



PUTTING THE PIECES TOGETHER

A Newsletter for Nontraditional Students

Fall 2001

Center for Adult Learners (910) 521-6243

Hello UNCP Nontraditional Students!

This newsletter is designed specifically for the adult learner/nontraditional student at UNCP to help keep you informed of various services and happenings on campus and in the community. We hope your semester is going well and you are enjoying your experience at UNCP. This newsletter will be published and mailed twice a year; once in the fall and again in the spring. If you have a suggestion for an article or some information you would like to share, do not hesitate to let us know about it.



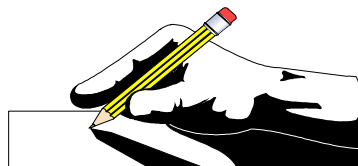
Reminder! Important Dates

- Oct. 22** – Last day for undergraduates to drop a class with a “W” grade.
- Oct. 31** – 10-11:15 am Department Majors Meeting.
- Oct. 31-Nov. 9** – Student Advisement.
- Nov. 5-6** – 8-6 pm. Early registration for all students.
- Nov. 7-13** – 8-4 pm. Early Registration.
- Nov. 14** – Last day for undergraduates to drop a second eight week course with a “W” grade.
- Nov. 19** – Last day for undergraduates to withdraw from the University.
- Nov. 22-23** – Holidays
- Dec. 7** – Classes end.
- Dec. 10-14** – Final Examinations.
- Dec. 15** – 10 am. Commencement Givens Performing Arts Center.

The Center for Adult Learners

The Center for Adult Learners was established as a one-stop-shop for adult learners to access information and seek referral about advising, admissions, financial aid, and other campus resources. We have handled everything from course complaints to academic and study problems. We are your advocate and want to help make your life easier! We sponsor the Peer Mentoring Support Group, the Single Parent Support Group and have recently formed the Military Spouse Support Group. For more information on these or any of our programs, contact Teri Farr,

Coordinator at 521-6243 or by email to teri.farr@uncp.edu. Also, don't forget to visit our website at www.uncp.edu/cal!



Peer Mentoring Support Group

The Peer Mentoring Support Group is sponsored by the Center for Adult Learners to aid with the transition issues new students face when becoming college students. Each Peer Mentor on this diverse group is paired with a new student with a similar background. The mentor is available to help new students negotiate the university system and provide them with campus resource information. If you

are new to UNCP and feeling a little “lost,” stop by the Center for Adult Learners for a Peer Mentoring program application. If you have been around UNCP for a while, have a little extra time on your hands, and would like to help your fellow students feel a little more at home, volunteer to become a mentor.

The **University Writing Center** can help adult learners become better, more confident writers and students. Located in Dial 131, open 9 a.m. to 5 p.m., Monday through Thursday, and 9 a.m. to noon on Friday. Evening appointments are available. Appointments may be made by calling the Writing Center at 521-6168, by e-mailing writing@uncp.edu, or by stopping by Dial 131.

Single Parent Support Group

If you are a single parent who would like to meet other single parents to share resource and referral information, contact Teri Farr at 521-6243.

Military Spouse Support Group

Military spouses are going to need support and information resources in the months and possibly years ahead. Contact the Center for Adult Learners at 521-6243 for meeting days and times.

“Lessons Learned”

by
Jena Bumb

As the events of September 11 unfolded, I was shocked and scared, as I'm sure many of my fellow schoolmates were. Even though that day would end as one of the most disturbing and upsetting days of many of our lives, it ended up serving a purpose in my life. That most memorable day has showed me exactly how unprepared I was for just such an event. I will share a few of the “lessons” I have learned from this experience and I hope that they may help others to be prepared.



1) As a commuter student, I now realize that perhaps it might be a good idea to keep a few emergency items on hand. A cell phone, water, small snacks, available cash, a change of clothes, and a few toiletry items would all come in very handy if main roads had to be shut down for security reasons and it became impossible to get home right away. Finding oneself stranded does not necessarily have to happen by becoming lost in the woods while hiking.

2) Always carry important information and phone numbers with you. I always assumed and took for granted the fact that I could make any emergency calls from my home, which is why on September 11, I found myself without all the emergency contact numbers I needed that morning. Work, childcare, long distance relatives, neighbors, and a number where your spouse can definitely be reached are all necessary in the event of a crisis. If you can write a whole semester's worth of math formulas on a 4X6 index card in preparation for a mid-term, you can certainly find a way to carry important numbers with you everyday in preparation for an emergency.

3) Possibly the most important thing you can do for yourself and for others is to remain calm. One can accomplish many more tasks, and quickly if you remain calm, collected, and rational. Although hopefully none of us will ever need to implement these emergency measures, it's always a good idea to be prepared and come to school with a “lesson plan” in hand.

Something else I discovered during this crisis was how hopeful and caring the faculty and staff of our university can be. Teachers became tolerant and even understanding when students, expecting emergency phone calls, rushed into the hallways to answer their cell phones. Faculty supported or at least sympathized with decisions not to attend classes that day once it became apparent that during this national crisis, classes would not be cancelled and/or rescheduled for a time more conducive to learning. Special thanks should be given to all the staff in the D.F. Lowry Building. I can attest to the fact that they helped at least one student to get through that difficult day.

Students, non-traditional as well as traditional, should be aware of all the groups and services available to them on campus that could be of some help during this or any other crisis. Counseling services, emergency temporary lodging, and even a support group for military spouses are available for every student. All of these, and many other services, are either included in tuition or merely a benefit of attending UNCP. So please use these services; they are there for you.

(Jena Bumb is a sophomore Forensic Chemistry major. She and her husband Jeff, who is stationed at Ft. Bragg, live in Fayetteville, North Carolina.)

Quality Childcare

“You cannot do a kindness too soon, because you never know how soon it will be too late.”



There are several quality childcare facilities in the Pembroke area and surrounding communities. We have a listing of local day care facilities in our office or you can access that information at the North Carolina State Division of Child Development's website at www.dhhs.state.nc.us/dcd/ or you may contact them toll-free at 800-859-0829.

Adult Learners...

have already learned how to handle a variety of responsibilities and have become familiar with juggling multiple workloads. are committed to attending classes.

have learned first hand the realities of the job market and know the value of a college degree.

are less occupied with college social events allowing them to focus on coursework.

are recognized as responsible by their professors. Adult learners easily identify with their professors.

have had enough life experience to positively contribute to class discussion.

Congratulations on your decision to attend college at this time in your life.

New Honor Society for Adult Students!

We will soon be chartered by Alpha Sigma Lambda National Honorary Society! ASL is the oldest national honorary society specifically founded to honor adult learners who excel academically. If you are interested in joining, contact the Center for Adult Learners. And best of all, it's free!!!

Computer Labs

Computer labs are located at various locations all over campus. Following is a list of computer labs, locations, and times they are available to students. Be sure to have your student ID with you to access the labs.

Main Computer Labs

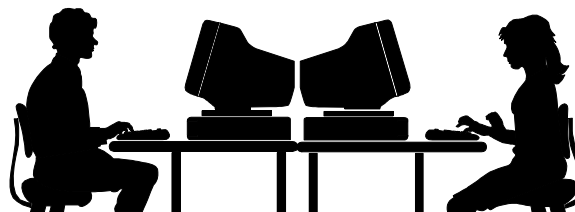
	Library Lab	BA Lab 211 A	North Lab 120	Oxendine Sci. Bldg. 142,144,106	Education Lab 101 A	24-hour Study Lab
Sunday	2:00 p.m. - 10:30 p.m.	Closed	Closed	Closed	Closed	24 hours
Monday	8:00 a.m. - 11:30 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	9:00 a.m. - 5:00 p.m.	24 hours
Tuesday	8:00 a.m. - 11:30 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	9:00 a.m. - 5:00 p.m.	24 hours
Wednesday	8:00 a.m. - 11:30 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	9:00 a.m. - 5:00 p.m.	24 hours
Thursday	8:00 a.m. - 11:30 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	9:00 a.m. - 5:00 p.m.	24 hours
Friday	8:00 a.m. - 4:30 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m.	8:00 a.m. - 5:00 p.m. (Except Rm. 142 open until 4:00 p.m.)	9:00 a.m. - 5:00 p.m.	24 hours
Saturday	9:00 a.m. - 4:30 p.m.	Closed	Closed	Closed	Closed	24 hours

Additional Computer Labs

All of the following labs are open from 8:00 a.m. - 5:00 p.m.

Monday - Friday

- Oxendine (Science) 3rd floor
- Moore (Music) 206, 207
- Locklear (Art) 109
- The Writing Center (Dial Bldg.) BA 111 (COP)
- Old Main 238
- Student Center Commuter Lounge
- Education 338 (Psychology)
- D.F. Lowry Resource Room
- HPE



What happens when Mom/Dad goes to college?

- Children start doing their homework.
- Children start getting serious about school.
- Children start valuing education.

Get Ready for National Nontraditional Student Week, November 5-10

Our Peer Monitoring Support Group is working hard to finalize plans to celebrate the week and support all of our nontraditional students at UNCP!

These are a few of the events we are planning:

Monday, Nov. 5 – Welcome table in the UC concourse – stop by and learn more about the Peer Mentoring program and receive a free gift!

Tuesday, Nov. 6 – Adult Students Speak Out – Now is your chance to ask questions of top administrators on campus.

Wednesday, Nov. 7 – Stress Management Workshop – Learn strategies to handle all of the stress in your life.

Thursday, Nov. 8 – Soup, salad and sandwich potluck – 4-6 p.m. Bring a dish to share and meet with your fellow students. This is a great way to make new friends or hang out with your old ones!

Keep your eyes open for times, locations, and final details of these programs. Flyers will be posted and more information will be printed in the *Pine Needle*. For more information, contact the Center for Adult Learners.

The Center for Adult Learners

The University of North Carolina at Pembroke
P.O. Box 1510
Pembroke, North Carolina 28372-1510
www.uncp.edu/cal

How to relax

It's easy to get caught up in life's daily problems. Here are some tips to help you relieve your tension...

Reinforce the good!

Focus Positively on good things you see in yourself and others. Thinking and saying negative things will drain you, add to your stress, and eventually drag you down. The next time you realize you are under stress, relax your facial muscles, open your eyes wide and smile!

Create positive energy flow

If you are feeling tense, use that built-up tension in a positive way. Go for a walk or a bike ride. Daily moderate exercise, even as simple as a 20 minute walk will go along way to help you feel more energized, positive, and less stressed out. Be sure to do a few stretching exercises before you begin. Getting outside and enjoying the beautiful North Carolina fall weather will help you commune with nature, and you'll be doing something good for yourself!

Relax mentally

Visualize your favorite quiet spot – whether it be the beach, a field of beautiful flowers, or a mountain getaway. Close your eyes and take deep breaths. This is a great natural stress releaser.

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