Please look this over carefully as this newsletter is filled with lots of good information and some have short deadlines!!
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
Check out what's new in our October Newsletter

https://mailchi.mp/fb3af1147af/aw61g1of4u-1523341?e=94dbfff28a

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**Text ISU to 741741**

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

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**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

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**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.

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**STUDENT WELLNESS**
Fisher Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday 8:00 am - 5:00 pm

studentwellness.iastate.edu

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**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
ISU Dance Scholarship Gala Concert

SATURDAY NOV. 10 7PM

The Betty Toman Dance Studio Theater
196 Forker Building
ISU Campus

Tickets:
$5 Bleachers & $10 Balcony

For more information contact:
Cynthia Adams, cadams@iastate.edu

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.

FEATURING WORK BY:
San Francisco Guest Artist Kristen Damrow
Fellow Travelers Performance Group
Kathleen Hurley (Hurley and Dancers)
Members of Orchesis 1 and more!
Important Dates to Remember...

**Thursday, October 25, 2018**
- First day of assigned Spring 2019 registration dates for students projected as juniors. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday – Saturday.

**Friday, October 26, 2018**
- Last day to add/drop full-semester courses or withdraw without extenuating circumstances.
- Last day to change a full-semester course to or from Pass/Not Pass.
- Last day to file a Designation of Repeated Course form for a full-semester or second half-semester course that is not an automatic designated repeat.

**Wednesday, October 31, 2018**
- Graduate College: Last day for graduate students to cancel graduation through AccessPlus.
- Graduate College: Last day for Final Oral Exam Request to be received by Graduate College to avoid cancellation of Fall 2018 graduation.

**Thursday, November 1, 2018**
- First day of assigned Spring 2019 registration dates for students projected as sophomores. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday – Saturday.

**Thursday, November 8, 2018**
- First day of assigned Spring 2019 registration dates for students projected as freshmen. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday – Saturday.

**Wednesday, November 14, 2018**
- Last day of assigned registration start dates for Spring 2019 registration.
Check out what's new in our October Newsletter

https://mailchi.mp/fb3af11147af/aw61g1of4u-1523341?e=94dbff28a
Check out what's new in our October Newsletter

[Image: Subscribe | Past Issues | Translate | RSS]

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**Are you participating in an unpaid internship or student teaching experience Spring semester?**

Apply now for scholarship awards ranging from $1,000 to $2,000.

Eligibility requirements:
- Undergraduate student enrolled in a College of Human Sciences major
- Have earned at least 45 credits prior to fall 2018 semester
- 2.0 cumulative GPA or higher
- Internship or student teaching experience
  - Is required for your degree program
  - Must be registered for internship credit
  - Completes more than 280 hours across 8 or more weeks
- Submit two references
- Cannot be receiving any other type of compensation, stipends, or travel reimbursements from internships.

Unpaid Internship/Student Teaching Scholarships are offered by the Iowa State University College of Human Sciences. [hs.iastate.edu/career-services/students/pbs-and-internships/internship-scholarships/](https://hs.iastate.edu/career-services/students/pbs-and-internships/internship-scholarships/)

Laura Kilbride | Unpaid Internship/Student Teaching | Scholarship Coordinator | kilbride@iastate.edu
Student Services | 131 MacKay Hall | Ames, Iowa 50011-1124 | 515-294-8436

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**Did you know that there is a microwave in Forker for your use?**

The communal microwave is located on the 1st floor of the north west corner of the building near the vending machines.

Other locations with communal microwaves

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**MICROWAVES ON CAMPUS**

[Image: Student Wellness | @isuWellness | studentwellness.iastate.edu]
Interested in attending a Doctor of Physical Therapy (DPT) Program?

Western Michigan University - Department of Physical Therapy has a new Doctor of Physical Therapy (DPT) program.

If you are interested in their NEW Doctor of Physical Therapy program, please review their DPT application requirements [here](#), as well as their FAQ page [here](#). Their first application **deadline is November 16, 2018** - they plan to start their first cohort of 30 students in Summer II 2019 (end of June).
Check out what's new in our October Newsletter https://mailchi.mp/fb3af11147af/aw61g1of4u-1523341?e=94dbffe28a

Here, There and Everywhere Beatles Seminar

IOWA STATE UNIVERSITY

Spring Break March 14 – March 24, 2019
Program direction and academic content provided by Jason Chrystal and Jennifer Leptien

Your Ticket to Ride begins in London as we explore British culture and trace the Beatles rise to fame via the long and winding road stretching from Penny Lane to Abbey Road. We will take a Magical Mystery Tour through Liverpool, visiting the childhood homes and storming grounds of the Fab Four. Our journey concludes in London with an analysis of the Beatles Revolution of the British Music Experience.

Itinerary

Thursday, March 21 Liverpool/London. Morning at leisure for independent exploration. After lunch on own, walk to Liverpool Lime Street Station for departure to London. Arrive London Euston Station and make own way by tube to DOUBLETREE BY HILTON ISLINGTON for check-in. Spend the afternoon exploring London in small groups. Suggested visits to The National Gallery, Trafalgar Square and St. James Park (all with free entrance). Make your way on your own to the London theatre district for an evening performance, tickets included, performance pending. (B)

Friday, March 22 London (Windsor). Morning depart by private motorcoach for visit to Windsor Castle, entrance included. Lunch on own in Windsor. Two 1-day travel cards for zones 1-2 in London provided. Return to London for afternoon to explore London in small groups. Suggested visits to Harrods, Hyde Park, Victoria and Albert Museum and the Science Museum (all with free entrance). (B)

Saturday, March 23 London. Make your way on own to Westminster Abbey for visit, entrance included. After lunch on own, travel by tube to Fulham Palace, entrance included. Dinner and evening on own. (B)

Sunday, March 24 London Departure. Morning transfer by private motorcoach to London Heathrow Airport. Flights, with connection through Detroit, arranged by the university (B-boxed).

(Included meals: B=Breakfast, L=Lunch, D=Dinner)

Itinerary subject to change due to local scheduling. Click on hotel name or other places in blue for link to website for additional information.

For Further information contact:
Jen Leptien, Program Director, email: jenl@iastate.edu, phone: 515-294-1948.

To apply, please go to iusabroad.iastate.edu; search Programs for Term = Spring Break 2010 and Program = ‘Beatles’. Then click the Apply Now button to start an application.

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Thursday, March 14 Depart from Des Moines Airport. Afternoon flight with connection in Atlanta to London (flights arranged by the university).

Friday, March 16 London Arrival. Upon late morning arrival, meet and greet assistance at airport and transfer by private motorcoach to DOUBLETREE BY HILTON ISLINGTON for check-in (included complimentary wifi throughout). One 7-day travel card for zones 1-2 in London provided.

Saturday, March 16 London. 24-hour ticket provided for Double Decker Bus Tour (Hop on/off) in London for independent exploration. This Double Decker Sightseeing Tour offers a flexible hop-on/hop-off with over 80 stops and 3 main sightseeing routes to see all of London and her landmarks. (B)

Sunday, March 17 London. Morning travel by tube to visit the Tower of London, with a public yetoran tour, entrance included. After lunch on own, travel by tube to Brixton walking tour, entrance included. Evening arrangements by program director. (B)

Monday, March 18 London. Today you will have a full day tour of the Beatles London Rock Tour “The Long & Winding Road.” On this tour you follow the Beatles history in London, from the first hotels they stayed at, to Macca’s current offices and home. You’ll see over 100 iconic sites and truly walk in the Fab Four’s footsteps. Group lunch at Turks Head (pending). (B)

Tuesday, March 19 London/Liverpool. Make own way by tube to London Euston Station for departure to Liverpool (2nd class off-peak non-flex ticket provided). Arrive late morning into Liverpool Lime Street Station and walk to HOLIDAY INN LIVERPOOL CITY CENTRE. In the afternoon experience a guided walking tour of Beatles sites in Liverpool with Sylva O’Malley (pending) including LIPA, Strawberry Fields, Woolton Fete and Eleanor Rigby grave sites, entrance included, ending on Mathew Street and The Cavern Club. Dinner on own. (B)

Wednesday, March 20 Liverpool. Morning divide into two groups. Group one depart for the National Historic Trust Beatles’ Childhood Homes Tour. Group two depart for Albert Dock for the Beatles Story, entrance included. After lunch on your own, groups to switch visits from morning. Enjoy the remainder of the afternoon on own exploring the area of the Albert Dock, visit the Tate Liverpool and Merseyside Maritime Museum. Dinner on own (B)

Prerequisite to travel
Students must enroll in, or have taken, the Beatles seminar (INTT 395/HON 322). The Beatles seminar class meets for 8 weeks: 1st. ½ of semester; Tuesdays: 6:10 – 8:00 pm; January 15 – March 5. Pre-departure preparations will take place on Saturday from 10:00 am – 12:30 pm, February 2. Study abroad component in London and Liverpool will be held over spring break: Thursday, March 14 – Sunday, March 24, 2019. Throughout the study abroad component, students will:
• Reflect upon the influence of The Beatles on 1960s culture and beyond.
Application deadline is Friday, November 9th!

Adult Non-Traditional Students Learning Community (ANTS)

Are you looking for a place to study or eat your lunch?
Would you like an opportunity to meet other non-traditional students?

Who is a non-traditional student?

Anyone who is:
- Age 25 and over
- Commuting from outside Ames
- A parent
- Married
- A veteran or currently in the military
- Pursuing a second bachelor’s degree

If this describes you, here are some opportunities for you to meet others with similar backgrounds or just find a quiet place to study.

**Lunch/Study/Chat Hours**

**LeBaron Conference Room** - room 1009 LeBaron, by the snack machines in the LeBaron Foyer
- Every Monday from 10 – 11:00 a.m.
- Every Tuesday from 11:30 a.m.–12:30 p.m.
- Every Thursday from 2:00 – 3:00 p.m.

**135 MacKay** - the classroom near the Student Services Office.
- Every Wednesday from 12:00 - 1:00 p.m.
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:

- Day time availability (8am-5pm) at least 2 to 3 times per week
- Able to commit 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/) or email desmoineshiringassociate@scribeamerica.com!

A few units on campus have had name changes:

- Office of Greek Affairs is now the Office of Sorority and Fraternity Engagement
- Student Disability Resources is now Student Accessibility Services
ATTENTION: Juniors and Seniors!

Become a Trained Health Coach!

KIN 494A&B: Practicum in Motivational Interviewing

Health Coaching is a conversation-oriented technique designed to help guide individuals toward behavior change goals. This technique is being implemented in many healthcare settings, and it is a great communication skill to acquire for future research, internship, and career opportunities.

We are seeking motivated junior and senior status students to enroll in this new 2-credit course to become Trained Peer Health Coaches. This course is now being offered Spring 2018 on Tuesdays from 2:00-3:00 PM.

Registration for course enrollment is by instructor permission only, and a signature will be required upon application acceptance.

Apply to be a Student Health Coach at the application link below.

http://www.studentwellness.iastate.edu/health-coaching/become-a-peer-health-coach/

Or visit our Kinesiology Wellness Works Home Page for more information regarding opportunities for Health Coaches.

http://www.physactivitylab.org/health-much-morning-practicum.html

Contact Katy Delosh at kdelosh@iastate.edu with any questions.

Exercise is Medicine

Iowa State University

Student Wellness

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.
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.

**Preparing for Finals**

**Tuesday, November 27 | 6:00PM - 7:00PM**
**Wednesday, November 28 | 6:00PM - 7:00 PM**

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 ask for help.
Students can now schedule appointments via CyHire! 😊

You can view availability and pick a time that works with your schedule as well as select what you would like to discuss during the appointment. CyHire also sends a confirmation of the appointment as well as an appointment reminder.

In addition to scheduling via CyHire, students are still welcome to stop in or call our office to set up an appointment.

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A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

CARDINAL TAP CLUB

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.

Meetings are held in 198 Forker Building on Tuesdays from 8:30 – 9:00 p.m.

For more information, contact club President - Kendra Beaman

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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 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.

For more information, contact club President - Ryan True

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**FELLOWSHIP OF ATHLETIC TRAINING STUDENTS**

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

For more information, contact club President - Alexis Ring

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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.

For more information, contact club President - Amber Schwarting and Ethan Segerstrom

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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.
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 - Maria McDonough

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.

For more information, contact club President - Anna Fleming

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 – Alaina Mattimiro

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 p.m. in Forker 0196

For more information, contact club President – Trevor Kliever
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 - Bryce Smith

PRE-CHIROPRACTIC CLUB

The Pre-Chiropractic Club is an organization dedicated in providing opportunities for students who are interested in pursuing a career in the chiropractic field upon completion of his or her undergraduate degree. The Pre-Chiropractic Club will allow students to learn the art, science, and philosophy behind chiropractic medicine, as well as network with current doctors, and learn about the admissions process and various chiropractic colleges.

For more information, contact club President - Abby Loew

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

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

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 - Phaedra Lipsey or Samantha Rivet

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**PRE-PHARMACY CLUB**

Meetings will generally be held once a month on evenings of weekdays. The activities of each meeting will vary, but will aim to further our primary goal of preparing members for the pharmacy school application process. Activities include speaking to current pharmacy school rotation students, discussing application requirements, and sharing opportunities for volunteering and job shadowing. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

For more information, contact club President - Brody Tritle

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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 - Benjamin Mallinger

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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 - Hannah Mendez

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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 - Kendra McGhee
Check out what's new in our October Newsletter

Be kind to unkind people, they need it the most!!

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