



**KUTZTOWN UNIVERSITY
OF PENNSYLVANIA**

A Member of the State System of Higher Education



**Important News
for Families of
Kutztown University
Students**

WINTER 2011

Does Stress Have You Stressing Out?

There is no denying that stress is a part of modern life. New experiences, the unexpected and even poor planning on our part add to our daily tensions. For a university student, whose life is filled with deadlines, papers and tests, it is easy to become overwhelmed by stress and not even know it.

According to Dr. Russell Gross, a KU professor and counselor, there is no getting around stress. But how much is too much?

“College can add a whole new level of stressors,” Gross said. “Students cannot get by with just a couple of hours of study or sleep, and the demands of living with a roommate can challenge a young person’s social skills as never before.”

Gross said anxious thoughts and uncomfortable feelings are the signs of mild stress levels. As students adapt to their new environment, these feelings should subside. For some, however, stress can lead to other problems, from difficulty sleeping, frequent headaches and skin rashes, to allergies, stomach upsets and even high or low blood pressure.

“Sleeplessness can be a big issue,” Gross said. “When the body doesn’t get enough time to recover from stress, additional problems may occur.”

Family support can play a big role in helping a student adjust to their new environment.

Gross recommends that parents begin by making sure the student is eating well and getting enough exercise and sleep.

“Family encouragement and support also helps a lot,” he said. “Sometimes, just spending a weekend at home is enough to help their son or daughter adapt.”

However, when a student begins to show signs that they are having trouble socializing, isolating themselves in their room, exhibiting frequent crying spells, or developing obsessive thoughts or fears, it is time to seek counseling, said Gross.

Continued on page 5



Want an Edge on the Competition? Consider Graduate Study at KU!

During this uncertain economy, undergraduate students nearing their senior year are encouraged to consider graduate school to help them gain an edge on the competition. The graduate program at Kutztown University has been in existence for more than 50 years, and offers 25 programs of study.

KU graduate programs provide students with affordable tuition, flexible class times, and great faculty with vast experience in their fields. Advanced academic training not only provides a solid advantage when seeking employment, but a graduate degree also prepares students for a commitment to lifelong learning so often required by many professions today.

One of the benefits of studying at the graduate level is that students are able to immerse themselves into a particular area of study. Rather than taking general education courses to satisfy degree requirements, masters-level course focuses directly on subject matter related to the degree. Graduate students can become involved in organizations such as Alpha Epsilon Lambda, Graduate Student Association, MBA Association, and have opportunities to pursue internships.

Undergraduate students are encouraged to prepare early for graduate studies entrance exams such as the GRE or GMAT. Because admission requirements vary per major, it is recommended that students consult with a graduate admissions counselor for assistance with preparation for graduate coursework and the application process.

Continued on page 5

KU Student Bookstore— Growing Greener Every Day

These days it seems like everyone is trying to conserve energy and be mindful of the environment. Many students may already be doing their part by taking shorter showers, replacing old light bulbs with new energy efficient bulbs or even driving a hybrid car.

But have you heard about all of the green options the KU Student Bookstore provides to customers? Not only are they great for the environment, but they also save students and their parents some green too.

As part of an ongoing “green” initiative, the bookstore has introduced two new textbook options over the past few semesters—textbook rental and digital books. Both options save trees and paper in addition to offering a significant cost savings.

Though the concept of buying used textbooks has been around for years, the bookstore continues to work to place more used copies on its shelves. The bookstore contacts KU faculty to determine which books are going to be reused the next semester. When the managers know the titles, students can sell back their used textbooks and receive cash at the end of the semester for up to 50 percent of the new price of that book. Those textbooks stay on campus and save other KU students money the following semester.

Next time you visit the KU Student Bookstore, be sure to check out their eco-friendly programs and products.



Shake Off the Winter Blues and Join the Gold Rush Fun!

Students, families and friends are invited to take part in Gold Rush fever as the Golden Bears host Shippensburg University for a basketball doubleheader on Saturday, Feb. 5.

To drive away the winter doldrums and create excitement for the KU men's and women's basketball games, students, family and friends are invited to “jam the gym” for this special Gold Rush event.

Before the game, the Student Recreation Center will offer a variety of family fun activities including games and food from 11 a.m. to 1 p.m. Students and families also can sign-up for special competitions that will take place during the basketball games.

The Golden Bears women's basketball team will kick off the afternoon at 1 p.m. in the Keystone Arena, and at 3 p.m. the men take to the court in an exciting matchup against the Raiders. Wear your KU apparel to the game or stop by the KU Student Bookstore stand and grab some golden garb to light up the bleachers with Kutztown pride.

Other specials and events are coming, so be sure to check out familyday.kutztown.edu for more information and an updated schedule.

Planning to Apply for Financial Aid? Remember to File Your FAFSA Early

KU's priority filing deadline for scholarships and high-need, campus-based aid is March 1, 2011. The Free Application for Federal Student Aid (FAFSA) is used to apply for all federal and state grants and loans including Pell grants, Perkins loans, SEOG grants, institutional scholarships, and Stafford and PLUS loans. KU need-based scholarships and student employment are also determined by the results of the FAFSA. In addition, the FAFSA must be filed by May 1, 2011 to be considered for the PHEAA state grant program for Pennsylvania residents.

Students can file the FAFSA electronically by completing the application online at www.fafsa.gov. First-time aid applicants must file the original FAFSA while most returning applicants may file the renewal FAFSA.

The U.S. Department of Education requires students to sign their FAFSA either on paper or by a Personal Identification Number (PIN), which serves as an electronic signature. If the FAFSA requires parent information, the parent's signature is also required. Both the student and parent can each apply for a PIN at www.pin.ed.gov. Printing and mailing a paper signature page is not necessary as long as both the student and parent have entered their PINs as electronic signatures.

All federal student loans (Stafford, PLUS and Grad PLUS) are now originated through the Federal Direct Loan Program since July 1, 2010. New student borrowers need to complete both entrance counseling and a master promissory note by logging into www.studentloans.gov, entering their social security number, date of birth and their FAFSA PIN number.

Parents interested in applying for PLUS loans will also need to log into www.studentloans.gov using their social security number and their FAFSA PIN number.

Loan processing for incumbents for 2011–12 will begin after spring 2011 grades are posted to determine eligibility.

Students should remember that eligibility for financial aid is determined by the results of the FAFSA, and continuing students must meet the financial aid progress requirements. Federal regulations require a university to establish an academic progress policy as part of eligibility requirements for all federal financial aid programs. KU's financial aid progress requirement is posted on the Financial Aid Office website at: financialaid.kutztown.edu.

Please note that PHEAA grants are state aid with different eligibility and progress requirements.

The Financial Aid staff is available to answer any questions by phone at 610-683-4077 or in person at 209 Stratton Administration Center. Office hours are 8 a.m. to 4:30 p.m., Monday through Friday, with extended hours on Tuesdays to 6:30 p.m.

For students seeking employment, visit KU's student employment website: www.kutztown.edu/admin/finaid/employment/home.html.

Student Organizers – Set Sail on a Voyage of Leadership Excellence!

Embark on a journey of discovery and learn how to lead others, your student group or organization to new levels of growth and active participation during the spring **Involvement Quest**.

As part of a program to support students, organizations and develop strong campus leaders, the Student Union and Involvement Services Office is offering a series of seminars and workshops open to all students.

Held in McFarland Student Union (MSU) throughout the spring semester, these programs are designed to enhance the skills of student leaders and increase all participants' enthusiasm about their club or organization.

To find a treasure chest full of useful tips and advice, simply set your sail for these upcoming Involvement Quest events:

Fundraising Strategies for Student Organizations – Feb. 3, 5 p.m., 250 MSU

LeaderSHIP: Uncovering Your Treasure Chest – Feb. 12, 1 p.m., 218 MSU

Planning and Marketing a Successful Event – March 3, 5 p.m., 322 MSU

Officer Transition – March 29, 5 p.m., 250 MSU

Tips and Tricks for Organizational Recruitment and Retention – April 14, 5 p.m., 183 MSU

To join the quest for leadership excellence, go to www.kutztown.edu/divisions/student-services/departments/sis/involvequest.aspx.

Do Something Different for Spring Break

While spring break is traditionally a time to relax and unwind, many students have discovered the weeklong vacation can be used to enhance the lives of others, improve the environment and develop leadership skills through community engagement.

The KU Community Outreach Center has been providing students with an opportunity to make a difference through the Alternative Spring Break program since 1992. Instead of spending spring break at home or on vacation, students travel in groups to provide much needed service.

Since the program began, more than 700 KU students have engaged in more than 70 projects in 20 states from Massachusetts to Oklahoma.

This year the center will organize four trips from March 6-13:

Washington, D.C. – Volunteers work in soup kitchens, at homeless shelters and health clinics helping those in need.

Assateague Island State Park in Maryland–Students assist the park with environmental issues, park cleanup and repair.

Pocahontas State Park in Virginia–Students help with refurbishing projects and other park enhancements.

North Carolina and Tennessee –Volunteers join Habitat for Humanity to build homes at three separate sites.

To participate in an Alternative Spring Break adventure, sign-up at the **Community Outreach Center, 281 McFarland Student Union**. Approximate cost for each trip is \$150, which includes the curriculum, transportation and lodging.

Join the Fun!

There is no reason to sit in your room during the cold winter months. The Association of Campus Events (ACE) has a complete schedule of fun activities. For tickets or more information, call 610-683-1383.

Jan. 19 Comedian: Nore Davis, 8 p.m., 183 MSU



Jan. 26 Chocopalooza, 7-9 p.m., 218 MSU

Feb. 1 Comedian: Kevin Bozeman, 8 p.m., 183 MSU

Feb. 2 ACE Open Mic Night with Jenn Grenels, 7-10 p.m., South Dining Hall

Feb. 5 Gold Rush, 11 a.m.–1 p.m., Student Recreation Center
Feb. 8 Black History Month Trivia Game Show, 7 p.m., South Dining Hall

Feb. 9 Double Dare, 7 p.m., South Dining Hall

Feb. 10 Ursa Minor Café Series: The Blue Method, 7:30 p.m., 218 MSU

Feb. 15 Tranquility Tuesday, 6–10 p.m., Student Recreation Center

Feb. 16 Warm Up Wednesday, 11 a.m.–2 p.m., 218 MSU

Feb. 26 Jersey Boys Broadway Excursion, departing at 9 a.m.

March 1 Philadelphia 76ers Excursion, departing at 4 p.m.

March 16 KU's Got Talent, 7 p.m., Schaeffer Auditorium

March 17 St. Patty's Day on the Hill, 9–11 p.m., South Dining Hall

March 22 Hypnotist: Saleish, 8 p.m., 183 MSU

March 28 An Evening with Tory Belleci from "MythBusters," 8 p.m., Schaeffer Auditorium

March 29 Death Row Inmate Speaker: Ray Krone, 7 p.m., 183 MSU

March 30 Comedy Duo: A Pair of Nuts, 8 p.m., MSU

March 31 Ursa Minor Café Series: Chris Brubeck, 7:30 p.m., 218 MSU

April 1 Berks Got Talent, 7 p.m., Schaeffer Auditorium

April 2 Baltimore Excursion, departing at 9 a.m.

April 6 ACE Open Mic Night with Carlos Robson, 7-10 p.m., South Dining Hall

April 14 Bongo Ball Mania, 5 p.m. on the DMZ

April 14 Ursa Minor Café Series: Femme Fatales, 7:30 p.m., 218 MSU

April 19 Comedian: Andy Hendrickson, 9 p.m., 218 MSU

April 20 Egg Mania: The Ultimate Egg Hunt, 9 p.m., MSU lawn

April 27 Heat Up, Cool Down, Peace Out K Town, 5-9 p.m. on the DMZ

April 30 Great Wolfe Lodge Excursion, departing at 9 a.m.

Compete in a Triathlon and Never Leave Campus

Get out of the cold and warm up with a little healthy exercise by entering the Student Recreation Center Indoor Sprint Triathlon this spring. An entertaining way to test your skills, tone up and win big prizes, this triathlon is open to all students and rec center members ready for a challenge.

On Sunday, March 27, competition will begin promptly at 8 a.m. at the Keystone Hall Pool. Participants will complete a 10-minute swim, then head over to the fitness center for a 30-minute stationary bike ride and finish with a 20-minute run on the indoor track. Each competitor's total distance will be calculated and prizes will be awarded based on the distance traveled in the time allotted.

Participants receive a T-shirt and water bottle. Prizes will be awarded to the top two male and female competitors. This year's prizes include new bicycles, rec center prize packages and gift certificates. All participants must register by Wednesday, March 23 and will receive their race time by Friday, March 25.

For more information or to register, contact Amy Sandt, recreational director, at sandt@kutztown.edu or inquire at the Student Recreation Center Information Desk. Information is also available at **recreation.kutztown.edu**.

Growl with the Golden Bears at KU Home Games this Winter

Jan. 22	1:00 p.m.	Women's Swimming vs. Lock Haven
	1:00 p.m.	Women's Basketball vs. East Stroudsburg
	3:00 p.m.	Men's Basketball vs. East Stroudsburg
Jan. 28	11:00 a.m.	Women's Bowling-KU Invitational at Heister Lanes, Reading, PA.
Jan. 29	9:00 a.m.	Women's Bowling-KU Invitational at Heister Lanes, Reading, PA.
Jan. 30	8:30 a.m.	Women's Bowling-KU Invitational at Heister Lanes, Reading, PA.
Feb. 1	7:30 p.m.	Wrestling vs. Millersville
Feb. 2	6:00 p.m.	Women's Basketball vs. Mansfield
	8:00 p.m.	Men's Basketball vs. Mansfield
Feb. 5	1:00 p.m.	Women's Basketball vs. Shippensburg
	3:00 p.m.	Men's Basketball vs. Shippensburg
Feb. 9	6:00 p.m.	Women's Basketball vs. West Chester
	8:00 p.m.	Men's Basketball vs. West Chester
Feb. 11	7:30 p.m.	Wrestling vs. York College
Feb. 15	7:30 p.m.	Wrestling vs. East Stroudsburg
Feb. 16	6:00 p.m.	Women's Basketball vs. Cheyney
	8:00 p.m.	Men's Basketball vs. Cheyney
Feb. 26	1:00 p.m.	Women's Basketball vs. Millersville
	3:00 p.m.	Men's Basketball vs. Millersville
March 1	TBA	Men's Basketball at PSAC Quarterfinals
	TBA	Women's Basketball at PSAC Quarterfinals
March 4	TBA	Women's Basketball at PSAC Semifinals
	TBA	Men's Basketball at PSAC Semifinals
March 5	TBA	Men's Basketball at PSAC Championship
	TBA	Women's Basketball at PSAC Championship



For more information on the articles featured in this issue, click on the Family Ties Extra link at: www.kutztown.edu/familyties

The KU student handbook "The Key" is available online at: thekey.kutztown.edu

The Academic Catalog is now available online at: portal.kutztown.edu/common/catalog



Kathy Mattea
Thursday, March 24 @ 7:30 pm



Chris Brubeck's Triple Play
Thursday, March 31 @ 7:30 pm



Nai-Ni Chen Dance Company
Tuesday, January 25 @ 7:30 pm

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Blue Method
Thursday, February 10 @ 7:30 pm



New York Voices
Thursday, April 7 @ 7:30 pm



Jonathan Sprout
Sunday, March 20 @ 2:00 pm



Femmes Fetales
Thursday, April 14 @ 7:30 pm



Ronald K Brown/Evidence
Thursday, February 17 @ 7:30 pm

STRESS *continued from page 1*

At the KU Health and Wellness Center, located on the first floor of Beck Hall, a team of counselors and psychologists are ready to help students through the rough periods, and if needed, refer them for more specialized treatment with other health care professionals. The health center also provides educational programs and health fairs throughout the year to support a healthy life style.

Additionally, Gross directs students to the KU Student Recreation Center for exercise which can help to improve their mood and enhance the quality of their sleep, in addition to improving their physical health. Joining exercise clubs or intramural sports also can help them make new friends and establish social support networks which are great for managing stress. Daily meditation practice is another powerful way to manage stress. Gross leads a 20-minute mindfulness meditation every Tuesday through Friday, from 8:15 to 8:45 a.m. in the Wellness Center, 119 Beck Hall. The sessions are free and open to all students.

“A certain amount of stress is a normal part of everyday life. Adopting a healthy life style, with plenty of exercise, a balanced diet, and adequate sleep will go a long way in managing stress. Support from family and friends also plays a vital role in helping students manage stress. Finally, when necessary, counseling can help students to manage the everyday stressors of college life and to resolve issues that may be creating some of their stress. **With a little assistance and support, most students will quickly learn to recognize stress and deal with it in a healthy manner,”** Gross said.

Students Needed to Assist with Elections

With the primary elections soon upon us, don't be surprised if you see KU students on the front lines assisting voters in Berks County, Pa.

KU was one of only 14 universities and colleges in the nation to receive a \$58,868 grant from the 2010 Help America Vote College Program. Students are trained and paid to work at the polls, help voters fill out paperwork and assist them with other needs for the upcoming primaries and elections in 2011 and 2012.

To qualify, students must be a registered voter in Berks County and may use their university address for registration. Students from all majors are welcome to apply. Individuals with dual language skills are highly needed as translators.

The funding, sponsored by the U.S. Election Assistance Commission, helps to recruit, train and support KU students as poll workers and election assistants through the 2012 Presidential elections.

The program is designed to encourage student interest in the election process and their future involvement in state and local government. It also is designed to help relieve poll worker shortages, which are common during the election season.

For more information or to apply, e-mail kupollworker@kutztown.edu or click on the Family Ties link at www.kutztown.edu/familyties.

PASSHE Universities Provide an Affordable Education

Did you know the 14 universities in the Pennsylvania State System of Higher Education (PASSHE), of which Kutztown University is a member, offer the lowest cost for four-year baccalaureate degree programs in the state?

Did you know that annual tuition increases for PASSHE universities have been below the rate of inflation in four of the last six years? Total annual cost of attendance is \$2,433 below the average cost in the middle states region of Delaware, Maryland, New Jersey, New York, Pennsylvania and Washington D.C., according to a recent College Board survey.

Did you know PASSHE has experienced record enrollment levels in recent years? Currently, 120,000 students attend PASSHE universities, 90 percent of whom are Pennsylvania residents. In addition, PASSHE universities make it easy for transfer students at community colleges and other institutions to receive the maximum credit for the work they have completed. More than one-fourth of all new students enrolling at PASSHE universities transfer from another school.

PASSHE serves the needs of employers by offering a wide range of workforce development programs, including the Workforce and Economic Development Network of Pennsylvania, collaborations with businesses and customized job training.

Nearly 500,000 PASSHE alumni live in Pennsylvania serving as community leaders in business, healthcare, public administration and non-profit sectors while generating an aggregate annual income of \$7 billion. In addition, PASSHE is the 13th largest employer in the state, with more than 12,150 professional and support staff.

For more information on PASSHE visit www.passhe.org.

GRADUATE STUDY *continued from page 1*

Graduate students are able to finance their education through loans, graduate assistantships and scholarships. For more information on financing options, students can contact Financial Aid Services at (610) 683-4077.

Application deadline dates for all programs, with the exception of counseling, are Dec. 1 for the spring semester and Aug. 1 for fall. For all majors in counseling the deadlines are Feb. 1 for fall and Aug. 1 for spring. The Masters of Business Administration (MBA) program works on a trimester system with three start dates throughout the year — September, January and May. Summer MBA application deadline is April 1.

A graduate degree is valuable in all professions, and will pay off in the long run through raises, promotions or even a career change. In addition, graduate students have the opportunity to work closely with fellow students and professors, making connections that can last throughout their careers.

To learn more about specific graduate programs and requirements, call or e-mail the **Graduate Admissions Office at (610) 683-4200 or graduate@kutztown.edu**

Spring Break 2011 Checkout

Spring Break begins at the close of classes on Friday, March 4 and ends at 8 a.m. on Monday, March 14. Information on check-out from residence halls and apartment assignments will be sent to residents' student e-mail accounts in February. All on-campus residents—including Golden Bear Village, Dixon Hall and the Honors Building—must be checked out by 6 p.m. on Friday, March 4.

2011 New Year's Resolutions for You!

Join the fun and learn how to keep your new year's resolutions during a special back-to-school health fair and expo held in the McFarland Student Union Multipurpose Room on Thursday, Jan. 27 from 10 a.m. until 2 p.m.

Activities are aimed at helping individuals with their goals toward a healthy lifestyle. Campus and community vendors will provide opportunities for individual health assessments by offering blood pressure screenings, strength testing, body mass index measurements and more. Tips for practicing good nutrition, stress management and relaxation techniques will help to start the New Year with a focus upon taking care of you. This event is coordinated by the Health and Wellness Center.

MARK YOUR CALENDAR

Monday, Jan. 17

No classes in observance of Martin Luther King Jr. Day. Administrative offices closed.

Tuesday, Jan. 18

Spring 2011 classes start at 8 a.m.

*February

Golden Bear apartment room selection for fall 2011

Friday, March 4

Residence halls and apartments close at 6 p.m. for Spring Break

Sunday, March 13

Residence halls and apartments open at 1 p.m.

Monday, March 14

Classes begin at 8 a.m.

*March

Suite-style and traditional room selection for fall 2011

*April

Room selection for fall 2011 continues for students who did not secure an assignment

April 13–16

Bearfest 33

Friday, May 6

Residence halls close at 6 p.m.

Saturday, May 7

Commencement

Sunday, May 22

Residence halls open at 3 p.m. for Summer Session I

Wednesday, June 1

Last day to cancel housing license for 2011/2012. Students will be charged for housing for fall 2011 and spring 2012 after this date.

**Room selection detailed time frames and instructions will be sent to student e-mail accounts.*

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