



Office of Adjunct Faculty Support Programs

Science East 201 964-4050 adjunct@svsu.edu

Winter 2009 Workshops

The schedule for Winter 2009 workshops offered by the Office of Adjunct Faculty Support Programs will soon be posted.

Designing Effective Assessment Materials will be on February 4, 2009, *Legal Issues* will be on March 2, 2009, and *Addressing Diversity Issues in the Classroom* will be on April 2, 2009. These occur from 6:00 until 7:30 p.m. in the Executive Board Room (Curtiss 157). A fourth workshop, *Course Design: From Course Description to Assessment* will be offered in the Emeriti Room on April 11, 2009 from 9:00 until 3:00. To register for these or any other workshops offered by the University, please go to: www.svsu.edu/workshops.

Best Practice Award Applications Due

The Office of Adjunct Faculty Support Programs has extended the deadline to submit Best Practice Award applications to Friday, December 12, 2008. Information and applications for Best Practices can be picked up in Science East 201.



Upcoming Pay Schedule

Payroll checks for the December 26th pay date will be available on December 19th. Checks not picked up prior to the holiday break will be mailed to the address on the check. Payroll checks should not be cashed and direct deposit funds will not be available until Friday, December 26th, 2008.

The pay dates for Winter 2009 semester have been established. The first pay for the adjunct faculty will be January 23, 2009 and the last pay date will be May 1, 2009. If you want your first paycheck on January 23, you must submit your contract to Human Resources in Wickes 373 by noon on January 15.

Makeup Exams Offered

The final makeup exam periods offered by the Office of Adjunct Faculty Support Programs will be Thursday, December 4 from 4-6pm in Science East 223 and Friday, December 5 from 1-4pm in Science East 223. Instructors may drop off exams in Science East 201 or email adjunct@svsu.edu. An email will be sent out at the beginning of the following week to inform instructors of any exams remaining in our office that must be picked up.

Student Stress and Student Success

There has been snow on the ground this week and the air is icy. Surely this must mean that the end of the Fall semester is growing near. Since this is the last newsletter for this academic semester, we thought it might be nice to give you some ideas for how your students can avoid burning out at end of the semester. We also thought we would offer some ideas for ways to happily end your classes, as we really don't think that students want to discuss Kierkegaard and existentialism on the last day of class.

Many students during their college years face emotional, mental and physical obstacles. These become particularly evident each semester after mid-terms (Misra and McKean, 2000). Of the obstacles students face, interpersonal stresses are the most apparent. This source of stress can lead to poor sleeping habits and changes in eating habits both of which affect academic performance. As well, many of our students experience dissonance trying to balance a 30-40 hour work week with the demands of a full college load. This is particularly true for freshmen. If you have students who seem stressed you might help them out by suggesting they try not to beat themselves up if they do have a problem but instead take control of their situation. You might suggest that they try to find some balance in their lives as they try to deal with family, friends, work and studying. Other suggestions you might offer involve encouraging your students to get regular exercise, learn relaxation or meditation techniques, practice healthy eating habits and learn to say, "NO!" to people and activities that sap their time and energy. These might be the very remedies that your students need to pull out the rest of semester successfully.

On a different note, it is important to have a strong end to the semester. Methods to accomplish this vary; however, we have found a few ideas which might be a great way to end your class. Ask the students to compose a reference letter for next semester's incoming students. In this letter your students should offer advice on how to be successful in your class, how to study, how to get along with you, and discuss any potential problems that the incoming student might encounter.

Stand by the door at the end of the last class and shake each student's hand while offering some encouragement, advice, or well-wishes. Schmier (1995) suggests that you bring in two apples and a knife for a demonstration. "Cut one apple, length wise so the students can see the apple core and pits. Tell them that many people believe they are full of these cores and pits and that self-concept holds them back from achieving their goals. Then cut the second apple crosswise so it looks like a star in the middle and tell them that 'a star exists' in all of us and we must have the 'courage and take the risks to seek it.' Depending on the class size, bring apples for snacks and have a closure party."

Should you have other ideas for successful class endings please share these with your colleagues. No matter how things turn out we in the Office of Adjunct Faculty Support Programs wish you and your families well during the upcoming holiday season.

Misrea, Ranjita and Michelle McKean. *American Journal of Health Studies: 16(1) 2000*

Schmier, Randy (1995) accessed from: <http://therandomthoughts.edublogs.org/>