Getting used to your new life at college can be difficult. We’ve packed this section with vital information to help make the transition easier.

Living on campus comes with benefits and perks. We’ve listed 20 of them. See page 8

Want to know more about MU? Learn some facts about the campus. See page 5

Living with a new roommate can be tough, but we’ve got some advice to help you out. See page 12

Meet new people by getting involved with one of 600 student organizations at MU. See page 20
Dear MU freshmen,
In early July we were just as lost as you are right now.
We are eight Australian journalism students from Macquarie University in Sydney. We spent the summer at MU to find out what campus life is all about.
During this process, we were assigned to provide the content for the Collegetown section. To do our jobs, we gathered information to help you find your way around campus, succeed academically and have some well-earned fun.
Inside Collegetown you'll find information on what we believe are some of the most important aspects of MU, as well as the city of Columbia.
We've included tips on how to get around town, what to do if you get sick, how to get involved in campus life, where to go on the weekends, advice about studying and taking exams, tips on maintaining good physical and mental health, and general information on how to not only survive but also enjoy your first year.
MU is a fantastic campus with so much to offer. You're guaranteed to get the real college experience while here. We surely did.
Hopefully, this guide will serve you well as you begin your days as an MU Tiger.

Cheers,
The Aussies
Dillard's

UGG australia

Classics Have Arrived!

Wear them with your favorite summer dress or skirt! Choose from grey, chocolate, black or chestnut.

The coordinating sheepskin lining wicks away moisture keeping your feet dry and comfortable regardless of the temperature outside.

Call 1-800-345-5273 for a Dillard's location near you.
**What to know about MU and Columbia**

*By MICHAEL PEDERSEN*

So you know what course you're going to be doing and where to find MU, but how much do you actually know about MU and Columbia? Here are some facts to help broaden your knowledge. It will give you something to talk about the next time your friends and family ask you about the place where you're going to be studying for the next four years.

**MU**

- MU brings in an average of $2.4 million in private donations, spends $15.8 million in payroll and wins $4.4 million in outside funds for research, significantly boosting Missouri's economy.
- MU's Research Animal Diagnostic Laboratory is the second largest animal diagnostic and pathology lab in the world.
- There are 358 buildings on the 1,372-acre main campus.
- The 2009 freshman class had an ACT average of 25.6, compared with the national average of 21.1 and the state average of 21.5. Twenty-five percent come from the top 10 percent of their high school classes.
- In fall 2009, MU welcomed 31,314 students representing every county in Missouri, every state in the nation and more than 100 countries.
- MU is the largest employer in Columbia, offering 8,545 jobs. University Hospital is second, offering 4,238 jobs.
- It is one of only six public universities in the country with medicine, veterinary medicine, law, agriculture and engineering all located on one campus.
- It is also home to the nation's largest university-based research reactor – the largest producer of radioisotopes for the diagnosis and treatment of cancer.

**A few of Mizzou’s most famous alumni**

*By NISHTHA HANDA*

news@ColumbiaMissourian.com

Incoming freshmen might not know that MU has been home to a number of celebrities and famous personalities.

Famous alumni include actors and actresses to writers, musicians, athletes and even a well-known cartoonist.

Here's a list from of notable alumni compiled by the Mizzou Alumni Association:

**Sheryl Crow**

The musician graduated from MU in 1984 with a degree in secondary education with an emphasis on music. She is a nine-time Grammy award winner. She has won awards for American blues rock singer, guitarist, bassist and songwriter.

**Sam Walton**

The founder of Walmart graduated with a degree in economics from MU in 1940. Walton opened the first Walmart store in 1962, and the company went public in 1970.

**Kate Capshaw**

The actress graduated with an education degree in 1975 and taught special education classes at Rock Bridge High School. Her dream to be an actress drove her to New York where she landed a role in the soap “The Edge of the Night” (1956). She met her future husband, Steven Spielberg, while competing for the female lead in “Indiana Jones and the Temple of Doom” (1984) with 120 other actresses.

**Mort Walker**

The cartoonist graduated from MU in 1948. While in college, he was editor of the school magazine. He ventured to New York City to pursue his cartooning career. In order to survive, he worked as editor of three magazines for Dell Publishing Co. He continued to persist even after his first 200 cartoons were rejected. Editors finally began to recognize his talent and in two years he became the syndicated cartoonist with his long-running strip, “Beetle Bailey.”

**Elizabeth Vargas**

The ABC-TV news anchor graduated with a degree in journalism from MU in 1984. Vargas joined ABC News after working for NBC News as a correspondent and anchor, mostly for “Dateline NBC” and the “Today” show.

**Kellen Winslow**

The NFL football pro graduated with an education degree from the university in 1987. He was captain of the football team at MU. In 1979, he was drafted by the San Diego Chargers. He spent nine years with the Chargers and was inducted into the Pro Football Hall of Fame in 1995. Winslow appears on Fox Sports, ABC’s Nightline, ESPN and other local and national radio and television sports talk shows.

**Linda Bell Blue**


**Jon Hamm**

The actor graduated in 1993 with a bachelor’s degree in English. He taught eighth-grade acting before moving to Los Angeles in 1996. He struggled as an unemployed actor and was cast in several unsuccessful television roles. He is now known for his lead role in the television series “Mad Men,” but has also acted in “CSI: Miami,” “Numb3rs” and “The Unit.”

**Brad Pitt**

The actor began his studies in journalism and advertising in 1982. He left MU just two credits short of graduating to pursue a career in modeling and acting. He visited the university in October 2004 to encourage students to vote in the U.S. presidential election.  

**COLUMBIA**

- The city has a civilian labor force of more than 201,000 skilled workers.
- Computer programmers have the highest mean wage rates per hour at $28.45 per hour.
- The population was last estimated at 102,324.
- Forbes magazine ranked Columbia fifth in its 2009 Best Small Places for Business & Careers in America and eighth in the Best College Sports Towns.
- Columbia includes over 90 different religious congregations.
- It has five hospitals, a cancer center and the Family Health Center.

**Sources:** REDI; U.S. Bureau of Labor Statistics, May 2008 Occupational Employment and Wage Estimates; U.S. Census Bureau; University of Missouri; Columbia Convention and Visitors Bureau; gocolumbiamo.com.
Local spots worth a look

By BELINDA JEPSEN
news@ColumbiaMissourian.com

This might come as a surprise, but MU comprises less than 4 percent of Columbia's geographic area.

Beth Mead, marketing manager of the Columbia Convention and Visitors Bureau, said she believes what is so appealing about the city is that it is essentially indefinable.

"Columbia means so many things to so many people," she said.

For some, it is a cultural hub for art, music and cinema.

For sports fans, the golf courses, bike trails and athletic events make Columbia an appealing destination for sports fans.

"If there's something you are passionate about, you'll be able to find it," said Donald Laird, president of the Columbia Chamber of Commerce.

It's Columbia: "The smart, innovative, artsy, eclectic, clever, savvy, vibrant, too-dynamic-to-fit-into-a-short-tagline" city.

Here is a list of not-to-miss places and events to see around town:

The Blue Note, 17 N. Ninth St.
The Blue Note is a restored vaudeville theater, which this year celebrates its 30th anniversary as a live music venue.

The club provides a variety of music, spanning multiple decades and genres. Since 1980, it has hosted internationally renowned headliner acts, including R.E.M., Johnny Cash and Snoop Dogg.

The highlight of The Blue Note's upcoming calendar is The Flaming Lips on Sept. 18.

This concert is part of the venue's Ninth Street Summerfest series, a monthly event over the summer where The Blue Note takes over Ninth Street between Broadway and Walnut Street and turns it into a vibrant concert venue.

See thebluenote.com for event details and tickets.

The Pinnacles, 15 miles north on U.S. 63
Three hundred million years ago, when Silver Fork Creek and Kelly Creek slowly carved through the Burlington limestone, a stunning 70-foot-tall, 1,000-foot-long ridge was formed.

This geographical beauty can be found in the 70-acre, privately owned Pinnacles Youth Park on U.S. 63.

The park is open year-round from 8 a.m. until sunset and features numerous walking trails designed for all levels of hiking ability.

Grills, picnic tables and restrooms are also available.

MKT Trail, from Flat Branch Park, Fourth and Cherry
Built on the bed of the old Missouri-Kansas-Texas Railroad, the Columbia portion of the MKT Trail runs 4.7 miles from Flat Branch Park (at Fourth and Cherry streets) to Scott Boulevard on the city's southwest side.

The flat, 10-foot-wide limestone surface is accessible in all weather to people of all fitness levels.

Another 4.2 miles of trail through Boone County links up with the Katy Trail, which extends more than 200 miles from St. Charles to Sedalia.

The trail is open daily from 6 a.m. until 11 p.m.

True/False Film Festival, March 3-6
Each year, downtown Columbia transforms into a hub of cinema featuring an array of documentary films.

True/False starts with a bizarre and colorful parade of costumes and music through downtown Columbia followed by four days of films, discussions with filmmakers, debates and parties.

The festival showcases a variety of films fresh from international festivals such as Sundance and Toronto, as well as a selection of world premieres.

Films are screened at multiple venues throughout Columbia, including the Missouri Theatre for the Arts, the Blue Note, Ragtag Cinema, Tiger Ballroom and Stephens College.

During the 2010 True/False Film Festival an estimated 25,500 tickets were sold.

Booche's, 110 S. Ninth St.
The burgers at Booche's Billiard Hall are famous.

Consistently voted the city's favorite in the Best of Columbia awards, the Booche's cheeseburger was also praised twice in USA Today.

In 2000, it was recognized as one of the nation's top 10 burgers; in 2005, it was included among Jerry Shriver's top 25 dishes from the Down-Home Dining Project.

Sparky's Homemade Ice Cream, 21 S. Ninth St.
Sparky's is renowned for innovation. The shop has previously offered bacon and maple syrup, olive oil and fig and Bloody Mary flavors.

Shakespeare's Pizza, 225 S. Ninth St.
This 37-year-old restaurant is a Columbia institution. The popular restaurant was voted by residents as Columbia's Best Pizza Place and Favorite Locally Owned Business in 2009.

Around lunch and dinner each day there will inevitably be a line outside Shakespeare's at the corner of Ninth and Elm streets.

In fact, it's estimated that approximately 15,000 students eat there each year.

The pizza is made with fresh, hand-made dough and is available by the slice or in 3 sizes: 8, 12 or 16 inch.

Shakespeare's Pizza is so popular, it now offers mail-order pizza. This service will ship three pizzas anywhere in the United States, particularly before a big MU football game.
<table>
<thead>
<tr>
<th>FALL SEMESTER 2010</th>
<th>DAY</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Classwork begins @ 8 a.m.</td>
<td>Mon.</td>
<td>Aug. 23</td>
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<tr>
<td>Labor Day Holiday (no classes)</td>
<td>Mon.</td>
<td>Sept. 6</td>
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<tr>
<td>Thanksgiving recess begins @ close of day*</td>
<td>Sat.</td>
<td>Nov. 20</td>
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<tr>
<td>Classwork resumes @ 8 a.m.</td>
<td>Mon.</td>
<td>Nov. 29</td>
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<tr>
<td>Classwork ends @ close of day*</td>
<td>Wed.</td>
<td>Dec. 8</td>
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<tr>
<td>Reading Day</td>
<td>Thurs.</td>
<td>Dec. 9</td>
</tr>
<tr>
<td>Final examinations begin</td>
<td>Fri.</td>
<td>Dec. 10</td>
</tr>
<tr>
<td>Fall semester closes @ 5:30 p.m.</td>
<td>Fri.</td>
<td>Dec. 17</td>
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<tr>
<td>Commencement</td>
<td>Fri./Sat.</td>
<td>Dec. 17 &amp; 18</td>
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<th>SPRING SEMESTER 2011</th>
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<tr>
<td>Martin Luther King Holiday (no classes)</td>
<td>Mon.</td>
<td>Jan. 17</td>
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<tr>
<td>Classwork begins @ 8 a.m.</td>
<td>Tues.</td>
<td>Jan. 18</td>
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<tr>
<td>Spring Recess begins @ close of day*</td>
<td>Sat.</td>
<td>March 26</td>
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<tr>
<td>Classwork resumes @ 8 a.m.</td>
<td>Mon.</td>
<td>April 4</td>
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<tr>
<td>Classwork ends @ close of day*</td>
<td>Wed.</td>
<td>May 4</td>
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<tr>
<td>Reading Day</td>
<td>Thurs.</td>
<td>May 5</td>
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<tr>
<td>Final examinations begin</td>
<td>Fri.</td>
<td>May 6</td>
</tr>
<tr>
<td>Spring semester closes @ 5:30 p.m.</td>
<td>Fri.</td>
<td>May 13</td>
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<tr>
<td>Commencement</td>
<td>Fri., Sat., Sun.</td>
<td>May 13, 14 &amp; 15</td>
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<tr>
<th>SUMMER SESSION 2011</th>
<th>DAY</th>
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<tr>
<td>8-WEEK SESSION 2011</td>
<td>DAY</td>
<td>DATE</td>
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<tr>
<td>Classwork begins @ 7:30 a.m.</td>
<td>Mon.</td>
<td>June 6</td>
</tr>
<tr>
<td>Independence Day recess (no classes)</td>
<td>Mon.</td>
<td>July 4</td>
</tr>
<tr>
<td>8-week session closes @ 5:30 p.m.</td>
<td>Friday</td>
<td>July 29</td>
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<td>June 6</td>
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<tr>
<td>First 4-week session closes @ 5:30 p.m.</td>
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<td>July 1</td>
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<td>July 5</td>
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<tr>
<td>Second 4-week session closes @ 5:30 p.m.</td>
<td>Friday</td>
<td>July 29</td>
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*Close of day is defined as including late afternoon and evening classes.

It is the policy of the University of Missouri-Columbia to respect the diversity of our students. The faculty is reminded that students might want to observe religious holidays and days of special commemoration and is encouraged to accommodate students who have a conflict with a class period, test or activity because of these obligations.
1. MizzouRec
The MU Student Recreation Complex offers three sprawling floors of fitness. On the first level, there’s an indoor competitive pool with diving facilities, Truman’s Pond for sunbaking and Tiger Grotto with a hot tub and waterfall. Level 1 also has a pump exercise room, racquet sport courts, rock climbing walls and a martial arts studio. Head up to Level 2 for the cardiovascular fitness room, the quiet room and Red Hall Beverage Co. Level 3 has an indoor running track and the TigerX studios.

2. The Zou’s mu-zeums
- Museum of Anthropology has historical and Native American displays.
- Museum of Art and Archaeology has ancient artifacts, as well as contemporary exhibits.
- Enns Entomology Museum has bugs, creepy crawlies and more bugs.

3. University Concert Series
The University Concert Series attracts well-known artists to perform at Jesse Hall. Students can receive advance tickets at discounted rates. Highlights this fall include:
- LeAnn Rimes Acoustic Show; Sunday, Sept. 14; $27, $37, $42.
- “Spring Awakening, the Musical”; Tuesday, Oct. 26; $27, $32, $37.

4. Buck’s Ice Cream
Located on the south side of Eckles Hall, Buck’s serves fresh ice cream in a wide choice of flavors, including Tiger Stripe, mocha fudge and peach yogurt.

5. MU Bookstore
Textbooks and class materials can be bought under the one roof at the bookstore, 911 E. Rollins St. Downstairs at TigerTech are laptops, mobile phones and other electronic devices to meet gear needs. The book store also has a vast array of MU merchandise — mugs, flags, T-shirts, jumpers, hats, wallets, shorts and more. Freshmen: Your future wardrobes are waiting.

6. Memorial Union
Located opposite the main library, the Memorial Union has meeting rooms, lounges and restaurants. Special events and services centered around student life are organized through the unions to meet the needs of the university community.

7. A.L. Gustin Golf Course
The 18-hole golf course on Stadium Boulevard is home to a number of tournaments and golfing competitions, including the Show-Me State Games. MU students pay just $18 for entry during the week, $23 on the weekends.

8. Mizzou Markets
A one-stop shop to meet your basic food and stationary needs, the four Mizzou Markets are open 24 hours during the regular semesters and offer both frozen and standard food sections.

9. MU libraries
Ellis Library is the major library on campus and has in-depth resource materials for studies in social and basic sciences and the humanities. There are also subject-specific libraries, such as journalism, law, geology, engineering, health sciences, mathematics and veterinary medicine.

10. MU Career Center
The MU Career Center provides information, advice and training for future job-seekers and those wanting to retain employment.

11. Mizzou After Dark
Mizzou After Dark puts together activities for students outside of class hours. Concerts, movies, dating games, beadning nights and a capella performances are all part of the year-long free offerings. Follow the Mizzou After Dark Facebook page for upcoming performances and shows. Contact info: 2500 MU Student Center; 573-882-3780; mizzouafterdark@missouri.edu

12. Health Services
If a student is sick, someone is there to help. MU health services are designed to help with such issues as depression, drug addiction, relaxation strategies and nutrition.

13. Bingham Gallery
The gallery offers lectures and exhibitions that showcase prints, drawings and paintings. The current exhibition “Lifetime Achievement Showcase: Part Three: Jerry Berneche and Brooke Cameron” runs until Aug. 26.

14. Zou Crew
Zou Crew is the official student cheering section of the MU men’s basketball team. It is housed in the department of student life. Sign up in the first week of October and enjoy reserved seating in the first 15 rows of the arena at home games.

For more information contact: 573-882-6310.

The Bookmark Cafe at Ellis, a coffee house within the library, is located on the ground floor near the west entrance. The menu includes coffee, tea, soda, juice, pastries and cookies.
15. Disability services

MU encourages equal access to services and education for all students. Take a look at disability resources, an extensive list of departments and guidelines that students can access for assistance. Contact info: Disability Services Offices: S5 Memorial Union; (573) 882-4696.

16. Marching Mizzou

Bask in the tradition of renowned musical performances by Marching Mizzou. It is the most visible ensemble in the MU School of Music and the largest student organization on campus, with students from nearly every major within the university. Auditions are held throughout the spring semester and during Summer Welcome. For more information contact director Brad Show: snowdo@missouri.edu.

17. Homecoming

Lock Saturday, Oct. 23, into your planner. Who wouldn’t want to be a part of what MU calls the largest student-run homecoming in the country? There’s a parade, house decorations, a 5K run, a food drive, a blood drive and four nights of a talent show in Jesse Hall (sorry, it’s already sold out). And, of course, the football game against the University of Oklahoma.

MU likes to say that it started the national tradition of homecoming in 1911, which has spread to hundreds of campuses. For more information contact the Mizzou Alumni Association, 123 Reynolds Alumni Center; 573-882-6611.

18. Food, food, food

There are so many food choices in and around campus. Student favorites on campus include Plaza 900 and the Pavilion at Dobbs. Off campus, there’s Starbucks, Ingredient, Bangkok Gardens, Sycamore, Bleu, Addison’s, Chipotle, Kaldi’s, Lakota, Panera Bread, Which Wich sandwiches, Baja Grill, Harper’s and so many more.

19. Mizzou Meat Market

The meat market is courtesy of the College of Agriculture, Food and Natural Resources. It offers ongoing meat specials, coupled with top quality meat.

Location: east of the corner of College Avenue and Rollins Street. Open: noon to 5:30 p.m. Wednesday-Friday.

20. So close to everything

Yes, you can jump out of bed 10 minutes before class starts and still make it to class on time. Happy sleeping!

Deals for students

■ Deja Vu Comedy Club: Students get in free Saturday nights with a college ID and get 30 percent off bar tabs. 405 Cherry St., 573-443-3216

■ Hollywood Stadium 14 Theater: Students pay $6.75 with a student ID, compared with $8.75 normally. 2800 Goodwin Pointe Drive, 573-817-0770

■ Ragtag Cinema: Students can purchase a membership for $40, which includes $5 admission to all feature films, compared to the normal $6.50, free popcorn every Sunday and Monday and an invitation to the Irregular Party every December. Ragtag Cinema is a nonprofit theater known for independent, international and alternative films. 10 Hitt St., 573-443-4359

■ The Bouldering Garden: The rock climbing gym offers a 20 percent discount on monthly membership to students. Students can try the gym for a day with a friend for $16. The 20 percent discount also applies to skydiving with a group of 6 or more. 5400 Saint Charles Road, 573-474-4997

— Rachel Schallom
Hey ya'll!

Wish you could have been with us in Columbia, Mo. last weekend. We fell in love with this town. We started our getaway on Friday in this area near campus called The District. In just one block we found a coffee shop, vintage clothing store, organic food cafe, an incredible vegetarian crafts shop and a beer trade shop. It's like that on every block you never know what you'll find next. You wouldn't believe how many specialty restaurants there are just in this district. It was almost impossible to choose me, but we finally did, and it was so good! I was too full for dessert, but I convinced them to share it with me, nonetheless.

After dinner, we strolled around. The District, of course. I was snapping out the window for my Saturday shopping (Dave wouldn't stop taking me-threatening to make our Saturday morning bike ride on the MKT trail last all day so I wouldn't have time to shop). We walked, music was drifting out of several nightclubs. We found a store that had a fantastic display of wine, a beautiful view of Columbia, and my wonderful husband as company. Does it get any better?

The next day we were up bright and early to hit the MKT trail on our bikes. We brought our bikes, but the clerk at the hotel told us that we can rent a bike for the day too. Columbia has so many different trails for walking and biking. I definitely want to go back soon to try another one.

Shopping was amazing! I found interesting antiques, really fun jewelry, an awesome purse and of course, a improv shirt. I even found a store full of enough chocolate to keep me busy for quite a while!

Now you and Mark have to find some time to travel to Columbia with us. I saw some art galleries I want to visit too. Especially the one where you can watch the artists at work on Saturday mornings.

I'm checking my calendar right now to see when I can go back. The only problem is that Columbia has so many different festivals and events, I can't decide which one to choose!

See you soon,
Natalie
find your FESTive side!
in Columbia, Missouri

Roots N’ Blues N’ BBQ Festival
October 1-2, 2010

Hartsburg Pumpkin Festival
October 9-10, 2010

Living Windows Festival
December 3, 2010

www.VisitColumbiaMO.com

The smart, innovative, artsy, eclectic, clever, savvy, vibrant, too-dynamic-to-fit-into-a-short-tagline city.
College living can be overwhelming no matter where you come from. Whether you’re used to having your own space or sharing with siblings, there’s nothing that can quite prepare you for the experience of living with someone you may have never met before.

All freshmen at MU must live in campus-approved housing, and although a few private rooms are available, sharing a room is nearly inevitable for new students.

No longer can you leave your clothes on the floor or rely on your parents to resolve conflict. Suddenly you are responsible for both your own belongings and your own conflict resolution.

According to the Department of Residential Life, the first step toward healthy roommate relationships is open discussion.

It is up to you to make the decision to get along, and it is important to initiate conversations early. You and your roommate may not have many things in common — you might even have nothing in common. But this doesn't need to be a source of dissension. Discussing differences early on means that they won't come as a surprise later. Residential Life encourages students to remember that these differences can create vibrant relationships.

Your roommate’s little quirks may be what you fondly remember years from now.

To help guide the process, new roommates are encouraged to fill out a contract, a process that formalizes the acknowledgment of compromise over differences.

Although not compulsory, these contracts can help identify potential issues early on in the semester and reduce the chance of inadvertently creating conflict with your roommate down the road.

Roommate contracts can be obtained from a peer adviser. The contract requires each roommate to fill out answers to basic questions about study habits, sleeping routines, guests and use of personal items.

After filling in a personal contract, a set of roommates will compare and discuss the

**CONTINUED ...**
contracts before passing them on to a peer adviser.

Peer and community advisers are important people to know in your dorm. If ever you find that you are unable to resolve a conflict alone, an adviser can help.

Advisers are fellow students trained to deal with roommate conflicts. They can help find practical solutions.

Each adviser undergoes an intensive week-long program that teaches them how to deal with a variety of potential conflicts. The adviser acts as an unbiased third party who can offer advice and a sympathetic ear, in addition to finding solutions.

Contracts don’t have to be negotiated at the beginning of the semester. Advisers are happy to organize roommate contracts at any time.

Lauren Richardson, 18, is a community adviser who has dealt with student conflicts.

“I probably would have spent the night alone if he hadn’t invited me out.”

ELIM ORITZ
Lived in residence halls

“Most of the time, people yell at each other for like a week before they come to me,” she said. “Instead they should just come to see me straight away.”

It is important to resolve problems as soon as they arise, before they get out of control.

Ashley Huff, 20, who serves as a peer adviser, acknowledges that the process of adjusting to a roommate can be tough. But the sooner you do it, the easier it is.

Even if you get along with your roommate, advisers say, a student will still crave privacy occasionally. It is important to make personal time and get out of the room on occasion.

Each dorm has kitchens, lounges and study spaces where students can hang out. Explore campus and see if you can find your own private place to hang out on campus when you want to be alone.

Eric Hughes, 18, is a freshman who is slowly adjusting to life with his new roommate.

“I have never had to set boundaries with my family before,” he said.

Hughes also said that getting used to his roommate has been difficult because he is used to having his own space.

Hughes said he struggled in the beginning, but the situation improved after he made an effort to focus on the positive.

“My roommate listens to really good music,” he said. “I didn’t know that at first, but it’s cool that we have that to talk about now.”

Elim Ortiz, 25, also had problems with his roommate. They had little in common, he said, and their sleeping patterns appeared incompatible at first.

“Then on the Fourth of July, I met his family,” Ortiz recalled. “They took me out for dinner and to celebrate. I don’t have any family in Missouri and there’s not many people at MU over summer, so I probably would have spent the night alone if he hadn’t invited me out.”

Oritz says that he and his housemate still bump heads over sleeping arrangements, but it’s nice to now know they have each other to spend time with as well.
By SOPHIE LEWIS
news@ColumbiaMissourian.com

MU sophomore Harriett Brown, 19, said that back in her hometown of St. Louis, she would get her hair done every week. Once she started at MU, she couldn’t maintain the same routine. To keep herself looking good, she had to come up with “hairstyles that are more tolerant to the weather.” She was also able to find friends who could maintain her cornrows.

Here are convenient places on or near campus to maintain your fitness, your skin and hair routines and otherwise take care of yourself.

SKIN CARE
MU offers a professional and medically sound dermatology clinic not far from University Hospital. The physicians provide consultation and treatment for conditions, including, but not limited to, acne, skin cancer, psoriasis, skin infections, eczema, hair loss and nail disease.
Dermatology clinics are held every day. To book an appointment with a specialist, call 573-882-8578.
One Hospital Drive, Room MA111. Website: derm.muhealth.org.

HAIR CARE
If you’re wanting something a little less involved and just need some rest and relaxation with a quick pick-me-up, check out a local salon or hair dresser.

Varsity Clips offers an extensive service menu for women, including full-leg waxing priced at $60, eyelash extensions at $45 and hair-styling.
Walk-ins are welcome and they have a specials board where combo packages are offered at discounted prices. Varsity Clips is open six days a week, and also offers men’s haircuts.
So even with a heavy study load and a ton of washing, you can still duck in for a quick fix between classes or before that evening movie date.
904 Elm St, Suite 104. 573-449-3333. Monday to Friday: 10 a.m. to 8 p.m. Saturday: 1 a.m. to 6 p.m.
The Tiger Barber Shop on Ninth Street offers male haircuts for $13 and beard shaving for $4. The friendly staff offers a professional barber-style service on the cheap.
180 S. Ninth St. 573-449-5951. Tuesday-Friday: 7:30 a.m. to 5 p.m. Saturday: 7:30 a.m. to 2 p.m.

TANNING
Magic Tan of Columbia offers unlimited use of the HydroMassage Spa Series bed for its premier solarium tan members. The bed offers a deep-tissue massage, chiropractic relief, rehabilitation and pain relief, as well as other destressing features.
Michelle Mileski, an employee, said football players commonly use the bed after games and clients are able to pinpoint areas of the body for the bed to concentrate on, adjust speed, listen to music and even play computer games on the screen attached to the bed.
Note: Tanning has been scientifically linked to skin cancer.
904 Elm St. 573-499-4826. Summer hours: Monday-Friday: 10 a.m. to 7 p.m.; Saturday and Sunday: noon to 5 p.m.

Students learn how important it is to relax while in college during a Mindfulness-based Stress Reduction class at the Wellness Resource Center on Sept. 30, 2009.

FITNESS
If you feel like a treat but find yourself pressed for time, check out “The Spa” inside the MU Student Recreation Complex. A number of massage therapy styles are available, including Swedish massage and sports massage. Thirty-minute one-off sessions are $45; buy a pack of five for $200 and receive a saving of $25; or get a pack of 10 for $380 for a saving of $70.

Sixty-minute sessions are also available. “The Spa” is also a good spot to swing past for a quick teeth whitening session. One treatment is $99, or pay $199 for two.
Summer hours: Monday to Friday: 10 a.m. to 2 p.m. Closed weekends. Fall and spring semester hours: Monday to Friday: 9 a.m. to 10 p.m. Saturday and Sunday: noon to 5 p.m.
For $49 a semester, the recreation center offers unlimited classes in a variety of activities.
FIGs promote academic, social success for students

By ANASTASIA CASEY
news@ColumbiaMissourian.com

To help ease students into college life, MU offers a program widely known as FIGs.

FIGs, or freshman interest groups, put 15 to 20 students together who share the same major and will take many of the same classes. About 119 FIGs have been organized for fall semester.

Accounting students, for example, may join a FIG and meet fellow like-minded first-year students.

FIGs live together in a residence hall and take three weekly classes together. They also take part in a weekly FIG pro-seminar.

Lindsay Cochrum, the FIG student coordinator, said 50 percent of the pro-seminar deals with adjustment to college life and 50 percent is focused on the FIG’s core subject — accounting, journalism or nursing, for example.

FIGs also attend organized events related to their chosen topic or theme.

A theme could be a broad field of study, such as journalism, or a more specific focus, such as photojournalism, according to the MU undergraduate admissions office.

There are also honors groups in the FIG program and general learning groups that spend freshman year exploring careers and majors.

Cochrum said each FIG has a peer adviser who lives in the same residence hall as the group.

The peer adviser is an upper-level undergraduate student who is available to help students adjust to college life, as well as answer questions about classes and majors.

FIGs also have an assigned faculty mentor directly related to their chosen field of study who assists the peer adviser.

“People should be in a FIG any way they can, whether it be being in a FIG because it’s instant friends and is a really cool way to get into college and meet a lot of people right away,” Cochrum said.

Dorothy Gill, 19-year-old sophomore who joined one of the nursing FIGs as a freshman, agreed.

“They would help set up study sessions together so you meet a group of people that you already have something in common,” she said. “Mizzou is such a big school.”

FIGs begun in 1995 after a three-year development phase. It had already proved successful both academically and socially at other institutions.

“The programs began to help students succeed academically in their transition to MU,” said Jeff Weise, who served as FIG faculty coordinator for seven years.

FIGs and Transfer Interest Groups help students connect with faculty members and advisers in their major early in their career at MU, Wiese said.

“The programs also encourage students to see each other as resources for studying and in their overall success at MU,” he added.

MU surveys have found that students involved in a FIG have a better chance of continuing on with their studies.

A survey conducted in 2005 found an 86 percent retention rate for freshmen students who had joined a FIG, compared to 82 percent of students who did not participate.

Students who participated in a FIG also had an average GPA of 2.96, compared to an average GPA of 2.79 among students not involved in a FIG.

Results continued to be higher for those who were involved in a FIG even after their freshman year, compared to those who weren’t.

Graduation rates were also higher for those who participated in a FIG during their freshman year.

Similar to FIGs are Learning Communities, which are larger groups of students who also share similar academic or career interests.

Learning Communities are groups of 50 to 200 students. They differ from FIGs because they are open to all undergraduate students.

There are 23 Learning Communities in various residence halls scattered around campus.

A student community adviser lives on each floor and helps coordinate activities and events. Similar to FIGs, students involved in these communities live among others with similar academic or career interests. These students are not required to enroll in the same classes as fellow members but may choose to do so.
By NISHTHA HANDA
news@ColumbiaMissourian.com

When college freshmen first arrive on campus, mixed emotions can float in the air. Parents and students can be both excited and anxious about students moving away from home for a long period of time. The transition is rarely smooth, but MU has support services for both students and their parents to help deal with the change.

For students
The shift from school to college brings various kinds of independence along with new responsibilities. Adjusting to these changes can be exhilarating but, at times, difficult. It is not easy to be a little fish in a big pond again after the heady status of senior year in high school.

It can be overwhelming and exhausting to cope with decisions about health, safety, money and time.

Freshmen might discover that they miss the protected bubble of home, said Laura Page, staff member in the MU Office of Parent Relations.

“If a student is feeling overwhelmed, whether it is because the academic work is too tough or everything seems so big, it is very easy to choose to be in their room and miss their home and friends,” Page said.

She suggested several ways to manage homesickness and make the transition more pleasant.

Keep channels of communication open when talking about new experiences.

“I used my resources like Skype on the Internet or iChat on my Mac, and of course the phone to text and call friends and family back home,” said freshman Eric Hughes, who was at MU during the summer. “I talk to my dad every day still.”

Sharing feelings and experiences is a healthy way of coping, Page said. It can be especially useful to seek advice from an older sibling or friend who has been through the process.

It is also comforting for students to know that they are not alone. It is normal for freshmen to experience the same emotions during the first half of the semester.

The university encourages students to get involved in on-campus activities and make new friends. A good start is by getting to know the people in the same residence hall.

If homesickness interferes with academic performance or persists for longer than expected, consider speaking with a counselor at the MU Counseling Center.

For parents
The transition period is an equally difficult stage for parents, even if they were looking forward to a smaller household.

To feel anxious and overwhelmed is often a common emotion.

“We’ve had quite a few moms in tears this summer,” Page, who gave several presentations to families during summer orientation, said. “Some are truly upset and emotional.”

Parents and students can start by becoming well-informed about the resources at MU. They can offer encouragement whenever students indicate they need it, she said.

Ellie Schamel, left, and her mom Gail Schamel enjoy ice cream at an ice cream social held during the 2008 Summer Welcome. Parents can keep in touch with their children while they are away at school by using e-mail, text messages and Skype.

MU resources
Office of Parent Relations
Contact: Laura Page
Phone: 888-631-1098
E-mail: parents@missouri.edu
Counseling Center
Phone: 573-882-6601
Web: counseling.missouri.edu

Try not to be concerned if they don’t call daily. Keep in mind parents are most surely the first point of contact when it comes dilemmas, insecurities and other problems, Page said.

Try to have thoughtful answers in order to guide them in the right direction or to those who can help, she said.

Once they begin to settle in, show interest. Ask questions about their daily experiences, she said.

To keep in touch regularly, it might be handy to be technologically savvy. There may be some instances where sending text messages may be more convenient, while Skype and e-mail may provide more personal interaction at other times.

Even though it may be difficult, encourage students to spend most initial weekends on campus. This will give them the opportunity to get to know other people and make new friends.

As a result, they are likely to become more actively involved in the space they will be spending the next three to four years.
Diversity centers foster understanding

By MICHAEL PEDERSEN
news@ColumbiaMissourian.com

MU has 3,000 ethnic minority students and another 2,000 international students, according to Pablo Bueno Mendoza, assistant director of student life.

That means 12 to 13 percent of MU students are culturally and racially diverse.

That said, 85 percent of students come from environments where they make up 80 percent or more of the population, Mendoza said. Many may lack exposure to different cultures before they arrive at MU.

“When you have people coming from places where they make up 80 percent of the population, it becomes difficult to sometimes relate to other people who have vastly different experiences from yourself,” Mendoza said.

Even students from Chicago believe St. Louis and Kansas City are small, Mendoza said. This may be offensive to students who come from those cities, both of which have populations of 2 million or more.

It is common, Mendoza said, for students from urban areas to look down on those from “rural” communities. Students from St. Louis might treat those from Kansas City with disdain, and vice-versa.

“We’ve run into issues where St. Louis students consider Kansas City students ‘hicks.’ That’s kind of a mind-blowing thing when Kansas City is actually the larger city than St. Louis, but there’s this perception that they’re more country because they’re farther west.”

In the case of international students, Mendoza said, some Americans assume they can’t speak English.

This happens, even though when a TOEFL or language-proficiency exam shows they’re highly accomplished at communicating in English, Mendoza said.

“They may have accent prejudices with regard to individuals, so it’s really interesting that way,” he said.

MU has resources to help freshmen deal with culture shock. Mendoza said residence hall staff have cultural diversity training, and multicultural centers hold orientations for new students to prepare them for college life.

“So for instance, I do an Asian-American and a Hispanic-American orientation to help students expect what will happen in a predominantly white institution,” Mendoza said.

The Black Culture Center and Academic Retention Services conduct orientations for African-American students on how to adjust to MU’s predominantly white culture.

If conflicts arise, Mendoza recommends staff, including residence hall coordinators and community and peer advisers, become involved immediately.

“If it’s something between a majority student and an ethnic minority student, they normally bring in me or Nathan Stephens (of the Black Culture Center),” Mendoza said.

“If it involves an international student, they usually bring David Currey (assistant director of the International Center).”

The MU Asian Affairs Center has staff who speak Korean, Chinese, Thai and Japanese and are happy to aid communication among students.

In addition, there are smaller organizations to help bridge any barriers — at least 30 black organizations and 12 to 15 groups for Asian and Hispanic students.

The MU Counseling Center is another resource.

Marcus Mayes, 25, and Kristen Andrews, 19, both experienced firsthand the benefits of the Black Culture Center. Both are black students at MU who have experienced the clash of different cultures and races.

Mayes, a second-year graduate student studying public administration, said the black-white ratio is similar to where he’s from in Sand Springs, Okla. Yet, there were still instances where he felt slightly intimidated by his new environment in his freshman year.

“For me, it really wasn’t that much of a culture shock ... It was more when you go sit in a class with 500 people, and it’s like ‘I’m the only one in here!’” Mayes said. “That can be pretty intimidating.”

MU also has resources for parents, but Mendoza encourages them to simply let go of their son or daughter.

“You’ve had them for 18, 19 years,” he said. “It’s time for them to start having a life of their own. Some of the experiences will be challenging, other experiences will be full of joy. Let them have fun. I think they’re in safe hands.”

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www.sacred-heart-church.org
Q&A: How to navigate your finances at MU

By KATARINA TAURIAN
news@ColumbiaMissourian.com

What financial services are available for students?
The Office for Financial Success offers a number of free resources to MU students. Its primary goal is to offer advice and services that enhance a student’s financial management skills, both short- and long-term.

Individual counseling sessions are available by appointment, which can be booked online or by phone. Sessions are conducted with a trained counselor who has professional expertise in personal financial planning.

The Office for Financial Success also conducts information seminars, often designed for freshman interest groups. Director Ryan Law said any college group interested in a seminar is welcome to contact him to suggest ideas for future sessions, or to plan one that meets specific interests.

What financial preparation should be done before starting college?
Law said careful budgeting is central to financial success and stability throughout college. This involves creating a systematic plan to deal with personal income and intended expenditures.

Law encourages freshmen to book appointments with the Office for Financial Success, where they may design an achievable budget catered to individual circumstances. Prior to an appointment, students should write down their income sources, and their fixed and variable expenses.

Budget calculators and advice are also available online on the Office for Financial Success website.

What are common problems students face, and how can they deal with them?
A common issue for students is acquiring unnecessary debt, Law said. “It is really easy to get more money than you need, which can cause problems on graduation,” he said.

It is important for freshmen to carefully plan and understand their student loans and loan repayments. This particularly applies to those who have private student loans, which are not typically deferred.

“For freshmen, graduation seems a long way away, but it comes quicker than you know,” Law said.

The Office for Financial Success provides access to a loan calculator, designed to help students determine how many payments will be required to pay off their loans.

How can students be proactive with their finances?
The Office for Financial Success offer a one-credit class for freshmen that examines the basics of money management. The class aims to educate freshmen on how to appropriately adjust to new financial circumstances. These include acquiring credit cards, seeking financial aid and managing personal and student loans. It also outlines effective use of financial resources, and how to avoid common financial mistakes.

Law also suggests students begin to acquire personal credit to assist their finances post-college. Students should put loans and assets in their own names wherever possible and work part time if schedule permits.

What should students do if they get into financial difficulty?
The Department of Personal Financial Planning and the Office for Financial Success will generally respond to requests for assistance within 24 to 48 hours. Students may schedule an appointment online.

Law encourages students to understand the avenues for help available. Often, students are unaware of the options available to them, especially regarding student loans.

Several repayment plans are available, as well as options for deferral in the case of financial or circumstantial difficulty. The Office for Financial Success commonly assists students in finding an appropriate repayment structure to fit a personal situation.

Students may be eligible for financial aid such as grants, which do not need to be repaid upon graduation. Information regarding these is available from the Student Financial Aid Office.
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Accessories. Specials & terms subject to change.
With more than 600 student organizations, there’s a fit for you

By ANASTASIA CASEY
news@ColumbiaMissourian.com

At MU, there are more than 600 student organizations, including stitching groups, clubs about Latin dance, Foosball, electric cars, soccer, motorcycles and much more.

“It is a great way to meet new people,” said Koleen Kay, a 19-year-old MU sophomore.

There are several different ways to join an organization. Some are faculty based, some are based on interests and hobbies and some center around commonalities.

Organizations range from niche themes to broader, more mainstream ones, and sizes vary. All groups coordinated by the Organization Resource Group are run by students with a faculty member as an official adviser.

In the unlikely event that you don’t find the group you’re looking for when browsing the ORG database, it is possible to find at least nine other like-minded students and start your own.

Student organizations can receive funding for a variety of purposes and activities. All fit under specific categories outlined on the ORG website:

- General Expenses: For general resources, such as copies and miscellaneous supplies.
- Travel: For conferences, competitions, or events.
- Honorarium: For bringing guest speakers and performers to campus, or to request Venture Out funds.

Involvement in student groups not only helps build both social and academic skills, but vital professional skills, Alexander Astin of UCLA said.

“The greater the student’s involvement in college, the greater will be the amount of student learning and personal growth,” he said.

Studies have confirmed a link between student involvement and professional and academic success.

In the 2010 “Mizzou Involvement Guide,” Director of Student Life Mark Lucas wrote: “Employees hire students with good GPAs, but they also want people who...”
know how to work with others, who can think critically and have a record of involvement during college.

Amanda Espey, a 20-year-old junior at MU, said she definitely recommends student involvement to freshmen.

“It’s a lot of fun,” she said. She’s a member of Raptor Rehab, an organization run by the MU College of Veterinary Medicine.

Raptor Rehab members help in the rehabilitation of injured birds of prey as well as educating the public on their ecological importance and gathering new pertinent information.

Espey is an English and archaeology student, so she’s proof that you don’t have to be a student within a particular faculty if you’re keen on joining one of their groups.

Sophomore Dorothy Gill, 19, said she wishes she had been more involved in her freshman year. That’s why she’s planning to join MU Climbing Club this coming fall as she firmly believes in the benefits of student groups and organizations.

 Depending on the organization, student groups usually meet once a week and engage in several team building activities.

There are also many perks involved within student organizations, such as free equipment rental through the ORG office for digital cameras and camcorders, use of the Student Design Center, free conference rooms and more.

Groups are open to every student. For information, call 573-882-2630 or e-mail studentorgs@missouri.edu. ORG office hours are generally 9 a.m. to 5 p.m., Monday through Friday.

ABOVE: Student judges Emily Patterson, Katie Bickley, John Rufus Shealy and Andrew Lang discuss the performers they have seen while more wait for Mizzou Idol Feb. 22 at Memorial Union.

LEFT: Seniors race through the columns on May 5. The ceremony marks their graduation from the university.
Underage or not, there’s plenty to do

Campus organizations, city have countless activities to offer students throughout tenure at MU

By BELINDA JEPSEN
news@ColumbiaMissourian.com

It’s one of life’s great ironies: The old are desperate to be young again, while the young are desperate to be older.

This is why when parents urge teenagers to “embrace youth while you still can,” it almost inevitably falls on deaf ears.

Sometimes parents are right. MU provides ample opportunities for students to have fun. You don’t need to be 21 to have a party.

Deja Vu Comedy Club is a popular location for underage students. Here they can experience one of the main perks of being 21 — going to a club with friends.

Every Thursday is “College Night,” where a small cover charge gains you access to the 10,000-square-foot dance floor.

The club is primarily a stand-up comedy venue and hosts internationally acclaimed acts, which you can also enjoy for as little as $7 every Thursday, Friday and Saturday night.

“The vibrancy of this institution is not just in the amazing academic offerings that we have here, but also in those out of class experiences, those memorable moments that students take with them for life,” said Kathy Murray, assistant director of student life.

She insists that a vibrant social life is not purely the domain of those over 21.

“Deja Vu is an amazing resource for students who wish to coordinate their own social experiences,” said Jeff Puckett, manager of student life.

Missourian file photo

During homecoming week, businesses downtown decorate their storefronts to show support for the hometown team. Other popular events for college students include the homecoming parade and blood drive competition sponsored by Greek Life.

Murray said that the most vital resource for students who wish to coordinate their own social experiences is stufftodo.missouri.edu. This website provides a comprehensive calendar of events, which outlines the array of MU activities both on and off campus.

Dozens of students work hard throughout the year in order to organize and coordinate these activities and events for their peers. There are shopping nights, poster sales, comedy wars, open mic nights, game nights, author talks and many others.

The most active period of the school year is the Fall Welcome.

The most popular event on the Fall Welcome calendar is also the first: Midnight Underage or not, there’s plenty to do
BBQ. This year, it will take place on Aug. 18 and is expected to attract thousands of students. Beginning at 10 p.m., it is a good opportunity to meet new people and enjoy free food and entertainment.

The Starlight Swim, held each Tuesday and Thursday from Aug. 17 to Sept. 23, is also a key part of this early phase of the social calendar. From 9 to 11 p.m. each Tuesday and Thursday, Truman’s Pond in the Rec Center is open to ID-carrying students.

For those in search of some entertainment or culture, the University Concert Series is another option. Held in Jesse Hall, the series includes musicians, such as LeAnn Rimes on Sept. 19, and theater performances, including the Broadway success “Spring Awakening.” Further incentive lies in the fact that all MU students can get half-price tickets.

Indeed, a small budget should not be a deterrent. Most activities on campus are either free or cost very little.

Outdoor movie nights, for example, provide a couple of hours for mental escape with the screening of recent releases, including “Kickass” and “Sex and the City 2” for $1 on Friday and Saturday evenings. Films are free on Wednesdays.

“When I was a freshman, it was really nice to know that I could walk half a block from my residence hall, and there was a party. It was all there — your dinner, your entertainment and you could even walk away with a craft that you had done.”

LAUREN KARR
Coordinator of Mizzou After Dark

Mizzou After Dark activities can be experienced at no cost to students with a Mizzou ID and for $5 by friends and family.

“We’ve just been adding up the numbers and last year Mizzou After Dark gave away $20,000 worth of free food,” Karr said.

A 2007 graduate of the School of Journalism, Karr was so impressed by the activities available to her during her time at college that she decided to get involved herself.

“When I was a freshman, it was really nice to know that I could walk half a block from my residence hall, and there was a party,” she said. “It was all there — your dinner, your entertainment and you could even walk away with a craft that you had done.”

This year’s calendar is an eclectic mix of events designed to cater to a range of tastes and interests.

Highlights include Mizzou Up All Night on Friday, Aug. 27. From 8 p.m. until midnight there will be Shakespeare’s Pizza, a DJ, airbrush tattoos and a photo booth.

Spa Night on Oct. 8 offers quick cuts, massages and aromatherapy.

Karr also looks forward to Spooktacular on Oct. 29. The event features a costume contest, ghost hunters, psychics and a DJ.

For more information regarding activities at MU, visit stufftodo.missouri.edu or unions.missouri.edu/supb.
Advisers, groups provide study tips

Paper writing and time management tend to be some of the more frequent concerns for new students.

By NISHTHA HANDA
news@ColumbiaMissourian.com

For freshmen, the academic gap between high school and college might be greater than expected.

Here is a basic guide to managing academic challenges many freshmen face, with tips on developing study habits, writing papers and taking exams.

Study habits

Think about study habits as a fitness regime that you need to maintain during the semester:

It’s all about pacing to avoid short, intensive bursts that are likely to cause burnout.

Time management is essential for good study practices, as are setting goals and staying on track.

According to academic adviser Justin Shepherd, freshmen often struggle to manage daily schedules.

Classes might only take up three to four hours a day, so it seems as if there’s plenty of time left. But requirements and expectations for each subject can be demanding.

“Students need to be spending a minimum of two hours studying outside the class room for every hour they spend in the classroom,” Shepherd said.

A few key tips for managing time include keeping both a daily, as well as weekly or monthly, planner. A daily planner helps organize blocks of time and can serve as a to-do list.

It is also worthwhile to set aside a fixed regular study time and place for each day, Shepherd said.

A weekly or monthly planner allows students to plan ahead for events, activities and homework/assignment tasks beyond the upcoming week, he said.

Shepherd also recommends writing due dates from a syllabus onto the monthly planner.

It is also important to track your study schedule. The website academictips.org advises students to stay up-to-date with classes, readings and homework to lessen the workload at the end of the semester.

That also will give them more study and revision time for final assessments.

Aim to attend all classes and try to preview material beforehand.

Swap copies of notes with friends to study and exercise.

n
Remember to sleep well and follow a healthy diet.

n
Take notes by hand in class, then type a summary.

n
Use breaks and spare time between classes productively.

n
Don’t get involved in too many social circles — a few are good.

n
Find practice exercises and past exam questions as preparation.

n
Balance the day with both study and exercise.

— MU Student Success Center

CONTINUED ...

Paper-writing advice

Start early

When writing an academic paper, begin as soon as possible because referencing and providing knowledge from a broad range of research and sources is usually required.

Analyze the question

The first step is understanding the question. By knowing what is required, a student will then be able to sketch an outline that includes all points.

Conduct research

After the basic structure is established, the next step is to gather resource material. A good starting point for research is referring to any assigned texts or recommended readings.

The citations and bibliographies of these texts will also act as a springboard to other useful material. Use a variety of sources, including books and e-journals — and not just the Internet.

Create a draft

Once sufficient information is obtained, the next step is a draft. Then analyze the need for more research.

Develop the backbone of your outline into the bulk of your paper and add supporting statements by using quotations and references.

Complete the paper

Polish the draft, making sure to deliver a strong beginning and ending.

Some students prefer to leave introductions and conclusions until the end, while others cannot write the body until they have jotted these down. This is a personal choice, one dictated by the student’s style and preference.

Proofread

Be sure to proof your paper before submission. It might also be handy to get a friend to read through it with a fresh perspective.

Academic honesty

Attribute all research material to the proper source.

— Karen Gocsik, executive director of writing and rhetoric courses, Dartmouth College

Useful tips

■ Take notes by hand in class, then type a summary.

■ Use breaks and spare time between classes productively.

■ Don’t get involved in too many social circles — a few are good.

■ Find practice exercises and past exam questions as preparation.

■ Remember to sleep well and follow a healthy diet.

■ Balance the day with both study and exercise.

— MU Student Success Center

Goal setting

Goal setting is another step to a successful academic experience in college.

■ Write down the goals you wish to achieve — whether they are short or long-term. Make sure they are specifically outlined and you know what you want to achieve and how you are going to go about it.

■ Be certain they are attainable and realistic. They must be achievable within a fixed time frame; it can be disheartening to fail to achieve set goals.

■ A specific time frame also is essential to setting an end target for completing the goal. Without a time frame, there will be no sense of urgency or commitment.

— Goal-setting-guide.com
modifications for assessments.

**Academic papers**

You will shortly discover as a college student that the styles and techniques of writing in college can be different from writing in high school.

“Often students are too informal,” Shepherd said. “They write as if they are writing a text message.”

College expectations are at a higher, more sophisticated level. Academic writing is geared toward a scholarly level — writing by and for other scholars.

Therefore, papers must contain an informed argument of interest to the academic community.

**Exams**

Exams can be uncomfortable, but they are a proven way to assess progress and understanding.

There are, however, ways to prepare for a test in order to avoid feeling overwhelmed and panicked at the last minute.

Again, start early. Don’t cover all of the course content the night before the exam. Shepherd recommends students “start pulling notes together a week in advance.”

Keep your notes updated throughout the semester and attempt to review them thoroughly, Shepherd said.

Plan how much to cover each night and meet those goals.

Write down questions and clarify them with peers or professors. After completing a review of the course content, a student may choose to study with a friend or in groups. All content needs to be understood before this point, otherwise a discussion can be confusing.

A thorough understanding of material is better than memorizing or cramming it at the last minute. That is the point of an examination.
Instructors wage war on plagiarism

Some courses use new tools to detect cheating attempts.

By BELINDA JEPSEN
news@ColumbiaMissourian.com

There is a recipe for cheating, says Terry Barnes, the MU assistant provost for community college partnerships.

He said it has three ingredients: unreasonable expectations, inadequate academic preparation and a misguided moral compass.

An estimated 75 percent of college students will follow this path at some point in their program.

Like most academic institutions, MU takes cheating very seriously.

During the 2009 spring semester, 71 cases of academic dishonesty were reported, according to the provost’s office. Of those cases, 46 percent were charges of plagiarism.

“College is a huge sorting process,” Barnes said. “It sorts society out, the winners from the losers, the leaders from the followers.”

The university’s policy on this issue is known as academic integrity, and is outlined in the “M-Book”.

The standards of conduct guidelines are listed to explain what constitutes a sanctionable offense. Because ignorance is rarely an acceptable excuse for cheating, it is important to understand the university’s rules and expectations.

Perhaps the most important term to be aware of is academic dishonesty.

The conduct guidelines define this as “any act that is intended to produce an academic assessment that is not commensurate with an individual’s performance, or any act that is intended to unfairly assist or hinder an individual’s academic efforts.”

Should a student be found to be in breach of the standards, a befitting punishment will be given at the discretion of the MU provost.

Lesser breaches will usually result in no action or a warning, while those deemed more serious could end in probation, suspension or even expulsion.

Barnes insists that disciplinary action is not simply about teaching ethics or insisting on proper behavior.

“It’s also to say, that in order to get the full benefit out of college, you have to do your own work,” he said.

This rests as much on self satisfaction as anything else.

To receive a grade by means of intellectual inquiry, critical thinking and problem solving is a grade well-earned, Barnes said.

“Because only then, is it yours,” he said.

This is also why he said he believes misrepresentation has consequences well beyond a college career.

“If you don’t have adequate skills, competencies and proficiencies because you haven’t learned them in college, then you’re going to get caught,” he said. “Out there, you can’t fake it. The reality is that you have to be who you are and represent what you’ve learned.”

Academic study requires students to thoughtfully engage with ideas and their application.

“College is not about knowledge,” Barnes said. “It’s about how you apply it.”

However, the inability or unwillingness of many students to employ their own analytical skills is precisely what leads to so many instances of academic dishonesty at MU.

Plagiarism, or the unacknowledged use of another person’s work, is one infraction.

It is important to note that intent is not a requisite of plagiarism. Unless the concepts and idea are common knowledge, the source must be cited.

This includes concepts and ideas that you have paraphrased, as well as direct quotations. If in doubt, cite it.

Also recognized as plagiarism is the use of material written by someone other than the student submitting it.
Included in this are essays purchased online from “paper mills” and similar sources.

According to Barnes, the sheer volume of content available on the Web acts as an incentive for many students to plagiarize.

“They simply think they will get away with it,” he said.

The reality is, they might not. The university and its faculty are turning to more sophisticated ways to detect it.

Many courses are now using applications such as Turnitin. This is a plagiarism detection program that searches electronically submitted assignments for replicated content.

The assignment is instantly compared to content from the Internet, journal/periodical databases and all previously submitted papers. Any instances of plagiarism are then underlined by the software.

The advent of mobile internet devices, in particular, has introduced new ways to cheat on exams.

Confiscation of such technology at the beginning of tests is now a standard practice at most academic institutions.

It is ultimately up to the student to put defenses in place against dishonesty.

For example, according to Barnes, night-before desperation often motivates many to take shortcuts on their work.

“Procrastination is one of the worst enemies you will have as a college student,” he said.

Rapidly looming deadlines can be another source of stress for the unprepared.

However, Barnes insists that cheating will incur significantly higher penalties than any alternative.

His suggestion for students who fail to meet a deadline is simply to approach the instructor, apologize for not completing the task and accept the consequences.


And, he said, keep in mind “that cheating is simply never a good thing.”
Healthy eating options are available virtually anytime.

By KATARINA TAURIAN
news@ColumbiaMissourian.com

New eating patterns can be part of adjusting to college life, and weight gain is a common consequence.

It is important to form healthy habits early to avoid this unwanted side effect of life on campus.

According to Nemours, a non-profit organization founded in 1935 by Alfred I. duPont devoted to children's health, freshmen typically gain three to 10 pounds when they first move on campus. The gain usually occurs during the first semester.

“I turned into an eating machine during my first year,” said former MU student Marcel Jones. “It took me a long time to get my freshman jeans to fit again.”

Nemours researchers say students gain weight for several reasons.

For many freshmen, it might be their first time living away from home, and they are free to independently devise their own meals. This increases the likelihood of succumbing to temptation.

Another reason could be increased study and workloads that comes with a decrease in physical activity.

The stress and anxiety associated with adjusting to a new lifestyle can prompt overeating. According to Nemours, freshmen often overeat to seek comfort.

“I just didn't think about what I was eating,” said MU student Zach Casey. “I was eating to stay awake, eating to go to sleep, eating to calm down ... and it wasn't good food, either.”

Dining halls on campus provide a variety of nutritious food to help students uphold healthy eating principles. Several places in downtown Columbia also have healthy options on their menu.

Here's a mealtime guide to downtown dining to give you a head start:

**Breakfast**

Panera Bread, 102 S. Ninth St.; open 6 a.m to 8 p.m Monday through Saturday; 7 a.m through 8 p.m Sundays.

**Recommendations:** The “Breakfast Power Sandwich” is served with eggs, cheese and ham on whole grain bread. If that's too heavy, Panera also sells single sourdough rolls, which have no fat, oil, sugar or cholesterol. It is low on the glycemic index, meaning you will feel fuller for longer.

**Note:** While Panera's fruit smoothies claim to be low in fat, they are high in fructose (natural sugar). Fruit is deceptively high in sugar, and smoothies typically include several fruit servings.

**Lunch**

Main Squeeze Natural Foods Café, 28th S. Ninth St.; open Monday through Saturday 10 a.m to 8 p.m; Sundays 10 a.m to 5 p.m.

**Recommendations:** “Nell's Seven Layer Salad” has a lettuce and cabbage base, and is topped with vegetables such as carrots, beets, tomatoes and cucumbers. It is served with a whole grain bread roll.

Main Squeeze also serves fresh fruit and vegetable juices, with no added sugar or flavoring. A popular choice is “Elvis Parsley,” made from carrot, celery, spinach, parsley and beet.

All items on the menu are vegetarian, and vegan choices also are available. Most ingredients are organic and sourced from local farmers. These are chemical free and have been subject to minimal processing.

**Note:** Natural and organic foods are not necessarily low in fat. Avocado is a common item on Main Squeeze's menu, and is high in monounsaturated fat. Natural fats are essential for a balanced diet but should be consumed sparingly.

**Dinner**

Bangkok Gardens, 811 Cherry St.; open for dinner from 5 to 9 p.m Monday through Thursday 5 p.m to 10 p.m Friday through Saturday.

**Recommendations:** Bangkok Gardens serves predominantly Thai food but caters to a variety of palates. You can choose your spice level preference for each dish and can opt for plain sauces and marinades. Serving

CONTINUED ...
portions are generous, and staff allow patrons to take leftovers home.

For appetizers, freshly steamed dumplings with seasonal vegetables and meat are a popular choice (“Kanom Jeip”). These are a healthier alternative to fried dumplings, which also are on the menu.

For entree, aim for dishes that offer a vegetable base. “Lahp,” stir-fried ground pork or beef, is served on a bed of greens. It does not contain any complex carbohydrates like rice or noodles, which is preferable for an evening meal.

Note: Bangkok Gardens serves several curries. Although they are made with fresh ingredients, they are cooked in coconut milk. This is a creamy sauce which is high in saturated fat.

Snacks

The Root Cellar, 814A E. Broadway; open 10 a.m. to 7 p.m. Monday through Friday; 10 a.m. to 6 p.m. Saturday.

Recommendations: The Root Cellar sells organic produce and specializes in seasonal fruit and vegetables. Produce is sourced mainly from local farmers, and is rarely subject to processing.

The Root Cellar also sells its own blend of granola, which may be eaten with or without milk. The granola made with local and organic nuts, grains and seeds and lightly glazed with Boone Farm honey.

Note: The Root Cellar’s sauces are made with natural ingredients and do not contain artificial colors or flavorings. However, they often contain olive oil and flour, which are high in calories. They should be treated as normal spreads and used thinly.

Maintaining a healthy diet

Students can observe a few daily rules to prevent weight gain.

■ Choose a mix of nutritious foods, including whole grains and at least three servings of fruit and five servings of vegetables.

■ Avoid highly processed foods, especially those with artificial sweeteners and preservatives.

■ Replace empty-calorie drinks such as soda and flavored coffee with water.

■ Keep healthy snacks in the room, to minimize temptation during night study sessions.

— MU Student Health Center

Schnucks, a full-service grocery store, has everything you need in one convenient stop from fresh foods to a full-service pharmacy. You’ll also find ready-to-serve entrees, school supplies and health & beauty basics.

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Visit www.schnucks.com
It’s freshman year for new MU Student Center

Renovations to Brady Commons are set for an October completion

By ANASTASIA CASEY
news@ColumbiaMissourian.com

Brady Commons, which is being transformed into the new MU Student Center, has been under construction since April 2005. The expansion, now nearing completion, will double the size of the former complex.

Phase 1 of the expansion project resulted in the opening of the University Bookstore, TigerTech, ID Office, UMB Bank and Truman’s Takeout.

This phase also included the Auditorium, Leadership Lounge and Center for Student Involvement.

The Center for Student Involvement holds student governments, the Organization Resource Group, Greek Life, Campus Activities, Service and Leadership offices, New Student Programs, the MSA/GPC Box Office and the Student Design Center.

Phase 2 originally had a completion date of spring 2011, but it should be finished by Homecoming Week in mid-October, Student and Auxiliary Services’ Public Relations Manager Michelle Froese said.

“We’re very excited that students will get to use their facility early,” Froese said.

Official opening ceremonies will be from 2 to 5 p.m. on Oct. 21. There will be a “Welcome to Your Student Center” tailgate lunch, sponsored by the Homecoming Steering Committee and the Missouri Student Unions.

The commons portion, which includes more than 500 seats and five restaurants, is scheduled to open at 7 a.m. on Aug. 18.

Phase 2 includes:
- Mizzou Market
- Student Entrepreneur Center
- Digiprint copy center
- ATMs and a bank
- Mort’s, a grill next to a new gaming area
- Nine meeting rooms for student use
- Mizzou Traditions Lounge
- The Shack, an event space for 200
- Fireplace Lounge
- Social Justice Center
- Student Media and Publications

“Phase 2 of the Brady Commons renovations developed after students voiced their need for a meeting place and an improvement to student facilities. Students shuffle up the stairs to the second floor of the University Bookstore last fall. The bookstore was part the first phase of the new Brady Commons to open.

MU sophomore Morgan Stone said he was “super excited.” “I hear there’s gonna be a lot of fun things to do,” he said.

For more information, go to mustudentcenter.com or the MU Student Center on Facebook at facebook.com/mustudentcenter.
Arts and Science Welcomes You

UPCOMING EVENTS
Check coas.missouri.edu for complete listings

The Missouri Review
Thur., Sept. 9 — Open house
357 McReynolds Hall, 3-5 p.m.

The Missouri Review
Wed., Sept. 15-16
Undergraduate open house
129 Professional Bldg.
9:30 a.m.-3:00 p.m.

Economics
Wed.–Thur., Sept. 15-16
Undergraduate open house
129 Professional Bldg.
9:30 a.m.-3:00 p.m.

Arts Welcome
Wed., Sept. 15 — Free food giveaways, and live music 11 a.m.-2 p.m., Lowry Mall

Biology Science
Thur., Aug. 26 — Fall welcome orientation and barbecue
Monsanto Auditorium, 5 p.m.

German and Russian Studies
Join others interested in German culture for biweekly “Samstisch” at Shakespeare’s starting Thurs., Sept. 2
7:30 p.m.

Statistics
Welcome reception for students, check with department for date (first week of school)

Student Feature: Film Project
To be shot on campus during the spring semester with student involvement in all aspects. Check film studies website in September for announcement of organizational meeting.

Advising Services
107 Lowry Hall
573-882-6411
www.facebook.com/
MUArtsandScience

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City, campus lead sustainability efforts

Students have “tons of opportunities” to contribute on campus.

By ADAM DUGGAN
news@ColumbiaMissourian.com

Since 1990, MU’s energy conservation program has been leading the charge against unnecessary energy use and greenhouse gas emissions produced on campus.

The university has upgraded lighting efficiency, automated temperature controls, improved air conditioning systems, centralized equipment and made the campus more aware of sustainability.

As a result, there has been a 10 percent reduction in energy use per square foot, a 12 percent reduction in greenhouse gas emissions per square foot and a total cost savings of $6.6 million.

“Mizzou has an incredible energy conservation campaign that’s been going on since 1990. They save several million dollars a year, both in cost avoidance and conservation,” said Ben Datema, MU student sustainability adviser.

Concurrent to these efforts, MU is also in the process of replacing one of the coal-fired boilers on campus with a 100 percent biomass-fueled boiler by 2012.

“One of the primary ways that Mizzou is leading the charge, I would say, is replacing the boiler of the power plant,” Datema said.

The boiler will be able to use woody biomass, grasses, waste papers, agriculture residues and other forms of biomass fueled power.

This not only creates local jobs in the biomass industry, but it also dramatically reduces emissions and has the ability to provide stable long-term pricing compared to traditional fossil fuels.

“That will help a lot with the greenhouse gas emissions and making the whole system more sustainable,” Datema said.

But there is only so much the university itself can do without the support of students.

By keeping their eyes peeled for the energy-saving tips posted around campus and adhering to them, all students have the ability to help MU in its efforts to build a more sustainable campus.

They can make smart choices by turning off lights and computers, using the energy wisely. Students also can propose ways to conserve.

“I think, in my experience anyway, that just about anything students dream up can happen at Mizzou,” Datema said.

The MU Office of Sustainability also works with students. It is presently trying to launch a bike resource center. Datema said he hopes the center will feature bicycle rental and bicycle maintenance classes and teach the MU community about the rules and policies of riding bikes on campus.

“A lot of people have basic maintenance needs on their bikes, but don’t know how to fix them,” he said.

But sustainability isn’t just about ensuring renewable energy for the future and advocating alternative means of transportation.

It is also about engaging with the world. Peter Miller, director of campus facilities, landscape services and the Mizzou Botanic Garden, said he helps students learn about their surroundings.

“If I could convince incoming freshmen of anything, it’s that we are a botanic garden, we are here for you to enjoy, and I certainly hope you enjoy it,” Miller said.

“When you come by one of our 11 thematic gardens, or one of seven special plant collections that we have, or if you see some signage on one of our three tree trails, perhaps you look at it and think, wow. I didn’t know what that tree was that my mom and dad have back at home. And now I know.”

Vera Gelder, left, and Art Gelder talk with passersby during the Columbia Farmers’ Market in May. The market attracts a variety of stands selling such items as baked goods, meat and honey from vendors in mid-Missouri.

Snow being knocked off the top of vendors’ tents was a common sight on this morning in March at the Columbia Farmers’ Market. Even with a steady snow, a steady stream of customers browsed the market.

“I think, in my experience anyway, that just about anything students dream up can happen at Mizzou.”

BEN DATEMA
MU student sustainability adviser
The TigerCard is the official identification card for all students, faculty and staff of MU.

The card, issued during registration, is used for:

- Entry to the MU Student Recreation Complex
- Treatment at the MU Student Health Center
- Borrowing materials from MU libraries
- Entry into residence halls and some rooms

MU students who are financially enrolled in full-time programs can also use ‘student charge’ to:

- Purchase items from MU Student Health Center affiliated pharmacies
- Cover photocopying and printing costs at Ellis Library and at the following libraries: journalism, engineering, geology, math sciences and medical center. The TigerCard can also cover printing costs at the Quick Copy Centers in these buildings: Brady Commons, Engineering, Lewis & Clark and Veterinary Medicine
- Charge purchases at the University Bookstore, Tiger Den and MU Team Store
- Cover laundry costs at residence halls
- Charge purchases at the University Bookstore, Tiger Den and MU Team Store
- Enroll in classes at the Missouri Students Association Craft Studio and pay for material costs
- Purchase flowers from Tiger Garden (2-34 Agriculture Building; 10:30 a.m. to 4:30 p.m., Monday through Friday)
- Purchase concert tickets from the MSA/GPC ticket window or the Hearnes Center

In addition to the Tiger Card, MU students have the option of including the Campus Dining Services E.Z. Charge program on their TigerCard. According to Campus Dining Services, E.Z. Charge is a method of charging food purchases to a UM account. There are two options for E.Z. Charge — pay-as-you-go (credit) and a decreasing-balance (debit).

E.Z. Charge can be used campus-wide to:

- Purchase from vending machines
- Purchase food at the three campus Mizzou Market locations
- Purchase food at all Campus Dining Service locations

What to do if the TigerCard is lost, stolen or damaged:

It is important to report the lost card by calling 882-1871 during business hours, or 882-2050 outside of business hours and weekends.

To protect the University Bookstore student charge, a student should also call 884-2159.

In addition to the above, all stolen cards should also be reported to the MU Police Department. It costs $15 to replace a card.

According to the Division of Information Technology, “normal wear and tear,” as determined by ID Office staff, does not require the above replacement cost. However, scratches that render the card useless are not covered as normal wear and tear.

Ultimately, a student should be careful with a TigerCard since it serves as campus passport, key and bank-card. As long as it is treated with respect, students and their cards should have a long-lasting relationship through the end of freshman year and beyond.

Source: Division of Information Technology
Health centers help to keep students’ minds, bodies sharp

MU offers services for physical, mental and sexual health.

By TARA FEDORIW-MORRIS
news@ColumbiaMissourian.com

You will most likely be at MU for four years. Chances are you will get sick at least once.

MU has an extensive range of health services available to all students. In addition to the Student Health Center, there are also places that focus specifically on mental and sexual health, as well as disability services and preventative care.

Pre-paid health fee
All students taking six or more credit hours a semester must pay the prepaid health fee. It is automatically deducted each semester and will appear on a student’s bill.

Students taking fewer than six credit hours may elect whether or not to pay the fee.

The service covers office consultations with MU health care providers. It does not, however, cover testing or medical procedures.

For these instances, the Student Health Center strongly recommends that all students have their own health insurance to cover tests and procedures.

Students without health insurance may pay for certain services with cash, check or credit card, or have the expense charged to a student account.

Student Health Center
The center is located on the fourth floor of the University Physicians Medical Building, within walking distance from most residence halls. It operates from 8 a.m. to 5 p.m. on Mondays, Tuesdays, Thursdays and Fridays and from 9 a.m. to 5 p.m. on Wednesdays.

If students feel unwell outside of business hours, they may also call 882-7481 and speak to an after-hours nurse.

According to the center’s website, the center is staffed by certified physicians, nurse practitioners, licensed psychologists and certified health education specialists.

All students must make an appointment. Upon arrival, they should have their student ID card and student number available.

The center is also responsible for ensuring all students meet MU’s immunization requirements.

All students at MU are required to be immunized against measles, mumps and rubella. Those living in residential halls must either be immunized against meningitis or sign a waiver stating that they have elected not to be immunized.

Tuberculosis screening is also required for students identified as high-risk. All necessary immunizations are readily available at the Student Health Center for a fee.

Counseling
Located in Parker Hall, the MU Counseling Center assists students struggling to cope with emotional, social or academic problems. It offers individual, couples and group counseling.

Every MU student is eligible for up to 12 sessions of counseling per year. This free service is covered by an annual allocation of MU student fees.

There are currently seven qualified clinical staff members working at the center, as well as four psychology interns, four clinical graduate assistants and four practicum counselors.

Although it can handle emergency walk-ins, the center recommends making an appointment.

The service is confidential, and student sessions will not be disclosed to anyone without permission.

SHAPE
The Sexual Health Advocate Peer Education Program is an education program primarily staffed by peer educators. SHAPE is located on the fourth floor of the University Physicians Medical Building, near the Student Health Center.

Peer educators are students who have completed the class “WGST 2960 — Sexual Health Advocacy and Service Learning” as well as individual presentation training.

At any one time, 10 to 20 peer educators are involved in SHAPE programs.

The primary goal of SHAPE is to “provide students with the resources they need to be safe,” says Jessica Scott, outreach coordinator.

“We advocate for sexual empowerment, regardless of individual circumstances,” she said.

Some programs are tailored to specific audiences, such as those living in residential halls or Greek houses. Other programs are aimed at the student population as a whole.

Sexual Responsibility Week, for example, is an “annual event highlighting the importance of being responsible, safe, and healthy sexually,” according to the website.

SHAPE offers free HIV testing on campus on certain days of the year. The office
also makes available to students male condoms, female condoms and oral dams free of charge.
SHAPE also provides free condom dispensers in six residence halls, including Gillett, Lathrop, Mark Twain, Bingham/Hatch, Wolpers and Center.
Scott stressed that parents should not worry about their children being exposed to an unnecessarily sexualized environment.
“If your child has chosen to be abstinent, we will not try to talk them into anything else,” she said.
But parents also need to be realistic.
“About 60 percent of students starting college are already sexually active,” Scott said.
Disability Services
The MU Office of Disability Services can be found in Memorial Union.
According to the office’s website, its goal is to “provide academic accommodations and support within the resources of the university, which will ensure students with disabilities the opportunity to competitively pursue a college education, limited only by their abilities, not their disabilities.”
Services offered include adaptive equipment, alternative text formats, classroom assistants, course substitution, exam accommodations, housing accommodations, interpreters, reduced course loads and accessible transportation.
In order to be eligible for the services, students must complete an intake form, which is available at the Disability Services Office. Students also need to provide supporting documentation confirming the presence of a disability and how it impacts university life.
The Office of Disability Services also maintains accessibilitymap.missouri.edu, which helps students find accessible features on campus such as ramps, elevators and curbs.
Wellness Resource Center
Located in Bingham Commons, the Wellness Resource Center focuses on preventive health care. Issues addressed by the center include drug and alcohol use, nutrition, fitness, self-esteem, stress, sleep, safe driving and mental health.
According its website, the center uses the theories of “responsible decision making, harm reduction, social norming and environmental management” to keep students safe and healthy.
The center delivers more than 200 student programs each year in a range of locations including residence halls, Greek houses and classrooms.
Additionally, it promotes wellbeing across campus using various publications, posters and displays.
Transportation options abound

By SOPHIE LEWIS
news@ColumbiaMissourian.com

Need some help getting around town? Here are shuttle services available to students, as well as the city’s bus transportation that serves the entire public.

Shuttle services
Shuttle services are available from commuter parking lots onto campus at 20-minute intervals between 7 a.m. and 6 p.m. Monday to Friday during fall and spring seasons.

When residence halls are open, the expanded route begins at 6 p.m. and runs until 1:30 a.m., seven days a week.

Sunday services commence at noon.

Disability services
Students with disabilities can access lift equipped services, which run between residence halls and classroom buildings.

Phone the Office of Disability Services for bookings and more information at 882-4696.

City buses
City buses can get students from campus to the hospitals, the mall, Walmart Supercenters, restaurants and other supermarkets.

Routes also go to some apartment complexes, such as The Reserve, Campus Lodge, Campus View apartments, and student apartments along Old Highway 63, Grindstone Parkway and Nifong Boulevard. Students living at The Reserve and Campus Lodge may ride the gold route for free with apartment-issued IDs. Students living at Campus View apartments should collect a semester pass from the apartment office.

New bus routes and schedules are set to be released Aug. 2. Maps and schedules may be collected from bus shelters in August.

According to the city of Columbia website, changes will involve extending services farther north, east and west and rerouting the orange route to south Columbia.

To avoid confusion, Saturday services will also be expected to mirror weekday services.

Students will continue to receive half-fare discounts.

Check the website: GoColumbiaMo.com and search under GoNewRoutes or call 874-7282 for new changes that might affect you.

Noah Myers gets in line to board the 102E bus with his bike in January after work at the Root Cellar.

Megabus
Megabus is an inexpensive bus service that takes passengers from Columbia to Kansas City, St. Louis and Chicago.

Book early for cheap fares that sometimes cost as little as $1.

Megabus departs from Wabash Station with one service daily. Buses have WiFi access.

For more information go to us.megabus.com or call (877) 462-6342.

STRIPEs
STRIPEs (Supportive Tigers In Pursuit of Ensuring Safety) is a free, student-run organization dedicated to the safe transportation of MU students around Columbia.

STRIPEs operates between 10 p.m. and 3 a.m. on Thursdays, Fridays and Saturdays. The purpose of the program is to keep MU students safe.

Volunteers pick up and drop students off at home addresses anywhere within Columbia city. Make sure you call 442-9672 before 3 a.m. to book a ride.

Keep in mind that STRIPEs can often be busy, so book early.

MO-X airport shuttle service
The airport shuttle has daily scheduled trips between Columbia and the St. Louis and Kansas City airports.

Twelve round trips operate daily to St. Louis; five services daily to Kansas City. Door-to-door pick-up is available at an additional cost.

A one-way ticket costs $43 to $45, depending on the day. Door-to-door one-way service booked online costs $51 to $56.

For more information go to moexpress.com, call 256-1991 or visit the MO-X office at 303 Business Loop 70 E., at the corner of Providence Road and Business Loop.

Car rental program to reduce congestion, pollution

WeCar is renting cars to MU students and faculty to further sustainability efforts.

By ADAM DUGGAN
news@ColumbiaMissourian.com

A new program on campus this year will offer MU students and faculty the flexibility of renting a car from a campus lot for up to 24 hours.

With incoming freshmen required to live on campus, WeCar gives them the freedom to get around occasionally, without the financial burden of maintaining a car.

Two hybrid vehicles and two sedans will be available and will be parked on campus. Membership is $35 a year.

Rental cost is $8 an hour to rent a sedan and $9 for a hybrid.

“This program also supports MU’s sustainability initiatives to reduce our carbon footprint, as well as relieve congestion and parking demand on campus,” said Jeff Zeilenga, assistant vice chancellor for student affairs.

WeCar is available to those over the age of 18.

MU students under 21 must be covered by their own primary liability coverage in excess of $300,000 and have a parent or guardian sign the consent form.
Social networking websites bring new set of risks, personal privacy considerations

Users of Facebook and similar sites learn to balance their openness and discretion.

By KATARINA TAURIAN
news@ColumbiaMissourian.com

Let’s say a complete stranger approaches and asks you to give him the details of your personal life.

The answer would almost certainly be no.

Yet, social networking sites such as Facebook have become a forum for sharing intimate photographs and other private information, as well as simply connecting with friends.

Facebook can be an invaluable communication tool. It is not bound by temporal or geographic constraints and can be a great way to keep in touch with family during college.

Yet, it is important for users to understand its implications.

According to its most recent statistical data, Facebook has 400 million active users in over 180 countries.

In addition, 100 million users access Facebook through their mobile phones.

On average, users have a minimum of 130 friends and log in at least once per day.

Columbia resident Tony Johnson said it has become difficult to avoid. “It’s everywhere,” Johnson said. “I even have it on my iPhone. I log on as soon as I get bored. It can be a real distraction.”

Oxygen Media and Lightspeed Research recently reported that more than half of young women aged 18 to 35 spend more time conversing with people online than in person.

Approximately 39 percent claim to be addicted to Facebook and say they often check their account sometime during the night or when they first wake up.

Similar trends are increasingly permeating college life.

MU student Yang Wang said she couldn’t live without Facebook, and she believes a lot of her peers would feel the same.

“All my friends have it and I like to know what’s going on. I would never even consider deleting it,” Wang said.

Facebook is likely to become a major part of a student’s life on campus, which definitely can help networking capability.

However, because it acts as a vehicle for social and personal information, it is important to be familiar with its privacy settings.

All users should read the privacy guide at the bottom of every Facebook page.

This contains both the overall privacy policy and the latest privacy functions. It indicates how Facebook treats personal information, and the extent of control a user has.

According to Sophos, which markets web security software, Facebook recently announced that a user’s profile content is fully available publicly if not otherwise set to private. This includes name, gender, profile picture and listed networks.

If you are unsure about your public profile, go to “preview my profile” on Facebook’s privacy settings page.

If you maintain the default privacy setting, your personal information is subject to third-party release. This includes those who cannot be identified or verified through the Facebook network.

Data can be indexed by third-party search engines and can be re-distributed without any privacy limitations.

Typically, this will result in advertising content from other sites you visit being targeted to your demographic and preferences.

Students have reported even more invasive side effects.

“I noticed I got more spam mail since I started my Facebook account, and people I don’t know started to contact me,” Johnson said. “I don’t know where else they would have gotten my details.”

In addition, users who connect with an application or website via Facebook allow these sources to access some personal data.

These applications may access your user identification and your friends’ names, along with your public profile. This is permissible because you are effectively agreeing to release this information upon interaction with an outside application.

Facebook may also make information available about your point of access and your age.

If the application or website wants to access any other data, however, it will have to ask for permission.

Unless you trust the site, you should not provide any personal information.

Columbia resident Becca Anderson said she has experienced the adverse consequences of Facebook applications.

“Sometimes you get little pop up boxes, and just to get rid of them, I would click them and be like ‘OK, fine, you may run this,’” she said.

“But then they just go viral and don’t stop. So I’d recommend not clicking on anything other than the (application) you’re playing with.”

Alternatively, those who have no interest in accessing applications can block them entirely.

Go to the applications and websites privacy settings page to specify which applications have permission to link with your Facebook account.

Also, you can visit a specific application’s “about” page and change usage preferences.

“I just had no idea,” Anderson said. “Honestly, though, since I cleared everything and blocked lots of applications, the crazy pop-ups have really slowed down.”

Remember that Facebook is becoming increasingly integrated to the corporate realm.

In many cases, it is used in interview processes to establish the character and personality of a potential employee.

Lauri Sybel, director of career services at Vermont Technical College, said all prospective job seekers should treat Facebook profiles like a resume.

She claims inappropriate conduct over Facebook is grounds for dismissal and could qualify as a basis for rejecting an employment application.

MU student Trevor Nichols said his peers may regret over-exposing themselves on Facebook.

As a senior, he recognizes that the nature of Facebook data gives it the potential to haunt someone later.

“Some people like to put up pictures from parties and stuff where they are not present in the best light,” he said. “Sometimes that can look bad on your character and cause some people to think poorly of you.”

Yet, just as networking is crucial to an active social life on campus, it can be useful in professional life.

“There are definitely some things to watch out for. But its uses far outweigh the risks if people were to think about what they’re doing and what they put on there,” Nichols said.

Facebook is only expected to grow. It has begun adapting to new regions by altering formats to suit varied international web connectivity.

Also, Facebook is currently working on establishing a model where content is searchable, via user permission only.

Avoidance is not the key to maintaining personal integrity and privacy online. It is simply important to be vigilant.
MU offers variety of religious resources

Attending a major university allows for an eclectic mix of faiths and beliefs.

By TARA FEDORIW-MORRIS
news@ColumbiaMissourian.com

Dozens of active religious groups on campus offer a wide range of faith services, community outreach programs and leadership initiatives.

Involvement with religious organizations not only gives students a chance to meet like-minded people on campus, but it also can help them get involved with the local community.

One benefit of attending a university as large as MU can be the exposure to new religious groups and ideologies.

The religious organizations on campus “demonstrate how strong diversity is at the university and in the broader Columbia community,” according to the Chancellor’s Diversity Initiative.

A list of religious groups on campus may be found at getinvolved.missouri.edu or diversity.missouri.edu/resources/religious.

There are groups that cater to both mainstream and niche ideologies. Although by no means definitive, the following provides a brief outline of some of the main religious groups on campus.

One of the most active religious presences on campus is the Baptist Student Union. There has been an active Baptist ministry on campus since 1905 and a dedicated Baptist Student Center on campus since 1949.

Located at 812 Hitt St., the BSU holds meetings throughout the semester every Thursday at 8:12 p.m. On Aug. 21, the organization is planning to hold its New2MU event.

According to the BSU website, New2MU is “designed specifically with new students in mind.” The event aims to welcome new students to the BSU community and introduce them to the mission of the group.

Another active religious group on campus is the St. Thomas More Newman Center, a Catholic organization at 701 Maryland Ave.

The Newman Center began offering services in 1963; the current church opened in 1994.

The Newman Center holds daily Mass at noon every weekday, 5 p.m. on Saturdays and 9 a.m., 11 a.m., 5 p.m. and 8 p.m. on Sundays. It also offers the sacrament of reconciliation on Tuesdays and Saturdays from 4 to 4:30 p.m.

From Aug. 18 to 22, the Newman Center will hold Welcome Week for new students. This involves a range of activities to introduce new students to the center.

For Jewish students, there is Mizzou Hillel at 1107 University Ave. With over 700 Jewish students at MU, Mizzou Hillel is an active group.

According to its website, “Mizzou Hillel is a place where Jewish students at Mizzou come to meet each other and get involved in Jewish life at the university.”

The Muslim Student Association is located in Memorial Union. In addition to arranging a number of annual events for Muslim students, the group is responsible for informing students about prayer spaces.

For incoming students interested in pursuing secular interests, there is the MU Skeptics, Atheists, Secular Humanists and Agnostics (SASHA) group.

MU SASHA holds meetings throughout the semester on Tuesdays at 6 p.m. in Ellis Auditorium.

“Activities include group discussions, debates and student presentations,” James Pflug, president of the group, said. “Meetings are usually very casual.”