How to Put the ‘S’ Back into Study!

Do you feel stressed and overwhelmed with life? Do you feel that you don’t have enough time to complete every task, responsibility, and assignment you are expected to finish? You’re not alone! College life and the expectations that follow create a huge transition for any first year student. In your short time here at The College of St. Scholastica, you have probably learned that life and academics are a great balancing act!

Stress during college can affect you in four different ways: physically, emotionally, behaviorally, and mentally. When this stress occurs, how do YOU cope? Some students withdraw, isolate, and begin to have irrational thoughts. Some turn to alcohol and drugs, or feel the only way to cope is through food, and thus develop an eating disorder. Others outwardly displace their stress on friends and family in an aggressive manner in verbal, physical, and emotional ways. Many students begin to procrastinate and stop going to class and work, hoping that the tasks, assignments, and life responsibilities will just disappear. When someone feels so overwhelmed, he or she may begin to have suicidal thoughts. Before any of this happens to you or someone you care about, take some time to learn a few positive coping strategies.

- Talk about the stress with someone you trust. Build a support system.
- Know that it is okay to cry.
- Identify resources to help alleviate and manage the academic or life stress (Tutor Center, The Writing Center, Student Center for Health and Well-Being (SCHWAB), Student Support Services (SSS), Career Services, and Health Services.
- Get organized and set realistic goals.
- If confused in a class, talk to the instructor immediately! They are always willing to help you succeed!
- Practice relaxation techniques. If you don’t know any, visit SCHWAB or SSS.
- Attend workshops on campus about time management and healthy coping strategies (SCHWAB and SSS have them regularly).
- Exercise and eat healthy! Physical activity changes your body chemistry as you burn off tension and stress. It also keeps your immune system strong and healthy.
- Remember to laugh.
- Take a deep breath and count to 10!
- Take “time-outs” for you! Do something you enjoy! You will come back a happier person with a more clear perspective.
- Reward yourself for a job well done!

Many students discover ways to cope with the changes and expectations that college brings. Some of these coping strategies are positive and some are negative. To succeed in the art of balancing life, academics, and extra-curricular activities, one must learn how to cope positively and allow a healthy amount of stress into his or her life. We often think of stress only as a negative, but positive stressors can help students maintain focus set goals, and become motivated.

Remember, stress is a part of everyone’s everyday experiences. Given the pressures of college life, becoming stressed out, anxious, angry, or even depressed, from time to time, are all very normal. It is how you deal with the stressors, which make it a positive or negative experience. Don’t let stress rule your life, reach out for help and take control of your life! It is important to trust your feelings, regain your perspective by exploring your thinking, and reach out for support if needed. Tapping into resources on campus and in the community can assist you in succeeding during your time here at CSS and in the future.

The following is contact information for resources on campus:

- Student Center for Health and Well-Being: 723-6085 (Tower 2150)
- Student Support Services: 723-6594 (Tower 2150)
- Career Services: 723-6085 (Tower 2150)
- Health Services: 723-6282 (Somers Lower Level)
- Somers Tutor Center: 723-6658 (Somers 190E)
- The Writing Center: sbbackus@css.edu (Tower 3111)

Resources:
http://www.counsel.uft.edu/selfHelp/maintaingBalance.asp
http://www.counseling.txstate.edu/bro/stress.htm
Newbie News

ADVICEMENT NEWS

New students: before you arrive in the fall, please remember to come prepared with a tentative schedule. Here are a few resources available to you to assist you with planning your schedule:

4-Year Schemas by major (Advisement Manual)  http://www2.css.edu/publications/advisor/

Advisement has created a course plan by year and semester for each major on campus. This schema can assist students with choosing courses that ensures you stay on track with the major.

Course Schedule  

Courses are listed by General Education requirements (the top drop-down box) and by major. This course schedule will help you determine days and times courses are offered.

Dignitas Course Descriptions  
http://www.css.edu/Academics/Special_Academic_Programs/Dignitas.html

Dignitas is a course required for all first year freshman. The theme involves dignity of self and dignity of others. Each instructor chooses a subtheme around dignity to base the course content. The intention of the year long course is to teach students what the College expects from them academically through critical reading, thinking and writing centered around the Benedictine Values.

SUMMER COURSE OFFERINGS

More scheduling options: Four different terms will be available to traditional undergraduate students within Summer 2008. Students will also have access to two ADEP (Accelerated Degree Evening Program) terms in Duluth, St. Paul, St. Cloud, Brainerd, and Rochester:

- Summer I:  May 19 – Jun 6. 3 weeks, 14 instructional days (no class May 26).
- Summer II: June 9 – August 1. 8 weeks, 39 instructional days (no class July 4).
- Summer III: May 19 – July 3. 7 weeks, 33 instructional days (no classes May 26 or July 3).
- Summer IV: July 7 – August 22. 7 weeks, 35 instructional days
- Summer Term I (ADEP): April 28 – June 19 (no classes May 26).
- Summer Term II (ADEP): June 23 – August 14 (no classes July 4).

Cost per credit has been reduced substantially: For traditional undergraduate students taking Summer courses the cost will be $365 per credit for Summer 2008 (reduced from the previous rate of $773 per credit).

To view all course offerings this summer, go to http://www2.css.edu/app/depts/reg/sched/  

DULUTH CAMPUS:

- American Sign Language 1101—1104 will be offered this summer at the Duluth campus. This course will cover the entire year during the summer. Courses will begin June 9-Aug 1. The course will run from 9:00 a.m.—12:00 p.m.
- Philosophy 1114: The Philosophical Perspective  M-R, May 19-June 6 session for four credits.
- CIS/CTA/ART 2041: Graphic Design will be offered May 19th - July 3rd in an online format. Graphic Design satisfies the Fine Arts (VIII) Pathway.
- Phil 3360 Philosophies of Feminism M-T-W 4:00 - 6:00 p.m. This course is being offered in the summer session to take advantage of discounted tuition rates. The course fulfills the Writing Intensive requirement. This course is an introduction to issues in feminist philosophy, including its critique of Western philosophy and its contributions to major areas of philosophy such as ethics, social philosophy, theories of human nature, and theories of knowledge. We will start with some analysis of past philosophies and what a feminist critique of them requires, and gradually work from feminist critique to a positive account of feminist theory, especially in contemporary philosophy.
Study Abroad

Ireland in the Spring 2009 & 2010

Contact: Steve Lyons

Each year, students have the opportunity to spend spring semester in Ireland at the College of St. Scholastica's Study Center in Louisburgh, an unspoiled village in County Mayo. Louisburgh is on the west coast of the Republic of Ireland, only a short distance from Clew Bay, Croagh Patrick, and the bustling little town of Westport. Students live in fully furnished holiday cottages on the edge of the village, only a brief walk away from the center of Louisburgh and a slightly longer walk away from miles of beautiful beach. *The program for spring 2009 is currently full; however, applications are still being accepted for students who would like to be placed on a waiting list. Since the program fills quickly, we encourage students to begin thinking about whether or not they would like to apply for spring 2010.*

The instructors for Spring 2009 are Dr. Tom Zelman, Dr. Patricia Hagen and Dr. Denise Wise. Faculty for 2010 will be posted on our Web site once they have been selected. Please visit [http://www.css.edu/Ireland.xml](http://www.css.edu/Ireland.xml) for more information.

Fall semester in Cuernavaca, Mexico

Contact: Jay Newcomb

http://www.css.edu/x1807.xml

Students can fulfill their general education requirements for philosophy, cultural diversity, and world language by attending the Semester in Mexico program next fall. Juniors and seniors can complete their upper division writing requirement. In addition to the academic study, students experience Mexican culture first-hand and participate in service learning at an agency of their choosing. Mary Lou Donnovan will be the accompanying faculty. She will be teaching a course on comparative health care systems.

One and Two Credit Course Offerings

MUS 2301 Intro To Opera and MUS 2302 Intro to Symphony will NOT count toward Fine Arts Credits after Spring 2008.

Communications

Contact: Nathan Carroll

CTA 2220 Sec. 1: Film Genres: Vixens and Villains and Sec. 2: Film Genres: Monsters and Madmen will be offered for 2 credits and will last one-half semester.

Health Sciences

Contact: Tad Sears

Two 1 credit courses called Hatha Yoga

Tuesdays from 3-4:30 OR Wednesdays from 10-11:30

The courses are 11/2 hours and would be meeting 10-11 times through the course of the semester.

The Sexual Violence and Advocacy Course is going to be taught on Tuesday from 4:00 PM-6:00 PM and is a 2 credit course. Students who complete this course of study are eligible to become a sexual assault advocate in Minnesota.

Music

Contact: LeAnn House

MUS 2301 Intro To Opera and MUS 2302 Intro to Symphony will NOT count toward Fine Arts Credits after Spring 2008.

MUS 2777 Roots of American Popular Song will be offered MW 2:15—3:15 p.m for 2 credits.

MUS 4211 sec.2, The new CSS String Orchestra, will meet MW 3:30—5:00 p.m for 1 credit.

MUS 1700 Private Music Lessons on the web. After they have registered, they will receive a form from me via e-mail which will ask for specific information about the specific instrument they wish to study, number of credits (1, 2, or 4, depending on the amount of practice time expected), and length of lesson (30-min. or 50-min. each week with lab fee based on length of lesson.)

MUS 2777, sec. 2: Beethoven: Life and Works (TR 2:00-2:50) 2 credits.

Theology and Religious Studies

Contact: Gary Boelhower

TRS 2777 Meanings and Models for God 2 cr. can only be taken by those who need the additional 2 credits to complete their requirement. The course is offered online so that it will meet the scheduling needs of as many students as possible.
COURSES TO FULFILL THE FINE ARTS REQUIREMENT

MUS 1700 Private Music Lessons on the web. After they have registered, they will receive a form from me via e-mail which will ask for specific information about the specific instrument they wish to study, number of credits (1, 2, or 4, depending on the amount of practice time expected), and length of lesson (30-min. or 50-min. each week with lab fee based on length of lesson.)

MUS 2777, sec. 2: Beethoven: Life and Works (TR 2:00-2:50) 2 credits.

Four semesters of Music Ensembles will fulfill the Music Pathways Requirement.

MUS 1211 Collegiate Chorus 0-1 cr. Collegiate Chorus welcomes all students who wish to perform choral music in a variety of styles from different times and places.

MUS 3211 Chamber Choir 0-1 cr. Rehearsal and performance of choral masterworks from all historical periods.

MUS 3212 Concert Band 0-1 cr. Opportunity to increase proficiency on your instrument while participating in a large group experience. Experience includes performance and study of quality band literature. Prerequisite: audition.

MUS 3213 Jazz Ensemble 0-1 cr. Performance and study of different styles of jazz through listening, playing and improvising. Prerequisite: audition.

MUS 4211 Small Ensembles 0-1 cr. Includes String Orchestra, Hand Drum Ensemble, Drum line, Brass Ensemble, Woodwind Quintet, etc. See course schedule for more information as some groups require an audition or have limited enrollment.

COURSES TO FULFILL THE WRITING INTENSIVE REQUIREMENT

CTA 4220 Film Auteurs: The Movies of Alfred Hitchcock Meets: Monday (class discussion): 5:30-7:10p Wednesday (screening): 5:30-? (Note: the required screenings last variable lengths) We will consider an aesthetic understanding of Hitchcock as a film director whose personally stylized films have provided a significant contribution to the history of cinema. His biography, filmmaking techniques, and impact will be the subject of both classroom discussion and individual critical investigation. Students will read from interviews, biographies, and academic critiques of Hitchcock’s work. Students will write in a variety of formats about his films.

Department News

ART

ART 2777, Chinese Painting, 2 credits.

HON/ART 2777 The Art of Recycling to the schedule for 9:15-11:15 Fridays. Art room, 2 credits.

Description: In this disposable culture, what can be done with the mountains of stuff people no longer want or need (if they ever needed it)? In this 2-credit class, we’ll take on the challenge of making beautiful and/or useful things out of no-longer-loved stuff: grocery bags, old clothes, scratched CDs, pieces of dead electronics--whatever we can find to incorporate. This is a studio art class. Readings will present design principles and also some environmental ideas; students will be expected to work on their projects out of class as well as in class. The capstone will be an art show for the CSS community.

COMMUNICATIONS

CTA 4220 Film Auteurs: The Movies of Alfred Hitchcock Meets: Monday (class discussion): 5:30-7:10p Wednesday (screening): 5:30-? (Note: the required screenings last variable lengths) We will consider an aesthetic understanding of Hitchcock as a film director whose personally stylized films have provided a significant contribution to the history of cinema. His biography, filmmaking techniques, and impact will be the subject of both classroom discussion and individual critical investigation. Students will read from interviews, biographies, and academic critiques of Hitchcock’s work. Students will write in a variety of formats about his films.

CTA 2220 Sec. 1: Film Genres: Vixens and Villains and Sec. 2: Film Genres: Monsters and Madmen will be offered for 2 credits and will last one-half semester.

EDUCATION

EDU 2777 Online teaching seminar and field experience 0 or 1 credit Students in EDU programs help MN K-12 students in on-line learning environment under supervision of on-line teacher

HUM 1174 Intro to Geography is offered Fall 2008

MTH 3302 Geometry offered again S 2009

Elementary/Middle level students should consult the content area course schedules for availability

Students should NOT schedule a class during the field experience time slot

English Majors (Teaching Licensure): Please note that

EDM 3220 Educational Resources for Children and Young Adults is not offered every semester and plan accordingly. It will be offered the following semesters: Spring 2009/Fall 2009 and Spring 2011/Fall 2011
ENGLISH

ENG/HON 2850 must be available for both meeting times: M 17:30-20:30 and W/F 11:45-12:50. English Majors (Teaching Licensure): Please note that EDM 3220 Educational Resources for Children and Young Adults is not offered every semester and plan accordingly. It will be offered the following semesters: Spring 2009/Fall 2009 and Spring 2011/Fall 2011.

GERONTOLOGY

A Gerontology Minor is an excellent way to complement most majors. By the year 2030, one in five Americans will be age 65 or older. In Minnesota, the number of older adults is expected to double in the next 30 years. Requirements for this minor fulfills many other courses requirements.

HEALTH SCIENCES

HSC 4700/6700 Health Science Interdisciplinary Leadership Tuesday 4:00-6:00 pm; 2 credits This course is open to seniors or graduate students in Nursing or any of the Health Science majors. Course focuses on specific leadership strategies of building respect and collaboration among members of health science disciplines through patient/client centered and ethical decision-making approaches. Students will have opportunities to develop skills to function as leaders representing their professions as part of an interdisciplinary team using a case study approach. The course features local and regional experts in medical ethics and leadership who participate in panel discussions with the class. Additionally, the ATHENS EHR System, which is a state-of-the-art electronic health record, will be used by students in this course to develop their confidence and competence with employing this type of clinical information technology in the practice of their profession.

HONORS

ENG/HON 2850 must be available for both meeting times: M 17:30-20:30 and W/F 11:45-12:50.

MANAGEMENT

MGT 4177 "How Managers Think" It is only for upper class students because it will involve critical thinking, argumentation, decision making and debating contemporary management topics.

MUSIC

MUS 2777 Roots of American Popular Song will be offered MW 2:15—3:15 p.m for 2 credits. MUS 4211 sec.2, The new CSS String Orchestra, will meet MW 3:30—5:00 p.m for 1 credit. MUS 1700 Private Music Lessons on the web. After they have registered, they will receive a form from me via e-mail which will ask for specific information about the specific instrument they wish to study, number of credits (1, 2, or 4, depending on the amount of practice time expected), and length of lesson (30-min. or 50-min. each week with lab fee based on length of lesson.) MUS 2777, sec. 2: Beethoven: Life and Works (TR 2:00-2:50) 2 credits.

NURSING

Current sophomores will be applying for the major during the fall semester of their sophomore year. Applications for the Nursing Major will be due the first week of October, 2008. Applicants must have the following materials documented: certified in CPR for infants, children and adults, Certified Nursing Assistant license, Physical exam completed, and Hepatitis B immunization series.

A cumulative GPA of 3.0 must be maintained to apply to the major, with a C or higher in all pre- and co-requisite courses and at least 48 credits by the end of fall semester 2007. This includes BIO 2110 Anatomy and Physiology. No exceptions.

Transfer Credits must be a ‘B’ or higher in all prerequisite courses.

ENTER students who have maintained a 3.4 cumulative GPA and met all requirements for admission will be guaranteed a spot in the 2008 class.

PHYSICS

Do you have students who are taking Physics? Over 50% of students who earn a C– or lower in CHM 1020/1030 struggle in Physics. Dr. Robinson created an advisement guide for PSC 2001 next year. Check it out on our website at http://www.css.edu/adviseme.xml. This document will help students prepare for the course! A recommended as a prep for PSC 2001: Title: Mathematics for College Physics Author: Biman Das Publisher: Addison-Wesley Copyright: 2004 ISBN-10: 0131414275 or ISBN-13: 9780131414273.

PSYCHOLOGY

Empirical Research Proposal (Psy 4334, 2 cr.) and Empirical Research Report (Psy 4335, 2 cr.) is required of all PSY majors. As of Fall 2009 this course sequence will only be offered in the fall (Empirical Research Proposal, Psy 4334) and spring (Empirical Research Report, Psy 4335). If you are a student who plans on graduating in December 2009, you must make special arrangements with the department in order to complete this sequence within a single semester. This option is only available in the fall of 2009 to those wishing to
Department News—Continued

graduate in December. Completion of both Statistics (Psy 3331) and Research Methods (Psy 3330) at a grade of C or higher is required to take the Empirical sequence.

SOCIAL WORK

SWK 2240 Introduction to Professional Social Work provides you with a glimpse at a profession that helps people by introducing students to the historical development of the profession. According to the U.S. Department of Labor’s Bureau of Labor Statistics, Social work is one of the fastest growing careers in the U.S., with the profession expected to grow 30% by 2010. 40% of all disaster mental health volunteers trained by the American Red Cross are professional social workers.

SWK 3395 Social Work in Healthcare is open to both majors and non-majors and will introduce students to social work practice in the health care field. It is designed to expose students to the environment, terminology, culture, and nature of work in health care organizations, as well as having the opportunity to examine the roles and duties of social workers in a variety of health care settings, i.e., clinics, hospitals, long term care facilities, mental health clinics, rehabilitation centers, and community agencies. The class will meet on Mondays from 4:00 - 6:40 PM, is part of the Social Work in Healthcare Certificate Program, and also can meet the elective requirements.

THEOLOGY AND RELIGIOUS STUDIES

TRS 3777 Theologies of Women W 5:30 - 8:00 p.m. Prerequisite: TRS 1180 or TRS 1777 or TRS 1104 or TRS 1105 or TRS 1101 or TRS 1110 or TRS 1120

At the heart of feminist theology is a concern for the full flourishing of women. It entails a recognition that all of humanity is unable to flourish unless women's flourishing exists. In this course, we will engage in a critical study of the challenges and the contributions of African, Latin American, Asian and Anglo theologians to emerging themes and issues in feminist theology. The class will promote global awareness in doing theology and explore possibilities for dialogue and solidarity among women in different contexts.

What is Student Support Services (SSS)?

Student Support Services is a federally funded program that serves 175 students annually at CSS. The program can assist you with academic achievement, personal development, and career exploration. Students may be eligible for SSS if:

Neither parents graduated from a four-year college OR Students have a documented financial need OR Students have a documented disability AND You believe a student has an academic need

Stop by to see if you qualify for SSS Tower 2150 or call 723-6594 for further information.

Advisement Office
Tower 2139—2144
218.723.6179
218.723.6747
advisement@css.edu

Study SMART!

S  Scan material prior to reading
M  Make it intentional reading/studying
A  Ask yourself Questions
R  Retell in your own words
T  Think about relationships

Get an idea of what you read
Intentional reading helps you stay focused
Write the questions down
Repeat what you learn to yourself
Note relationships to other information