



Success @ State

Sophomore
Students
and Family
August, 2009

Welcome Back to MSU!

Every year the Department of Student Life publishes the *Success @ State* newsletter series for MSU students and their families (the newsletters are also available on our website at studentlife.msu.edu). These newsletters are designed to assist you as you transition back to life as a Spartan. This edition of *Success @ State* is designed specifically for students (and their families) in their second year at Michigan State. You undoubtedly learned a great deal during your first year, but there will be some new challenges this coming year. Welcome back. We are glad you have chosen to continue as a Spartan!

Spartan Money Smarts

Tuition, books, recreation, food...it all costs money. There is no single answer to questions about money and how much it costs to be a student at MSU, but there are some general guidelines that may help you in making financial decisions.

Make a list of anticipated expenses. From this list, families should decide which are covered by the student, which by the parent/guardian, etc. There is no one right answer to who should pay which part of college, but knowing ahead of time may alleviate a lot of tension later.

Credit Cards. Students will receive countless offers to get a credit card. Some students find credit cards a safe and convenient means of payment. Others, however, if not careful, find themselves owing significant money to the credit card company. As such, students and parents are encouraged to discuss credit card use prior to returning to campus. In cases where a student obtains credit cards for "emergencies," everyone should agree what constitutes an emergency.

Working while enrolled in school? The decision to work depends on a variety of factors such as class load, job demands, financial need, and the individual student. Students who are good managers of their time and take no more than 15 hours of credit per semester may be able to work ten to twenty hours per week. In fact, research indicates that working less than twenty hours per week in an on-campus job helps students become better acquainted with the institution and complements their academic learning. Students are encouraged to make school their top priority. However, with proper time management, students can enjoy sufficient time to prepare for their classes, socialize, participate in extra-curricular activities, and work.

To learn more about part-time student jobs, contact the Michigan State University Student Employment, 113 Student Services or 110 Nisbet Building, (517) 353-9510, or visit their website at www.careernetwork.msu.edu.

A Sustainable U.

As an MSU student, you will be presented with lots of learning opportunities in and out of the classroom. The MSU Office of Campus Sustainability is attempting to raise the consciousness of the campus community to consider the impact of our choices. Did you know the University uses more than 150 million sheets of copy paper? Consequently, the choice between buying virgin paper and 100% post-consumer recycled paper is a significant one. Sustainability is a much larger ideal than simply paper - the water we use, the coffee we drink, even the furniture that we buy - all of these decisions have a larger impact.

Sustainability also is about more than just material goods. It is the attention we pay to the ways that we treat those different than us, modes of transportation that we choose, and connecting to communities beyond the boundaries of the East Lansing campus through the Service Learning Center or many of the University's Registered Student Organizations (RSOs).

The Office of Campus Sustainability can help point you in the right direction or assist you in finding answers to your questions. Learn how to join us in creating a healthier world by checking out our website www.ecofoot.msu.edu.



Hey You...Get Involved!

Alright, you've been here for at least a year. Have you joined a Registered Student Organization yet? Have you become a part of ASMSU (your undergraduate student government)? Have you joined a chapter in MSU's Greek community? If you have answered "no" to these questions, the only remaining question is WHY NOT? Involvement in student groups can provide you with great opportunities to meet new friends, assume leadership positions, and apply what you are learning in classes to real-life issues.

If you are interested in getting involved, but not sure how to go about it, check out the list of Registered Student Organizations that is available on the Department of Student Life's website at studentlife.msu.edu. The list has contact information for most of the over 660 organizations. Would you rather meet with some of the organizations' membership in-person? Then plan to attend **Participation '09** located at Munn Field at 5pm on Tuesday, September 1.

MICHIGAN STATE
UNIVERSITY

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Eating... could it be more confusing to make the “right” choice?

When you think about it, is there anything more confusing than trying to figure out how one “should” eat? As a freshman, one can blame cafeteria food for any problems, and as sophomores and juniors, as you begin to move off campus, it is all about time to go shopping and prepare meals. And, with a new diet book or plan, or an energy drink or supplement that can fill in all the “nutrition deficits” in your diet, it is easy to see why we are fielding nutrition questions on a daily basis at Olin Health Center.

In reality, positive nutrition and eating habits are not as complicated as the media would like to make them out to be. In fact, there are guidelines that if you keep in mind will be most helpful as you navigate through the next few years of your academic career:

- 1) Eat on a regular basis, within an hour of getting up and every 2-5 hours afterwards. You wouldn't expect your car to go without fuel so why would you try to do the same?
- 2) There are no bad foods. If someone over eats a particular food it is more about why they are doing so, not what they are eating.
- 3) Note how many times you use dieting terms: “healthy” (synonymous with restriction in our culture); or label foods good and bad. Ever notice how much more you think about food when you use this terminology?
- 4) If you are going to count anything in your food intake, have it be nutrients not calories; enrich the way you eat not restrict (i.e. count mgs of calcium rather than calories). Along with this, remember that unless you

only eat one food, nutrition labels are a narrow way to approach eating. Eating, good nutrition is how you eat over the course of the week, the month, not just the day and certainly not just by a label.

- 5) Become an intuitive eater, listen to your body and trust what you hear: are you hungry, how hungry? And, what are you hungry for and eat it. You will be much more satisfied and much more likely to self-select a variety of foods over time.
- 6) Most importantly, your relationship with food should just be one thing you do rather than something that takes up a majority of your time.

So the next time you see that book on the shelf at Barnes and Noble that says for “the low price of \$29.95” you can lose weight, have all the energy you need, find your perfect partner (don't forget do well in school), just remind yourself, that if one book could do all that for you, there wouldn't be those other hundreds of books. Spend your money on a meal you enjoy with people you enjoy being around. Then to learn more take advantage of a free nutrition appointment at Olin Health Center Health. Email: ronda.bokram@hc.msu.edu for more information.

Being No Preference

You've made the decision to be a No Preference student at MSU. Some students are No Preference because they are deciding between two or more majors, some because they just want to discover their interests as a college student, and some because they are pretty sure of their major choice, but don't want to commit until they are really sure. Whatever your unique reason for choosing No Preference you now all have the same task before you—**CHOOSING A MAJOR!**

Choosing a Major

The most important aspect of choosing a major is to become **active!** You have to go find your major. It will not find you. Here are some suggestions to make the searching easier:

- Get to know yourself, what you like, what's important to you, what you are good at.
- Take a “test”— the Career Development Center offers the Self-Directed Search and other self-assessment tools to help you discover your interests and how those might be compatible with MSU majors. The Counseling Center also offers career counseling that includes help with choosing a major.
- Take classes in areas that you are seriously considering as a major.
- Be an explorer - take a class because it just seems really interesting to you. It may open up a whole new world for you.
- Start with a list of all MSU majors and cross off those majors that definitely don't interest you. This process of elimination will help to narrow and focus your choices.
- Get some experience, either paid or volunteer, to help you explore fields that interest you.
- Research majors that interest you. Talk to academic advisers, fellow students in that major, and of course, visit departmental websites.

No Time Like The Present

Use your time as a No Preference student to actively discover your interests and talents and to find a major or majors that will allow you to develop these interests and skills. Take your time, be patient, and allow yourself to obtain the knowledge and experience that will help you to make an informed decision about your major. Above all, don't spend your first two years “getting your requirements out of the way.” Take a mix of exploratory and required classes to help you choose among the more than 120 majors MSU has to offer you.

Further Help

For more specific help with not only choosing a major, but also exploring careers, use UUD's *Connecting Majors & Careers: Building a Portfolio*. This publication will guide you through the steps of Self-Assessment, Exploring Majors, Exploring Careers, and Building Skills and help you blend these areas to create a successful and rewarding undergraduate experience.

To be accepted as a junior into many majors and colleges, you need to have certain courses completed and a specific GPA. Make sure you know the **admissions requirements** for majors that interest you.

Don't Miss This Opportunity to Showcase Your Talents

The University Undergraduate Research and Arts Forum (UURAF) provides a wonderful opportunity for undergraduate students to showcase their original research, scholarship, and creative works in a venue that is professional, academic, and fun. The Forum is held every spring and is open to all MSU students who are engaged in original work.

Students participate in a conference-like setting, showcasing their work through oral, poster, or performance demonstration sessions. Faculty members serve as judges, and students are eligible to win monetary prizes for their work. UURAF 2010 will be held on Friday, April 16 in the MSU Union. For more information, please visit www.urca.msu.edu/uuraf.html.

Living Off Campus This Year?

Welcome to the City of East Lansing! East Lansing is a wonderful community with a diverse mix of families, students and young professionals residing in close-knit, cozy neighborhoods.

Michigan State University and the City of East Lansing have worked together to enhance university-community relations and the off-campus experience. We expect all Spartans to invest in the East Lansing community and treat it with the same respect and caring as you do your own hometown!

There will be many people supporting you while you live in the community. A few of your resources include:

- MSU's Off-Campus Living website, www.offcampusliving.msu.edu, designed to help students learn about being involved in the community, as well as living off-campus. The site includes information about arts, entertainment, housing resources, transportation options and more. As you consider moving off-campus, watch "Rental World: MSU," a witty video that follows the lives of five students who recently moved off campus together. Check out the trailer on YouTube™ by searching "MSU rental world."
- The City of East Lansing's dynamic website that features information about City services, events and activities. Visit the section especially designed for students to learn about shopping and dining, arts and entertainment, as well as city ordinances and community resources. Visit www.cityofeastlansing.com to check it out!
- The Community Relations Coalition is a group that was created to enhance relationships and improve communication in the university-community. The group is made up of students, local residents, City and

University representatives and others. The group employs MSU student interns who live in the neighborhoods close to campus and serve as resources to the students and residents. Visit www.wealllivehere.org to learn more and meet the interns.

Part of being a member of the community involves following established Community Standards. East Lansing and MSU expect...

- Students to become involved in the community and to invest in the resources, services and opportunities available.
- Students to contribute to their community through service! Last year, 549 students served in East Lansing. Learn about the opportunities at www.servicelarning.msu.edu.
- Anyone walking through residential areas at night to keep their voices down—remember that East Lansing is a community of families and noise carries!
- Students to vote—check out www.YouVote.msu.edu to register.
- Students living off-campus to meet and exchange phone numbers with their neighbors. This will help you feel more at home and helps you to get called first, instead of the police, if your neighbor has a complaint related to your house.
- Parties to be kept under control—be aware of your impact on your neighbors and your neighborhood.
- Drinking of alcoholic beverages will be done responsibly and after turning 21. Remember MIP's may go on your record permanently.

Why be a good neighbor? The straight facts.

Aside from neighborhood living requiring mutual respect by neighbors, there are significant consequences for disrespectful, illegal behavior.

- Citations may be given for excessive noise. The East

Lansing Police Department will respond to noise complaints within the City limits.

- Don't assume your party won't bother your neighbors because they're students. In the past, facts have shown that students make the majority of noise complaint calls.
- Citations may be given for "minors in possession" of alcohol.

As you begin to explore your involvement in the City of East Lansing, we encourage you to take a few minutes to learn more about the community you now call home. Here are a few fun facts:

- East Lansing is a community of more than 46,000 people, including 12,000 MSU students.
- East Lansing is a family town, with 3,900 students in K-12 schools.
- East Lansing is famous for its many festivals, including the Art Festival, Summer Solstice Jazz Festival and Great Lakes Folk Festival. Event information can be found at www.cityofeastlansing.com under the Community Events department.
- East Lansing is a community of neighborhoods. Each neighborhood is different and prides itself on unique characteristics. Find out which neighborhood you live in!

For additional information and resources on East Lansing and living off-campus, visit www.offcampusliving.msu.edu. You can also contact the Community Liaison, Erin Carter, with any specific questions you have- e-mail csl@msu.edu. Welcome to the East Lansing community!

Connect Your Academic and Career Interests

Now that you've settled into life at State, it's time to begin exploring ways to connect your academic and career interests. Take time to talk with your

professors, advisors, and fellow students about majors, specializations and other areas of interest. If you're not sure about what you're interested in or have too many interests, you may want to meet with a career advisor to help you focus in on what's most important to you.

Taking Risks Broadens Your Vision For The Future

- Experiment with electives, Study Abroad, and Alternative Break programs.
- Go to a career fair or the graduate/professional school fair to get ideas or make early contacts.
- Talk with faculty about their research and field experiences. Check out venture.msu.edu.
- Join a student organization.
- Participate in Career Services' Spring Break Job Shadow program or take a tour of a business, non-profit, or government organization on your own.
- Network with alumni to get a sense of what others graduating in your major are doing now.
- Get a job or internship on campus or in the local area to build critical career and work place skills. Current openings are available 24/7 on MySpartanCareer.com.
- Talk to professionals working in fields of interest to you.

What is Spartan Career? It's your resource guide to careers, internships and much, much more. This easy to navigate site allows you to access job and internship postings, career fair information and career-related workshops. My Spartan Career also helps you create a profile (for yourself and employers), allows you to post your resume, research employers, manage your on-campus interviews and view career-related resources. For more information about careers, internships and links to the latest career resources, visit career services at careernetwork.msu.edu.

Quick Phone Contacts

(all numbers in area code 517 unless specified)

| Questions? | Program/Office/Service | Phone |
|---------------------------|------------------------|----------------|
| Campus Operator | | 355-1855 |
| Counseling | | 355-8270 |
| E. Lansing Housing Codes | | 319-6870 |
| Employment | | 355-9520 |
| Fall Welcome | | 355-8286 |
| Financial Aid | | 353-5940 |
| Fraternities/Sororities | | 355-8286 |
| General Questions/Info | | 355-8286 |
| Health | | 355-4510 |
| Library | | 353-8700 |
| Cultural Issues | | 353-7745 |
| | | 432-7153 |
| Ombudsman | | 353-8830 |
| On-Campus Housing Options | | 355-7457 |
| Parking | | 355-2221 |
| Rental Housing - | | 336-8088 |
| Legal Questions | | 353-3716 |
| Safety | | 355-2221 |
| Sporting Events | | 355-1610 |
| Student Organizations | | 355-8286 |
| Summer Courses | | |
| Off Campus | | 1-800-496-4678 |
| Wharton Center Events | | 432-2000 |

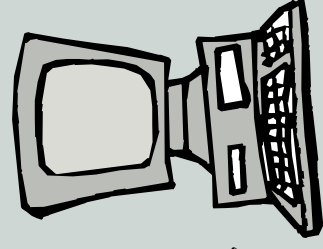
Did You Know...

All MSU undergrads are **required** to submit an Immunization Self-Report form.

Failure to complete this requirement will affect a student's ability to register and enroll.

- Go to immunize.msu.edu
- Contact uphys@msu.edu or call (517) 353-9101 with questions.

If you have already completed this form and have recently gotten a hepatitis B, chickenpox, meningococcal or tetanus/diphtheria/pertussis, hepatitis A or measles/mumps/rubella vaccination, please visit the site to **update** your record.



Thank you for attending to this important health matter!

Visit fallwelcome.msu.edu for information on all Fall Welcome Activities.

MSU is an affirmative-action, equal-opportunity employer.

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