



Success @ State

Junior
Students
and Family
August, 2009

Welcome Back - Even If You Never Left!

While you may be among the many students who took summer courses, or had internships or jobs in East Lansing this past summer, welcome back! As a junior, your time as a Michigan State undergrad is quickly winding down. Will you be ready for graduation?

This edition of *Success @ State* will help you and your family members with some of the common challenges that occur during your junior year. If you are one of the few who have not yet gotten involved with a Registered Student Organization, ASMSU, an on-campus job, or an internship, it is **not too late**. The articles that follow will help you connect to these opportunities and more.

Gotta Get an Internship?

One of the most important things juniors can do to enhance their potential for success after graduation is to find ways to make meaningful connections between academics and practical experience. Students who complete internships while in school are preferred by employers, graduate and professional schools. Whatever your major or field of study, there are opportunities to obtain career-relevant work experience to enhance your preparation for life after State.

Every student in any major can find career-relevant work experience while in school.

- **Internships** are supervised practical experiences related to your field of study. They may be paid or unpaid, depending on the employer. Check with your college internship coordinator or academic advisor to discover if it's possible to obtain academic credit.
- **Finding internships.** Internship opportunities are posted in myspartancareer.msu.edu. In addition to national, state and local listings, did you know you can get an internship right here on campus? Check out the Internships@State program at intern.careernetwork.msu.edu.
- **Working on or off campus** is a great way to gain workplace skills while earning a paycheck.
- **Volunteer work and service-learning** are great ways to contribute to the community and build your skill base.
- If you like **research**, try to set up an undergraduate research experience with a professor or an employer. Check out venture.msu.edu.
- Being an officer or active **member of a student organization** provides lots of opportunities for developing career related skills that translate to success when you graduate.

Finding experience is as easy as...

1. Making use of myspartancareer.msu.edu, and taking advantage of on-campus interviewing and other campus resources, like career fairs.
2. Talking to your College's career consultant, faculty, advisors, family and friends. Use all of your connections.
3. Identifying employers of interest and contacting them directly!

What is myspartancareer.msu.edu?

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. [Myspartancareer.msu.edu](http://myspartancareer.msu.edu) 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.

Don't miss

Fall Welcome Spartan Spectacular!

**Tuesday, September 1, 2009
Munn Field**

For more information visit
fallwelcome.msu.edu

Adjusting To a New Roommate

Your roommate this year might be someone you lived with last year, someone you knew last year but didn't live with, or you might be entering the world of roommate(s) for the first time. Whatever your situation, you would be wise to begin this relationship with a fresh perspective. Each roommate might have 'baggage' from previous roommate relationships, or you might think that since you chose each other, life will be perfect. And, if you didn't choose your roommate, there's even more reason to have early conversations. Let's face it — the daily life of a college student can make even the perfect roommate relationship a bit tense from time to time. So, it's a good idea — early in the year — to have an honest conversation.

You might want to talk about your expectations of one another:

- What do you expect to do together?
- How do you feel about borrowing things?
- What are the rules about what's in the fridge?
- How will you manage any joint expenses?

And share what you know about yourself:

- What are you like when you are stressed?
- How do you like to study?
- What are your standards for cleanliness, guests, noise, etc.?

Like most relationships in life, nothing can take the place of open and honest communication. So, from time to time, sit down with your roommate(s) and talk about how it's going. College roommates and friendships are often what people remember most from their college days.

MICHIGAN STATE
UNIVERSITY

Department of
Student Life
101 Student Services
East Lansing
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studentlife.msu.edu

Hey You... Get Involved!

Alright, you've been here for a couple of years. 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 **Fall Welcome Spartan Spectacular** at Munn Field on Tuesday, September 1 to be a part of **Participation '09**. (For more information visit fallwelcome.msu.edu.)

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.servicelearning.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 at csf@msu.edu. Welcome to the East Lansing community!

Being No Preference

Students have many reasons for being “No Preference.” Some 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 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. 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.

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.

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. To take advantage of a free nutrition appointment at Olin Health Center contact ronda.bokram@hc.msu.edu.

Quick Phone Contacts

(all numbers in area code 517 unless specified)

Questions?	Program/Office/Service	Phone
Campus Operator		355-1855
Counseling	Counseling Center	355-8270
E. Lansing Housing Codes	Code Enforcement & Neighborhood Conservation	319-6870
Employment	Student Employment Office	355-9520
Fall Welcome	Department of Student Life	355-8286
Financial Aid	Office of Financial Aid	353-5940
Fraternities/Sororities	Department of Student Life	355-8286
General Questions/Info	Department of Student Life	355-8286
Health	Olin Health Center	355-4510
Library	MSU Libraries	353-8700
Cultural Issues	Office of Cultural and Academic Transitions	353-7745
	Multicultural Center	432-7153
Ombudsman	Office of the Ombudsman	353-8830
On-Campus Housing Options	University Housing	355-7457
Parking	MSU Police	355-2221
Rental Housing -	MSU-DCL Rental Housing Clinic	336-8088
Legal Questions	ASMSU Legal Services	353-3716
Safety	MSU Police (non-emergency)	355-2221
Sporting Events	Athletic Ticket Office	355-1610
Student Organizations	Department of Student Life	355-8286
Summer Courses		
Off Campus	MSU SummerStudy	1-800-496-4678
Wharton Center Events	Wharton Center Box Office	432-2000

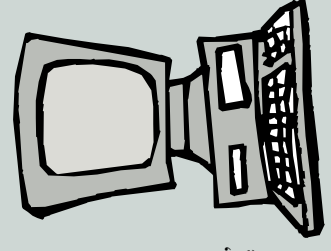
Did You Know...

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!

REMEMBER: Wednesday September 2, 2009 attend Monday Classes.

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

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studentlife.msu.edu