

the window

Student Affairs Graduate Association Newsletter

time to reflect

- A's Without Neglect
- Focus Group Facilitators
- Getting Involved

About this time every year I begin to reflect on the year that has passed.

The year has been a blur of activity, classes, projects, and papers. As I prepare to sit for my big comprehensive examination I can't help but remember some of the moments in the classroom and the discussions in the hallways.

There have been discussions and

arguments, laughter and maybe a few tears, but always there is a sense of understanding.

One of the things I have become fond of about our department is that I see many of my colleagues every semester in my classes. I have truly enjoyed the getting to know you time and learning from your experiences. I think that sometimes we are an excellent example of the college experience we each

want our students to have.

I hope you each get to spend the Thanksgiving holiday with your family and loved one's. See you all on the maddening dash to the finish of the semester!!

~~Loni Jensen

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events and activities

Comprehensive Examinations - November 18 - 9:00am-1:00pm - BH 256

Winterdance 2006 - November 16, 17, 18 - 8:00pm - Nichols Theatre

After Comps Celebration - November 19 - 1:30pm - Dr. Leslie-Toodgood's home

K-State Marching Band Concert - November 19 - 3:00pm - Ahearn Field House

Free Carriage Rides - Nov. 24-Dec. 23 - Free with donation of canned food item - Manhattan Town Center and 3rd Street Plaza

Mayor's "Spirit of the Holiday" Parade - November 27 - 6:00pm - Poyntz Ave

Provost Lecture Series - James Neal, Vice President for Information Technology and University Librarian, Columbia University - November 30 - 10:30am - Hemisphere Room, Hale Library

The Hollywood Nutcracker - December 1 - 7:30pm - McCain Auditorium

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a's without neglect...

Many graduate students today find themselves, in addition to; juggling work and school also juggle parenting. I myself know this all too well being a mother of a 7-year old girl and a 3 1/2 year old boy. Quality time is important for both the parent and the child, since neither of you will get these growing years back. Therefore, it is imperative we take advantage of all the time we have. Here are some practical tools I have created and implemented in my life that can help a parent stay on task and a child learn, all while spending time together.

Homework Together Time: (Key – Make it fun!)

On nights that both you and your child have homework, do it together. Sit at a table and work on your assignments simultaneously.

Hint: Make sure you get the child started by reviewing the directions and making sure, they understand what is being asked of them. Doing this will limit multiple interruptions. Also, start homework time off by taking breaks every 10-20 minutes since children may often need more clarity with their assignments, affirmation that they are doing a good job, or simply an attention

break (depending on the age of the child). You can even make a game out of it by having a race to see how many paragraphs you can read in 20 minutes or whatever you want just have fun with it.

When a child sees his or her parent working hard they may feel encouraged to work just as diligently knowing they have a support system in place.

Mommy / Daddy and Me Time: (Key: Keep your promises)

Sometimes working alongside your child may not be the best working method for some parents. Yet, spending time with your child is still a necessity for healthy living. So, make arrangements with your child to have a special time together doing something they enjoy after you complete your work. Let them know that if they are cooperative in letting you finish, some or all of your assignment, you will dedicate a special time just for them doing something enjoyable.

Hint: Keep your promise! Even if you were unable to finish an assignment before your scheduled mommy / daddy and me time, spend the time anyway. Children need consistency, and need to know they can trust you. Simply note in your mind for next time, the need to adjust fun time according to your workload.

Realistically, this may or may not work for some students, and you may need to resort to only working while they are sleeping (which comes in handy and works very well too.) Yet, ultimately, it is important to keep your child as included as you can in your academic career. Not only is it a positive testament to them about working hard in school, but it also reassures them that they are important to you. Remember it is never too early to introduce your child to books; so even if you have an infant let them see that “mommy / daddy read” and encourage literacy in your child. Being a parent and a student is not always the easiest thing, yet, it can be what you make it, so take the time to make it an enjoyable journey.

~ Joi J. Sampson



faculty profile • dr. aaron carlstrom

Dr. Aaron Carlstrom

earned a bachelor's degree in Psychology from Marquette University, and both his master's degree (Educational Psychology-Community Counseling) and doctoral degree (Urban Education-Counseling Psychology) from the University of Wisconsin-Milwaukee. He came to K-State in 2002 to complete his pre-doctoral psychology internship at Counseling Services, and stayed on as a psychologist between 2003-2006. While at Counseling Services he facilitated the Diversity Seminar for the psychology interns, and conducted evaluation research of the Career & Life Planning courses. Dr. Carlstrom came to the Department of Counseling & Educational Psychology as an assistant professor in 2006. His professional and research interests include the use of assessment in intervention

programming, career development of high school and college students, high school student completion and college student retention, and multicultural counseling issues. He has presented at national and international conferences, and written journal articles and book chapters in these areas. He is a member of APA and the Society for Vocational Psychology.



focus group facilitators

To: Loni Jensen, S.A.G.A.
President

From: Brandon Cutler,
Assistant Director of Greek
Affairs

Scott Jones, Director of Greek
Affairs

Deadline: December 1

Re: Small Group Facilitation
Opportunity

We are writing to inform you of a wonderful opportunity being offered to CSP Graduate Students. Recently, the Office of Greek Affairs began the process of community discovery and strategic planning. As a part of this process we will use focus groups to assess many different groups including faculty, staff, students, and fraternity and sorority chapters.

We are looking for 10 CSP Graduate Students to facilitate the focus groups, and gain valuable experience working with the Office of Greek Affairs on a project of this importance. Focus group facilitators will work closely with Dan Bureau – past President for the Association of Fraternity Advisors - the strategic planning facilitator hired by Greek Affairs, to prepare for the focus groups, and will be instrumental in

assessing the Greek Community and helping to create positive and long term change.

Training for the focus group facilitators will take place Friday January 19th at 7:00 PM and run for approximately 1.5-2 hours in the K-State Union. Focus Groups will be held Sunday January 21st in the K-State Union. The day will be split up into 2 sessions. The first session is 9:00 am – 1:00 pm, the second session is 1:00 pm – 5:00 pm, and lunch will be provided at 1:00 pm for the first session and 12:00 – 12:45 pm for the second session facilitators. Facilitators will also receive a \$25.00 gift certificate

to the Union Bookstore from Greek Affairs for each session worked. This type of opportunity to work with Fraternities and Sororities does not present itself very often, and it is a great experience to have going into the job search process. We will be accepting facilitators on a first come first serve basis.

If you are interested in facilitating the focus groups or have any questions, please contact us at 785-532-5540, bcutler@ksu.edu, or sjones1@ksu.edu by December 1. We look forward to hearing back from you!



let's celebrate!!!!!!

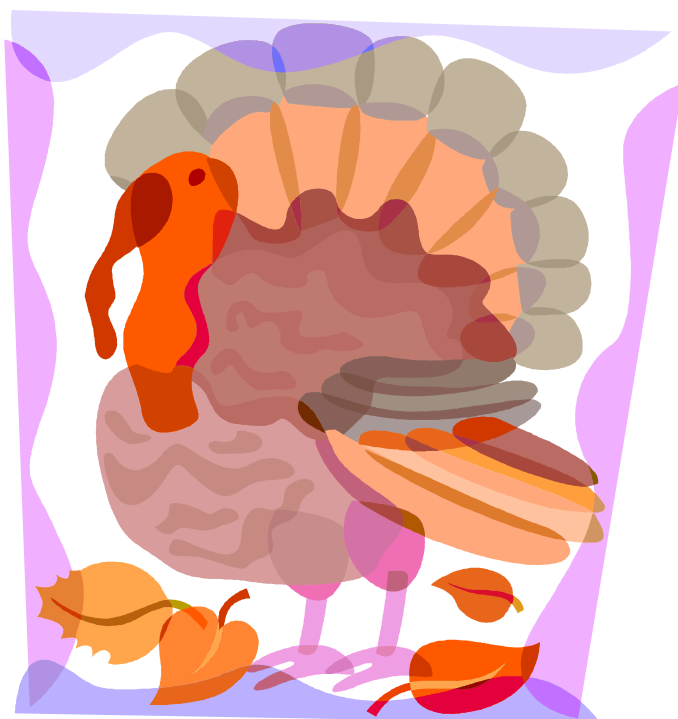
This Saturday, November 18th, seven Masters students are completing their "Comps (comprehensive exams)." In honor of their accomplishment, the Masters and PhD students will be hosting a celebration in their honor at Dr. Adrienne Toogood's home. This celebration will be held at 1:30pm on Sunday, November 19th. Please bring a dessert to pass, beverages will be provided. Students taking "Comps" are exempt from dessert-duty—just come and enjoy. Family members, significant others, and children are invited. Please RSVP by Thursday, November 16th. to Georgette Miller at gemiller@ksu.edu

Directions to Adrienne's house are as follows: 3700 Plymouth Circle. Take Kimball west past Seth Child's to Plymouth. Go left (s) on Plymouth and pass the Cico Park hill. Go left (e) on Plymouth Circle. It's the grey house. C ya'

~M.E. Yeager

intramural activities

Need to take a break from work, classes and studying? Why not join a CSP/Counseling Services Intramural Team. I am actively recruiting Master and PhD students who are part-time or full-time, and faculty/staff for the following sports. I am looking for folks who would prefer to play on a men's, women's, co-ed team. Please send me an e-mail indicating your sport preference and gender group preference. I can be reached at gemiller@ksu.edu Thanks, Georgette Miller



Event	Entry Deadline	Start
Basketball	1/11	1/24
Freethrow	1/29	2/3
Whiffleball	2/5	2/17
Wristwrestling	2/5	2/15
Dodgeball	2/26	3/3
Softball	3/12	3/28
Horseshoes	3/12	3/29
Tennis	3/12	3/29
3v3 Basketball	3/12	3/29
Around the World	3/12	3/29
4v4 Sand Volleyball	4/9	4/15
Golf	April, May, June	



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We're on the Web!
See us at:
www.k-state.edu/saga



saga meeting schedule

January 29 - noon
TBA
February 19 - noon
TBA
March 12 - noon
TBA
April 16 - noon
TBA

the window future issue deadlines

December Issue -
December 11 by 5pm

January Issue -
January 29 by 5pm

February Issue -
February 19 by 5pm

March Issue -
March 12 by 5pm

April Issue -
April 16 by 5pm

social opportunities

Friday, Dec. 1 - Amelie, 8 pm, Little Theatre - Free!

Friday, Dec. 8 - A Christmas Story, 8 pm, Little Theatre - Free! - Holiday Pub Crawl tentatively scheduled following event

Christmas Concert
United Methodist Church on Poyntz
December 1st at 7:30
Admission is free and seating is on a first come first serve basis.





thesis and dissertation support group

The Thesis and Dissertation Support Group held their first meeting Friday, November 10th. In order to accommodate more schedules and to allow for some variety please make note of the following dates:

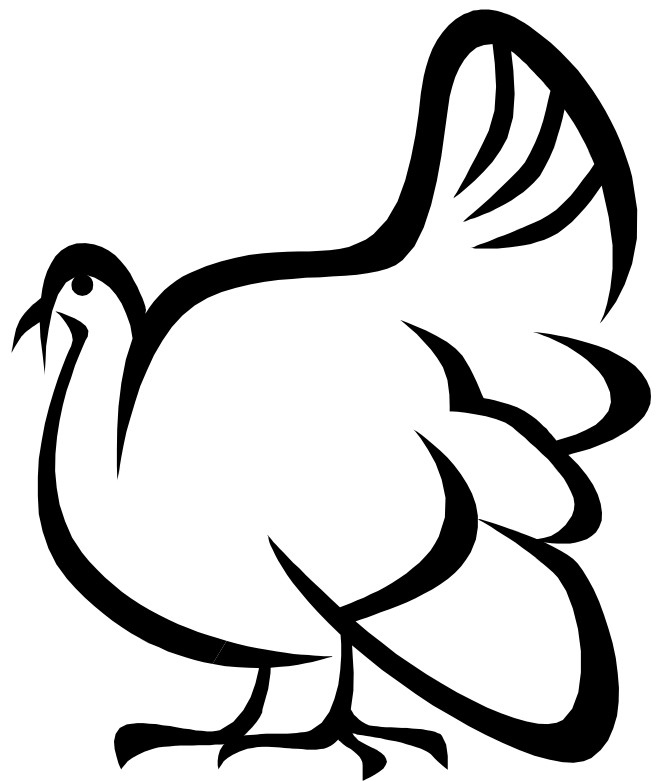
End of Semester Social: Date TBA (Watch the SAGA-ListServe)

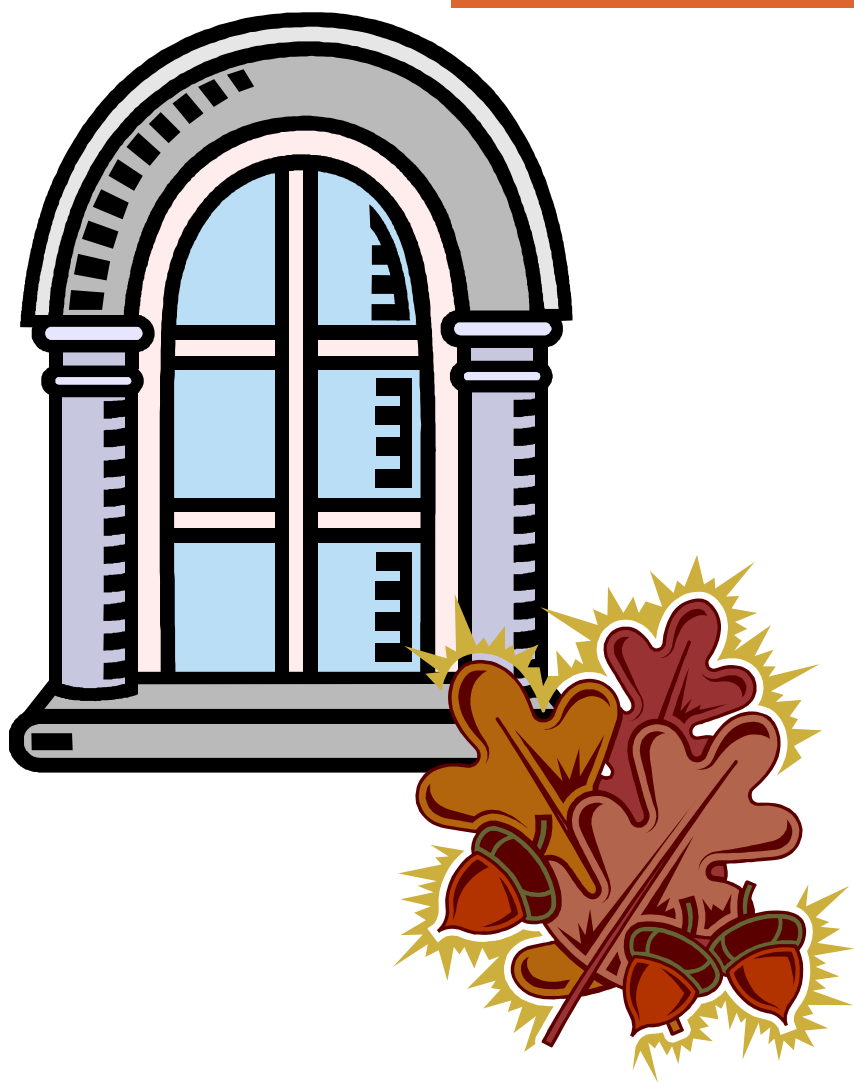
The next meeting will be held on Thursday, January 18th 12:00-1:00 BH 341D

professional development series sponsored by the graduate school

All times are 4-6 pm.

Nov 30: Vita Writing - Big 12 Room
Jan 25: Academic Interviews - Big 12 Room
Feb 8: Professional Interviews - Big 12 Room
Feb 22: Research Interests - Big 12 Room
March 8: Conflict Resolution - Big 12 Room





website information

Important Dates

Professional Development

Conferences

Resources

Department Information

Professional Associations

Graduate School Information

important dates

November 18 - Fall Comprehensive Exams - 9:00am - BH 256
November 19 - After Comps Celebration - 1:30pm - Dr. Leslie-Toogood's home
November 23 - Thanksgiving Day
December 8 - Fall Commencement Ceremony - 1pm - Bramlage Coliseum
December 14 - order final transcripts before December 15 for fall graduates
December 25 - University Holiday
January 1 - University Holiday
January 11 - Spring Semester courses begin
January 15 - University Holiday
March 19-23 - Spring Break - Student Holiday
April 14 - K-State Open House
May 11 - Spring Commencement