Meet our Administrative Team!

Hector Angus  
Assistant Scientist I

Jody Burdick  
Clerk II

Ron Leihold  
Stonekeeper II

DeAnn Pitman  
Program Assistant II

Trina Sabotka  
Admin Spec III
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

Meet our Advising Team...

Jareesa Boley
KIN Adviser

Jessica DeWitt
KIN Adviser

Laura Groves
KIN Adviser

Mary Meier
A TR Adviser

Lisa Phillips
KIN Adviser

DeAnn Pitman
Program Assistant

Marsha Wissink
Lead KIN Adviser
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

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*in a WORLD where you can be anything

BE KIND*
UNPAID INTERNSHIP OR STUDENT TEACHING SCHOLARSHIP PORTAL IS OPEN

SCHOLARSHIPS AVAILABLE
SCHOLARSHIP APPLICATIONS WILL BE ACCEPTED ONLINE FOR AN UNPAID INTERNSHIP/STUDENT TEACHING SCHOLARSHIP FROM IOWA STATE UNIVERSITY COLLEGE OF HUMAN SCIENCES. AWARDS RANGE FROM $1,000 TO $2,000.

ELIGIBILITY REQUIREMENTS:
• MUST BE AN UNDERGRAD IN A CHS MAJOR
• MUST BE REQUIRED FOR DEGREE PROGRAM
• MUST BE REGISTERED FOR 400 LEVEL INTERNSHIP
• CANNOT BE RECEIVING ANY OTHER TYPE OF COMPENSATION STIPEND OR TRAVEL REIMBURSEMENTS
• MUST COMPLETE MORE THAN 180 HOURS OR 40 CREDITS 8 WEEKS OR MORE
• MUST HAVE A 2.0 CUMULATIVE GPA OR HIGHER
• TWO REFERENCES

CLICK HERE TO GET STARTED!
APPLICATIONS FOR SPRING 2020
INTERNSHIPS AND STUDENT TEACHING
ARE DUE DECEMBER 9TH.

IOWA STATE UNIVERSITY
College of Human Sciences Career Services
131 MacKay Hall | 319.294.8830

Laura Kilbride
Unpaid Internship/Student Teaching
Scholarship Coordinator
kilbridge@iastate.edu
Gerontology Colloquia Series

Optimize Aging

By 2035, it is estimated that there will be more Americans over the age of 65 than under 18. Join us to discuss interdisciplinary approaches to research and practice that consider individual, family, and community perspectives and are aimed to optimize adult health and well-being.

MONTHLY on MONDAY
1030 Morrill Hall
4:00-5:00pm
All are welcome
Light refreshments served

Sept. 16
Entrepreneurship
Kristine Johansen of Iowa Start-Up Factory
Charrette Team RI$E

Oct. 14
Cognition, Nutrition, and the Aging Brain
Colleen Baur, Postdoc in HBSN

Nov. 18
Aging and Loneliness
Dan Russell, Professor in HDFS

Spring Research Symposium: April 8, 2020

Jan. 27
Grad Student Opportunities: F31 Grants & Postdoc Process
Harddeep Oh, postdoc research associate UNC-Chapel Hill, Carolina Population Center

Feb. 17
Gait Imbalance and Mobility Impairment:
Li-Shan Chou, Chair of Kinesiology

Mar. 23
Family and Aging
Megan Gilligan, Associate Professor in HDFS

All events will take place in Morrill Hall Room 1030

www.gerontology.iastate.edu/events
NCORE-ISCORE Project for Students

Each year, the NCORE-ISCORE Project accepts applications from Iowa State students interested in participating in the NCORE-ISCORE Experience. Students will attend the National Conference on Race and Ethnicity (NCORE). In 2020, the conference will be held in New York City, New York, May 26 - May 30!

Applications go live November 1, 2019.

This year-long student experience begins with travel to NCORE, followed by a course on race and ethnicity in the United States, designed to expand knowledge, skills, and attitudes surrounding topics of diversity, inclusion, and social justice.

Students will then present knowledge gained from their NCORE experience and learning at the Iowa State Conference on Race and Ethnicity (ISCORE) the next spring.

Other benefits:
- Leadership skills
- Positive impact on the university community
- Become more aware of your own racial identity development
- Network with students and professionals from across the country
- Get to know ISU faculty and staff
- Build mentoring and peer relationships
- Expenses are covered for travel and stay at NCORE
- UST 321 course completes an ISU diversity requirement

Important 2020 Dates

January 17
Applications due
March 6
ISCORE conference
May 26 thru May 30
NCORE conference

Learn more at iscore.iastate.edu
Interested in Studying Abroad?
Contact our Study Abroad Center
6563 Memorial Union
studyabroad@iastate.edu
515-294-6792

Semester Hours: Monday-Friday 8:00 to 5:00
Summer Hours: Monday-Friday 7:30 to 4:00
Break Hours: Monday-Friday 7:30 to 4:00
Want to have a productive conversation about gender and sexuality?

Join H SCI 250X: Intergroup Dialogue – Gender and Sexuality
• 2:10–3:30 pm, Tuesdays and Tuesdays
• 3 credits, full semester

Registration is limited to 18 students

Questions? Contact Paul or Meredith!
• Paul Hengesteg: paulh@iastate.edu
• Meredith Tittler: mtittler@iastate.edu
Looking to get involved in research as a first year student this Spring?

Are you interested in receiving research credit in your major?

To see research opportunities visit:
https://fri.las.iastate.edu/research-streams/

What are the benefits of getting involved in research:

- Become a more competitive internship/job candidate!
- Learn relevant techniques and develop research skills!
- Become part of a research community with students and faculty in your discipline!

---

SPRING 2020 COURSE:
Globe 330X Global Health Disparities (Meets U.S. Diversity requirement)

Course overview: Explores historical and contemporary factors that contribute to disparities in health outcomes for persons disadvantaged by income, location, ethnicity, sexual orientation, and abilities. Provides the student knowledge and skills to analyze and evaluate health promotion materials and community-based interventions focused on reducing global health disparities. Non-health majors are also welcome.

Send questions to Dr. Betsy Matos bmatos@iastate.edu
JOB DESCRIPTION:
Job Title: Rockstar Fitness Coach
Reports to: Director of Healthy Living

POSITION SUMMARY:
The YMCA of Austin is actively seeking Rockstar Fitness Coaches who supports our mission to serve the community by leading group fitness classes and personal training programs in our brand new state-of-the-art, 105,000 square foot facility opening January 2020. A "Rockstar" Coach will play a key role in providing extreme member value by:

- Exhibiting passion and excitement for the work they do
- Holding themselves to a standard that is nothing short of their best
- Demonstrating a member first mentality in all aspects of the job

ESSENTIAL FUNCTIONS:
- Conduct initial and quarterly fitness assessments
- Prepares appropriate equipment, music, and handouts for each class
- Instructs patrons on effective workout methods
- Work with a Rockstar team focused on a clear mission, vision, and values
- Teaches scheduled classes
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants
- Keeps management informed of customer and facility needs
- Ensures that safety standards are met, and that department and facility policies are adhered to
- Performs related duties as required

APPLY IF:
- You are highly energetic, outgoing and friendly
- Possess great communication skills
- Work well in a team environment
- Passionate about group training
- Inspired by seeing others achieve their goals

QUALIFICATIONS/EXPERIENCE:
Must have at least ONE nationally accredited Personal or Group Training Certification such as NASM, ACE, ACSM or hold a degree in kinesiology, exercise science, physical education, or similar.

- Must be at least 18 years of age
- Must be prompt and reliable
- Must ensure safety of all participants
• Must have the ability to work flexible or varying hours
• Must lead by example and have the skills to both communicate and demonstrate fitness concepts

NECESSARY KNOWLEDGE/SKILLS/ABILITIES

• Working knowledge of human anatomy, kinesiology and training principles.
• Knowledge of group fitness teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
• Ability to be professional and motivate class participants.
• Ability to cooperate and work well with other staff members

TO APPLY:
Qualified applicants should send cover letter and resume to our Healthy Living Director, Bryce Becker at bbecker@ymca-austin.org.
Academic Coaching Workshop Series

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

**Fall 2019 Workshop Dates**

<table>
<thead>
<tr>
<th>DATES</th>
<th>WORKSHOP TITLE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 9/10</td>
<td>Time Management</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixon-Lied 0060</td>
</tr>
<tr>
<td>Thursday 9/12</td>
<td>Study Skills</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixon-Lied 0060</td>
</tr>
<tr>
<td>Monday 10/7</td>
<td>Study Skills</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixon-Lied 0020</td>
</tr>
<tr>
<td>Thursday 10/10</td>
<td>Procrastination, Motivation &amp; Goal Setting</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixon-Lied 0060</td>
</tr>
<tr>
<td>Monday 10/28</td>
<td>Time Management</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixon-Lied 0020</td>
</tr>
<tr>
<td>Tuesday 10/29</td>
<td>Study Skills</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixon-Lied 0060</td>
</tr>
<tr>
<td>Monday 12/2</td>
<td>Final Exam Preparation</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixon-Lied 0020</td>
</tr>
<tr>
<td>Thursday 12/5</td>
<td>Final Exam Preparation</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixon-Lied 0060</td>
</tr>
</tbody>
</table>

To register, go to: [www.asc.dso.iastate.edu/coaching/workshop-series](http://www.asc.dso.iastate.edu/coaching/workshop-series)
Volunteer with kids in schools
once a week in DSM

ISU 4U Promise Volunteer Program

The ISU 4U Promise is a partnership between Iowa State University and King and Moulton elementary schools to promote college-going in these schools. As part of the program, students who complete fifth grade at King or Moulton elementary school will be eligible for tuition awards to Iowa State University.

The ISU 4U Promise is searching for volunteers from all ISU colleges who are interested in leaving a lasting impact on elementary students. ISU students who have experience with historically excluded or underrepresented populations are highly encouraged to participate.

Interested volunteers must:

- Commit to volunteering once a week for the semester (or year!)
- Attend a volunteer orientation this fall
- Be eligible to drive a university vehicle, willing to drive your own vehicle (with mileage reimbursement), or ride with someone
- Submit all documentation needed to work with youth and drive university vehicles (if applicable)
- Be committed to sharing what you know about ISU and inspiring ISU 4U Promise students to go to college

Apply at
www.isu4u.org/getting-involved
(under the “Volunteer” section)

Questions?
Contact Shari at
smiller3@iastate.edu
or 515-294-4144
Quick Facts About Tutoring

- Students must be registered in the undergraduate course they wish to receive tutoring for at Iowa State.

- Tutoring groups meet twice a week (three times during the summer term) for 50 minutes.

- Each session is $5.

- Tutoring fees are charged to your funding source once per month, the following month.

- Tutoring groups range from 2 to 5 students; this provides a collaborative learning environment.

- Tutors will not provide direct answers to anything graded (homework, projects, quizzes, etc.).

How to Request a Tutor

1. Go to tutoring.iastate.edu and click on “Sign In to Your Tutoring Profile”. Log in with your ISU Net ID.
2. Fill in required personal information.
3. Click “Request Tutoring” in green.
4. Read through the Tutee Application Agreement.
5. Choose the course you would like to receive tutoring in. Additional courses may be added on your “Home” tab after each course request is completed.
6. Select “College of Human Sciences” as your funding source and follow steps to get funding approved.
7. Edit your schedule. Make sure to take all outside activities (clubs, meetings, intramurals, etc.) into consideration when marking times available. However, the more hours you mark as “available” increases your chances of getting assigned to a group.
8. Hit submit.
9. You will receive an email from your tutor if you are assigned to a group.

Contact Tutoring Services with questions or concerns at tutorav@iastate.edu or 515-294-6624.
Text ISU to 741741

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

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

counseling.iastate.edu

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

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

*Hours vary, please refer to website.

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) 239-8877

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...

Friday, November 22, 2019
- 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 2020 are due. Submit via AccessPlus (student tab, graduation, application).

Monday, November 25, 2019
- Graduate College: Last day for final oral examinations. Open your account in ProQuest and enter the name of your thesis/dissertation.

Thursday, November 28 - Friday, November 29, 2019
- University holidays—offices closed.

Monday, November 25 – Friday, November 29, 2019
- Fall break, classes recessed.

Thursday, December 12, 2019
- End of term textbook buyback begins at University Bookstore.

Monday, December 16, 2019
- Last day for end of term rental book return without penalty to the University Bookstore.

Monday, December 16 – Thursday, December 19, 2019
- Final examinations.

Friday, December 20, 2019
- Fall semester ends
- Graduate College: Last day to have your POSC approved by Graduate College for Spring 2020 graduation.

Saturday, December 21, 2019
- Undergraduate Commencement: www.graduation.iastate.edu

Become a Human Sciences Ambassador!

Share your love for your major and Iowa State while interacting with prospective students and families in this exciting volunteer leadership opportunity!

Time Commitment:
- 2020-2021 academic year
- Training - Fall 2020
- Meetings - First Wednesday of each month
- 10 hours/semester of recruitment events, such as Experience Iowa State days, daily visits, Day in the Life visits, and more!

Want to learn more?
Visit: www.hs.iastate.edu/organizations/human-sciences-ambassadors/
Contact: Bree Kixmiller (hsrec_bree@iastate.edu) or stop by 118 MacKay!

Applications for the 2020-2021 academic year are due March 1, 2020
Did you know there's a food pantry on campus?

All students and faculty welcome!

On Campus Location:
2616 Food Sciences Building

Who are we and why?
We are The SHOP, a student-run food pantry at ISU. Our mission is to increase food security and offer non-perishable food and other personal hygiene items to all ISU students and faculty/staff in need.

M, T, W, TH: 10am - 5pm
Friday: 9am - 12pm

For more information, visit The SHOP website at www.the.shop.stu.org.iastate.edu

The Shop Food Pantry
An On-Campus Food Pantry for ALL Students

Main Food Pantry Location:
2616 Food Science Building

Hours:
M: 10 am-5 pm
T: 10 am-5 pm
W: 10 am-5 pm
Th: 10 am-5 pm
F: 9 am-12 pm

SUV Food Pantry Location:
Schilletter and University Village Community Center
65 Edenburn Drive
Ames, IA 50010

Hours:
M – F: 8am-5pm

Frederiksen Court Food Pantry Location:
Frederiksen Court Community Center, Mail Room

Hours:
M-F: 8am-6pm
Sat-Sun: 1pm-5pm
ABOUT.
Collegiate Recovery is a student organization for students in recovery from addiction, students who have a person in their life in recovery, or students who are friends/allies to the recovery community.

This organization focuses on peer to peer support, works to build community, and celebrates recovery as a safe place for students to connect.

LEARN MORE.
collegiaterecovery@iastate.edu
CycloneHealth.org/CRC

IOWA STATE UNIVERSITY
Student Health and Wellness

CycloneHealth.org/CRC
The Blossom Project: Steps to Health

Improving the lives of women and their babies... one pregnancy at a time.

If you or someone you know is pregnant and are interested in participating in a nutrition and physical activity program, please contact us! Eligible participants will be compensated. Participation is voluntary.

Criteria:
- ≥ 18 years of age
- ≤ 20 weeks pregnant
- BMI between 18.5-40 kg/m²
- Pregnant with only one baby
- No history of chronic disease (e.g. type 1 diabetes, heart disease, renal disease, or an untreated thyroid condition)
- No history of pre-eclampsia
- Not currently a smoker
- Not currently physically active
- No physical restriction to engage in physical activity
- Receiving regular prenatal care
- Able to comprehend information shared during an informed consent process

For further information:
Email the Recruitment Team at blossomproject@iastate.edu
Join the Supplemental Instruction Team!

APPLY TODAY!

To learn more visit: si.iastate.edu

Like us on Facebook!

Search @ISUKIN
Beran International/Service Scholarship

**Purpose:** To provide partial support for a student participating in a sport, physical education, or exercise science experience outside of the United States (but not with a varsity or sport club team) OR a service project in a related field with minority or inner-city groups in the United States.

**Qualifications:**
1. Must be enrolled as a Kinesiology and Health or Athletic Training major.
2. Must have a minimum of 2.5 cumulative grade point average.
3. Must have completed at least two semesters in residence at ISU.

**Procedure:** Go to www.kin.hs.iastate.edu. Complete an application form and present a summary of trip expenses and anticipated sources of support. Scholarship applications may be submitted at any time during the semester and will be reviewed as soon as possible. Two personal reference letters are required.

**Award amount:** Variable, depending on the trip expenses

---

WesleyLife

We believe **everyone** should have the opportunity to live a life of continued growth, experience, engagement, and meaning, regardless of physical, social, or economic circumstances. Aging is an opportunity. The second half of life can be the best half!

Our comprehensive network of services is designed to fulfill the wishes of older adults to remain independent and active wherever they choose to live. Because we have a vision of transforming the aging experience, we focus not on limitations, but on possibilities.

We strive to be the thread that leads families to better solutions and binds them with the strength and support they need to maintain loving and healthy relationships. At WesleyLife, we celebrate a spirit for living!

Interested in volunteering for WesleyLife Community Services in Des Moines? We are starting a new Public Health Volunteer program for the low income older adult population in Polk County who are in need of companionship.

If you are interested or have more questions, please contact Savannah Houlihan at SHoulihan@wesleylife.org.
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

Experience Kinesiology in Ireland

SUMMER 2020

3 week summer study abroad in May
Earn KIN credit
Taught and led by ISU faculty member

CHS International Programs
131 MacKay Hall | chsintl@iastate.edu

UnityPoint Health is currently recruiting student
volunteers for the Hospital Elder Life Program (HELP).

For more information, please contact:

Lisa Baumhover MS ARNP
HELP Geriatric Clinical Nurse Specialist
515-241-5165

Carrington Stalzer RN BSN
HELP Coordinator
515-241-3220

FAQs

What tips do you have for elder patients and families while in the hospital?

- Safety is first - always ask nursing staff for assistance when you want to get out of bed. If they are not present, push your call button.
- Keep moving and stay active during the day - the more active you are, the quicker you will heal. Participate in requested activities with therapists, nurses and volunteers to the best of your ability.
- Bring your glasses, hearing aids with batteries and dentures to the hospital.
- Personal items such as pictures, books, magazines and phone numbers may be beneficial to you during your hospital stay.
- Discuss all medical concerns with your physician and write down questions in advance so you are prepared for their visits to your room.
- Bring your own robe and sturdy slippers or shoes to the hospital.
- Unless instructed otherwise, try to eat and drink to support your body's healing needs. Your nurse will inform you if you have dietary restrictions.
What is HELP?
The Hospital Elder Life Program (HELP) was developed by health care experts at Yale University to prevent delirium and physical decline in hospitalized older adults. HELP is now part of quality health care in more than 200 hospitals in the United States and internationally.
The Hospital Elder Life Program at UnityPoint Health works with nurses, doctors and other health care professionals. HELP staff and volunteers receive special program training and education to provide activities and services to assist in keeping patients engaged and active. There is no charge for HELP services provided to patients enrolled in the program.

HELP Services Include:
- Evaluation from a HELP Program Coordinator to determine individual needs and interests
- Interview and consultation with a Geriatric Clinical Nurse Specialist
- Daily visits to foster communication and orientation to the hospital
- Encouragement and support to stay active with bedside exercises
- Activities to provide mental stimulation, relaxation and enjoyment
- Assistance with ordering and setting up meals. Encouragement of proper nutrition and hydration during the hospital stay.

Providing Extra Care For Elder Adults

UnityPoint Health™ needs volunteers who are caring, respectful and dedicated to elder patients. Volunteers carry out the daily interactions and recommended activities for patients in the HELP program.

To volunteer for the HELP program at UnityPoint Health, you must meet volunteer requirements, undergo special training and commit to 4 hours per week for a 6-month time period.

HELP volunteers experience the personal satisfaction of helping, listening and empowering elder patients.
WHAT YOU THINK

WHAT YOU SAY

WHAT YOU WRITE

WMC

MATTERS

MORE EFFECTIVE COMMUNICATION STARTS HERE

wmc.dso.iastate.edu
FREE ASSISTANCE
FOR INDIVIDUALS & SMALL GROUPS
+ Essays
+ Theses
+ Dissertations
+ Presentations
+ Business Writing
+ Technical Writing
+ Science Writing
+ More

WORKSHOPS & PRESENTATIONS
FOR ALL CYCLONES
+ Introduction to the Writing and Media Center
+ The Writing Process
+ Resumes & Cover Letters
+ Scholarship Essays
+ Personal Statements
+ Editing Strategies
+ Grammar I: Verbs
+ Grammar II: Nouns, Adjectives, and Adverbs

LOCATIONS
College of Human Sciences - Scholarship Application

Due: Monday, December 2 at 11:59 p.m. CST

OneApp Application Form
Found on Financial Aid Website - https://www.financialaid.iastate.edu/scholarships/

Complete BOTH the General Application and the College of Human Sciences application

Remember to click the SUBMIT button when finished

Be specific with answers to the essay questions
List leadership and community service experiences - be specific

- You use your NetID login information to access the application.
- Fill out the general (ISU) application first before filling out the CHS-specific portion.
- You can save your information and return to it later. But remember to submit. Partial applications are not considered.

For more information go to: https://www.hs.iastate.edu/scholarships-and-financial-aid/chs-undergrad-application/
A LIFE-CHANGING SUMMER JOB
Work alongside 550 college students to impact over 6,500 kids and teenagers.

GET PAID TO MAKE AN IMPACT
$1600 - 8 Weeks
$2400 - 12 Weeks

CAMP WAR EAGLE

APPLY TODAY
cwestaff.com

~ KIN Tutor Position Available ~

Job Description: Tutors have the educational background and ability to assist students by teaching course material and study skills. Tutors are assigned to student-athletes who need assistance in certain subject areas. Tutors may meet with student-athletes one or more times per week.

Specifically looking for tutors for: KIN 252, KIN 258 and KIN 355

Job Skills / Requirements: Undergraduate/Graduate Student/ Retired Faculty/or persons with teaching experience preferred. Must have knowledge of subject matter, have earned a grade of B or higher in the course(s) wanting to tutor, and a cumulative GPA of 3.0 or higher (some exceptions apply). Ability to communicate effectively, confidentiality, patience and respect towards others are required.

For more information, send an email to athltutoring@iastate.edu

SWITCH® Study Featured in the International Journal of
Environmental Research and Public Health

Our study focuses on the relationships between self-monitoring behavior and health behavior outcomes as encapsulated within a comprehensive school wellness intervention. The School Wellness Integration Targeting Child Health (SWITCH) program is designed to help school wellness teams build and sustain wellness programming; one of the core facets of this approach is the promotion of student self-monitoring through an online platform as a means to encourage increases in physical activity and decreases in sedentary behavior. We found that the degree to which students tracked their health behaviors on a weekly basis was positively related to increased physical activity and decreases in sedentary behavior over the course of the intervention. The findings provide a rationale for fostering self-monitoring practices for youth in school-based wellness interventions.

Click [here](#) for more information.

---

**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.

---

**Fall Semester Lunch/Study/Chat Hours**

- Mondays from 11:00 to 1:00 in MacKay 213
- Wednesdays from 11:00 to 1:00 in MacKay 213
9/10 students are more satisfied with their college experience after receiving tutoring.

Groups meet twice per week for 50 minute sessions.

Tutoring takes place in small groups of 2-5 students.

Learn more about Tutoring Services:
www.tutoring.iastate.edu

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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!
DOCTORS SAVE LIVES.
SCRIBEAMERICA

"Being a scribe is a perfect job for anyone wanting to pursue a career in medicine. The job is not only a tremendous learning experience, but you’re actually making a difference by assisting the doctors to be more efficient so they can focus more on the quality of care for their patients."
AMY HOGAN, 2010

WHAT IS A MEDICAL SCRIBE?

A Medical Scribe is a revolutionary concept in modern medicine. Traditionally, a physician’s job has been focusing solely on direct patient contact and care. However, the advent of the Electronic Health Record (EHR) created an overload of documentation and clerical responsibilities that slows physicians down and pulls them away from actual patient care. To relieve the documentation overload, physicians across the country are turning to Medical Scribe services.

A Medical Scribe is essentially a personal assistant to the physician; performing documentation in the EHR, gathering information for the patient’s visit, and partnering with the physician to deliver the pinnacle of efficient patient care.

WHY BECOME A MEDICAL SCRIBE?

For someone interested in medicine, whether it is a personal interest, or part of a career goal to become a physician or physician assistant, the chance to become a Medical Scribe is unlike any other opportunity available. It offers exciting one-on-one collaboration with a physician, and is unprecedented in its level of exposure to real medicine in practice.

A background in Medical Scribing is quickly becoming the standard for pre-medical experience, and is suggested by medical school acceptance committees across the country. The competition to become a Medical Scribe is intense, and the demand for Medical Scribe services across the country has never been higher.

Visit scribeamerica.com/apply to see if we are hiring in your area.

WHAT WE EXPECT

Intelligent candidates who can work positively and cooperatively amidst a stressful and unique environment.

You need to have good penmanship and computer skills, your medical expertise is not required but is an added bonus. The following traits are required for they are not easily learned:

WHAT WE EXPECT FROM YOU:

- Responsibility
- Confidence
- Maturity
- Punctuality
- Ability to multitask
- Self Motivation

COMMITMENT:

Commitment to ScribeAmerica; 2 years part time 8-12 shifts per month or 1 year full time 16-20 shifts per month.
"Scribe America is a great program that prepared me in many ways for medical school. Working side by side with doctors in the emergency room gave me an incredible real-life experience to apply to all the classes I am taking now. Diagnosing is intimately related to recognizing patterns in patient symptoms and while working with Scribe America I was able to watch the physicians think their way through patient cases and absorb countless amounts of information. Having also volunteered in hospitals and taken part in research prior to entering medical school, I would say that my time with Scribe America was the most influential factor in giving me confidence in my decision to pursue a career in medicine. The one-on-one experience with physicians, the variety of patient cases and symptoms, the introduction to medical diagnostic techniques, and the vast amounts of medical terminology have all been invaluable to my current student status besides that I thoroughly enjoyed coming to work every day. I have and will continue to recommend Scribe America to any person contemplating medical school with a desire to learn and work hard."

KIM RIEGEL, 2011

THINGS THAT WILL HELP YOU SUCCEED

• A passion for Medicine
• Able to balance school AND work
• Computer skills; this is a must and will accelerate training as most hospitals are transforming to complete electronic charting
• Mature sophomores can benefit throughout college. Also people taking time off before Medical, PA or NP school are favored and the opportunity is highly beneficial to the applicant.

Note: Scribe hours are counted towards clinical training for PA school.

WHAT TO EXPECT

• Hard work demanded, every shift
• Unlimited learning curve
• Competitive part time pay
• Some full-time positions available

ABOUT US

We are the nation’s most frequently used medical scribe company with more than 15,000 employees in 50 states and three countries providing professional services for over 2,000 clients. We invest heavily in the professional development of our scribes by providing them with unique resources such as the Industry’s only academic textbook, paid attendance to our national scribe leadership conference, online education, networking opportunities through social media, and development of the ScribeAmerica Mobile Scribe App™. We are ranked on the Inc. 500/5000 list seven years in a row for fastest growing private companies. In addition Modern Healthcare named us one of the Hottest Healthcare Companies in 2013. In turn, we’ve been rewarded through successful development of the nation’s first ‘career scribes’, that is, individuals with advanced degrees who have chosen to make a career with ScribeAmerica. Our clients have benefited too, having received the prestigious Press Ganey Summit and Stuart Heming Patient Safety awards.
DANCE NEWS

Orchesis I is joining the Theatre and University in celebration of the 100th anniversary of a women's right to vote. This year Barjche’ 2020 honors the 100th anniversary of a women's right to vote. Through dance, ISU Orchesis I Dance Company celebrates the super-heroines of our past and present through modern and contemporary choreography. HERoines Barjche’ 2020 (Working title) unites with other ISU departments celebrating this monumental historical event. Click here for complete details.

Barjche' is Friday, January 31, 2020 at 7:30 p.m. and Saturday, February 1, 2020 at 7:30 p.m. with a matinee on Friday for the public schools as part of the Matinee Series - order online.

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The Dance Program is hosting the 2019 North-Central American College Dance Association Conference March 14-17, 2020. All classes and the informal concerts will be held in the Forker Building. All Adjudicated Concerts are at the Ames City Auditorium.

If you have any questions, contact Janice Baker or Cynthia Adams.
Lutheran Services in Iowa

We’re hiring:
- Caseworkers (Dubuque, Waterloo)
- Direct Support Professionals (Muscatine, Des Moines, Ames, Waterloo, Dubuque)
- Overnight Monitors (Ames, Des Moines)
- Program Supervisors (Sign-on bonus up to $1,000, Des Moines)
- Service Coordinators (Ames)
- Shift Supervisors (Muscatine)
- Site Team Leaders (Sign-on bonus up to $1,000, Ames, Des Moines)
- Respite Providers: (Ames, Des Moines, Dubuque, Marshalltown, Waterloo, Cedar Rapids, Corning, Council Bluffs, Newton, Oskaloosa, Ottumwa)

We offer:
- Flexible work schedules that fit with classes and busy life
- Full-time and part-time jobs
- Fabulous benefits
- The best paid time off in town
- The chance to change the world!

To apply go to: https://lsiowa.org/careers/

Did you know that Iowa State has a Lost and Found website?

Looking for something?

Go to the ISU Homepage – click on Index – click on the L then scroll down and click on Lost and Found. Here you can report your lost item or report any found item.

The Kinesiology Lost and Found is located in 237 Forker.
“DROP-IN”
WEDNESDAY WORKSHOPS
NO REGISTRATION REQUIRED

BEGINNING OCTOBER 16TH
1:10 - 2:00PM
THIRD FLOOR, STUDENT SERVICES BUILDING
QUICK AND EASY! NO REGISTRATION, COMMITMENT OR SIGN-UP
ATTEND AS OFTEN AS YOU LIKE OR NEED

We’re offering three stand-alone workshops that will rotate.
Attendance is not required at all three, come to the ones that interest you.

ADDRESS THE STRESS
Increase understanding of signs and effects of stress.
Increase knowledge of stress management strategies.

STRESS MANAGEMENT TECHNIQUES
Learn about evidence-based stress management techniques.
Practice stress management techniques.

CREATING A STRESS MANAGEMENT PLAN
Learn about the dimensions of wellbeing. Create a stress management plan.

GAIN RESOURCES FOR MANAGING STRESS AT ALL WORKSHOPS.

IOWA STATE UNIVERSITY
Student Counseling Services
(515) 294-5056
CycloneHealth.org
To request an appointment with Career Services

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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Career Services

Drop-In Hours

Tuesdays and Wednesdays
1-3pm
10-15 minutes
No appointment needed!

131 MacKay Hall
We are open by appointment
Monday - Friday 8-5pm

IOWA STATE UNIVERSITY
College of Human Sciences Career Services
515.294.0636 | hscareers@iastate.edu
APPLY TO BE AN SI LEADER

Why?
Gain leadership skills and professional experience
Assist your peers in their learning for courses you've received a B+ or higher in

Priority will be given to applications submitted before November 29th.

Scan the QR Code on SNAPCHAT to learn more about becoming an SI LEADER
YWCA GIRLS POWER

ABOUT US

GIRLS Power is a mentoring program that pairs middle school girls with Iowa State University women. We meet twice a month and discuss important topics such as women empowerment, leadership, self-esteem, careers...and we have fun bonding parties too! Like movie nights, hide-n-seek, halloween parties, sleepovers, valentines day, and more.

Mentors and mentees also spend one-on-one time each month getting to know each other and doing fun thing like crafts, making slime, seeing movies, ISU campus visits, and anything else they want to do!

JOIN THE FUN TODAY!
EMAIL: YWCAGIRLSPower @GMAIL.COM
OR CALL: 515-294-1663
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 rhythm 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 Orchestra II semester showcase if you are willing to make the commitment.

MEETS: Tuesdays from 8:30 to 9:00 p.m. in Forker 198

For more information, contact club President - Hannah Halvorson

EXERCYSE IS MEDICINE ON CAMPUS

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 - Andi Luth

FELLOWSHIP OF ATHLETIC TRAINING CLUB

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

For more information, contact club President - Hannah VanRoekel
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 - Nicole Hilderbrand

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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 - Jayden Walker

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KINESIOLOGY & HEALTH CLUB

To facilitate meetings and activities that relate to wellness and health, as well as getting a better idea of what Kinesiology majors can accomplish. Through bringing in various speakers in the field and volunteer activities, students can better their futures and themselves. It is also a great way to network, meet friends, and gain leadership.

For more information, contact club President - Mikayla Weron

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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 - Maria Perez

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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.

For more information, contact club President - Liliana Delgado
MINORITY ASSOCIATION FOR PRE-HEALTH STUDENTS

The Minority Association for Pre-Health Students is a student organization encompassing the Minority Association for Pre-Medical students which is affiliated to the Student National Medical Association with the addition of other health fields to encourage interprofessional education. The Minority Association for Pre-Medical students is a nationally recognized organization that strives to increase representation of minorities in the health fields. Big components of this organization include community service, mentoring and outreach. The intention of this student organization is to increase the exposure of underrepresented and/or underserved students to the health fields, bring in mentors such as doctors to come and talk to us students and to develop leaders in the Iowa State community that will work towards eliminating ethnic health disparities in the near future.

For more information, contact club President – Mai Dang

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 – Courtney Elkin

ORCHESIS II DANCE CLUB

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 – Alisa Holmbeck

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 - Jackson Culp
**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 - Yolanda Galan

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**PRE-DENTAL 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 - Claire Campbell

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**PRE-MEDICAL 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 - Kyle Jackson

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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 - Kate Christiansen

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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
**PRE-PHYSICAL THERAPY CLUB**

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

For more information, contact club President - [Samantha Henning](mailto:samantha.henning@example.com)

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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 - [Rebecca Kenned](mailto:rebecca.kenned@example.com)
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