

NTSO
Non-Traditional Student Association
General Assembly Minutes

December 2004

Call to Order: The meeting was called to order by Frances Fennessy, NTSO president.

Officers in attendance: John Fennessy, vice president, Ralph Bales, business manager, and Valerie Johnson, secretary.

Special Attendees: It was our honor to have Dr. Bernice Strauss from the SAM center as a guest speaker.

Again we would like to thank Leah Winfield and Student Activities for all of their support and especially for providing the meal. It was great! Dr. Keri Rogers also joined us. We would also like to thank her for her continued support. She takes valuable time out of her busy schedule to support NTSO. Thank you both!

Minutes:

We are very pleased to announce the continued success of NTSO! Our second meeting had the names of 24 individuals sign-in on the attendance sheet. Thank you all for coming and helping to make our organization great. It takes many hands to work together and make this a success. This is an exciting time and we are really looking forward to the New Year and a semester of growing together.

John Fennessy is involved in the Relay for Life sponsored by the American Cancer Society. Last year was the first year Huntsville actively participated in this event. This is a fun filled overnight activity that mobilizes communities across the country to celebrate survivorship, remember those who lost their lives to cancer and raise money for the fight against cancer. This is an American Cancer Society signature activity. You can visit this webpage, or contact John, for more information: <http://www.cancer.org/> and look under more ways to help for a link to relay for life.

Start date and time

4/15/2005 6:00PM

End date and time

4/16/2005 6:00AM

Agenda

7:00pm - Opening Ceremonies

7:00pm - Survivors lap

9:00pm - Luminaria Ceremony

John will be organizing a team to participate in this event. If you are interested please be sure to contact him at [roughneckbooks at hotmail.com](mailto:roughneckbooks@hotmail.com).

Dr. Strauss presented her stress management program. For those of you that don't know Dr. Strauss, she works with students at the SAM center. She is a warm, funny, and very giving, supportive person. It was really a treat to have her take time from her busy schedule to speak with us. A few highlights from her presentation are:

1. Life is busy and can be stressful. Non-traditional students have a tremendous amount of stress placed on them from the demands of all areas of their busy lives.
2. Managing stress well involves a certain level of selfcare. How can we manage the many daily stresses or care for others when we neglect ourselves?
3. A stress contributor is multitasking, or feeling like we have to do all and be all.
4. Three programs offered at SHSU Sam Center:
 - a. Traditional Study Skills Program
 - b. Study Skills for the Highly Motivated Student
 - c. Working on a Non-Traditional Student Study Skills program
5. Time management and stress are closely related. We over commit.
6. Stress is not always bad. It can be positive.
7. Best stress relievers are diet and exercise.
8. Nurture your soul. Small things can renew your spirit and freshen your perspective.
9. Use positive self-talk. What discussions do you carry on in your head? Talk positively to yourself. What we say to ourselves can have a huge influence on how our lives progress.
10. Non-traditional students don't ask for help very well. Oftentimes they feel as if they must be the do all, know all, and carry all. There is nothing wrong with asking for help. This is actually a strength and not a weakness.
11. Higher education is about building character. You are a worthwhile investment. Holding on to that and valuing it can serve you well. Education is only a piece of your life. It does not need to be how you define your life.
12. Lastly, use humor. We take ourselves too seriously. Humor provides us with an understanding of where we stand in the world.

She ended with a relaxation technique. It was a very enjoyable time.

We are so grateful for the opportunity to spend some time together. Please take the time to drop Dr. Strauss a line and thank her for her contribution. You can reach her at the SAM center at 294-4455.

We regret that some of you were unable to make it to this meeting. We hope to see you next month. Also, we wish you and yours the best the

season has to offer. Here's hoping everyone had a great semester and here's to a brand New Year!

President's Corner (Frances Crawford Fennessy) - I just want to thank everyone for continuing to support NTSO. We are preparing to swing into full speed with our activities this semester. To begin with, we will have our next meeting on January 27. In March, we will have our one and only fundraiser, a yard sale. As you begin your spring-cleaning, please keep our fundraiser in mind. John Fennessy will be updating you with the details soon. In addition, we will begin prepping for our formal soon. The formal will be held on Saturday, April 30. Please keep that evening open for this event. You may want to secure a babysitter now. Ralph Bales will be updating you about this project and we will begin selling tickets to this event shortly.

Finally, I would like to remind you that we will elect new officers at the end of this semester. If you are interested in running for a position, it may be a good idea for you to work directly with the officer who is in this position now. Thus, you will have an idea of what the position requires and a little experience too.

Vice President's Corner (John Fennessy) - Our next meeting will be on Thursday, January 27. Again we will have guest speakers. Kelly Prew and Sandra Clifton of the Huntsville Family YMCA will be visiting us and talking about the services that the YMCA can provide to non-traditional students, such as ourselves. They will also discuss scholarship opportunities for our children.

I would like to encourage everyone to remember that the Student Activities Office makes a strong investment in our organization by providing our lunches. If you RSVP, please make every effort to attend. We will be meeting in the LSC, on the 3rd floor. If we can, we will meet in the foyer. If we have a large RSVP, we will meet in the large meeting room adjacent to the foyer. If you are interested in attending, please RSVP by December 6 at [roughneckbooks at hotmail.com](mailto:roughneckbooks@hotmail.com). As always, if you need to leave at 12:30 or enter at 12:30, you should feel free to do so. Please RSVP by Monday, January 24.

We are also looking for Relay for Life participants. Relay for Life is on April 15. NTSO will have a team for this event. In order to participate, we must have one person from our team walking on the track at all times. We need your help. Please email me at [roughneckbooks at hotmail.com](mailto:roughneckbooks@hotmail.com) if you are interested in participating!

Ralph's Corner - We are getting geared up for our formal ball that will be later in the spring. I am looking for suggestions as to a theme. So far I have a cruise theme, Mardi Gras, murder mystery, and black and white. Please email your suggestions to me, or feel free to catch me at our monthly meetings. This is going to be a great time, and I am really looking forward to it. We'll need your support to pull this together and make it all work. Remember, it's your organization. When everyone gives just a little, we will make it a huge success. Thanks for your support.