



PUTTING THE PIECES TOGETHER

A Newsletter for Nontraditional Students published by The Center for Adult Learners

Spring 2002

www.uncp.edu/cal
(910) 521-6243

Early Registration on April 12 to April 22!

The Registrar's Office will be open late for registration until 6 p.m. on April 15 & 16. Letters will be sent from the Registrar with the information about your registration dates, your advisor, and location of major meetings.

SENIOR BRUNCH

The Senior Brunch for May graduates is March 20, at 10 a.m., University Center Lounge. Invitations will be mailed and you are asked to RSVP to Alumni Relations at 521-6213 on or before March 13.

FREE COMPUTER WORKSHOPS OFFERED

Check the schedule on the web at http://www.uncp.edu/ucis/students/training_schedule.htm. Training for WordPerfect, Word 2000, Webpage Creation, Powerpoint 2000, PageMaker 6.5, Internet, Execmail, Excel, and Access 2000 are available.

PEER MENTORING SUPPORT GROUP



UNC Pembroke Peer Mentors

If you are interested in joining the Peer Mentoring Support Group, please contact the Center for Adult Learners for application. The group is for students who are new to UNCP who are looking for a way to connect with other nontraditional students. We meet bi-weekly at 10 a.m. in the D.F. Lowry Building. We sponsor programming, a wellness club,

sponsor and attend workshops and conferences, volunteer at Open Houses, and provide outreach to adult learners at UNCP.

Commuters, Mark these dates



Commuter Lunches at the BSU house on March 28 and April 3 & 17

ALPHA SIGMA LAMBDA HONOR SOCIETY INDUCTION SCHEDULED

We have scheduled our first induction ceremony of Alpha Sigma Lambda (National Honor Society for Nontraditional/Adult Learner Students) for April 18 at 5:30 p.m. in room 213 of the University Center. To qualify you must be at least 25, have a 3.2 cumulative G.P.A. and 24 earned hours. If you did not receive an invitation letter and meet the criteria listed, please contact The Center for Adult Learners immediately, and we will send a reservation form to you.

MOORE HALL CONCERT SERIES SCHEDULED

PAUL SCEA INNOVATIVE JAZZ

March 20 at 10:15 a.m. "Exploring the boundaries of freedom with unusual restraint, this Chicago quartet plays original material with a light, lyrical touch. Scea paints a different color on nearly every track." Art Lange, Tower Records Pulse!

STEVE HUNTER, PIANIST ALL-CHOPIN PERFORMANCE

April 17 at 10:15 a.m. Acquiring a Bachelor and Masters in piano from UNC Greensboro, Mr. Hunter has performed over 500 lecture recitals throughout the state as a visiting artist. He has also appeared at The Library Museum of the Performing Arts at Lincoln Center. He is currently on the faculty of Fayetteville Technical College and music director for St. James Lutheran Church in Fayetteville.



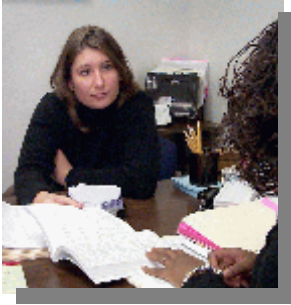
CALLED TO DUTY...

Let's all remember those students and faculty in the national guard or reserves who may have been called away from their educational duties in order to serve and protect us. Let's also recognize and support the continuing efforts of military spouses and family members who remain positive and focused during these difficult times.



COMMUTERS, BE DEFENSIVE, NOT OFFENSIVE

*an editorial by
Jena Bumb*



*Jena Bumb
Sophomore, Biology Major*

As the victim of a recent fender bender on campus, I have learned the valuable lesson of defensive driving. Driving defensively is not difficult or time consuming; it merely involves being aware of what's going on around you and on the road up ahead. What seems to be the difficulty of daily defensive driving techniques is trying to adhere to the rules of the road while class notes and due dates dance in your head. Trying to maintain the delicate balance between road rage and patience also becomes difficult when you are trying to get to

the class in which the teacher implements the elementary school techniques of mandatory attendance as part of your final grade. Even among these stressors and time management issues, we as commuters must adopt defensive driving techniques. Commuters spend many hours a week driving to and from school. We must remember that accidents can happen in an instant. I recently found out the hard way that it takes many more hours and much more stress to get an insurance company to fix your damaged vehicle. Defensive driving may not seem to be the most important thing you do on a daily basis, but it really does save you and others time and nerves in the long run.

It would probably be especially prudent for commuters to be extra cautious in the parking lots and highways. I've noticed that people in parking lots are more focused on trying to break the sound barrier when leaving campus than they are about the car that is pulling out in front of them. Too bad the lady who hit me in the parking lot didn't notice that also. We've all witnessed the sleep-deprived tourist barreling down I-95 at 8 a.m., and it seems that tailgating is a sport on I-95 and highway 711. Dr. Dooling, a physics teacher here at our school, can explain why you will undoubtedly hit the person in front of you if you are tailgating at 70 mph. You probably won't need Dr. Maxwell, an anatomy professor, to explain why that will hurt. There have been 2 fatal accidents in the past 2 months on highway 711. Wouldn't you rather be marked absent or tardy from class than be permanently taken off the rolls?

There is also another issue that commuters must take into account, **the train**. We all know about the train don't we? This little strategically placed town quirk can be known to ruin a perfectly timed arrival on campus. Just because the train has arrived in your path at an inopportune moment does not mean that you should try to outrun it or beat the gate. The teachers here at school, especially the science-building teachers, are painfully aware of exactly when a train is passing through town. If yours is truly unaffected by the fact that the train made you late (don't lie, they can hear it go by), I would suggest selecting another teacher. It is also common sense not to stop directly on the tracks, ever. One would think that people realized this, but a lady in a white Chrysler convertible (you know who you are) made an obscene gesture the other day because she had stopped on the railroad tracks and was angry with me because I could not pull forward enough to allow her to correct her mistake. Apparently she has never heard of such a thing as waiting her turn or leaving plenty of room for a freight train to get by. Let's all be careful out there commuters. The school appreciates all the tuition it can get; let's not disappoint anyone.

HIGHLIGHT ON UNCP FACULTY

*by
Lenora Parker, Senior Special Ed. Major*

Nontraditional students have an ally in Dr. Raymond Lee in the mathematics department at UNC Pembroke. Dr. Lee was a nontraditional student and said a lot of things have changed since he was in school. Dr. Lee said that he was the only nontraditional student in most of his classes. The traditional students didn't study with him and he knew a lot of his professors away from the school setting so there was a fine line that he walked.

He also said that there was no special parking for the commuters when he was a student. He mentioned that the nontraditional students have a powerful voice on this campus. He enjoys having nontraditional students in his classes, because they're not afraid to ask questions and they bring life experiences with them and seem to work harder.

Dr. Lee said he would like to see more work study or jobs on campus for nontraditional students.

"If you truly believe in yourself, so will others."

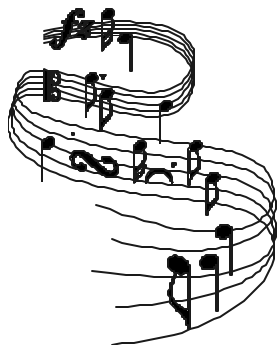
A Message from YOUR SGA Senator



My name is Chrystal Kay and I am committed to addressing concerns and issues of commuters and non-traditional students by chairing the Nontraditional and Commuter Student Committee of the Student Government Association. I think this population is neglected on campus, and I have noticed there are few activities geared towards commuters and non-traditional students.

One of the things I did last semester was conduct a survey to see what activities commuters and nontraditional students would like to do. The survey results listed activities like cookouts, relaxation seminars, cookie breaks, and outside concerts. With the help of SGA and CAB these events will be taking place this semester.

There will be cookie breaks twice a month in the Commuter Lounge, located on the 2nd floor of the University Center. The cookie breaks will be every other Wednesday from 10 a.m. to 1 p.m. The dates are March 13, 27 and April 10, 24. During this time students will be able to meet with other students and have free cookies and drinks. **There is also an outside concert and cookout scheduled for April 13. A relaxation seminar with free massages will be scheduled near the end of the semester.** If you have any questions, comments, and suggestions let me know. My e-mail is csk001@uncp.edu.



UNCP MUSIC DEPARTMENT CONCERT BENEFIT

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The University Music Society is pleased announced a “Gala Scholarship fundraiser” that will take place on Friday, March 22 at 8 p.m. in Moore Hall auditorium. Featured guest artists for the evening are former Metropolitan Opera star Christine Weidinger; well known North Carolina tenor Michael Rallis; and pianist Ellen Robinson, who is a member of the Music Faculty at the University of North Carolina at Wilmington and the Music Director of Wilmington’s prestigious “Opera House Theater.”

The North American soprano, Christine Weidinger, made her singing debut on the stage of the Metropolitan Opera as Musetta in “La Boheme” with Renata Scotto and Luciano Pavarotti. The New York Times called her “a young artist well worth watching.” She has starred in most of the world’s opera houses. She has also appeared in Berlin, Nice, Hamburg, Munich, Monte Carlo, Montreal, Vancouver, Puerto Rico, Caracas, Santiago de Chile, Los Angeles and San Diego. She is generally regarded as one of the finest Mozart singers in the world.

Dr. Michael Rallis is considered to be one of the finest operatic tenors in the world. Dr. Rallis, who has studied singing since entry into medical school, is one of the few traditionally trained Greek Orthodox cantors in the US, and even as an “amateur” opera singer, has won high critical and public praise. Last year in Verona, Italy, in a concert of operatic selections for the Italian National Multiple Sclerosis Society, he was hailed by the local press as “another Corelli!” A regular guest soloist with the North Carolina, the Raleigh, the Winston-Salem and the Wilmington Symphonies, Dr. Rallis was also recently featured in a “Three Tenor” concert with two members of the San Francisco Opera in the Bay City area. He continues to concertize regularly, especially with Miss Weidinger, with whom he just offered a benefit concert for WHQR, the public radio facility in Wilmington, NC.

Pianist and accompanist Ellen Robinson is a member of the Music Faculty at the University of North Carolina at Wilmington. Also the Music Director of Wilmington’s prestigious “Opera House Theater,” she is one of the region’s most sought after accompanists and vocal coaches. Miss Robinson has also served as music consultant for the “Matlock” TV series and has composed a score for the soon-to-be-debuted TV series “Glory.” She has accompanied Miss Weidinger in concerts all over the southeast and in Italy. She has also helped her prepare roles for La Scala and Barcelona.

Reserve your tickets by calling 910.521.6230. Ticket prices are \$12.00 for adults and \$2.00 for students. Don’t miss out on this exciting concert opportunity and remember your ticket price is a “tax deductible gift” to the University Music Society. All proceeds will benefit UNCP music scholarships.

GAINING SUPPORT

adapted from *The Learning Circle*

Our lives as adult students require a delicate balancing act among home, job and classroom. We’re lucky just to find an extra ten minutes to grab a sandwich on the way from work to school. But by getting too caught up in dealing with immediate demands, we miss opportunities to pursue the one thing that could help us most – support.

Support is the key to success in every venture. We really can’t do it alone – just look at the dozens of books, articles and seminars on networking for business success! Networking is building relationships that will help us succeed, and that will let us help others succeed, now and in the future. It’s subtly (or not so subtly) self-promotional, garnering support for our causes.

Support comes in many forms, from all areas of our lives – at home, at work, at school. You may already have support in at least one of these areas. If not, you should devote at least a little of your valuable time to developing it. It’s not hard. The trick is to talk about your experiences. You can’t afford to be invisible!

Here are a few tips:

Support at home. Share your studies with your family – young and old. Ask their advice. They may not know your subject, but you’re sure to gain perspective from their feedback. And they won’t feel neglected by your attention to your work. If you have kids, study with them. You’ll all benefit!

Support at work. Don’t hesitate to discuss your studies with colleagues and bosses. Occasionally, you may encounter discouragement. Don’t worry – they may just feel threatened by your growth. More often, you’ll find sympathy and possible good advice. You just might be able to encourage someone else to go back to school, too.

Support at school. Talk to your teachers. Take a few minutes to stay after class. Let them know who you are. And never be embarrassed to admit you don’t understand something, or that you have a problem.

Talk to your advisor. You’d be surprised how few adult students seek out the help available to them! If you have a concern, ask about it. I’ve found that if you don’t ask, they often don’t tell. They’ll simply think you don’t need them and go on to help someone else.

Join or start a student group or a study group. Volunteer to tutor other students. If you’re taking classes online, look to start a virtual study group where you can help each other and share your experiences.

There’s another benefit to networking while you’re in school, too. You’ll develop a skill that will support you throughout your career.

Are You On Overload?

by Teresa Langley Smith, Psychology Major

Many times I wish I had completed my college education right after high school, but circumstances, finances and lack of focus in my life prevented it from happening during the traditional time period. The road to success has not come without sacrifices and almost reaching the point of insanity by allowing school to totally consume my life. As nontraditional students we have to juggle many things from spouses, children, jobs, homework, and other outside activities.

After much prayer and many life experiences, I am now a 36-year-old junior majoring in Psychology with a minor study in Criminal Justice. If everything goes as planned, I will graduate in year 2003, exactly 20 years from the year I graduated from high school. After a year and a half being in school, I found myself getting burned out. It wasn't until recently that I realized I was eating, sleeping, and breathing school. My body and brain was telling me they needed a break. So it's no wonder when I started this semester my heart nor my mind was into school. Not only did I drop from 18 credit hours to 9 credit hours, but also I almost dropped out completely. What was the chance if I had dropped out that I would have returned back to school? I can't answer for anyone else but this time is critical for me. It is now or maybe never.

The whole problem was school had consumed every area of my life. I didn't exist outside of school. My family was slipping away from me and I didn't even see it. My children and husband were starving for my time without a schoolbook in my hand. I finally had to take inventory of my life and realize that school was not who I was but only an avenue to help me become a better and more knowledgeable person. When school is over and done will my family still be there? I took inventory of everything

that was wrong. I definitely had created an extreme unbalance in my life. The next question was, how could I fix it?

I had to find a way to regain control of my life. I took an inventory of the people and things in my life that were important to me and I began to re-prioritize. Re-structuring my priorities was not an easy task for me because just like many adult learners we don't have enough time in the day to handle all of our tasks. I want to continue to enjoy my school experience but not at the expense of my family because they are a vital part of my educational experience. They are the ones making tremendous sacrifices because they love me and want me to succeed.



A few things that will help to restructure some balance into your life are simple. Don't overwhelm yourself with extra duties that you could abstain from. Know your limitations, When you are at your limit learn to say "no" to external things that will cause you anxiety or stress. Take some time for yourself. It may sound impossible, but I promise you it's not. You may be able to find 30 minutes to an hour here or there, but that could be your private time. Read a book or listen to some relaxing music. Take a walk or some other type of exercise. These are good stress relievers. Most importantly, don't forget about the ones that are offering you support and who are making sacrifices to see that you are successful. Spend some quality time with those who are near and dear to your heart. Just remember this is supposed to be an exciting memorable time for you and it will be as long as you maintain a sense of balance in your life. God speed and much success to you all.

The Center for Adult Learners

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