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 you can do to enhance your potential for success after graduation is finding ways to make meaningful connections between your classes and real world experience. Students who complete internships while in school are preferred by employers and graduate and professional schools. Whatever your field of study, there are opportunities to obtain real world experience that helps prepare you for life after college.

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

1. **Part-time jobs.** Working on or off campus is a great way to gain workplace skills while earning a paycheck. Look for work that helps you develop your teamwork, communication and professional skills.
2. **Internships** are practical experiences related to your field of study. They may be paid or unpaid, depending on the employer. Check with an internship coordinator in your major or academic advisor to see if it’s possible to obtain academic credit.
3. **Finding internships.** Internship opportunities are posted in MySpartanCareer.com. 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.
4. **Volunteer work and service-learning** are great ways to contribute to the community and build your skill base.
5. **If you like research,** try to set up an undergraduate research experience with a professor or an employer. Check out venture.msu.edu.
6. **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.com and taking advantage of on-campus interviewing and other campus resources, like career fairs.
2. Talking to career advisors, faculty, academic advisors, family and friends. Use your connections!
3. Identifying employers of interest and contacting them directly.

What is MySpartanCareer.com? It’s your resource to careers, internships and much, much more. Exclusively for MSU students and alumni, this website allows access to job and internship postings, career fair information and career-related workshops. At MySpartanCareer.com you’ll create a profile, post your resume, apply for part time jobs and internships, research employers, apply for full time jobs, manage your on-campus interviews and access other career-related announcements and resources.

For more information about careers, internships and links to the latest career resources, visit the MSU Career Services Network at careernetwork.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 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.
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 studlife.msu.edu. The list has contact information for most of the over 600 organizations. Would you rather meet with some of the organizations’ membership in-person? Then plan to attend Fall Welcome Spartan Spectacular at Munn Field from 4-10pm on Tuesday, August 28 to be a part of Sparticipation ’12. For more information visit fallwelcome.msu.edu.

Living Off-Campus This Year?

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 student community relations. As Spartans, we ask you 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 College Life: East Lansing website, collegelifeEL.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.

• MSU’s Housing Listing Service is a new service available to the MSU community. This free service features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. Visit offcampushousing.msu.edu to start your search.

• 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 living in the neighborhoods near campus and serve as resources to students and residents. Visit WeAllLiveHere.org to learn more and meet the interns.

Part of being a member of the community involves lots of opportunities and responsibilities. East Lansing and MSU ask all Spartans:

• To become involved in the community and invest in the resources, services and opportunities available.

• To contribute to their community and give back through service! Learn about the opportunities at servicelearning.msu.edu or www.cityofeastlansing.com/volunteer.

• To remember that many families live a “first shift” lifestyle—up early, work/school during the day, and retire early. College students tend to have a “second shift” lifestyle where everything starts (and ends) later. Being aware of these differences can help avoid noise problems.

• To vote - check out YouVote.msu.edu to register.

• To get to know their neighbors so you’ll feel more at home when living off-campus. Knowing each other will help you resolve any problems or differences that might arise.

• Party responsibly. Be aware of the potential impact on your neighbors and your neighborhood. Being responsible will help you avoid citations for noise, litter, parking, and public nuisance from the East Lansing Police Department.

• Use responsibility when drinking alcoholic beverages. Remember that MIP’s may go on your record permanently so it’s not worth the risk if you are under 21.

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 48,000 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 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 collegelifeEL.msu.edu. Contact Community Liaison Erin Carter at csl@msu.edu for assistance or with any specific questions you have.

Welcome to the East Lansing community!

Campus Sustainability—Be Spartan Green

Every day, MSU Spartans work to create life-changing solutions for a better world.

Our actions are powered by more than a century-and-a-half commitment to empowering ordinary people to do extraordinary things. Working together we can move mountains—or preserve them for future generations.

MSU is one of the world’s top research universities and one of the nation’s top sustainable campuses. Through teaching, research, outreach, and campus innovation—Spartans are working to improve the quality of life at MSU and in communities around the globe.

The impact? Clean and affordable energy, access to education, safe food, and clean water supplies. This means improved health, less work, more efficiency, and a more hopeful and sustainable future for all.

There are plenty of opportunities for students to get involved in sustainability at MSU; visit bespartangreen.msu.edu to see how you can Be Spartan Green!
Learning Outside The Classroom

Being a student is not just about taking classes and fulfilling degree requirements. It’s about becoming involved in your whole undergraduate experience. There are many ways for you to enhance your employability, develop marketable skills, and prepare for a career by learning outside of the classroom. Be sure to take advantage of these opportunities!

STUDENT ORGANIZATIONS: Try joining one of the hundreds of student organizations on campus. It’s a great way to meet people, develop special interests and gain leadership skills. A complete list of student organizations on campus is available from the Department of Student Life at studentlife.msu.edu.

STUDY ABROAD: With over 275 programs on every continent – from Asia to Antarctica – study abroad can give your degree an international edge. MSU offers a broad range of learning experiences beyond the borders of East Lansing in more than 60 different countries. You can choose from programs offered every semester (including winter and spring breaks) with diverse course options that make it possible for any major to participate. Internships and community engagement models allow for hands-on experience that contributes to the local culture and provides reflection on your professional development. MSU also makes study abroad financially accessible by offering a liberal financial aid policy as well as numerous study abroad scholarships and grants to help ease financial concerns. Most of all, you’ll have the experience of a lifetime while acquiring independence, self-confidence and global awareness. Visit the web at studyabroad.msu.edu for more information.

Wellness Matters for Personal & Academic Success

To all our returning MSU students, we want to say “welcome back to another exciting year!” By now you are probably aware that successful transition to college isn’t just about academics. As a returning student, you may have experienced firsthand or know of classmates who had health problems or challenges that made it difficult for them to attend class, concentrate or complete assignments on time and whose grades suffered as a result. Indeed, it is the loss of a student’s health (physical or emotional) or sense of safety (physical or emotional) that can most significantly impact a student’s ability to be truly successful academically.

Every two years we conduct a campus wide survey called the National Collegiate Health Assessment (NCHA) survey. This survey asks questions about the health and wellness behaviors, perceptions and concerns of MSU students that have impacted their health and/or academics. Through this information gathering we are able to provide you information, resources and tools to ensure your personal and academic success while at MSU.

For example, something as simple as a cold or flu can cause one to miss class or not complete homework. Indeed, NCHA results show: 51% of MSU students reported having had a cold or flu in the last academic year; and, 16% stated that had a negative impact on their academics. A simple preventative measure for you in the upcoming year is to wash your hands, and cover your mouth when you cough. Other health concerns are more complicated, but the impact can be as if not more negative: 84% of MSU students stated they were affected by stress (to the point of feeling overwhelmed at least once during the year); 25% reported that their academic performance was negatively impacted by stress.

Did you know that you can help yourself decrease stress and help manage it better through simple strategies such as using a planner, not falling behind on assignments and scheduling regular activities such as exercise, talking issues over with family and friends, getting enough sleep, etc?

The results from NCHA 2012 will be highlighted in a brochure, I’m a Spartan-True Life: Wellness Matters for Personal and Academic Success. It will be available during Fall 2012 online at olin.msu.edu (just click on TRULIFE). Other topics covered include the following: Tobacco use, Nutrition, Physical Activity, Injury Prevention, Pregnancy Prevention, Sexually Transmitted Infection prevention, Sexual Assault and Relationship Violence Prevention, Depression & Anxiety, Suicide Prevention, Alcohol & Drugs. Each topic has what MSU students say and do (perception vs. reality), why it matters and what you can do to help yourself or others. Be sure to check it out!

Our primary job is to help students to be academically and personally successful at MSU. We believe we can help maximize your ability to do your academic best by providing the information and resources you need to help avoid and/or minimize the impact of health problems or poor lifestyle choices. We wish you a safe and healthy journey through your years at Michigan State University. Indeed, with this information, you can look forward to a challenging, exciting and successful year ahead.

2012 Fall Housing Fair

Looking for a place to live next year or haven’t thought about it yet? Then plan to attend the Fall 2012 Housing Fair on Wednesday, October 17, 2012 from Noon-5:30pm. at the MSU Union Building.

Come to the Fall 2012 Housing Fair and check out your options! Property representatives will be in attendance in addition to service and education providers.

More than 50 property representatives will be attending with information on dozens of area apartments, houses, duplexes, on-campus living opportunities and more. For more information visit studentlife.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 2013 will be held on Friday, April 12 in the MSU Union. For more information, please visit urca.msu.edu/uuraf.
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.