



**THE COLLEGE OF ST. SCHOLASTICA
2009-2010 STUDENT HANDBOOK
STUDENT ACTIVITIES AND PROGRAMS**

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ATHLETIC PROGRAM

The national affiliation for the Department of Athletics at The College of St. Scholastica is the National Collegiate Athletic Association (NCAA). Scholastica is a Division III institution, meaning that the College does not award athletic based scholarships and emphasizes the academic experience over the athletic experience. St. Scholastica believes that participating in athletics enhances the students' overall academic experience. That belief is supported by the fact that our student-athletes stay in school and graduate at a faster rate than the non-athlete students.

Conference affiliations include membership with the Upper Midwest Athletic Conference (UMAC), the Central Collegiate Skiing Association (CCSA) and the Northern Collegiate Hockey Association (NCHA). The UMAC members are St. Scholastica, Bethany Lutheran College, Crown College, Martin Luther College, Northland College, Northwestern College, The University of MN-Morris and Presentation College. The CCSA is made up of Division I, II, and III schools in the upper Midwest and Alaska. The NCHA members are St. Scholastica, St. Norbert College, UW-Eau Claire, UW-River Falls, UW-Stevens Point, UW-Stout, and UW-Superior.

The College of St. Scholastica sponsors 19 sports. For our male students, we have soccer, cross-country, football, ice hockey, basketball, baseball, tennis, Nordic skiing, and both indoor and outdoor track and field. For our female students, we have soccer, cross-country, volleyball, basketball, softball, tennis, Nordic skiing and both indoor and outdoor track and field. The vast majority of the teams compete in the Upper Midwest Athletic Conference. Our teams typically excel. In 2008-09, we won ten conference championships. In fact, The College of St. Scholastica has won the Kruse Award, emblematic of conference-wide superiority, for the past two years. The men's ice hockey team competes in the NCHA, widely considered the most difficult D-III conference in the country. Last year, our team made it to the conference semi-final game and competed in the NCAA Tournament.. The Nordic ski team competes against colleges and university of all sizes including scholarship awarding state universities. In their brief two year existence, the Nordic teams have shown they can go toe-to-toe against the best in the nation.

The College of St. Scholastica's athletic facilities are excellent. With the 2004 construction of the Burns Wellness Commons and the 2008 expansion, our indoor facilities are among the best for a D-III school in the country. We have a weight room that is over 3000 square feet, most teams have individual locker rooms while in season and coaches' offices are wired for the latest in technical equipment. Outdoors, our softball field is one of the best in the region. The hockey team skates in a recently constructed arena, and the baseball team plays in the local minor league baseball stadium. In 2008 our soccer games returned to campus on a newly installed artificial turf.



CAMPUS RECREATION

Your Home for Recreation, Sport and Spirit!

Campus Recreation (x7022, Burns Wellness Commons, www.css.edu/campusrec.xml) provides recreational programming and facilities to meet every level of interest and skill level. Students, faculty, staff, and alumni enjoy access to the Burns Wellness Commons, the home of Campus Recreation. Opened in the fall of 2004, the 63,000-square-foot addition to the existing Reif Center is a field house complex featuring an indoor six-lane 200-meter running track, four multipurpose courts for basketball, tennis and volleyball, a weight room, an aerobic dance studio, a cardiovascular fitness mezzanine overlooking the track, new locker rooms, and a 44 foot climbing wall complete with bouldering field. Student, staff, and faculty membership is free – all that is needed is your St. Scholastica ID and a clean pair of non marking athletic shoes.

Fitness (x7022 BWC)

Campus Recreation offers a wide range of fitness classes for the beginner to the advanced. Classes such as Pilates, Yoga, dance, meditation, and an assortment of aerobic classes are offered to meet a variety of interests. Register for fitness classes at: www.css.edu/campusrec.xml. Campus Recreation also offers the SHAPE UP personal fitness program for students, faculty, staff, and Sisters, in which physiological assessments and individual exercise prescriptions are developed by Exercise Physiology students.

Intramural Sports (x7024, BWC 205)

The College of St. Scholastica's Intramural Sports Program is designed to encourage students, staff, and faculty to participate in organized sporting activities that challenge the body, mind, and spirit. The program includes men's, women's, co-rec, individual, dual, and team sport opportunities in sports such as basketball, volleyball, wiffleball, flag football, kickball, dodge ball, bowling, tennis, soccer, sports trivia, badminton, and others. Check out the sports listings and register for intramural leagues and special events at www.css.edu/campusrec.xml. Paid leadership opportunities are available for student intramural supervisors and officials.

Outdoor PURSUIT! (x6196, Tower 20)

Outdoor PURSUIT! (OP!) offers outdoor education/recreation opportunities for students, staff, faculty, and alumni. Many exciting options are offered to explore this region's amazing outdoor resources. Partial and full-day trips, weekend outings, and week-long expeditions offer skills and experiences to people of all levels of outdoor proficiency. Events are reasonably priced and require no prior experience. Leadership training is available for both volunteer and paid student staff positions as trail staff, program instructors, climbing wall staff, and outdoor orientation leaders. OP! also operates the 44' high climbing wall located in the front of the Burns Wellness Commons. For more information visit: <http://www.css.edu/Administration/Campus-Recreation/Outdoor-Pursuit.html>

LEADERSHIP OPPORTUNITIES

Peer Advisors

Peer Advisors are the group of students who work with incoming students during spring and summer orientations. They are selected through an application process, which includes an interview. Peer Advisors are selected in December and begin training in January. The training sessions include issues surrounding the first year of college and registration information to aid incoming students. For more information contact Pam Thomsen, Orientation Coordinator in T1111B or x6049.

Peer Mentors

Peer Mentors work with first-year students in the First-Year Development Program (FYDP), and students new to the Education and Nursing Programs. Peer Mentors work to model what it is to be a successful student at The College of St. Scholastica. Experienced, upper class students offer an open ear, words of encouragement, and sound advice. If you are interested, please contact Melissa Britton, FYDP advisor at x6747 or Tad Sears, director of SCHAWB at x6017.

Resident Advisors (RAs)

There are close to 25 resident advisors on campus whose goal is to foster a close and caring community of students in the residential hall and apartments. They serve as a listening ear and resource person for students. Any student who is interested may apply to be a residential advisor. The selection process begins in January and new RAs are chosen in February.

Academic Role Models (ARMS Program)

There are seven academic role models on campus whose goal is to foster an educational climate in the residential hall and apartments. They provide learning opportunities, study skills information and act as an academic resource for students. The selection process begins in February and new ARMs are chosen by March.

Storm's Advocates

Storm's Advocates is an organization of students who present educational programs promoting health and wellness. Peer educators sponsor interactive group activities and presentations to student organizations, classes, residential halls, and serve as an individual referral source. Storm's advocates also sponsor a variety of campus wide events and activities among the College of St. Scholastica student body. Topics on which this program focuses include:

- Eating Issues
- Alcohol and Other Drug Awareness
- Violence Prevention
- Sexual Health
- Stress Management
- Self Esteem

OPPORTUNITIES FOR STUDENT INVOLVEMENT

Campus Representatives

The Campus Tour is one of the most important and influential parts of a campus visit for a prospective student. You will have the opportunity to share St. Scholastica's rich history as well as your personal experiences with students and their families who are visiting our campus. Interviews take place in the fall. Campus Reps are paid per tour and it is not considered a student employment position. If interested please contact Mary Meyer, Admissions Event Specialist in T1114, x6626 or x6192.

Fallfest, Winterfest, and Mayfest Committees

Come help plan and prepare our college celebrations! Each of the three events mentioned here has its own committee. We need students to chair and be members of the committees —student input is essential. For more information, contact the Student Activities Office.

Innkeepers

Innkeepers are St. Scholastica students who reside in Somers Hall or Somers Hall suites and host prospective students when they request overnight accommodations. Innkeepers carry on the Benedictine tradition of hospitality. If you would like to share the experience of college life with students, please contact Mary Meyer, T1114 , at x6626 or x6192.

VIP Team - Volunteer Interaction and Promotion Team

VIP members work directly with the Admissions Staff and prospective students. VIPs are involved in all of the on-campus recruiting events such as our Open House Programs. There they interact with students and their families, answering questions and making them feel comfortable during their visit to St. Scholastica. Contact Mary Meyer in T1114, at x6626 or x6192.

Shadow

The Shadow program is an exciting recruitment effort that offers prospective students the opportunity to experience “a day in the life of a college student” by shadowing a current St. Scholastica student. During the day visitors attend class, do lunch, etc., and gain an insider's view of the College. If you would like to be a Shadow Guide please contact Mary Meyer in T1114, x6626 or x6192.

Activities Fair

For more information on the various clubs and organizations on campus, visit the Activities Fair at the beginning of every academic year. You can also find locations and times for club meetings posted outside T17 (Student Activities). For more information contact the Student Activities Office.

STUDENT ORGANIZATIONS

The Student Activities Office (T17) can assist in developing, planning, and coordinating campus activities or serve as a resource for leadership training. The Student Activities Office is also responsible for the day-to-day operations of the College Union.

The following is a listing of campus organizations that provide a number of different experiences for students. To learn more about an organization, attend the Student Activities Fair held annually in September. The Student Activities Office also publishes the Student Organization Directory. This directory gives detailed information about every club and organization at St. Scholastica. The directory is available on the Student Activities Web site or at the Student Activities Office (T17).

American Society of Exercise Physiologists	Northern Explorers
Amnesty International	Open Doors
Benedictine Friends	Otakus Anon (Anime Club)
CABLE (student newspaper)	Out of Words Literary Magazine
Calling All Catholics	Parents Resource Group
Campus Activities Board (CAB)	Peer Ministry
Center for Just Living	Physical Therapy Club
Cheerleading Squad	Pre-Law Club
Circle K	Pre-Pharmacy Club
Climbing Club	Pre-Med Club
College Democrats	Psychology Association of St. Scholastica
College Republicans	Psi Chi Honor Society
Computer Club	Residence Hall Association
Concert Band	Rotaract Club
St. Scholastica Education Association	Saints Investment Group
St. Scholastica News	Social Work Club
Dance Team	Speak Up!
Fallfest	Spanish Club
Fellowship of Christian Athletes	Stockfestapalooza
Figure Skating Club	Storm's Advocates
Grace Campus Fellowship	Student Alumni Association
Habitat for Humanity	Student Campaign for Child Survival
Ice Fishing Club	Student Health Information Management Association
Indigenous Students Alliance	Student Nurses Association
InterNational Club	Student Occupational Therapy Association
Intervarsity Christian Fellowship	Student Senate
Jazz Band	Students-4-Life
Kaleidoscope Multicultural Club	Third Wavers
Liturgical Ministry	United for Africa
Management Club	Veterans' Club
Mayfest	Volunteers Involved Through Action
Math Society of St. Scholastica	Winterfest
Nordic Ski Club	Women's Hockey Team

STUDY ABROAD PROGRAMS

“My study abroad experience in Ireland not only gave me a chance to test my independence in another culture, but also gave me a chance to learn about that culture firsthand. That awareness also opened my views on a variety of other things as well. I came back to St. Scholastica a different individual and the change was for the better. I wouldn’t trade my Ireland experience for anything!” - Misty Esler, student

Summer Travel and Study in Russia

St. Scholastica students have an opportunity to travel and study in Russia by taking part in the summer language camps which the College sponsors in cooperation with the Karelian State Pedagogical University in Petrozavodsk, Duluth’s sister city in Russia.

Russian language camps are held in June and July. Language classes are taught at the beginning level through advanced-intermediate level by the faculty of the Karelian Pedagogical University. The camps include cultural and recreational activities as well as extended visits to St. Petersburg and Moscow.

The language camps are an integral part of St. Scholastica’s Russian language program, but they are open to all students, including those with no previous Russian language experience. Students earn four credits that may be applied to the Cultural Diversity portion of the area distribution requirements.

In alternate summers, St. Scholastica faculty offer English language camps for students from Petrozavodsk. St. Scholastica students also are encouraged to participate in these camps as hosts to the College’s guests from Russia.

The next Russian camp will be held in summer 2010.

Ireland in the Spring

Each spring semester, two faculty and up to 24 students travel to Louisburgh, County Mayo, where the faculty and students learn in a unique setting of cottages, peat fires and town folk in a very small village on the west coast of Ireland. Classes are held four days a week, allowing time for weekend travel through most of Ireland.

Sophomore students through seniors are eligible for this program. The courses have no prerequisites but require an open mind and an adventuresome spirit, as well as the willingness to plan ahead to see which year will best fit a major. The usual financial aid is available as are additional loans and some grants. Check the bulletin board next to Tower 2150 for additional information and application forms. You can also access information and forms via the Web at: www.css.edu/ireland.xml.

Semester in Mexico

Each fall a group of up to 20 students travels with faculty to Cuernavaca, Mexico. The group stays at a study center dedicated to teaching social justice from the point of view of the poor in Mexico. The full-time program consists of Spanish language and the history of Mexico, two classes on Latin American topics taught by the faculty, and a one month service-learning project

in the community. This program is designed to improve your Spanish, challenge your world view, immerse you in another culture, and open you to compassion for others. You must be at least a sophomore and have completed one semester of college Spanish, or its equivalent to be eligible. Financial aid is available for this program. See Jay Newcomb in the Center for Just Living for applications and information (T2144 or call x6552) or David Schuettler, Assistant Professor, Spanish, (T2124 or call x6720).

Leipzig Exchange Program

This unique two week exchange matches St. Scholastica Health Science students with their student counterparts at the Medical Training Institute of the University of Leipzig. Students shadow the German students as they attend classes and participate in clinicals, offering a chance to network with Germans in matching professional fields.

All St. Scholastica students who have a German language background (either the completion of GMN 1104 or 3 years of high school study) are eligible to apply. The exchange takes place immediately after the St. Scholastica school year ends (mid-May) as the culmination of a preparatory Spring semester course, GMN 3300, Leipzig Seminar. This exchange is subsidized both by St. Scholastica sources and the University of Leipzig, and thus costs the students only the round trip airfare to Europe.

HECUA

The College of St. Scholastica is a member of HECUA, the Higher Education Consortium for Urban Affairs. HECUA is a group of approximately twenty member colleges that offer off-campus educational experiences focused on social justice issues. With programs in the US and abroad, HECUA examines the systems that create inequality and the ways that social change is made. HECUA gives students the chance to bridge their academic learning with direct experience of the urgent social challenges facing society. Students test academic theories in the real world of urban communities and develop critical analysis and hands-on skills for creating social change. HECUA has study centers in the U.S. and in Asia, Europe, and Latin America. Credits earned in HECUA programs count directly as ST. SCHOLASTICA credits. Please consult their Web site at www.hecua.org or David Schuettler (T2124 or call x6720).

Regent's College London

The British American College London (BACL) shares the Regent's College campus with two British business schools. Some 2,000 students from over 100 countries are enrolled at this international, multi-ethnic college set amidst trees and ornamental gardens in the heart of London. The curricula offered enable students to earn credits toward general education requirements. The College has a special affiliation that enables The College of St. Scholastica to award academic credits directly for BACL courses. All students reside on campus. BACL also offers summer classes including "Shakespeare in the Park." Many courses focus on the history and civilization of Britain as well as the fine and performing arts. Special courses take students to the theater and inside museums and historic buildings as a part of their coursework. Continental Europe is a train ride away. BACL follows the American semester calendar and learning approach. Its faculty is predominantly British. Please consult their Web site at www.bacl.ac.uk.

Argentina

The College of St. Scholastica has a special affiliation with Lincoln University College (LUC) in Buenos Aires, Argentina. LUC is fully accredited by the government of Argentina as an institute of higher education. It is an American institution with an international faculty, housed in a grandiose villa in the heart of the city. LUC provides a range of general education courses along with a strong business program. Argentina offers many opportunities for travel, both within the country and to nearby Latin American destinations. All courses are taught in English and students take intensive Spanish to enrich their learning experience. Tango lessons are also available! Their Web site is www.lincoln.edu.ar.

For complete information about these and other study abroad opportunities, contact the director of international education in Tower 2106, where there is also a display of program brochures.