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January 2011

Volume 3: Issue: 1

# Eagle Talk

## Message from Dr. With



I can hardly believe that it is time, once again, to send you all best wishes for the new year! If our past year was given a theme it would have easily named itself “the year of change”. But as we gain a fresh start on yet another calendar year, my resolution for a worthy theme would be “focus”. While I am certain that we could each brainstorm a grandiose list of items that deserve our full-forced attention, my simplest hope is that we focus on what really matters: Our students.

Our past several months together have been sprinkled with what may have seemed like endless changes, but I truly believe that our organizational structure as well as the newly formed strategic initiatives have placed us in the perfect position to renew our attention and efforts toward our students and the type of service and care they can expect to receive from our Division. It is no secret that what we do on a daily basis can change the lives of our students in positive ways that can redirect the course of their week, career path, or even their lives. For those of you who have been with us long enough to see several seasons of change and founding of traditions to those of you who have just recently joined our team with a fresh perspective, collectively, you embody the meaning and purpose behind putting students first.

While the process of piecing together the final touches of our 5-year strategic plan was one that required valuable input and time from each department, I can happily say that we are well positioned to make our first year into the Strategic Plan a productive one. Already, initiatives that we have only seen as ink on paper have begun to take real shape. Based on the reports from our mid-year check alone, I am excited to see what many accomplishments we will have made by the end of this academic year.

Believable or not, the campus is already bustling with students and slowly coming back to life, which can only mean one thing: The spring semester is already underway! As always, thank you for all you do and continue to do. This Division is certainly one we can be proud of.

Here's to a New Year,

UNIVERSITY OF NORTH TEXAS  
STUDENT AFFAIRS

*“Where Students Matter”*

**UNT**  
UNIVERSITY OF NORTH TEXAS  
Discover the power of ideas.

# A Thank You From Our Troops



UNT ★

Just wanted to drop you a  
"Thank You" for all the wonderful  
packages we received. Your support  
is greatly appreciated. Your supplies  
and goodies was distributed throughout  
our company. Hope all is well!

we're doing well here and keeping  
busy. God Bless America ★

★ and thank you again!

★  
Christmas  
wouldn't be the same  
without nice people  
like you.

★  
You're so thoughtful!

Sincerely,

★  
Sgt. Brian McQuinn



# Seeking Options and Solutions



Seeking Options and Solutions (SOS)

Ever felt like you were drowning in information and red tape? Ever been frustrated when attempting to deal with an issue, but continue to have your phone call transferred from one person to the next?

**OUR STUDENTS ARE NOT DIFFERENT.**

One of the primary resources available through the Office of the Dean of Students is to help students resolve University-related issues. Through the SOS (Seeking Options and Solutions) Program, the Office assists students and their families in navigating diverse concerns, as well as identifying resources for personal, academic, financial and social issues.

Often times, having a point person to assist with university processes or simply directing the student in the most efficient way, can impact the student's experience in a very positive way. Ultimately, a primary goal of the program is to assist in university retention efforts through direct, personal contact. Additionally, DOS partners with Enrollment Management to connect with students who have withdrawn from UNT, but wish to return to pursue their academic degree.

Student referrals to the SOS Program should be directed to Dr. Amy Ayres, Associate Dean of Students, 940-565-2648 or amy.ayres@unt.edu.

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## Coliseum Overhaul

The Coliseum recently underwent a comprehensive upgrade of its aging audio infrastructure. The primary issue prompting the overhaul was an overall lack of intelligibility. A lack that was noticeable at all events, but particularly during commencement ceremonies. To keep costs down some systems elements were reused but the new loud speakers are great in power handling, frequency response and directivity.





# Career Center

## UNT Career Day

### All Major Internship & Career Fair

Wednesday, February 16, 2011 9 am - 12 pm Union, Coliseum

### Non-Profit & Government Internship & Career Fair

Wednesday, February 16, 2011 9 am - 12 pm Union, Coliseum

### College of Business Internship & Career Fair

Wednesday, February 16, 2011 3 pm - 7 pm Union, Coliseum

## Spring 2011 Career Fair Dates

### Summer Camp Job Fair

Thursday, February 3, 2011 9 am - 12 pm Union, 1st floor

### College of Engineering Career Fair

Thursday, February 24, 2011 10 am - 1 pm Discovery Park

### Etiquette Dinner

Wednesday, March 9, 2011 6 pm - 8 pm Gateway Center

### TWU/UNT Education Career Fair

Friday, April 8, 2011 9 am - 1 pm UNT Coliseum

## Industry Days

### Engineering & Technology Industry Interview Day

February 25, 2011

### Finance Industry Interview Day

March 8, 2011

### Consulting Industry Interview Day

March 9, 2011

### Journalism & Media Industry Interview Day

March 25, 2011

### Marketing Industry Interview Day

March 29, 2011

### Logistics Industry Interview Day

March 31 & April 1, 2011

### Management Industry Interview Day

April 18, 2011

## SPRING BREAK MARCH 14-18, 2011



Take Flight/Job Shadow Program has been designed to assist students in their career exploration and development by matching them with hosts working in their career field of interest. So far, the employers who have registered to be host sites are:

- City of Denton
- Tracy Locke
- Texas Industries, Inc.
- Weber Aircraft LLC
- Park Place Motorcars
- Solutions of North Texas
- Habitat for Humanity
- Suddath-Relocation Systems of North Texas
- Good Samaritan Society-Denton Village
- 3For1 Marketing
- MarketWave
- Ellisor

For more information, please contact Nancy Eanes at 940-565-2706 or nancy.eanes@unt.edu



## It is time for the 2010-2011

## Outstanding Student Employee Awards Program!

This program recognizes 10 students each academic year for their outstanding performance, productivity, customer service and other initiatives that have resulted in meeting the educational and organizational goals of the University. Recipients of this award can be nominated by faculty, staff, and students of UNT and will be recognized at the Student Employee Appreciation Party on Wednesday, April 13, 2011 from 3:30pm- 4:30pm in the Silver Eagle Suite.

For more information, go to: <http://careercenter.unt.edu/fs/osea.html>

CAREER CENTER  
UNIVERSITY OF NORTH TEXAS



# Around the World in 9 Sandwiches with Khush Roti!



In the mood for a break in your lunch routine? Check out the newest dining location on campus!

Located between the GAB and Information Sciences Building is Khush Roti, a gourmet sandwich shop featuring internationally inspired grilled sandwiches.



Come by and try a sample or dive in and place your order. You won't be disappointed.



Open Monday - Thursday  
11 to 4pm  
and Friday from  
11 to 2pm

Guaranteed to satisfy!



# Counseling and Testing

## Coping Skills Group

Are you struggling with feeling “out-of-control?” Do you have problems with relationships? Is it hard for you to calm down after an upsetting event? Please join us in a Coping Skills Group to be held on Tuesdays from 3:00-4:30 pm. The group consists of 13 sessions (2/1/11 to 5/3/11). The group will help you learn how to manage emotions, develop healthy relationships and use good coping skills when distressed. A minimum of 12 people is required to have the group. There will be weekly assignments to help you develop better coping skills so a commitment is required on your part. A minimum of 12 people is required to have the group. There will be weekly assignments to help you develop better coping skills so a commitment is required on your part. For more information, please call 940.565.2741 or email Dr. Kitty Roberts at Mary.Roberts@unt.edu, Counseling & Testing Services, Chestnut Hall, 311, 940-565-2741.

Are you having problems dealing with a past trauma?

Please join us in a Coping with Trauma Group to be held on Tuesday evenings from 6:00-7:30 pm. The group consists of 13 sessions (2/1/11 to 5/3/11) and a minimum of 10 people is required to have the group. The group will not address the trauma directly but help you deal with how it continues to affect your life. There will be weekly assignments to help you deal with the past so a commitment is required on your part. For more information and/or to get on the list, please call 940.565.2741 or email Dr. Kitty Roberts at Mary.Roberts@unt.edu, Counseling & Testing Services, Chestnut Hall, 311, 940-565-2741.

The Art and Science of Love

Please join us in a Couples Group to be held on Monday evenings from 6:30-8:00 pm. The group consists of 12 sessions (1/31/11 to 5/2/11). Committed couples are invited to participate in the group to learn how to enrich their relationship with each other. A minimum of 10 couples is required to have the group. There will be weekly assignments to help you develop a deeper relationship with your partner/spouse so a commitment is required on your part. For more information, email Dr. Zane Dodd at Zane.Dodd@unt.edu visit Counseling & Testing Services, Chestnut Hall, 311, or call us 940-565-2741.



## Co-ed Romantic Relationship Group

Tired of living your love life vicariously through TV/videos? Do you keep getting passed over in the rose ceremony? Do you think you are better than the Average Joe but can't seem to get the relationship you want? Experience a recent break-up or has your current relationship lost the passion? If any of the above concerns you, then this group may help. Men and women coming together in a safe supportive environment to share their experiences, feelings, thoughts, and apprehensions about such situations can be an eye-opening experience. It will give you the chance to learn more about yourself through the honest feedback of others and thus make necessary changes so you can improve future romantic relationships. If you are between the ages of 18-28 and interested in participating, contact Pam Flint, Ph.D. at Counseling and Testing or email Pamela.Flint@unt.edu. You need to schedule an interview prior to entering the group. Call 940-565-2741. Mondays 5:00-6:30pm (2/7/11 - 4/18/11, tentatively) Counseling and Testing, Chestnut Hall, 311.

## The Mind Body Connection: Paying Attention and Cultivating Awareness

Are you bogged down with too many competing responsibilities and obligations? Are you feeling stressed, overwhelmed and losing momentum to get through the semester? Are you avoiding things that need to be done and falling further behind? If so, you might benefit from learning some mindfulness skills to manage the stress in your life.



## **Mindfulness Meditation**

The Counseling and Testing Services is offering Mindfulness Meditation training to facilitate ways you can create a more enriching and gratifying academic and personal experience. The training is modeled after Mindfulness Based Stress Reduction developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center and is based upon sound scientific research including studies conducted by leading universities. Mindfulness Meditation is a way of being in the present moment compassionately. It involves paying attention on purpose with an attitude of nonjudgmental acceptance. You will learn strategies to observe your internal and external experiences in the present moment, how to maintain a sense of balance amidst the hectic pace of everyday living and embrace a more enriching life.

Do you have problems with goal setting and prioritization? Can you resume your work in a timely manner when you are interrupted at work or while studying? Do you tend to procrastinate about starting a task? Is scheduling enough time to finish your tasks a problem for you? Presented by Dr. LaSandra Ward, Psychologist on Tuesday, February 8, 2011 in the Student Counseling Center, Room 311 Chestnut Hall, 12:10 PM – 12:50 PM. Free to UNT Students!

In a recent review of Mindfulness Meditation studies, J. M. Greeson (2009) reported that individuals who consistently practice this form of meditation have less emotional distress and an enhanced quality of life resulting in a more positive state of mind. The author concludes practicing Mindfulness Meditation regularly facilitates optimal mind/body wellness. Christopher K. Germer (2005) wrote, “Mindfulness is a skill that allows us to be less reactive to what is happening in the moment. It is a way of relating to all experience-positive, negative, and neutral-such that our overall level of suffering is reduced and our sense of well-being increases” (p. 4). The Mindfulness Meditation group will meet for eight consecutive sessions. The training is offered by a psychologist, Martin Gieda, Ph.D. Please call 940-565-2741 to arrange an intake interview at which time you can obtain details about the program and determine if the group fits your needs. The program is free and open to students enrolled at UNT. Consider This.....Time Management!

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## **TimeFor An Evaluation?** - - - - -

# **ADD & ADHD** *Evaluation*

To ensure that each patient received the most appropriate care, students presenting to the Student Health and Wellness Center (SHWC) with an unconfirmed diagnosis of Attention Deficit Disorder (ADD) first undergo full psychological testing offered by the UNT Psychology Clinic. Once testing has been completed and the diagnosis confirmed, students meet with designated medical staff to determine an appropriate treatment regimen.

Students already diagnosed with ADD or ADHD who would like to continue treatment at the SHWC must submit appropriate documentation for review by an SHWC medical provider. If the documentation does not support the diagnosis of ADD or ADHD, the student will be required to complete psychological testing.

For more information, contact the Student Health and Wellness Center at (940) 565-2333.

# Division of Student Affairs Staff Development

Staff Development Committee

**SAVE THE DATES!** The professional development subcommittee of Staff Development Committee is pleased to announce the spring workshop schedule. Mark your calendars now for these exciting workshops!

## Can We Talk?:

### **Enhancing Supervisor-Employee Communication**

Dr. Brian Richardson, Associate Professor of Communication Studies at UNT, Tuesday, February 15, 2011 at 3pm  
Union 409

### **Freedom of Association: Navigating Your Way through the Professional Organizations** Panel Discussion with:

Dr. Elizabeth With, Dr. Mona Hicks, Dr. Elizabeth Warren, Tom Rufer, Brooke Carter and Sue Delmark  
Monday, March 21, 2011 at 3pm  
Avesta

### **New Employee Orientation** Program Scheduled for the Division of Student Affairs

A division-wide new employee orientation program will kick-off on **Monday, January 31**. The professional development subcommittee of Staff Development Committee is responsible for organizing this effort.

This half-day orientation program will include a campus tour, presentation by Vice President Dr. Elizabeth With, overview of who our students are by Director of Assessment Jason Simon, customer service and communication presentation by Rachel Smith, mini-presentations by the senior staff, and a presentation about the Staff Development Committee by Dr. Maureen McGuinness. At the conclusion of the training, everyone is invited to join the new employees for a reception in the Chestnut Hall Rotunda at 4:30pm.

These trainings will occur three times a year in an effort to welcome and acclimate new employees to the mission and function of our division.

## Center for Student Affairs at Discovery Park

CSD becomes the CSA

The Center for Student Development has changed their name to the Center for Student Affairs at Discovery Park in an effort to align with the re-naming of the Division of Student Affairs. "It is our hope that students will recognize our desire and vision to meet all their needs outside the classroom" said Lisa Campbell, Center for Student Affairs.



**ENGINEERS  
WEEK® 2011**  
**FEBRUARY 20-26**



# Divisional Dodge Ball Tournament



Caesar Wood, Associate Director of Rec Sports explaining the rules.



A few smiles for the camera.



The dodgeball crew.

Jacob Huffman, Assistant Director for CSRR sporting his dodge ball uniform.



Ahh! Watch out!



Some happy faces during the game!



That's what you call intimidating!



To the left: Team High Fives

To the right: Dodge Ball Champs: Team Balls to the Walls!



# Symposium Newsletter

## Join Us For A Critical Opportunity

The Division of Student Affairs, Office of Institutional Research and staff from around campus are working hard to produce a day long opportunity to deepen our understanding of our students and their experiences. Currently being planned for early **May** (either May 3 or 4) Student Portraits: A Symposium for UNT Educators represents a great chance to explore online tools to help you with your job at UNT, discuss the issue of retention and engagement on campus and find out about the innovative programs and services being offered to our students.

We anticipate an excellent conversation on retention by senior leaders across campus and a dynamic student panel. The day will also feature a poster-session (look for a call for posters in the coming weeks). Finally, the symposium staff is reaching out across campus and asking specific programs and offices to offer concurrent sessions focused on critical issues impacting our students.

The Symposium is being planned by Jason Simon and Dr. Stella Antic, Elizabeth Fisher from the Office of Institutional Research and Effectiveness and Hope Garcia, Director of Student Affairs Administration. The Division is also fortunate to have the efforts of three outstanding GAs assisting the committee on this project including Yolanda Armstrong, Minta Miller and Steven Truong.

Please save the date now on your calendar and look forward to more news coming soon!

*Please Join Us This May...*

# Student Portraits

*A Symposium for UNT Educators*

**IR&E**  
Institutional Research & Effectiveness

**UNT**  
STUDENT AFFAIRS  
*"Where Students Matter"*

PRIMARY SPONSORS



# A Word From Greek Life

## Congratulations to the New Leaders of the Greek Community!

The Greek Life Office would like to congratulate the four Greek council presidents for 2011:

Pan-Hellenic  
NPHC  
MGC  
IFC



**Katie Scaggs**



**Meighen Osborne**



**Tony Rivera**



**Yousuf Al Khan**

In addition to our four council presidents Greek Life would also like to congratulate the new Order of Omega and Rho Lambda president's.

Rho Lambda is a leadership honor society for the women of the Pan-Hellenic Council. To be considered one must have a 2.75 UNT gpa, held/hold an leadership position in their councils, and at least 60 credit hours.



**Megan Randall**

Order of Omega is a Greek honorary society that represents the top 3% of the whole Greek community. The Beta Xi Chapter was chartered in June of 1978 and began an active role on campus in 1978 with more than 15 initiated members.

These 6 individuals have displayed tremendous leadership academic abilities and are prime examples of hard working student leaders. We strongly believe that individuals within the Greek community acquire leadership skills that they can use within their organizations, classrooms, and personal lives.



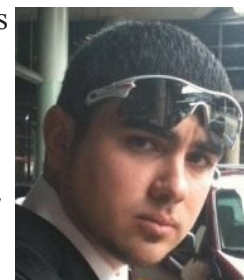
**Travis Weeks**

The Office of Greek Life is excited to announce that two of our students



Leslie Pedigo

received 2 out of the 20 National Scholarships from the National Order of Omega organization. Leslie Pedigo from Delta Gamma and Ray Valle from Omega Delta Phi Fraternity Inc. received scholarships for for their contribution to Order of Omega, their Fraternity/Sorority, and the campus community.



Ray Valle



# The UNT LeaderShape Institute

## May 15-20, 2011, Bridgeport Camp & Conference Center

Do you know some students who exhibit outstanding leadership potential?

Are you currently working with students who would be willing to step outside of their comfort zones to gain the necessary skills to affect change or improve something on campus or within the local community?

If so, then they need to know about LeaderShape! The University of North Texas is proud to host its first LeaderShape Institute, May 15 – 20, 2011, at the Bridgeport Camp and Conference Center. Since its inception in 1986, LeaderShape has developed a national reputation as one of the premier leadership development programs for young adults. LeaderShape is an exciting and intensive six-day training program that is specifically designed to help young adults become extraordinary leaders. The institute will be comprised of approximately 65 students aged 17 – 25 who have at least one more year to complete at UNT after they finish their LeaderShape training.

UNT's first LeaderShape Institute is sponsored by the Center for Leadership & Service and is made possible by the generous support of the Division of Student Affairs and cosponsored by Housing and Residence Life, University Union, Dining Services, North Texas Athletics, Undergraduate Studies, Alumni Association, and Recreational Sports. Due to this generous support, we are able to offer UNT students the opportunity to attend LeaderShape for only \$50. This fee includes transportation, intensive leadership training, team building exercises, a challenge course, guest speakers and a commencement ceremony, as well as lodging and meals for six days. UNT student leaders are encouraged to apply for this life changing, energizing week of leadership training that promises to transform their involvement on campus and in the community.

Participant applications are due March 9, 2011 at [www.unt.edu/volunteer](http://www.unt.edu/volunteer). For more information about LeaderShape, please contact the Center for Leadership & Service at 565-3021.





**It's a BIG event!**

# THE BIG EVENT

**Sign Up to Participate  
in the Big Event at  
[volunteer.unt.edu](http://volunteer.unt.edu)**

**Registration Deadline  
is March 4<sup>th</sup>.**



# BE THERE

## MARCH 26<sup>TH</sup> 2011

UNIVERSITY OF NORTH TEXAS™

# Goodbye SurveyMonkey, Hello Qualtrics

January proves to be an exciting time for RAP. In addition to the wide-scale launch of card scanning across the Division (with a special thanks to the 50+ staff who underwent our training in Fall) UNT is going to begin adoption of Qualtrics as a new online survey collection tool. RAP is partnering with the Office of Institutional Research and Effectiveness to bring this to our staff. This tool has been vetted across campus and provides numerous benefits over our current system. Qualtrics is a robust web survey tool with a host of new question formats, features and options to improve the user experience (and hopefully improve survey completion rates). The system was tested and used across academic departments this past Fall with very



**SurveyMonkey.com**  
because knowledge is everything

satisfactory results. This new tool will eventually replace SurveyMonkey as the main DSA resource. RAP is currently downloading all results for the last 5 years of data in SurveyMonkey and saving a digital copy of every survey created. While a firm deadline for using the new system is still being negotiated, we did want to put DSA staff at ease that we do not anticipate any loss of data and



that RAP is more than happy to send you digital files of important previous surveys. To get access to an old survey after conversion takes place, all RAP will need is the title of your survey. We will be encouraging migration over to Qualtrics as soon as more information becomes available. We expect integration to begin in February. Stay tuned for more news on this developing resource.

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## A Thank You to Eagle Refuge

I want to acknowledge a special thanks to all the staff and students who helped with Eagle's Refuge. It was a huge success as we had a total of 1407 students in attendance. A special thanks goes to Mark Packer and his crew their help with advertising and supplying the students with treats. Special thanks to Amy Miller, Shelly Barnett, Callie Gregory, Shari Ruhberg, Kyle Page, Amber Walker-Wright, Karen Benson, Zane Dodd, Pam Flint, Arlene Rivero, Enedelia Saucedo, Lizzie Woodruff, Trisha Raper-Combs, Leslee Johnson, Nick Beck, John Hipple, Kerry Stanhope, David Arnold, Robin Spicer, Kristina Rodriguez, Jay Deiters, Linda Clisso, Megan Guinn, Lauren Baxter, Carly Hefel, Donna Feldon, Tim Lane, Tyler Donahue, Lara Chitwood, LaSandra Ward, and Martin Gieda for their hours of work organizing and running the event! I really appreciate everyone's effort!

Thanks.

Mary K. "Kitty" Roberts



# RECREATIONAL SPORTS

Member Services desk: 940-369-8347

Rec Sports office: 940-565-2275

[www.unt.edu/recsports](http://www.unt.edu/recsports)

## Rec Center Spring Memberships available now at the Rec Center!

All faculty & staff, their spouses, dependents and sponsored adults can purchase spring memberships to the Rec Center any time the Rec Center is open. **Discover the convenience of Payroll Deduction** and have your membership deducted directly from your paycheck each month, turning the cost of a membership into a low monthly payment. The deadline for the spring semester is February 11 (3 month deduction option). Visit the Rec Center or [www.unt.edu/recsports](http://www.unt.edu/recsports) for prices and more info!



### Great speciality programs available for this Spring!

There are a host of great programs, classes and trips offered this spring! You can sign up for the popular classes such as Fit Camp, Aqua Explosion, Kettlebell, and CrossFit. The spring is also a great time to get the kids ready for swimming during the summer with our Learn-To-Swim classes! Or enjoy the outdoors with one of our 5 trips this semester including a Spring Break Trip to the Ozark National Scenic Riverways in Missouri, or the brand new Camping 101 trip that will help prepare you for camping trips on your own! Visit our website ([www.unt.edu/recsports](http://www.unt.edu/recsports)) for a full list of spring programs.

### Keep your New Year's resolution!

January is upon us, and with it comes New Year's Resolutions. Resolutions are a great way to begin introducing healthy habits into your life, but sometimes these habits only stick around through January. So how can you make these habits stick all year? First, write down all of your goals for the New Year, and place them somewhere you will see them every day. Next, map out a plan by deciding on three small steps you can take to accomplish each larger goal. For example, step one: could be to attend two group exercise classes a week, step two: could include strength training in the weight room once a week, and step three: could be to improve your eating habits. Finally, track your progress. If your goal is to lose weight, weigh yourself bi-weekly. Another great way to track your progress is through a fitness assessment offered at the Pohl Recreation Center. This way you can make sure you are accomplishing your goal, and you can tweak your plan if necessary.

## UPCOMING EVENTS

Jan. 24

Spring Fitness Kickoff (Try 11 different classes in one night for FREE!)

Jan. 24

Intramural 4-on-4 Flag Football Signups begin

Jan. 24

Intramural Racquetball Doubles Signups begin

Jan. 30-Feb. 4

Faculty & Staff Free Week

Jan. 31

Fit Camp Session I begins

Jan. 31

Intramural Indoor Soccer Signups begin

### JANUARY 30 - FEBRUARY 4 FACULTY & STAFF FREE WEEK

All UNT Faculty and staff can utilize the Rec Center for FREE during Faculty & Staff Free Week. Special events and sessions geared to inform you on healthy living will be held throughout the week. Pick up a flyer at the Pohl Recreation Center or contact the Rec Sports office at 565-2275 or the Member Services desk at 369-8347 for more information on free activities.

TRY IT BEFORE YOU BUY IT!



# Financial Repair After the Holidays? • • • • • • • • • •

The beginning of each year is a time when most people create resolutions for improving various aspects of their lives. Given the current economic and employment challenges many Texans are facing, personal finances become even more crucial in our lives. The Student Money Management Center offers the following tips for creating a financially successful 2011 and beyond.

First, take the time for some self-reflection. If you overspent during the holidays or feel that you are living close to or beyond your means, spend some time trying to understand why you have diminished control over your finances. Did you go into the holiday season with a spending plan? If yes, why didn't you follow it? If no, why not? Understanding that our day-to-day money decisions are often ruled by our emotions and rationalized as a necessary part of the holiday season is the first step toward overcoming a pattern and habit of committed control where your money is involved.

Look toward 2011 as an opportunity to go "back to basics" with your money. Three core financial skills everyone needs to create or strengthen are organization, goal setting and achievement, and active budgeting. Building a strong financial foundation will help insulate you from the unpredictability of life, whatever the new year may hold.

**Organization:** Often we become buried under the rush of junk mail, ads, catalogs, bills, coming into our homes. Review your intake and filing systems to create a logical flow of papers and responsibilities. Determine whether you need physical copies of your monthly bills – many people have begun to receive electronic statements that they can organize more easily online. In addition to saving valuable space in your home, electronic bills also help reduce paper waste for those wanting to be more environmentally-friendly.

**Financial Goals:** Goals that are carefully thought out, including specific reasons for achieving them, timelines, and regular review periods are significantly more likely to be achieved than those that are not. Take some time to sit down (with your significant other) and formulate your financial goals for this year. Divide them into achievable segments and schedule time each month to track your progress. Also look at potential pitfalls or stumbling blocks that may hinder your success and brainstorm ideas for overcoming setbacks.

**Budgeting:** Think of a budget as a plan of action. Once you determine your financial goals, gather your expenses for the month, allocate your take-home pay to cover your obligations, and incorporate your goals into your budget plan. Understand that your finances are a series of decisions you make every day and use the plan to control those decisions. Find the "leaks" in your budget that are draining your bank account and work on strategies to control your spending and saving decisions to stop those leaks. Review your budget for a few minutes each week to see if you are out of balance with your plan and take corrective action before your bank account is drained.

Additionally, many people are facing increased debt levels and higher interest charges making that debt more expensive in the long run. If debt repayment is on your list of financial goals, the following rules can serve as a guide to overcoming your debt:

1. Do not spend any more money on your credit cards.
2. Create a budget and stick to it.
3. Use your budget to find out how much money you can allocate toward debt payoff each month.
4. Create a debt repayment plan with a timeline.
5. Plan the work and work the plan.
6. Make adjustments as necessary.

Understand that you are not alone with any financial struggles. Seek help and advice from family, friends, or financial professionals. It is not a character flaw to make financial mistakes, but talking candidly about your concerns can open the door to understanding and overcoming obstacles. Remember 2011 can become the year you can take control!

# Student Spotlight



**Name: Lisa Winston**

**Classification: Junior**

**Major: Sociology Minor: Counseling**

**Hometown: Houston, Texas**

**Student Employee: Orientation and Transition Programs**

I was pretty set and sure I would attend TCU for the majority of my high school years. I thought it was the place for me, even though I had never visited the campus or even had any real taste of what college life was about. Persistent on this goal, I dragged my feet and unenthusiastic mind-set onto UNT's campus for NT Preview because my mom wanted me to explore at least one public school.

That was three years ago. I can honestly say now looking back on that day, the day I decided to attend UNT- the people were what made the difference. I am not referring simply to the faculty's friendly faces I encountered walking across the campus, but to the student leaders I met who just seemed so laid back, comfortable and ecstatic to share with me their experiences at UNT.

That day and those people turned my life in a direction I could have never imagined possible. At the end of my first semester at UNT, I wasn't doing extremely well. I was experiencing a bout of depression, and my grades were suffering severely. However, I decided to apply to be an Orientation Leader in hopes that I could be that person who made the difference for another future UNT student. I spent the summer of 2009 doing just that, but what I never could have imagined was the impact becoming a student leader would have on my life. All of these doors opened up for me, working with thirty of my peers and introducing myself to experiences I had never even imagined myself participating in. From there, I continued on with several of my OL peers to work as an FYE (First Year Experience) Leader further assisting freshmen in their adjustment to college life. My grades were improving, and I had made so many connections with other students on campus, who I can truly say were the main reason I overcame my feelings of depression.

It should have come quicker than it did in my mind, but midway through my sophomore year I began to wonder what I was going to do with my life. I sat down for a long period of time, researching majors online and flipping through the UNT catalogue when it eventually dawned on me: I wanted to do this for the rest of my life! It was right in front of me all along, but for some reason I never thought of working on a college campus. I was so excited to share the news with Christine Bloczynski, our Assistant Director of Orientation and Transition Programs, and began one of many long talks about the future ahead. Christine has been utterly extraordinary and served as an unsurpassed role model and mentor in my exploration of Higher Education. I would not be the person I am today without her and so many other UNT faculty and staff members' support.

My first position as a student leader, working as an Orientation Leader, most certainly was when I got my foot in the door, and I haven't looked back since. Most importantly, I loved every minute of it! My life has been forever changed for the positive- and I owe a good majority of that to my experiences in Student Affairs.



# Auxiliary Services Day 2011

On January 10, Auxiliary Services hosted its annual Auxiliary Services Day. Mark Moyle, shown below, kicked off the event as Keynote Speaker with his presentation, "Shots Fired on Campus."



There were over **400 people** in attendance!



Other classes were offered throughout the day, including Automated External Defibrillators, Emotional Distress, Fitting in Physical Activity, Worker's Comp Class, Self Defense, In Her Shoes, CPR/1st Aid, Fire Safety, Employee Assistance Program, Identity Theft, Knife Safety, Chemical Safety at Home and at Work, Individual & Community Preparedness, and Know Your Environment & Be Prepared.



## UNIVERSITY UNION

### WEDDING ANNOUNCEMENT

Stella Mulberry married Daniel Antic on November 27th and her new email address is stella.antic@unt.edu. Please join us in congratulating her and Daniel.

### STAFF ANNOUNCEMENTS

Leah Alexandra Ritz, born 12/15 at 2:47pm. 6lbs7oz, 18.5 inches long.

Linda Clark's Anniversary date with UNT was Jan 21st- She has been with Dining Services for 9 years.

### ENCOURAGING STUDENTS' FINANCIAL LITERACY

Amid rising concerns over student loan default rates, here are practical takeaways from the University of North Texas' student financial literacy program. More... [www.academicimpressions.com](http://www.academicimpressions.com)

## UPCOMING EVENTS

### Union Art Gallery Shows

Now - January 27, 2011  
Rebecca Howdeshell - Fibers  
University Union Gallery

### New Employee Orientation

January 31, 2011  
Chestnut Hall

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