Welcome to the Kinesiology Department
Meet our Administrative Team!

Iowa State University
College of Human Sciences

Kinesiology Department

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...

Janessa Boley  
KIN Adviser

Mary Meier  
A TR Adviser

DeAnn Pitman  
Program Assistant

Marsha Wissink  
Lead KIN Adviser

Jessica DeWall  
KIN Adviser

Lisa Phillips  
KIN Adviser

Heather Robinson  
KIN Adviser

IOWA STATE UNIVERSITY
College of Human Sciences

Kinesiology Department

We are here to help!

Please make an appointment with your adviser...

- 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

IOWA STATE UNIVERSITY
College of Human Sciences

Kinesiology Department
WEAR A FACE COVERING
DISTANCE 6 FEET (2M) APART
WASH YOUR HANDS OFTEN
STAY HOME IF YOU ARE ILL

IOWA STATE UNIVERSITY.

We support. You succeed.

IOWA STATE UNIVERSITY
Academic Success Center

Fall 2020 Service Delivery – Tutoring Services

Tutoring Services will continue to provide high quality tutoring for hundreds of undergraduate courses in a completely online format for Fall 2020.

Important Facts:
• All tutoring sessions take place in small groups and are twice a week, 50 minutes, online, and synchronous.
• Attendance and session fees will remain the same at $5. Those needing financial support for tutoring fees should use the Financial Assistance: Dean of Students Office funding source when they apply for tutoring.
• Tutors will communicate their virtual meeting location, WebEx is our recommended platform. If accessing a computer, internet, or video capability is a concern, contact your tutor. Joining via phone should be an option.

If you have any questions or concerns, please email Rebecca Nation (rgnation@iastate.edu) or Maddy Scott (mgscott@iastate.edu).
Important information regarding Supplemental Instruction sessions for Fall 2020.

Supplemental Instruction will be delivered online during the Fall 2020 semester. There will be no in-person SI sessions. SI Leaders will facilitate sessions using the Zoom Video Conferencing platform.

Sessions will be hosted live online on the same days and times indicated on the current schedule of SI sessions. Participants can find information about session days/times and how to access the virtual sessions by visiting their SI Leader’s website.

If you have any questions regarding SI, please reach out to sistaff@iastate.edu.
STUDY ABROAD FAIR
WEDNESDAY, SEPTEMBER 23 | 10:00-3:00 | MU SOUTH & SUN BALLROOMS

Masks Required
If you would rather attend a virtual event, watch your email for a list of upcoming study abroad information sessions.

Study Abroad Center | 3226 Memorial Union | studyabroad.iastate.edu/fair

Find us on social media! 🌐 @isustudyabroad 📌 isustudyabroad 📷 CyclonesAbroad
SAVE THE DATE

CLUBFEST

MEET HUNDREDS OF OUR 900+ STUDENT ORGANIZATIONS

VIRTUAL EVENT:

MON, SEPT. 14 - FRI, SEPT. 18

Via Flipgrid
These events will be held virtually and will occur one week later than usual.

**People to People Career Fair** – Tuesday, September 29th from 10 am to 5 pm
*Focus Areas: Social/Human Services | Health/Wellness | Government | Hospitality | Event Management | Professional Schools in Health and Law*

**Business, Industry and Technology Career Fair** – Wednesday, September 30th from 10 am to 5 pm

**Why Should YOU Attend?**
- Learn about potential career opportunities for their major
- Build connections NOW with organizations that typically recruit on campus
- Identify opportunities for current or future internships, full-time employment, and graduate/professional schools
- Practice professional virtual communication skills
Multicultural students are eligible for one tutor per semester funded by Multicultural Student Affairs (MSA).

Here are the details on accessing funding for Tutoring through Multicultural Student Affairs (MSA) [https://www.multicultural.dso.iastate.edu/tutor](https://www.multicultural.dso.iastate.edu/tutor).

For College of Human Sciences multicultural students; CHS Multicultural Programs will assist with the funding for a second tutor if you are in need of one. **Please use your MSA funded tutor first.** You can find us among your funding source choices when you apply for a tutor through the Academic Success Center.

Any questions can be directed to me;
Carmen Flagg
Director of Multicultural Student Success.
cflagge@iastate.edu
515-294-0532
Resume Ready Sessions

Tuesday, September 22nd – 12:15–12:45 pm
Thursday, September 24th – 4:15–4:45 pm
iastate.webex.com/meet/schickel

Learn tips and tricks for creating or refining your resume!

See hs.iastate.edu/career-services for full details and additional programming
CHS Career Services | 131 MacKay Hall | 515.294.0626 | hscareers@iastate.edu
This free service for Iowa State students will provide a 24/7 confidential text line for them when facing a crisis. Simply text “ISU” to 741741. A live, trained crisis counselor will receive the text and respond within minutes.

The counselor will help the student navigate their situation through text messages. Crisis Text Line is not a replacement for long-term counseling, in-person therapy, or a friend. The counselor encourages the texter to reach out locally once the situation has moved out of crisis mode. Thielen Student Health Center, Student Counseling Services and Student Wellness are all available as a resource to help them find a local support person.
**Wednesday, September 16, 2020**
- Last day to change degree audit information for fall semester.

**Friday, September 18, 2020**
- Last day to add/drop a first half-semester course without extenuating circumstances.
- Last day to change a first half-semester course to or from Pass/Not Pass.
- Last day to file a Designation of Repeated Course form for a first half-semester course that is not an automatic designated repeat.

**Sunday, September 20, 2020**
- Fee payment deadline for fall semester. Second payment (minimum due) on AccessPlus.

**Saturday, September 26, 2020**
- Departments begin submitting midterm grades
- Schedule of Classes for Spring 2021 available for viewing on the Web at http://classes.iastate.edu/

**Monday, October 5, 2020**
- Second half-semester courses begin.
- Advising period for Spring 2021 registration begins

**Friday, October 9, 2020**
- First half-semester courses end.
- Last day to process most schedule changes for a second half-semester course without signatures of instructor and adviser for Fall 2020.
- Last day to drop a second half-semester course without the drop appearing on the permanent record or counting toward the limit of dropped courses for Fall 2020.
Writing and Media Center Fall 2020 Procedures

**Face Coverings Required**
Staff, clerks, and visitors must wear a face covering at all times while in the offices. Masks are available for those who do not have one.

**Fewer In-Person Consultations**
Only one consultation will take place in each room. Group consultations will only be available online.

**Stay Home If You Are Sick**
If you have any of the following symptoms or feel sick, please stay home: cough, fever, chills, sore throat, headache, fatigue, shortness of breath.

**Online Services Available**
We are expanding our online services to serve more students contact-free. Check out our website for more details.

Communication Starts Here
The Writing and Media Center (WMC) helps students become stronger, more confident communicators. The WMC is a welcoming and inclusive peer tutoring center where friendly Communication Consultants offer individualized assistance to undergraduate and graduate students working on any form of written, oral, visual, or electronic communication.

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Did you know there's a food pantry on campus?

All students and faculty welcome!

**On Campus Location:**
1306 Beyer Hall
T, F: 10am - 2pm

**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.

For more information, visit The SHOP website at www.theishop.iastate.edu
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
Like us on Facebook!

Search @ISUKIN

ISU MAJORS FAIR
One week. Online. 100+ majors and minors.

Save the Date!
October 12 - 15

Who is this event for?
All university students are invited to attend and Open Option & Pre-Professional students are required to attend.
Did you know 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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OneApp Scholarship Application

Opens - Early September
Closes - December 15 (Changed form Dec 1 to Dec 15)

For more information, go to:
https://www.financialaid.iastate.edu/scholarships/
Virtual Career Fair Prep Sessions
Wednesday, September 23rd - 4:25-5:15 pm
Monday, September 28th - 12:05-12:55 pm
iastate.webex.com/meet/schickel

Find out what to expect and how to prepare for the virtual career fairs!

See hs.iastate.edu/career-services for full details and additional programming
CHS Career Services | 131 MacKay Hall | 515.294.0626 | hscareers@iastate.edu

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CICS - 24-Hour Crisis Line/Mobile Response - 844-258-8858

You can also chat one-to-one at www.Foundation2CrisisChat.org or by texting 800-332-4224. Online and texting chats are available from 9 a.m. - 3 p.m., Monday-Friday. All contacts are confidential.

- A crisis is any stress or pressure that has become too great for you to cope with alone.
- "Crisis" can mean different things to different people.
- A crisis could be a major loss – the death of a loved one, a divorce, or a serious illness. Or it could be a series of smaller problems that have compounded and become overwhelming.
- A crisis can happen to anyone, at any age, at any time.
- Trained, compassionate counselors are available over the phone and in person 24 hours a day, 365 days a year.
CICS supports individuals and strengthens communities by serving the unique needs of individuals with mental health and intellectual and other developmental disabilities in the following 11 Iowa counties.

Contact a Service Coordinator in your local CICS county office listed below, Monday–Friday, 8:00 a.m.–4:30 p.m.

**BOONE COUNTY**
900 W. 3rd St.
Boone, Iowa 50036
(515) 433-4883

**FRANKLIN COUNTY**
123 1st Ave., SW
Hampton, Iowa 50441
(641) 456-2128

**GREENE COUNTY**
514 N. Chestnut St.
Jefferson, Iowa 50129
(515) 386-5686

**MADISON COUNTY**
209 E. Madison St.
Winterset, Iowa 50273
(515) 462-2931, ext. 227

**HAMILTON COUNTY**
500 Fairmeadow Dr.
Webster City, Iowa 50595
(515) 832-9500

**MARSHALL COUNTY**
101 E. Main St.
Marshalltown, Iowa 50158
(641) 754-6390

**JASPER COUNTY**
115 N. 2nd Ave. E
Newton, Iowa 50208
(641) 791-2304, ext. 2

Supporting Individuals. Strengthening Communities.
Services available at no cost

Service Coordination — Meetings with a social worker who will help you find and apply for programs and services to reach your goals.

Community Drop-In Centers — A place to gather with others to relax, learn, socialize, or participate in activities.

Mobile Crisis Response — Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring — in an individual’s home, the community, or other locations where an individual lives, works, attends school, or socializes. To access, call the Central Iowa Crisis Line 24/7.

Crisis Psychiatry — Appointments reserved by CICS for people experiencing a crisis with their psychiatric medication.

Crisis Therapy — Appointments reserved by CICS for people experiencing a crisis that they would like to speak to a therapist about.

Crisis Stabilization — A place to stay during a mental health crisis. Private rooms are provided, as well as therapy, medication evaluation and help making a plan for when you are ready to leave.

Psychiatry While In Jail — Psychiatry appointments are available to those in jail within the CICS region.

Crisis Line — Support on the telephone, anytime day or night, for people looking for help with their emotions or mental health.

Warm Line — A phone line staffed by peer counselors, who provide support to an individual who is experiencing a personal crisis.

Outpatient Services

Non-Crisis Psychiatry — Service coordinators have information available about psychiatrists where you live. They can help you set up an appointment.

Non-Crisis Therapy — Service Coordinators have information available about therapists in your area. They can help you set up an appointment.

Housing Supports

Transitional Living Centers — A place to live when you need time and support to develop a new plan.

Supported Community Living — Assistance with learning skills such as cooking, cleaning and money management. These skills are taught one on one, in your home and in the community.

Residential Care Facilities — A place to live with a group of people when there is not enough support for you to live alone.

Short-Term Rental and Utilities Assistance — Help paying your rent and utilities in a time of crisis.

Work Supports

Supported Employment — Help with the entire job-finding process, as well as support after you are hired.

Pre-Vocational Training — Help to build skills so that you are ready for the job-finding process.

Group Employment Training — Opportunity to build on-the-job skills in a group setting to prepare you for a job on your own.

24-HOUR CENTRAL IOWA CRISIS LINE 844-258-8858

A crisis is any stress or pressure that has become too great for you to cope with alone.
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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Did you know that Iowa State has a Lost and Found website?

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.
Business, Industry and Technology
September 30th

People to People
September 29th

FALL VIRTUAL CAREER FAIRS
Iowa State University
Hosted by the Ivy College of Business, College of Human Sciences, and College of Liberal Arts and Sciences Career Services Offices

Career Fairs will take place from 10 am - 5 pm virtually on CareerEco at:

People to People: www.careereco.com/events/IAState-Sept29

For additional information, email isucareerfairs@iastate.edu
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.

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

For more information, contact club President - Danielle Steffes

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 - Adam Mueller and Claire Fiechtner

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

For more information, contact club President - Rozlyn Elbert

**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

**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.

**NEXT MEETING:** Tuesday, September 15th from 6:00 to 7:00 outside on central campus near Campanile

For more information, contact club President - Katelyn Langel

**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 - Joseph Saavedra

**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 - Sydney Paris.

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**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.

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**ORCHESIS I DANCE COMPANY**

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

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

For more information, contact club President – Kaitlyn Teeling.

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

For more information, contact club President – Jordyn Kloss and Isabella Sexton

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 - Nathaniel Sheeley

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 - Abigail Gorden

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 - Cameron Vannoy

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
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 - Nicole Latimer

PRE-PHYSICAL THERAPY CLUB

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

For more information, contact club President - Brody Tritle

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 - Camryn Davis
in a world where you can be anything BE KIND