Commuter Connection

News and Information for the KU Commuter Student

March/April 2005 Volume 3, Issue 2

Commuter Student Association

Commuter students are a diverse group of students from recent high school graduates living at home, and older students from the current workforce, to married students with family and working full-time. Studies show that commuter students that are more active on campus enjoy the college experience more and tend to do better academically than students who limit themselves to the classroom experience only. The Office of Student Union & Commuter Services is working with commuter students to develop a Commuter Student Association. The Commuter Student Association (CSA) has the potential to be a student-run organization dedicated to serving the needs of the University's commuter student population. The goal of the organization is to sponsor recreational and cultural activities, lobby on behalf of commuter students with the administration, and represent commuters campus wide. CSA is open to all students interested in commuter issues. If you are interested in participating or getting involved with CSA please contact Esther Gonzalez, egonzale@kutztown.edu or attend the CSA interest meeting on Thursday March 24 at either 11am or 5pm in the McFarland Student Union room 325.

Upcoming Events & Dates

- **March 24: Commuter Association Meeting**
- **April 5: Commuter Tuesday**
- **April 7: Choosing or Changing your Major**
- **April 8: ASL Induction Ceremony**
- **April 23: Bear Fest**
- **April 25 & 26: Commuter Stress Free Zone**
- **April 27: Me Day**
- **May 1: "The Incredibles"**

Brought to you by the Office of
Student Union & Commuter Services
274 McFarland Student Union
www.kutztown.edu/admin/sub or
msu@kutztown.edu

Major Decisions

Choosing or Changing your Major?

The Advising Center for Undeclared Student would like to assist you with this major decision. Staff from the Advising Center will be presenting Major Decisions: Choosing or Changing your Major on Tuesday, April 7 from 11:00 a.m. – noon in MSU 322. Learn strategies and gather information on how to find the "right" fit for you. Bring your lunch and participate in the session to learn the four-step process on choosing or changing your major at KU!

Upcoming Commuter Programs
Sponsored by the Office of Student Union & Commuter Services

- **COMMUTER TUESDAYS**
  Tuesdays @ 11:00AM, McFarland Student Union Commuter Lounge
  March 15, April 5
  Commuter Tuesdays have fast become a commuter tradition at KU! Visit the Commuter Lounge and meet other commuters and nontraditional students and enjoy hearty soup, fresh gourmet bread, and lively discussions.

- **COMMUTER SUCCESS SERIES**
  The CSS consists of several educational programs offered to commuter and adult students to help provide tools and resources for commuters to be successful inside and outside the classroom.

  "Major Decisions: Choosing or Changing Your Major at KU"
  Tuesday, 4/7 @ 11:00 AM McFarland Student Union 322

Adult Student Scholarship

The Alpha Sigma Lambda Adult Education Foundation will be awarding scholarships for the 2005-06 school year.

Who may apply?

Any student who has achieved the following criteria:

- Completed 30 semester hours or graded coursework at Kutztown University (does not include transfer credits)
- Achieved a grade point average of 3.4
- Is 24 years of age or older
- Is enrolled in a baccalaureate degree program at Kutztown University
- Has a financial need for assistance to complete the degree
- Students do not need to be a member of Alpha Sigma Lambda to apply

Deadline:

Applications can be obtained at the MSU Information Desk, the office of Student Union and Commuter Services, and the Commuter Lounge.
Students must have their completed applications in to the Office of Student Union and Commuter Services by April 7th, 2005.

Congratulations 2005 ASL Inductees!

On April 8, 2005, 29 nontraditional students will be inducted into the second class of the Alpha Sigma Lambda National Honor Society. Inductees earned a minimum QPA of 3.75, have over 24 credits at KU, and are 25 years of age or older. Congratulations on your hard work!

On Campus Resources that Promote a Healthy Lifestyle!

Health Center

All currently enrolled students who have paid a health services fee and have a completed health record on file are eligible for services. Health & Wellness Services is an ambulatory care facility. Students may be seen on a walk-in basis but appointments are strongly encouraged. A professional nursing staff evaluates all students. Depending upon the need, students may be referred to self care, scheduled for an appointment with a nurse or a physician, or referred to a local medical facility for emergency treatment. Routine health care is available for the following: minor injuries cold/flu, vomiting/diarrhea, short-term illnesses, allergy injections, strep screens, immunizations, physical exams, health counseling, women's health care services, pregnancy testing, routine and emergency contraception, etc.

Counseling Service

Counseling Services provides free and confidential counseling to **ALL** matriculated Kutztown University students. They provide services for students experiencing difficulties with anxiety, depression, family, and relational troubles, substance abuse, and other concerns. These services include but are not limited to group and individual counseling, relationship and academic counseling, crisis intervention, alcohol/drug counseling, psychiatric consultations, and community referrals.

For More Information go to their web site:
www.kutztown.edu/admin/counseling/

University Counseling Services
205 Stratton Administration Center
(610) 683-4072

Bearfest 27 Open to ALL - April 20-23, 2004

Come "Mosey on down to Bearfest 27" located on the South side of campus (between the residence halls). All events are free for KU students.
The following events are tentatively planned:
April 20th– live bands, pig roast, western photos, and line dancing
April 21st– pudding slide, tug of war, chili cook-off, karaoke, and a strawberry festival
April 22nd– live bands, Texas Hold 'em tournament, and a late night movie
April 23rd– Bearfest Carnival– inflatable games, Best of KU performance, music, food, and much more. Children and Families Welcome!!!!!!!!!!!!!

PSECU Scholarship

$10,000 in scholarships will be awarded to qualified students. Will you be one of them? Pick up an application at the PSECU e-center in the McFarland Student Union, Room 280. Applications due by April 1, 2005!

Eligibility:

Undergraduate Students

- PSECU member
- Academic merit
- Full-time status
- Minimum GPA of 3.25
- Minimum 60 credits earned
- Additional evidence of academic excellence
- Award applied to tuition for the Fall 2005 semester
- Limit one award per student

Graduate Students

- PSECU member
- Academic merit
- Full or part-time status
- Minimum GPA of 3.5
- Minimum 12 credits earned
- Additional evidence of academic excellence
- Award applied to tuition the Fall 2005 semester
- Limit one award per student

Employees, agents, and officials of PSECU are not eligible.

Bear Bucks

Bear Bucks is a flexible spending account that functions like a declining balance attached to your KU Card automatically and can be used for purchases at:

The Bookstore, Library, Goldie's Convenience Store, campus wide vending machines and more!

Bear Bucks? is easy to use and accountable. All you need to do is swipe your card to get the products or services you need. Deposit money into your ?Bear Bucks? account via any of these convenient ways:

1. Over the Web: https://portal.kutztown.edu/oss/login.asp (Students ONLY).
2. Mail, call, or visit the Bursar's Office. (610-683-4133, Administration Building 225)
3. You can also check your balance online by visiting the One Card Office website at www.kutztown.edu/kucard then click on the link Online Card Office. A monthly statement on the usage of your Bear Bucks will be emailed to your KU email account.

KUTZTOWN UNIVERSITY

Kutztown University of Pennsylvania is a member of the State System of Higher Education