

# THE KNOW

▶ **Sam Houston State University**

A Member of The Texas State University System



first year experience

October, 2007  
Volume 4, Issue 2

## Sam Houston Wellness Program

Sometimes college can be stressful, and you need a way to get the kinks out or a way to work out your frustrations. Another common problem you may face your first time away from home is how to make healthy decisions, especially living on campus or with a limited budget. Fortunately, the Wellness Program has ways to help students with these things on campus and at very affordable rates. To work out those kinks after a long night of studying or after that big test, a [massage session](#) is a great way to take time for yourself and relax! A [personal trainer](#) can help get you motivated and back on track while helping you work out frustrations on a personal level. [Nutrition counseling](#) is also available to teach you how to eat yourself into a better lifestyle, and you can even join up with other healthy Bearkats in the [Lean Kat Club](#). There are also great [group fitness classes](#) that have fun ways to get in shape with friends and meet new people. Take advantage of all of these wonderful programs available to you in the Health and Kinesiology Center. For more information contact [Mindy Oden](#) at 294-1307.



## Places to Know

### [Writing Center](#)

Mon, Wed, Thur: 8am - 7pm  
Tues: 8am - 10pm  
Fri: 8am - 3pm  
Sun: 2pm - 7pm  
936.294.3680  
Farrington 111

### [Reading Center](#)

Mon: 8am - 5pm  
Tue-Thurs: 8am - 7pm  
Fri: 8am - 3pm  
Sun: 2pm - 7pm  
936.294.3114  
Farrington 109

### [Math Help Lab](#)

Mon, Tues, Thur: 9:30am - 4:30pm  
Wed: 12:30pm - 4:30pm  
936.294.1565  
Farrington 104

## National Collegiate Alcohol Awareness Week

This year National Collegiate Alcohol Awareness Week, sponsored by the Alcohol & Drug Abuse Initiative, will be from October 15th-19th. N.C.A.A.W, will be a week filled with fun informational events to enhance the minds of our students and faculty here at Sam Houston State University. Please check the scheduled events at our [website](#) or contact Michelle Lovering at (936)294-4347 for more information.



## Get to Know a UNIV 1301 Instructor

### Julia Shojaian, Psy. D.



## Dates to Know

Check out these websites for important dates and fun events!

- [Academic Calendar](#)
- [Sam Center Calendar](#)
- [Student Services Calendar](#)
- [Today @ Sam Calendar](#)

## No Cook Recipe for Residence Hall Living: Spooky Spider Pretzels



If you're looking for a fun and spooky treat to serve on Halloween, try this recipe.

You will need:

**1. How long have you been at SHSU?**

One year

**2. Where did you go to college and what are your degrees in?**

Baylor-B.A. in psychology with a minor in communication  
Baylor-Psy.D. in clinical psychology

**3. A little bit about yourself?**

I'm a psychologist at the counseling center, and this is my first semester to teach UNIV 1301. I enjoy working with college students and have also worked at the Baylor University Counseling Center and the University of California Counseling Center. In my free time I like to travel, go to the beach, take walks in the park, and read John Grisham books.

**4. What helped you get through your first year of college?**

Great friends and my mentor through the honors program.

**5. How do you think high school differs from college?**

There is more freedom, and professors expect more from students.

**6. How do you think UNIV 1301 benefits first-year students?**

It gives them a chance to make mistakes and be given opportunities for remediation. It also gives students an overview of things they need to know for college so that they can begin to improve their areas of weakness. Instructors also provide guidance, support, and a reality check for frightened freshmen.

**7. Do you have any general advice or words of wisdom for first-year students?**

Take advantage of campus resources, form solid relationships with people who share similar goals as you do, be open-minded about majors and take classes that you enjoy. Also, form relationships with your professors and always be respectful and professional in those interactions.

**Dana Grant****1. How long have you been at SHSU?**

10 years

**2. Where did you go to college and what were your degrees in?**

Texas A&M-B.B.A. Human Resource Management  
SHSU-M.B.A. with a Specialization in Management

**3. A little bit about yourself?**

I am married and have 2 teenage boys who keep me on my toes! We moved here 10 years ago so our kids could go to school in the "country." Little did I know that Huntsville schools were so big! We live on a farm west of town full of cows and 2 dogs, and we are considering getting a couple of goats. Our kids are involved in Boy Scouts. So much of our time is spent either at a scouting function, church, or at the Senior Center of Walker County (my husband Glen is the Director there).

I work full time in the Department of Residence Life as Assistant Director for Business and Operations. My main functions are the Res Life budget, marketing (publications, web sites), and all the student accounts. I am also the foremost instigator of "pig-out's" (our departmental luncheons).

**4. What helped you get through your first year of college?**

I was a non-traditional college student. I was married with children before I started college, and let me tell you, it was a huge adjustment. I considered quitting about 4 weeks in, but my Composition teacher talked me out of it. She gave lots of advice about prioritizing my time and juggling home and school life. Most of all, she just encouraged me to keep at it. My husband and extended family wanted to see me

- 2 round crackers
- 2 teaspoons smooth peanut butter
- 8 small pretzel sticks
- 2 raisins

With the peanut butter, make a cracker sandwich. Insert 8 pretzel "legs" into the filling. Spread a little peanut butter onto top of cracker and place raisins on top for "eyes".

**Breast Cancer Awareness Month**

October is Breast Cancer Awareness month so SHSU and Zeta Tau Alpha have joined up to "pink out" Bowers Stadium. This "pink out" event will be at the football game against Central Arkansas on October 6th. If you would like to get a pink "Kats for the Cause" shirt, look for members of ZTA in the mall area October 1-4 from 9 a.m. to 3 p.m. You can also get your football ticket in advance these same dates and times. Kats for the Cause have also planned a few other events including a 5k race, also on October 6th. For more information visit their [website](#) or contact [Rosanne Keathley](#) at (936)294.1171.



succeed, so they added on their workloads so I didn't have to work a lot when I began college. I am so thankful to have them in my life.

#### **5. How do you think high school differs from college?**

For traditional college students, the new-found freedom they have is a considerable adjustment. Also, this may be the first time they are truly accountable for themselves. Traditional age students may find it distracting to be in class with older students or with students who are different from themselves. I have seen many students change their major during their first semester – they seem to be searching for “who they are.”

#### **6. How do you think UNIV 1301 benefits first-year students?**

By far, the time management and money management sections are important. The tours of the various resources (SAM Center, Library, Writing Center, Reading Center, Career Services) available to them are invaluable. This semester, my students really liked the MBTI assessment. Also, I believe that all the UNIV 1301 instructors truly care about each student's success – and I think that the students know it. What could be a better benefit?

#### **7. Do you have any general advice or words of wisdom for first-year students?**

Be true to yourself; this is YOUR college experience, not your parents or your friends. It's all YOURS. Get out of your comfort zone and try new things. Be open to new experiences.

#### **Terri Harvey**



#### **1. How long have you been at SHSU?**

I have worked at Sam for over 30 years in various offices and in various capacities. I have worked in the Counseling Center, Faculty Affairs Office, Assistant to the Vice President for Academic Affairs, Undergraduate Admissions, and the Testing Center. I have worked in just about every staff capacity from Clerk I on up to my current position as the Testing Center Coordinator. I have served as a mentor for freshman students for many years and have taught UNIV 1301 classes for the past three years in addition to my regular duties in the Testing Center.

#### **2. Where did you go to college and what were your degrees in?**

I attended and graduated from Sam Houston State University with a BBA degree in May of 1973 with an emphasis in Office Administration. I went back to school, here at SAM, to work on my Masters degree and graduated with a MA degree in May of 1998 with a major in Sociology.

#### **3. A little bit about yourself?**

I was born in California but, as they say, “I got here as fast as I could.” I was raised and have lived in Texas since I was four years old. I have been married for 35 years to Wayne Harvey who works as an Academic Advisor in the SAM Center. We met while both going to school here at SAM and have been together since then. We have two sons, Robert and Dennis, and two grandkids, JoDee and Christian. We also have one dog, two cats, one fish, three horses, two cows, and two calves. We currently live over on Lake Livingston. I love being outside, playing with my grandkids, riding the motorcycle with my husband (Harley-Davidson, Ultra Classic Electra Glide – yes!!!), and visiting with family and friends.

#### **4. What helped you get through your first year of college?**

My strict upbringing helped me stay focused and not get too “wild” my freshman year. I was always thinking of what my parents might do if I got into too much trouble! Also, my strong Christian beliefs helped me stay focused as well.

**5. How do you think high school differs from college?**

There is more personal responsibility for everything you do, or don't do, in college. It is a time to start assuming responsibility for your actions and becoming the adult you want to be.

**6. How do you think UNIV 1301 benefits first-year students?**

If the students take what we try to teach them and learn to use it properly, they can work less, learn more, graduate with a better education, and be proud of their accomplishments.

**7. Do you have any general advice or words of wisdom for first-year students?**

I heard once that being in college is not a right, it is a privilege. There are so many people that would give almost anything to be able to have this opportunity but, because of their circumstances, may never have the chance to go to college. So, my advice would be to "take advantage of this opportunity you have been given and don't take it for granted."

**Sam Center Study Skills Series**

Don't Miss Out on the Study Skills Workshop Series

Series 2 begins October 22nd.

Call 936.294.4444 to register or drop by the [Sam Center](#) in AB4, Room 210.

IT'S FREE!!!



**Questions or comments? Email us at: [fye@shsu.edu](mailto:fye@shsu.edu), call 936.294.3422, or write FYE, Box 2209, Huntsville, TX 77341-2209.**