

2205 Career Avenue, Sioux Falls, SD 57107 • Phone: (605) 367-5640 • Fax: (605) 367-5643 • www.usdsu.org

Four Years of Growth and a Bright Future

USDSU meeting needs

When I arrived at USDSU in October 2001 it was the first fall semester in the “new building”. That fall we enrolled 1,410 headcount who generated 8,913 total credit hours. Both numbers were large increases over the previous fall semester. In the ensuing four years, USDSU has continued to grow in its service to students in the Sioux Falls area.

Fall 2005 finds 1,883 students enrolled and credit hours of 14,227. These represent increases of 34% and 60% respectively over my first fall semester just four years ago. Even more remarkable is the total number of students served in a given year. Last year we served 3,390 total unduplicated headcount at USDSU who took credit bearing classes.

So what? Yes, there are more students enrolled and yes, there are more credit hours being generated. What difference does it make?

The difference lies in the fact that USDSU is meeting a need as more and more students seek to improve their lot in life through a proven method – education. As the Sioux Falls economy continues its growth and diversification, new career opportunities will value education even more. USDSU is meeting the needs of individuals and the community.

This fall we began operating in a second building. Last spring, the Legislature authorized two more buildings for USDSU Sioux Falls. Our growth is because we stick to our mission – provide students in the Sioux Falls area convenient local access to quality programs from the partner universities. USD, SDSU and DSU bring their programs to Sioux Falls to foster and support this quickly growing economy.

Most important in our service to the community is the fact that we are helping individual students achieve their goals as they seek to improve their career prospects. USDSU’s future is indeed bright – so is yours.

Welcome to the Fall 2005 semester.

Where Can I Park?

The implementation of a parking permit on the STI campus has been a challenge. The most frequently asked question from students is “Where can I park?”

USDSU students have one of two permits, brown for the USDSU building or black for the Health Science Center. A **brown** permit allows a student to park on the north facing spaces north of the USDSU building and on the whole west side of the USDSU building with the exception of the yellow spaces for the apartments. A **black** permit allows a student to park in the lot south of the HSC building and black may overflow into the brown lot if the black lot is full.

Permits are only needed between 8 am and 5 pm Monday through Friday. Permits are available at the USDSU Business Office for \$12 per term. Please bring the license plate numbers of the vehicles you would like to register. The Business Office hours are 9 am-7 pm Monday-Thursday and 9 am-5 pm on Fridays.

Expanded USDSU Business Office

Most of you have found the new location of the USDSU Business Office, room 187, by now. It is just across from the old cashier location

We have now expanded our staff and office hours to better serve you.

9 am-7 pm—Monday-Thursday
9 am-5 pm—Friday

USDSU Resource Center

Check out our new Resource Center! It is located in room 280, and is a great place to find a quiet study area. There are tables and carousels for your convenience. It’s also the place to sign up for a tutor or visit with our Career Representative.

Financial Aid Advisor

How would you like to have someone help you with your financial aid questions? We have heard your concerns and needs for help in filling out your FAFSA. We are in the process of hiring someone to assist you with your questions and concerns.

Career Center

We are excited to announce that beginning with this semester, the South Dakota Career Center will have a representative on campus for the USDSU students. Butch Reinesch is in the Career Center on Tuesday and Thursday afternoons from 2:00-6:00 pm to assist with any employment issues or questions students may have.

The office is located in the Resource Center and has:

- Listings for part and full time job openings
- Resume and interview assistance
- Career testing
- Any other employment assistance you may desire

Please call Butch to schedule an appointment at 367-4819.

Weather Related Class Cancellations

With winter fast approaching, there may be times when classes are cancelled due to the weather. When individual classes are cancelled by instructors, the cancellations are posted on the USDSU website (usdsu.org). Click on the class cancellation link to check if your class has been cancelled. If all classes have been cancelled, an announcement will be sent to the television stations—KDLT, KSFY, KELO.



USDSU Tutorial Support

When USDSU students discover more academic challenge in a class than first expected, USDSU students may utilize Tutorial Support Services. As one component of the USDSU Resource Center, tutoring services are offered at various times throughout the week. Tutors skilled in such subject areas as mathematics and English are available to assist learners in their efforts to succeed. Simply stop by the USDSU Resource Center and sign-up for an appointment. We are located in room 280, north of the open computer lab. Or, call the tutor phone line (367-8419) and leave a voice message for Tomi, Amanda, and Barbara. We are looking forward to meeting you.

Wells Fargo....

Watch for Wells Fargo Financial Banking to be on the USDSU Campus! Representatives from Wells Fargo will be out here to meet with students and discuss career options.

Change of Address or Telephone Number

At times USDSU staff may need to contact you. Please remember to stop at the front desk and complete a change of address form if you have changed your contact information.

Childcare

USDSU has compiled a list of licensed child care providers. To view the listings on our website - www.usdsu.org click on the Current Students link, then click on the Child Care Providers link.

Kristy at the Volunteer Help Line (211 or 339-4537) has an up-to-date list of child care providers. Also, the Resource Center has a Parent Resource Directory which details programs and services in the community that provides resources and support to parents.

Staff Spotlight—April Deeds

My name is April Deeds, and I am the new Student Services Secretary. I am not only new to USDSU, but also to South Dakota, and I am very impressed with both.

I was born and raised in Nebraska where most of my five siblings and parents still reside. Upon completing high school, I immediately departed for the Army in New Jersey. After completing training, I was stationed at Fort Benning, Georgia, and Fort Bragg, North Carolina. I loved living in the south where I went to school and worked at beautiful golf resorts. Family brought me back to Nebraska, and for the last 10 years I have been working in the law enforcement and criminal justice fields.

Fall is my favorite time of year as I am a fanatical football fan, mostly of the Chicago Bears, Carolina Panthers and Iowa State. I also enjoy watching my labs, Remington and Husker, hunt along with my boyfriend who is a prosecutor at the States Attorney's Office. My favorite pastimes are playing golf and tennis, and to relax I read, cook and watch football.

Mathematics and Anxiety

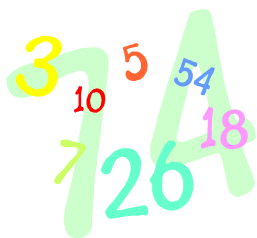
By Barbara Donaldson, USDSU Tutor

When someone wants to discuss mathematics, have you found yourself feeling overwhelmed? Are your feelings unclear, mixed, or perhaps ones of anxiousness? Do you understand the lecture in class but discover you can't remember it when attempting the assignment? Did you have a traumatic math experience sometime during your learning sequence? All of the above questions are of focus for past and present researchers in their efforts to better understand the effects of math anxiety.

Educators, researchers, and learners of mathematics have held thoughts that anxiety accompanying the math effort was a significant roadblock to achievement. Current research confirms the thoughts. As recent as 2004, Heather Miller, and Jacqueline Bichsel have discovered math anxiety to be different from other forms of anxiety such as state anxiety or trait anxiety. When a person exhibits state or trait anxiety, his or her visual memory is "consulted". When experiencing math anxiety, *two* areas of memory, visual memory as well as verbal, are searched. Mark Ashcroft, 2002, says math anxiety disrupts cognitive processing by compromising ongoing activity in working memory. Therefore, achievement can take a backseat to the math anxiety.

What can a student do to assist himself or herself in preventing, coping or perhaps overcoming the effects? There are many recommendations. First, be willing to look-up suggestions on the internet or at the library. Find the ideas that match your situation and need. Know that you are not alone. Treat mathematics as a language and not as an impossible goal. Give yourself time, as much time as possible. Don't try to learn math at a pace other than your own pace. Take the time necessary to reinforce any concept(s) you find to be weak. Develop or participate in study groups, peer support meetings, tutoring opportunities, or visits with your instructor. Identify and express to yourself and others, the feelings associated with your math experiences. Give yourself credit for the smaller success steps as well as the larger ones.

Given the appropriate learning opportunities and environment, mathematics can be learned. Math anxiety can be prevented, tolerated, and perhaps conquered. Success can be yours.



12 Tips for Studying and Managing Your Time

1. Plan a definite time for studying each day. This will discourage procrastination and prevent that pile-up of work.
2. Shorten your study time by knowing the purpose of each assignment, what to do, and how to do it before you leave class. Keep a record of all assignments in a special section of your notebook.
3. Predicting the amount of time needed for each assignment causes you to work harder so that you save time. By timing your assignments, you are more likely to concentrate and less likely to become bored.
4. Time yourself to see how long it takes you to read five pages of your textbook or a paperback. This will help you estimate the time needed to complete a reading assignment. Because a textbook is loaded with information, you may have to read some sections more than once. Allow time for reflecting on what you read.
5. Pay attention to charts and diagrams. They can be shortcuts to understanding.
6. When a reading assignment is made, you can expect to have a discussion of the material or a quiz in class. Take a little time to review just before class so that you are ready to participate.
7. Every time you study, spend ten minutes in review of previous assignments. These refresher shots are the secret for long-term memory. This habit of frequent review also results in less time needed for study for a major test.
8. Use daytime for study if possible. At night you are likely to be less efficient.
9. After studying about forty minutes, take a five minute break. This refreshes your mind so that you can concentrate better and finish faster.
10. Setting a stopping time at night will encourage hard work in anticipation of being through by ten o'clock or whatever time you set. Sometimes you may even beat the clock. The increased impetus helps you concentrate.
11. Don't cram for hours the night before a test. Instead, distribute your study in half-hour segments over a period of days.
12. Since learning is cumulative, new ideas must be incorporated with previous learning from lectures, readings, and lab experiments. You have to continuously make the connections and associations in your own mind. Putting it all together is easier if you schedule time daily to read, to think, to reflect, to review. Improved learning is the natural result of this approach to using your time.

From: University of North Dakota's University Learning Center
<http://www.und.edu/dept/ULC/index.html>

Enrollment Verifications

Students who need proof of enrollment for health insurance, housing providers or other organizations, may link to the National Student Clearinghouse site to print a copy of this information. The National Student Clearinghouse site also allows students to view the electronic notifications and deferment forms which have been sent to their lenders, view a list of student loan lenders and real-time student loan information detail that some lenders provide.

USD students may access the NSCH site at:
www.usd.edu/registrar/enrollmentverify.com

SDSU students may access the NSCH site at:
www.wa-sdsu.state.sd.us/webadvisor/st/stmenu.html

DSU students may mail their requests to:
 Dakota State University
 Enrollment Services
 820 N. Washington Ave.
 Madison, SD 57042

Dates to Remember



- **October 10th**—Native American Day—Office Closed
- **November 4th**—Last Day to Withdraw and Receive a Partial Refund
- **November 11th**—Veterans Day—Office Closed
- **November 15th**—Last day to Drop One or All Classes and Receive a “W” - No Tuition Refunded
- **November 24th-27th**—Thanksgiving Recess
- **December 12th-16th**—Final Exam Week
- **December 20th**—Fall Semester Ends
- **January 17th**—Spring Semester Begins

The University of South Dakota
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