com for details.

Monday, January 15, 2018

- University holiday—offices closed, classes recessed.

Saturday, January 20, 2018

- Fee payment deadline for spring. First payment (minimum due) or payment in full on AccessPlus.
- Last day to receive a tuition and fee adjustment for full-semester courses when dropping below full-time status. No refunds for full-semester courses after day 10 of the semester.
- Last day to elect to audit a course for spring. The instructor of the course must approve an audit.

Friday, January 26, 2018

- Graduate College: Last day for graduate students to submit applications for graduation for Spring 2018 through AccessPlus without a late fee.

See your adviser if you have any questions!

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**Announcement regarding summer tuition awards for LAS Study Abroad Courses**

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:
- **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](http://isuabroad.iastate.edu) 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.
BE A CAREER FAIR AMBASSADOR

WEDNESDAY, FEBRUARY 7

FROM 12 - 5PM AT SCHIMAN BUILDING
FROM 12 - 6PM AT HILTON COLLEGE

Register in cyhire.iastate.edu
Under 'Events'

Deadline: Wednesday, January 24
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.

[https://iastate.qualtrics.com/jfe/form/SV_d0UI1mwyfRitU8fL](https://iastate.qualtrics.com/jfe/form/SV_d0UI1mwyfRitU8fL)
The Green Dot Bystander Student Training is designed for student leaders who want to enhance their influence to address power-based personal violence in the community and learn the skills necessary to be an active bystander in preventing sexual assault, dating violence, and stalking.

**PARTICIPANTS WILL RECEIVE:**

- A Green Dot Training Certificate and Iowa State Co-Curricular Transcript (CCT)
- Green Dot apparel to wear around campus
- A door placard to proudly display
- Free lunch or dinner and snacks
- Opportunities for future Green Dot involvement and Student Wellness volunteering

**REGISTER AT:**

www.studentwellness.iastate.edu/greendot

FOLLOW US! @ISUGreendot
ScribeAmerica is a company that hires and trains medical scribes for physicians. We are currently hiring in the Des Moines and Marshalltown area for candidates with:

- Daytime availability (8am-5pm) at least 2 to 3 times per week.
- Able to commit to 2 years part-time or 1 year full-time.
- Background or interest in science and medicine.

There are several ways in which you would not only benefit the physician but you will benefit as well. Working as a medical scribe opens up opportunities to learn medicine and be exposed to the environment without the need of any certification. You will be working alongside the physician, completing their documentation, and learning new things everyday. If planning to apply to medical school, PA school, or any graduate program, the doctor's you build relationships with will be more than willing to write letters of recommendation.

If you wish to apply, log on to our website [http://www.scribeamerica.com](http://www.scribeamerica.com) or email dsmoineshirtingassoc@scribeamerica.com!

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 Foraker.
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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**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: Starting Your Semester Off Right!**

**Topic 1: Time Management**

**Tuesday, January 23 | 5:30PM - 6:30PM**

0060 Hixson-Lied Student Success Center

Students will determine time management systems that are effective and useful for having an organized semester.

**Topic 2: Study Skills**

**Thursday, January 25 | 5:30PM - 6:30PM**

0060 Hixson-Lied Student Success Center

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

**To register, go to: www.asc.dso.iastate.edu/coaching/workshop**
NCORE/ISCORE PROJECT

Applications are due by 11:59pm on Friday, January 19, 2018.

Each year, the NCORE-ISCORE Project Office accepts applications from Iowa State students interested in attending the National Conference on Race and Ethnicity in Higher Education (NCORE). In 2018 the conference will be held in New Orleans. Students then present new knowledge gained from their NCORE experience at the Iowa State Conference on Race and Ethnicity (ISCORE) the following year.

NCORE can be an extremely developmental process for student. We really value the work you do and understand you have the opportunity to get to know your students on an individual basis and are aware of their strengths and challenges. We are reaching out to you for assistance in recruiting students to the project.

The application can be found at: https://iastate.qualtrics.com/jfe/form/SV_9SmQmzEDmHQWKB.

Benefits from NCORE-ISCORE Project!
This year-long developmental program on race and ethnicity includes attendance at and participation in NCORE, taking UST 321—a course designed to expand your knowledge of issues around race and provide you with tools to deliver a thought-provoking presentation at ISCORE. Other benefits students can look forward to include:

- Developing leadership skills.
- Making a positive impact on the university community.
- Networking with students and professionals from across the country.
- Getting to know more faculty and staff members at ISU.
- Building positive mentoring and peer relationships.

If you are interested in this project or have questions, please don’t hesitate to contact Leslie Winters lwinters@iastate.edu or KB kgwebu@iastate.edu.

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**JOIN HS STUDENT COUNCIL!**

WE ARE A GROUP OF STUDENTS WHO SERVE STUDENTS.

CHECK OUT ALL THE WAYS TO GET INVOLVED.

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**Graduating Student of the Year**

Think you know someone deserving of the title? Be part of the committee who nominates them!

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**Student Sensations**

Be part of choosing the group of students who represent the college all year-round. All majors are welcome.

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**Human Sciences Week**

Help plan the biggest HS celebration of the year! Events, PR, volunteering—all are welcome!

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**Club Funding**

If finances call to you, then this committee is a perfect fit as we decide which club events, retreats, and conventions get grants to enhance the student experience.

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**JOIN HUMAN SCIENCES STUDENT COUNCIL**

College of Human Sciences Council is currently accepting applications for new members!

The Human Sciences Student Council is a student organization that...

- (1) Facilitates interaction among students, faculty members and administration.
- (2) Represents the College of Human Sciences at the university level.
- (3) Coordinates and represents the human sciences student groups in a number of university matters.
- (4) Facilitates & Organizes Student Sensations, Graduating Student of the Year and Student/Club Grants.
- (5) Hears from Human Sciences Student Government Senators regarding college-related legislation.
- (6) Completes philanthropy and fundraising events.

Meetings are the second Thursday of each month.

Please email hscouncil@iastate.edu or Gretchen Hemmingsen at ghems@iastate.edu with questions!

Applications will be due January 10th followed by an interview during the week of January 25th.

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Are you looking for an opportunity to GRO?
Are you interested in learning about social justice? GRO is an annual program offered in the spring semester for students in the College of Human Sciences to participate in to learn more about social justice topics and build community with one another.

We will be meeting on Thursdays between 5:30pm and 7:30pm. If this sounds like something that will interest you, feel free to sign up below here: 
https://iastate.qualtrics.com/jfe/form/SV_bJZIG5eVP9cAc2F

If you have any additional questions, please feel free to email hsdiversitygrad@iastate.edu.
Interested in a great leadership opportunity that welcomes new students to campus?

**Apply to be a Destination Iowa State Team Leader!**

- Be a mentor!
- Help new Cyclones!
- Be part of a team!
- Develop leadership skills!
- Earn up to $350!

**Time Commitment:**
- Two leadership development workshops
- Online course in Spring 2018
- Available for all of Destination Iowa State from August 15-18, 2018

Each Team Leader is responsible for leading and mentoring a group of 12-15 students throughout the Destination Iowa State experience. For more information and the online application, go to [http://www.admissions.iastate.edu/leaders/team_leaders.php](http://www.admissions.iastate.edu/leaders/team_leaders.php).

**Attend an information session to learn more:**

- **Thursday, January 25**, 7:00-8:00pm, UDCC 136
- **Monday, January 29**, 11:00am-12:00pm, 0660 Hixson-Lied
- **Tuesday, January 30**, 11:00am-12:00pm, Campanile Room, Memorial Union
- **Tuesday, February 6**, 7:00-8:00pm, Campanile Room, Memorial Union

**Applications are due Sunday, February 11.** Questions may be directed to Nicole Nicholson in the New Student Programs Office by emailing [nsp@iastate.edu](mailto:nsp@iastate.edu) or by calling 515-294-0801.
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: (315) 294-5623
By e-mail: scholarships@iastate.edu
Research Study on Health Coaching!

INTERESTED IN HELPING US LEARN WHETHER HEALTH COACHING IMPROVES STUDENT HEALTH AND WELLBEING?

IF YOU ARE BETWEEN THE AGES OF 18 AND 25 AND IN YOUR FIRST TWO YEARS AT ISU, YOU CAN SIGN UP TO PARTICIPATE IN A RESEARCH STUDY. YOU WILL COMPLETE SURVEYS, AND MAY BE SELECTED TO WORK WITH A TRAINED PEER HEALTH COACH OVER AN 8-WEEK PERIOD.

FOR MORE INFORMATION OR TO SIGN UP, CONTACT KATY AT KJSOUTH@IASTATE.EDU
Tutoring Services is here to:

- Develop independent, self-direct learners
- Practice learning how to learn course material
- Provide skills students can take them for future success

Visit our website to learn more!

www.asc.dso.iastate.edu/tutoring
tutorsrv@iastate.edu
(515-294-6624)
$4 per session for group tutoring

- Tutoring fees are charged to your U-Bill once a month.
- Students may be eligible to receive financial assistance to aid them with tutoring fees

All tutors earn $10.50 an hour

- We prefer tutors who can work at least 4-6 hours per week and have availability throughout the week
- Require tutors to have knowledge in the subject matter, have taken the course at Iowa State, and received a B or higher

"Tutoring has improved my ability to think critically as well as given me the opportunity to work in a group setting. It
The Minor League Baseball (MiLB) 'Fostering Inclusion through Education and Leadership Development' (FIELD) Program is now accepting application for the class of 2018!

WHAT: MiLB FIELD Program
WHEN: June 4-9, 2018
WHERE: Historic Dodgertown at Vero Beach - 3901 26th Street, Vero Beach, FL
COST: $250 plus cost of travel

For complete details and to apply, click [here](#).

Deadline to Apply: March 16, 2018

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**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
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.

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.

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.

For more information, contact club President - Noah Hart

**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.

For more information, contact club President - Mallory Majors

**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

**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.
**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:Rachel.Tucker@iastate.edu)

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**ORCHESIS II**

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of their experience in dance training. Orchesis II strives to enhance a comfortable learning environment by providing performance opportunities for members. Orchesis II works in 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)

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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.

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.

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 - [Callan Barrick](mailto:Callan.Barrick@iastate.edu)

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**PRE-OPTOMETRY CLUB**

Explores the field of optometry as well as optometry schools by visiting local optometrists, listening...
For more information, contact club President - Phaedra Lipsey or Samantha Rivet

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**PRE-PHYSICAL THERAPY CLUB**

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

For more information, contact club President - Dalton Frick

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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.

For more information, contact club President - Julia Nguyen

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**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

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**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.

For more information, contact club President - Artoria Jung
Happy New Year!