

Commuter Connections

A Month for Men, Women, Wellness and More!

This upcoming week October 13-17 is bursting with things to do... it's Week of Wellness and Men's Week (which is not just for men)!

The Quick Low Down:

The Week of Wellness:

"Wellness" is an all-encompassing term that refers to health, happiness, and everything in between. The University, Portage Health, student groups, and others have all pitched in to host events and activities each day. Activities include massages, pilates lessons, rock wall climbing, lessons on healthy eating, trail mix making, and the "How the Health are You?" fair. The fair offers multiple screenings (blood pressure, cholesterol, etc.), some free food, and giveaways. You'll be hard pressed to find screenings offered at such a good price: Free!

Follow this link www.sa.mtu.edu/stulife/WeekofWellness/ or use the university's website search by typing "Week of Wellness".

Men's Week:

Also this week, the Society of African American Men is hosting a series of events for professional and personal development of all men. Ladies are invited to the Etiquette Dinner and The Gentleman Standard: How to treat your lady right.

What are YOU doing this Weekend?

Make a Difference Day:

Students and community members will team up on Saturday, October 18 to make some changes for the better in the local Houghton and Hancock area. Make a Difference day is a national community service event held every October, and Michigan Tech makes it easy for you to help out too! Registration is online so you can go to the website, check out the projects, and sign-up right then and there. Hurry, as projects fill up fast. If you have a project idea, you can make it happen too. There is a section on group sign up for new projects. Make a Difference Day is a cool way to spend time with friends, or to make new friends, all while knowing that you're making a real impact in the community.

Follow this link www.sa.mtu.edu/community/difference.html or use the university's website search by typing "Make a Difference Day".

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On Campus this Month:

- 10/13 Week of Wellness and Men's Week Begin
- 10/14 "How the Health are You?" Fair (Wellness Week) 10:00 AM -3:00 PM in the MUB Ballroom
- 10/14 Broomball Info Session 7:30 PM M&M U115
- 10/17-18 *The Incredible Hulk* presented in Fisher 135 by the Film Board
- 10/18 Make a Difference Day – locations vary, sign up today to help!
- 10/22 Student Affairs Employment Expo – Learn about job opportunities on campus!
- 10/24 Diwali Night: An Evening of Indian Cuisine and Culture, 5:30 – 7:30 PM Dinner in the MUB Ballroom, Show 8:00-10:00 PM at the Rozsa
- 10/24-25 *Kung Fu Panda* presented in Fisher 135 by the Film Board
- 10/25 Spirit of the Harvest Powwow 1:00 - 8:00 PM at the Gates Tennis Center
- 10/25 Safe House – Students create safe places and scenes for area children to trick-or-treat.
- 10/31-11/1 *The Dark Knight* presented in Fisher 135 by the Film Board
- 11/1 Leadership Symposium 10:00 AM – 4:00 PM in the MUB
- 11/3 Relient K concert presented by Student Entertainment Board 7:30 PM at the Rozsa Center
- 11/4 The General Election -Get out there and cast your ballot! Rock the Vote!
- 11/7 Student Activities Comedy Series hosts Kira Soltanovich 10:00 PM MUB Ballroom

For commuter
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Health and Wellness

Intramural and Club Athletic Teams

Intramural and club athletic teams are a great way to stay active and have fun! Michigan Tech offers a wide variety of club teams ranging from alpine skiing to Brazillian jiu jitsu, and paintball to volleyball. Intramural teams (which are now free thanks to our new Experience Tech fee) include water polo, flag football, ice hockey, and bowling, and more. Michigan Tech's Intramural-Recreational Sports Services also offers tournaments in different sports throughout the semester such as a 4's soccer tournament and 3-on-3 basketball. The great thing about Intramural sports is that you don't need to have had experience with the sport to play on most intramural teams! The wide variety of teams offered through these programs provides a great opportunity to try out a new sport or to pick up an old one.

For more information on Intramural teams and tournaments, visit the following websites:
www.admissions.mtu.edu/life/intramurals/
<http://www.exsci.mtu.edu/im/IM%20Web-site/C-Fall%20Sports/fallsports.html>

The list of Club Athletic Teams can be found at:
www.admin.mtu.edu/urel/studenthandbook/student_life.html

For more information including contacts for these organizations, search for the individual team name at www.mtu.edu.



Michigan Tech

Academics

On Monday, October 13, midterm grades are available for first-year students. You can check them by going to www.banweb.mtu.edu, logging in, clicking the "Student Services" tab, then "Student Records", and then "Midterm Grades." Viewing your midterm grades gives you a great opportunity to check how you're doing in a class. If you find that your grade is unsatisfactory, you can go talk to your professor or visit a learning center. Professors and coaches can give you tips on how to better prepare for the class, how to study for the exams, or provide you with other information that will help you to succeed in their course. There is still plenty of time left this semester to improve your grades, and your professors are more than happy to help, but you need to start now.

In addition, registration is coming up soon for the spring and summer semesters. The schedule for registration is based on the number of credits earned (which doesn't include the credits you are taking this semester, as they're not earned yet). The list of dates when registration is open can be found at www.admin.mtu.edu/em/documents/registrationpriorityschedule200801.pdf. Students with 17.5 credits or less can register on November 6. Before registering, it is helpful to meet with your academic advisor to make sure you are registering for the right courses. You can also attend the first-year advising meeting for your major.

From experience...

If you're hungry between classes and don't have time to go down to the MUB to eat, stop by the Campus Café on the ground floor of Wads or the Aftermath Café on the first floor in Fisher. Both places offer snacks and quick food for reasonable prices in a convenient location. If you have Express Cash or Big Dog Bucks on your Tech Express card, you can use it at these locations as well. Both cafés offer pizza, sandwiches, and snacks, and the Campus Café also has a grill that serves burgers, fries, and other hot food.

Wait, what's with that?

After receiving many good questions pertaining to classes, study nooks and homecoming, we've decided to open up a section of the newsletter for your write in questions. It's important to publish your questions because if you've got them, it is likely someone else does too. Don't worry, we will not publish your name or any identifying information. Email them in, or stop by the COMPASS office on the ground floor of Wads and drop them in the "commuter questions" box, or ask us directly. Go ahead and preface them with "Dear Andrea and Kara" or "My Dearest commuter mentors" – It makes us feel special.

Here are a few examples of questions we've had:

*Hey,
I've heard, that if you don't buy a parking permit,
Michigan Tech won't be able to track you to make
you pay parking tickets. Is this true?*

No, it's not true. Your car still has a license plate, which can be tracked and traced. If you haven't bought a parking pass, the 20 or so dollars is probably worth it. If you've been throwing those tickets on the ground near your car hoping they blow away, you'll wind up with a hold on your student account for unpaid parking tickets.

*Hello Andrea and Kara,
I'm pretty busy as a first year, but I'm thinking
about being on Homecoming court in the future.
What are the requirements to run for Homecoming
Queen?*

Homecoming Court is part of the points competition to win homecoming week, so you've got to be nominated by an organization or group of students (this may even be just a group of friends), and pay the registration fee of \$20. You must also be in your "junior year" with at least 30 credit hours from Michigan Technological University, maintain a grade point average (GPA) of 3.0 or more, and be involved in at least one Michigan Tech registered student organization or community group. Not too difficult and a lot of fun!