



University of Alaska Fairbanks  
Rural Student Services

October 2009

# REACH OUT Newsletter



### Help **STOP THE SPREAD** of **RESPIRATORY ILLNESS!**

When a nasty lung infection begins to spread in our area causing severe coughs, lung congestion and other respiratory symptoms—there is something we can do about it.

**Don't let it spread, wash instead!**  
**Wash your hands**

For 30 seconds in hot soapy water or use hand sanitizer

**Cough in your sleeve or use  
Tissue**

Then wash your hands

**Stay at home if you're sick**

Avoid close contact with others.

If you're already sick, see your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.

*The Rural Student Services and  
Rural Alaska Honors Institute staff  
want you to **SUCCEED** at UAF!*



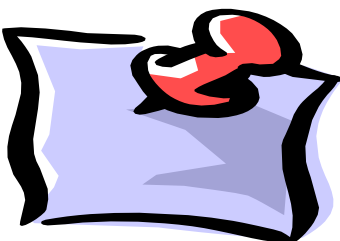
**Watch for fliers at the  
RSS front desk or display  
case for events or impor-  
tant information happen-  
ing on campus!**

Success includes academics, professional development and making sure that your college dollars stretch enough to get you to that graduation goal line! We are here to help you “make the grade”- watch every month for this newsletter where we will feature important deadlines, new scholarships, internships and visitors to UAF that can offer you career opportunities.

**The American Indian Science and Engineering Society  
2009 AISES National Conference will be held this year  
in Portland, Oregon, from October 29th-31st. UAF-  
AISES Chapter would like to send four members to the  
conference, and anticipate travel to be from October  
28th in the evening returning November 1st. Pick up**

**an application on the AISES  
advisor's door to apply. For  
more information, please con-  
tact Frank Chythlook at 474-  
5152 or**

Your first upcoming progress marker is **October 9th** when **freshman progress reports** are due to the registrar. As your mid-term grades are posted you will be able to see them on your **uaonline.alaska.edu** account. Select the “Student Services & Account Information” tab and then “Student Records” and then “Mid-term Grades”. Check out your grades, schedule to meet with your advisor and then make a plan to build a stronger semester while it is still early enough to make some changes in your study habits and time management.



**fachythlook@alaska.edu**

**The RSS Gathering Room hosts the following tutor groups:  
 AISES math and science tutors-Every day...stop by to see the schedule  
 UAF Writing Center tutors-Monday thru Thursday 2:00-4:00PM**

## October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 5pm Positive Con- nection Night: Board Game Night	3
4	5	6 1pm ANSEP	7	8 1pm AISES	9 5pm Positive Con- nection Night: Alco- hol Aware- ness Panel	10
11	12	13 1pm ANSEP	14	15 December graduation deadline	16 5pm Positive Con- nection Night: Spy Movie	17
18	19	20 1pm ANSEP	21	22 1pm AISES	23 5pm Positive Connection Night: Native Games	24
AFN IN ANCHORAGE						
25	26	27 1pm ANSEP	28	29	30 5pm Positive Con- nection Night: Hal- loween	31 HAPPY HALLOWEEN! 

All events in the Gathering Room are open to the public and encourage all students to attend. Stop by for more events posted every day at RSS!

ANSWA=Alaska Native Social Workers Association  
 ANESA=Alaska Native Education Student Association  
 AISES=American Indian Science & Engineering Society  
 ANSEP=Alaska Native Science & Engineering Program  
 NABL=Native American Business Leaders  
 IYDG-Inu-Yupiaq Dance Group

## UAF Help/Tutor LABS:

Using the many campus learning resources is the key to not only getting help when you feel you need it but also just improving your grade to strive for the best! Your first step is to meet with your advisor and map out a success plan for the semester and look ahead to future semester goals. Check out the following:

### Math Help:

(All levels of mathematics) Math & Statistics Lab in 305 Chapman Bldg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM-9PM	8AM-10PM	8AM-8PM	8AM-10PM	9AM-10PM	11AM-7PM	11AM-7PM

(Developmental math classes) Developmental Math Lab in 406 Gruening Bldg **(NEW LOCATION!)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10AM-10PM	1PM-10PM	10AM-9:30PM	1:15PM-9PM	3:30PM-5:30PM		4-8PM

(Developmental math classes) TVC Developmental Math Lab in Room 120 at 604 Barnette St

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1PM-5PM	2:30PM-6:30PM	1PM-5PM	2:30PM-6:30PM		12PM-4PM	

### Writing Help:

The UAF Writing Center offers help with ALL writing projects for any class in addition to English class editing and tutoring. See the following locations and schedules:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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#### **Writing Center 801 Gruening**

10AM-4PM 7-10PM	10AM-4PM 7-10PM	10AM-4PM 7-10PM	10AM-4PM 7-10PM	10AM-1PM	Closed	1-6PM
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#### **TVC Writing Center Room 120 604 Barnette St**

1-3PM 4:30-6PM	2-6PM	1-3PM 4:30-6PM	2-6PM	Closed	12-4PM	Closed
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#### **RSS Writing Center Gathering Rm 207 Brooks Bldg**

12PM-4PM	2-4PM	2-4PM	2-4PM	Closed	Closed	Closed
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**Need math or science class help? Check out the AISES volunteer tutors in the RSS Gathering Room. They post their schedule weekly at the study tables-Come on by!**



**Going to AFN?**  
Be sure to talk to instructors about turning in assignments or taking mid-terms **BEFORE** you leave...plan ahead.

## POSITIVE CONNECTION NIGHTS

Take the opportunity to meet other students who are interested in a weekend of healthy choices and partake in a fun activity with supper!! The different events occur within the RSS Gathering Room in the Brooks Building, they begin at 5pm every Friday night. Bring a friend and have fun!

Upcoming dates are as follows:

**Oct 2 Board Game Night**

**Oct 9 Alcohol Awareness Panel**

**Oct 16 Spy Movie**

**Oct 23 Native Games**

**Oct 30 Halloween Celebration**



## Financial Aid Workshops

Every THURSDAY, 1:00-2:00PM in GRUE 410

- OCT 9 Financial Aid 101
- OCT 16 Budgeting Your Money
- OCT 23 Financial Aid Q & A
- OCT 30 Repaying your Loans
- NOV 6 Stretching Your Money
- NOV 13 Completing Scholarship Applications
- NOV 20 Completing Your FAFSA for Spring Semester
- DEC 4 Veterans Affairs Q & A
- DEC 11 Completing Scholarship Applications

**Sponsored by UAF  
Office of Financial Aid!!  
Open to all students**

**Yes! You paid the athletic fee to ALL UAF athletics events! So, HOW DO YOU USE IT?**

The fee, which is capped at \$96 per semester, gives free admission to all home athletic competitions for all Fairbanks area students (Fairbanks Campus or Tanana Valley Campus sites) enrolled in 3 or more credits. Post-season competition is excluded. Transportation shall be provided from the UAF campus for all UAF Athletic events held at the Carlson Center.

### How do I get my tickets?

Tickets are available to students one hour prior to the start of competition. Admission will only be guaranteed until the start of the event. Students must use the designated student entrance and a valid Polar Express card is required for entry. Tickets are limited to one per valid stu-

## RSS Welcomes Sheldon Meyers, Peer Advisor!



Hello my name is Sheldon Meyers from Pilot Station. I am currently a sophomore attending the University of Alaska Fairbanks. Right now I am working on my B.A. in Elementary Education, am the vice president for the Inu-Yupiaq Dance Group and the treasurer for the AK Native Education Student Association. After completion of college, I plan on teaching around the Lower Yukon School District area schools.

