

Welcome! FROM ROBIN NEWMAN

Dear New Student:

The Center for Women and Returning Adults (CWRA) welcomes you to IPFW. We provide a continuum of services directed toward an extremely diverse subculture within the campus community. The nature of our services extends beyond the campus or student life spectrum into the life-planning arena that is specific to nontraditional students or individuals and family members.



Robin Newman

The center advocates for returning adults by providing academic, financial, and personal guidance, while simultaneously familiarizing them with the network of services available on campus. Childcare, housing, financial, and domestic abuse issues also require

that our services be directed from the campus to the community. Special ongoing efforts designed to meet the needs of our diverse subculture include:

- ▼ Adult Student Orientation at the beginning of each semester
- ▼ "Students with Families" programs
- ▼ Adult Freshman Success class – IDIS 110 (1 credit)
- ▼ Individual appointments
- ▼ National Omicron Psi Honor Society (for adult students)
- ▼ *Rapport* newsletter
- ▼ Scholarship resources for women and adults

Please feel free to contact me by e-mail, newmanr@ipfw.edu, or visit our Web site at www.ipfw.edu/cwra. Our Web site will keep you current with the center's programs, events, and services geared specifically toward your needs.

As an adult student, you will face the challenge of balancing multiple roles and commitments. Yet, your experience, motivation, and focus will assist you in achieving your goals. Take the time to get to know your professors and others on campus who can help make a difference. I welcome you to one of the most challenging and rewarding times of your life and encourage you to take advantage of all of the student services and opportunities that IPFW has to offer.

Sincerely,



Robin E. Newman, Director
Center for Women and Returning Adults
Assistant Dean of Students
newmanr@ipfw.edu

Student Highlight STACY AROLD

Question: When do you plan on graduating?

Answer: I plan on graduating in fall 2009.



Stacy Arold

Question: What advice would you give to returning adult students?

Answer: Do not overwhelm yourself by looking at how

long it takes to earn your degree. Just concentrate on one semester at a time, and do not overload yourself by taking too many classes. Pace yourself.

Question: What was your fondest memory of IPFW?

Answer: My fondest memory of IPFW has been my job in the Dean of Students office as a student worker.

Question: What was your toughest semester, and how did you survive it?

Answer: My toughest semester was actually an entire school year in 2005. Due to my unexpected illness, I was unable to fulfill my obligations in the courses I had signed up for. Fortunately for me, I had professors who had compassion for my unfortunate dilemma. I was able to take care of myself, and at a later date, fulfill the course requirements to receive my passing grades. If an illness or unexpected

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death occurs in the family, always speak with your professors as soon as you are able. Remember, they were once students like us.

Question: How many hours would you consider to be too many hours for a working adult student to take with a family?

Answer: For myself, I work 20 hours a week and attend two classes. This allows me to be a student, wife, and mother successfully. Anymore would overwhelm me and upset my successful schedule with my family and school.

Staff Highlight

SHAUNA E. SUMMERS, PH.D.

Question: How long have you worked at IPFW?

Answer: I'm still a newbie. I started Feb. 1.



Shauna E. Summers

Question: What city and state were you born in?

Answer: I'm a homegrown local girl from here in Fort Wayne.

Question: Which college(s) have you attended to earn your degrees?

Answer: I graduated in 1998 with a B.A. in applied psychology from Cedarville College (in Ohio). I have earned two degrees from Southern Illinois University at Carbondale—an M.A. in counseling psychology in 2002 and a Ph.D. in counseling psychology in 2005.

Question: Which department do you work in, and what is your title?

Answer: I am a personal counselor, which is a service that is provided through the Office of the Dean of Students. I am also responsible for developing and implementing alcohol and substance abuse prevention programs for students.

Question: In terms of counseling, what new trends do you see happening in programming for college students locally and nationally?

Answer: I can think of three major trends that I've noticed on both national and local levels. First, the diversity of the student population has definitely increased in the last several years, and programming needs to be tailored to that broader audience. That means programming needs to take diversity issues into account and needs to be applicable to people from various walks of life. Second, life has gotten much more technology-focused in the last few years, and programming needs to be able to compete in order to hold students' attention and interest. That is not to say that a good old-fashioned discussion isn't effective, but programming these days usually needs to hook the audience with some kind of technology-based element so that the discussion can make the biggest impact. Third, I've noticed that programming has begun addressing serious personal issues. What I mean by that is that programs are tackling issues like sexual assault, mental health problems, and drug use—things that were rarely discussed openly until recently. I think that change is probably because college has become more accessible, so people with a wider variety of life experiences and life roles are becoming college students. I'm glad that

students have shown an interest in being part of programs that address such personal issues because these issues are real, and the more help we can give students, the more successful they will be.

Question: What kind of advice would you give a new, non-traditional student at IPFW?

Answer: You can do it! Don't worry about "keeping up" with your younger classmates. You bring so much life experience and wisdom (yes, WISDOM) into the classroom. Share it! Don't make assumptions about how faculty, staff, and traditional-age students perceive you. Get involved, make connections, and know that the Center for Women and Returning Adults is a HUGE resource. We believe in you!

Question: Would the advice be the same for traditional-age students?

Answer: Yes and no. How's that for a direct answer? Traditional-age students are in a different phase of life and a different developmental stage than nontraditional students. Some of my advice to traditional age students is the same: get involved, make connections, know the resources around campus, and maximize the time you spend in college. Some of my advice to traditional-age students is different: make school a priority, ask for help if you start having problems, and use your "freedom" wisely.

Question: What is your fondest memory of IPFW?

Answer: Well, I've only been here since February, so I'm still working on making a fondest memory. I'll keep you posted. My favorite things about IPFW so far are the quality of the people here and how much

the university is growing. There are so many wonderful people and opportunities that are available here. What a great time to be part of such a dynamic, growing university.

Question: Has college changed much since you first began attending college?

Answer: Well, I began college in 1995, so it hasn't been that long, but college has changed a little since then. PowerPoint wasn't a regular part of my classes, and nobody had cell phones. Of course, fashion and music were different, but students faced many of the same problems then as they do now. Learning communities hadn't really caught on yet, so that is something new since I was in college. IPFW will have its first learning communities next year, so that trend is just now changing the way we do things around here.

Question: Is there anything else you'd like to say?

Answer: Thank you for the opportunity to share my thoughts with you, and don't forget that personal counseling is a resource that is here for you.

STARS Orientation Registration Dates

STARTING, TRANSFERRING,
AND RETURNING STUDENTS

Fall 2006

Thursday, Aug. 17, 2006

Spring 2007

Thursday, Jan. 4, 2007

Fall 2007

Thursday, Aug. 16, 2007

ABOUT STARS

STARS is an evening of speakers and workshops designed to orient you to campus life prior to the beginning of the semester.

The SOAR program includes advising and registration for classes along with orientation throughout the summer. STARS is a one-evening program of individual workshops and orientation (without advising and registration) to enhance your successful transition to IPFW. Whether you have attended SOAR or not, you are welcome to attend STARS!

Workshop topics may include:
(Choose up to three)

- ★ How to conquer your math anxiety
- ★ Study skills and note taking
- ★ How to use the computer for academic success
(For students who want to activate their computer lab accounts and learn much more about basic computing.)
- ★ Time management: The balancing act
- ★ Careers for adult students

If you want more information or have questions, please call Susie at the Center for Women and Returning Adults: 260-481-4140.

Woman to Woman

ADVICE, COMMENTARY,
AND OPINIONS ON ISSUES
AFFECTING WORKING WOMEN

Editor's Note: *The following information is from the spring 2006 "Woman to Woman" feature from **We Work!** magazine.*

*Women contact **Women Work!**, the national network for women's employment, for career advice. Many of their questions and concerns are similar. We turned to Erin*

*Currier, **Women Work!** vice president for projects and research, for answers to the questions she hears most frequently.*

Question: I need to find a job. Where do I start?

Answer: The Internet is a great place to begin your job search. The *Women Work!* Job Finder is an easy-to-use Web site where you can post your résumé and search for jobs (www.womenwork.org). Other good sites are www.idealists.org and www.craigslist.com. Your local newspaper will also have a classified section listing open jobs. Don't forget to let friends and family know you're looking for a job! Personal contacts can be one of your most effective resources for finding work.

Question: How can I get help writing a résumé?

Answer: If you're a student, see if your school has a career counseling office. (IPFW offers Academic Counseling and Career Services in Kettler Hall, Room 109.) Most schools have several career counselors, as well as other students, available to help create and critique résumés. You should also investigate whether your community has an employment office, career center, or other organization devoted to helping job seekers. Use the library, too! There are many great how-to books on writing résumés and cover letters, and borrowing them is free. There is a wealth of Web sites that offer résumé advice and tips, but beware of any sites that offer to sell you a résumé.

Question: I'm in school and want a major that will ensure I have a job when I graduate. How do I learn about good fields?



Answer: Talk to professors and career counselors at your school about nontraditional occupations for women; these are jobs that have less than 25 percent female employees. They are typically very stable, have opportunities for professional growth, and pay well. Most nontraditional job sectors are also slated to grow in the future. A great resource for learning about the educational requirements, salary working conditions, and other details of almost every job in the United States is the Department of Labor's Occupational Outlook Handbook available at www.bls.gov/oco.

Question: Is it appropriate to ask about salary during the first interview?

Answer: Corporate board members of *Women Work!* warn against asking about salary in the first interview. Although the interview process is a way for you to learn about the employer and the organization, your first meeting should focus on your abilities and interest in the company. Asking about money can give the impression that you only care about the salary, which is a red flag to a prospective employer.

In a few months, look for the launch of the *Women Work!* Career Center, a Web site dedicated to helping women in all stages of their careers with tips, advice, and links to other resources. Until then, if you have a question you'd like to ask Erin, send it to ecurrier@womenwork.org, or call 202-467-6346, ext. 18.

Students with Families Pizza Dinners Schedule

Friday, Sept. 8, 2006

Sponge Bob Square Pants

Friday, Oct. 20, 2006

Workshop

Friday, Nov. 10, 2006

Craft and movie night

Friday, Feb. 9, 2007

Workshop

Friday, March 23, 2007

Game night

INDIANA UNIVERSITY-PURDUE UNIVERSITY FORT WAYNE

Return Service Requested

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