

WHAT'S UP?

September 2009

H1N1 PRECAUTIONS

What are the symptoms of this virus in people?

- Fever
- Cough
- Sore throat
- Runny or Stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea & vomiting also reported

Take these everyday steps to protect your health:

- Cover your nose & mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap & water. Alcohol-based hand cleaners are also effective. Use your shirt sleeve or elbow if a tissue is not available.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone. Keep away from others as much as possible to keep others from getting sick.

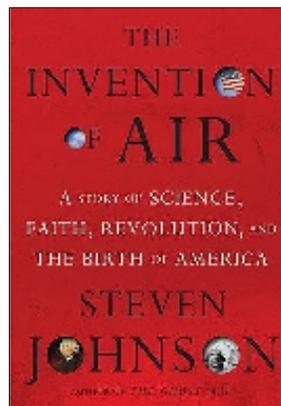
Call Nurse Kelly at ext. 8265 if you suspect the flu or any other illness.

SPEAKER COMBINES INNOVATION, SCIENCE AND HISTORY

Ever find yourself drawn into a show on the Discovery Channel or the History Channel? You've never heard of whatever they are talking about, but you keep watching, curious, and wind up fascinated by something you never knew existed, and suddenly — BAM! You have learned this whole new thing! Sound familiar? Then mark your calendar for **October 1, 7 p.m. in Heckman Auditorium**. Steven Berlin Johnson, the author of *The Invention of*

Air, will be on campus to share the fascinating story of Joseph Priestly, who might be one of the most important scientists you've never heard of. Priestly figured out how oxygen is released into the atmosphere, invented soda water, and influenced early American politics. As a contemporary of Benjamin Franklin and Thomas Jefferson, Priestly certainly influenced the world in which you live...but speaker Steven Berlin Johnson, a self-proclaimed "pop scientist writer" makes

the story come alive as he brings history into "now."



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Events Sponsored by Multicultural Support Services

24th — Cultural Competency Workshop

Hosted by MSS and Blue Valley Community Action Partnership at Doane for BVCAP staff who work with the WIC program

24th — Protect your Heritage

Breast cancer awareness for Hispanic women

30th — Hispanic Heritage Month

Event featuring Laura Fuentes y Calicanto in Common Grounds Coffee Shop



Check out www.doane.edu for more information.

TOP TEN HABITS FOR FIRST YEAR SUCCESS

FROM RHONDA LAKE, FIRST YEAR ACADEMIC ADVISOR

Last week, several upper class students stopped by my office to mention how excited they were about YOU—our first year class of 2013. Naturally, they remembered their first year at Doane and what they learned during that time. They asked if they could share these tips with you as you EXPLORE your Doane College EXPERIENCE. The students all agreed that their SUCCESS was attributed to NEW HABITS and BEING OPEN to new people and activities. Below are their top ten habits for success from your upper classmates.

1. Discover what you love to do. Begin anywhere.
2. Visit with professors and advisors often. Just stop by and say "hello."
3. Contribute in class and be an active listener. Try sitting in front of the classroom to change your perspective.
4. Become self-motivated. Check your syllabus often and stay ahead in your class work.
5. Develop time management skills.
6. Improve your concentration by removing any distractions.
7. Join an organization and/or start a new one.
8. Balance college work, work-study with your leisure or extra-curricular activities.
9. Take advantage of FREE tutoring services, leadership seminars, career development

opportunities and the new writing center.

10. Meet new people! Go to student events and workshops. Connect.



Rhonda Lake, First Year Academic Advisor's office is located in Perry Campus Center across from Tiger Inn. Stop by anytime!

WHAT TO FIND IN THE CAREER DEVELOPMENT OFFICE

Career Development Office is located in the lower level of Perry Campus Center.

Hours:

Monday—Thursday, 8:30 to 5:00; Friday, 8:30 to 4:30

How can the Career Development Office help you?

- Explore majors or careers
- Assistance with resumes, cover letters, email communications to potential employers
- Job/Internship search resources & ideas

- Preparing for interviews
- Graduate/professional school prep
- Career Center library with titles on everything from "What to do with a major in....?" to GRE prep books!

Contact Carolyn Ermland, Director of Career Development at ext. 8572 or Carolyn.erland@doane.edu.

CAREER FAIR OPPORTUNITIES

Over 300 organizations will be at UNL this fall to talk with students and alumni from all majors about full-time and internship opportunities in several areas:

Tuesday, October 6, 10 a.m. to 3 p.m., Nebraska Union—Business, Liberal Arts, Gov't, Non-Profit, Science and more Career Fair.

Wednesday, October 7, 10 a.m. to 3

p.m., Nebraska Union—College of Engineering Career Fair.

Thursday, October 8, 10 a.m. to 3 p.m., East Union—College of Agricultural Sciences and Natural Resources Career Fair.

Event details and participating employers:

<http://www.unl.edu/careers/fallfair>

AES Engineers Scholarship Deadline Approaching

Scholarship Deadline - October 6, 2009
\$500 award to winner(s)

Criteria for scholarship:

- * NOT required to be taking Engineering courses to be eligible
- * Awarded on the basis of character, as determined by evaluation of the essays that are submitted
- * Future leaders across a wide spectrum of fields of study
- * Available to all students attending a post secondary educational facility & high school seniors

Full details are available on our site:
<http://www.aesengineers.com/scholarships.htm>

VEHICLES WILL BE TOWED...

All Doane students who operate and/or park any motor vehicle on campus are required to register their vehicle. This includes students who reside on campus and commuters. To register your vehicle, bring your current vehicle registration and prove of Insurance forms to the Doane Safety Office

Restricted Lots - are restricted for use by faculty, staff, visitors and special permit students. Included are the lots on Boswell Avenue in front of Padour Walker and Whitcomb, the roadway parking spaces on 9th, 10th and 11th Streets extended into campus, and the circle drives in front of the Padour Walker, Gaylord, and the Chab Weyers Education and Hixson Lied Art

buildings. The Communications Center lot area and the west end of the Lied lot area are also restricted lots. The Communications Center lot is restricted to students without a special permit between the hours of 6 a.m. through 6 p.m., Monday - Friday.

Failure to comply with parking regulations will result in parking tickets and/or towing of the vehicle.

The Doane parking staff will ticket parking violations. Parking violations include:

- 1) Failure to display a valid parking permit in the appropriate location on the vehicle.
- 2) Parking in restricted lots without appropriate permit.

3) Failure to park between the lines marking parking stalls.

4) Parking against the direction of traffic.

5) Parking on lawns, in driveways, in no parking areas, by yellow curbs, in front of garbage pick-up areas, in handicapped only spaces (without a handicapped permit) or other unauthorized areas

6) Unauthorized use and/or failure to use a parking sticker.

7) One-way violation (Burrage/ Colonial and Smith Lots, Osterhout Lane).

8) Students will be held responsible for tow charges even if they appear prior to the arrival of the tow truck.

LOOK WHO'S "COMING HOME"!

Class of '69 alumnae Jan Sanders has lived an incredible life. From her beginnings at Doane, a semester abroad spiraled into a lifetime of international service and experiences on nearly every continent in the world. Ms. Sanders will return home to Doane as part of the Master Speakers Series sponsored by the Hansen Leadership Program, where she will host a

luncheon to share her experiences in Social Artistry in Nepal.

Social Artistry "seeks to build a planetary society based on the principles of democracy, sustainable development, human-based needs and values, universal human rights, environmental protection, social justice, equality and the sovereignty and dignity of all peoples worldwide," according to the Interna-

CARRIE PETR,
DIRECTOR OF HANSEN LEADERSHIP PROGRAM

tional Institute of Social Artistry, the worldwide organization through which Ms. Sanders has worked.

The lunchtime talk will detail her experiences and attendees will discover how this innovative aspect of leadership continues to transform emerging nations.

Space is limited! For a seat at the lunch on Friday, October 9, contact [Carrie Petr](#) at ext. 8271.

FOOTBALL FUNANZA

In celebration of Doane's third home football game, Residence Life in cooperation with SAC, is hosting a tailgate party in the Communications parking lot at noon this Saturday, September 19. Sodexo dining services will be providing hamburgers, hot dogs and other tailgate fare for lunch. In the meantime, Kevin Bollinger, the Director of

Residence Life, will be standing by with the Residence Directors, waiting for dessert. For \$2, students can pie the professional Residence Life staff member of their choice in the face! Students will also be eligible to win an 8gb iPod Nano, an iPod Shuffle or a Target gift card. The winners will be announced at half-time, and must be present to claim

their prizes. Keep an eye out on campus for reminders about this fun event, and contact your RA or RD with any questions.

*Throw a pie at Kevin,
Director of Residence Life!!*



DOANE COLLEGE

Student Leadership Office
1014 Boswell Avenue
Crete, NE 68333

Phone: 402-826-8111
Fax: 402-826-8278
E-mail: studentleadership@doane.edu

The Philosophy of the Student Leadership Office

The Student Leadership Office believes that the educational experience should be seamless, with activities in and out of the classroom supporting each other to most effectively facilitate student growth and development. Our goal is for our students to be empowered, informed and responsible learners. Guiding our area to achieve our goal are the following tenets:

1. The dignity of every individual is to be respected.
2. Everyone is a leader.
3. To lead is to serve.
4. Accountability applies to every individual and every situation.
5. To be individuals with integrity, our actions must be ethical and our words must be honest.

The Student Leadership Office is the home to many different areas on campus. We are located in the lower level of the Perry Campus Center. For answers to general questions call 402-826-8111 (on-campus 8111) or email studentleadership@doane.edu

Campus Information

Chaplain Services

Counseling Services

Career Development

Enrollment Days Program & Orientation

Greek Life & Activities

Hansen Leadership Program (HLP)

Judicial Issues and Student Conduct

Multicultural Support Services

Residence Life

Safety Office

Service Programs

Student Activities (SAC)

Student Clubs & Organizations

Student Congress (STUCO)

Student Health

HERE WHEN YOU NEED IT...

COUNSELING OFFICE



Myron Parsley, Counselor

The Counseling Office is available to all full-time enrolled students. The services are free and confidential. The office is located in Butler in room #20 (immediately to the right when you enter Butler building).

Hours are Monday through Friday, 9 a.m. to 4 p.m. Schedule an appointment by contacting Myron Parsley, Licensed Professional Counselor, at ext. 8265 or email myron.parsley@doane.edu.

Myron is in his tenth year of working with Doane students. He lives in Lincoln with his wife Holly (Doane alum and attorney in the Lancaster County Attorney's Office) and daughter Bailey (10) and son, Jake (6). He earned a Master's Degree in counseling Psychology from the University of Nebraska-Lincoln and has been designated a Licensed professional Counselor through the State of Nebraska.

Myron saw over 100 students last year and scheduled over 500

appointments. Students seek counseling for a wide range of issues and utilize the service for just one session or multiple sessions. Typical issues include: sadness, anxiety, relationship, loneliness, stress, eating disorders, athletics, test anxiety, family concerns, sexuality, suicidal thoughts, sexual assault, etc. No issue is too big or too small, if it's something that is bothering you, then go talk to Myron about it.

Counseling can be helpful by giving you a place to vent, get a new perspective on your situation, a professional understanding of your concern. Every appointment is confidential. Do not be afraid to give counseling a try.

**CALL EXT. 8265 FOR A
CONFIDENTIAL APPOINTMENT**