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I hail from just south of the border – the Minnesota border that is, in the small North Iowa town of Stacyville. Minnesota has been my primary home since starting college at Augsburg in Minneapolis. I did spend a few years away – first, while working for General Mills, I lived in Kansas City, Missouri and Great Falls, Montana. I then stayed in Montana to go on to graduate school at Montana State in Bozeman. And, after graduate school a job offer for my husband to be at that time brought us back to Minnesota.

I never had any doubt that I would attend college even though I was the first in my family to do so. My parents never discouraged it but they also weren’t sure how to be of help in the process. Augsburg did end up being a good fit for me but I still remember the anxiety I felt when starting classes. I graduated from Augsburg with a bachelor's degree in Business Administration with a finance focus and minors in Communication and Physical Education. If I had to identify what helped me succeed I would say: never missing class, listening first, and finding something I enjoyed and getting involved.

After working in the business world for a few years, I went back to graduate school to explore further one of my first interests – Physical Education, focusing on Exercise Science. This led me on a path to community health promotion and ultimately to St. John’s University in November 2000 as the health and wellness coordinator. I originally started in health promotion for St. John’s students but after a few years, the CSB Counseling and Health Education and the SJU Counseling & Health Promotion departments were made joint. I then took on the task of overseeing health promotion on both campuses. The health promotion portion of our department actively promotes health through peer education led by the CSB Health Advocates and the SJU Health Initiative and the buzzed (alcohol moderation) and CERTS (sexual health) teams. Because we are a joint department we have locations on both campuses – lower level of Mary Hall in the Personal and Professional Development Center at SJU and in the lower level of Lottie Hall in the CSB Health Center. We provide education, encouragement, challenges, and opportunities to practice healthy behaviors for the students at CSB and SJU. It’s a job I absolutely love – I get to work with phenomenal students, work in an area I find interesting as well as extremely important in people’s lives and I get to utilize every ounce of creativity I can muster. It’s challenging and fun!

FIND YOUR PASSION!!

Lori Klapperich, Assistant Director of Health Promotions
Financial Aid/Student Employment

Need help paying your bill for spring semester? Looking for a job that will provide money and job skills for the future? Planning to study abroad and need financial advice? These are all areas where the staff in the Financial Aid/Student Employment Office can help. As a student at CSB, you have access to professional and knowledgeable staff that can help you with financial planning.

Making an Appointment
While walk-in appointments are always welcome, you may want to make an appointment to be sure you can see a financial aid counselor at your convenience. The Financial Aid Office is located in the Main Building, Second Floor (turn right at the top of the stairs.) To make an appointment:

Call: 363-5388
Email: csbfinaid.edu

Get Ready for 2010-11!

Financial Aid
To continue to receive financial aid (grants, loans, on-campus employment) students must reapply each year. The application deadline is June 1, 2010. The two forms to complete:

1) FAFSA – Free Application for Federal Student Aid – www.fafsa.gov
2) CSB/SJU Financial Aid Application – available after February 1
   http://www.csbsju.edu/financialaid/info/Applying_For_Aid.htm

Student Employment

If you plan to work on-campus for 2010-11, you need to complete a Notification of Hiring (NOH) form by April 1, 2010. If you are a current student employee, you can keep the same job you have this year (assuming your supervisor agrees!) or try for a new position to gain new skills and experiences. Current employees will be sent an email with a link to the student employment job board and the NOH form in early February when jobs are posted. Students who are not currently working on-campus but are interested in working next year should contact Angie Mareck at amareck@csbsju.edu.

Is there an Emerald in your Future?
Student Employment and the Student Employment Leadership Team (SELT) sponsor the Emerald Certificate “Professional Development” as part of the Inspiring Leaders Certificate Program (ILCP). What is ILCP? ILCP is a program that offers training through a series of courses and activities to help you develop as a leader. The Emerald Certificate is designed to provide opportunities for students and student employee supervisors to: enhance personal and professional skills that are workplace expectations; help prepare students for promotions and higher level supervisory positions; develop meaning from work place culture; and, provide assistance in transitioning to work after college. To get involved or learn more visit the ILCP website http://www.csbsju.edu/ilcp/.
College New Year’s Resolutions

Every December 31st there are goals made by people around the world promising to start or end habits. These resolutions start the year on a positive note. Here are the top ten New Year’s Resolutions that college students are making:

10. Volunteer
There are many people wishing they had that pack of Top Ramen noodles you have been oathing to eat. This year take time to become a big sister, give to a canned food drive, or participate in a relay for cancer research. Do something good for others this year.

9. Spend Time with Family
Getting connected with family is very important but since you have been in college you probably see them once or twice a month at the most. Make a habit this New Year to call your mother in the middle of the day just to tell her you miss and love her.

8. Learn Something New
You are probably thinking “I have a ton of things to learn in class already!” But you can learn something new that a professor will not teach you or expand on what you are already learning in class. Surprise your professor and yourself with how much you know.

7. Save Money
There are probably a few things you purchased last semester that you didn’t need like that new flat screen TV. This New year cut back on frivolous purchases that do not truly benefit your education. This way when you graduate from college you might have some money instead of debt.

6. Earn better grades
This semester grades might have been less than impressive, so this New year make a habit of talking to all your professors, finding specific times to study, and staying organized with class papers and assignments.

5. Quit smoking
The last thing you want to smell like when you enter a crowded class room is smoke. Yes, everyone can smell you. Besides, purchasing all those cigarettes has to be burning a whole in your pocket.

4. Eat right
Fast food again?! In 2010, try to pick the side salad on the Wendy’s dollar menu or the Fruit and walnut salad at McDonald’s. You will have a lot more energy to work out and get to classes.

3. Find a job or internship
One goal for college students is to find that job after graduation or finding the great internship for the summer. In order to get the good ones, you have to start early, January 1st, remember to make great career moves.

2. Quit Drinking
Everything is good in moderation, right? This is not always practiced at college parties where alcohol is served. As a result there have been many bad accidents and deaths due to too alcohol. So stay safe and focused, don’t drink.

1. Get in shape
The good news is your campus has a gym that you can use for free to work off those extra pounds you acquired during winter break.

By: Audrey L. Kennedy
www.associatedcontent.com/article/1329372/

Recap on December First Generation

In December, our social was at the indoor climbing wall at SJU. We had a small group of women meet on December 6 to take on the wall. I was only able to make it all the way to the top once, my arms gave out after that. But others did multiple climbs to the top. The staff was excellent to work with and I encourage you to check it out if you on haven’t tried it yet. We also had our workshops On Making the Most of Your College Experience and The Benefits of Internships. If you were unable to attend but would like more information, please contact Margo! Thanks to everyone who picked up their finals week care package. I have 5 left if anyone who hasn’t picked one up wants one!

The Spring calendar of events is almost complete and will be emailed to all members soon! In the mean time, I hope to see you at the January social!

First Generation Faculty/Staff & Student Dinner
Tuesday, January 26
4:30 pm to 6:30 pm
Gorecki 204C
**Upcoming First Generation events!**

Mark your calendar for these upcoming First Generation Events!

Deadline to apply for National Leadership Conferences is **Wednesday, January 20 by 4 pm**!! The application is available at: [www.csbsju.edu/forms/39TNJcITM96016YSXD9M1Z9S30TSDC.aspx](http://www.csbsju.edu/forms/39TNJcITM96016YSXD9M1Z9S30TSDC.aspx)

**Social: Faculty/Staff and Student Dinner**
Tuesday, January 26, 4:30 pm to 6:30 pm
Gorecki 204C
RSVP by Tuesday, January 19 to mthomas@csbsju.edu

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**Upcoming Campus Events and Activities**

**January 2010**

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