

Lumberjack Link

A weekly newsletter for the newest members of the Lumberjack family

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Editor

SFA 101

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Addicted to Computers??

Computers are a wonderful thing. However, like most good things, they are best in moderation and can pose serious problems if used excessively. You probably use your computer for completing school assignments, entertainment, and for keeping up with old and new friends through email, instant messenger, or Facebook/MySpace/Twitter. Those are all great reasons to use a computer.

However, if you find yourself talking more to your old friends online than you are getting out and meeting new people, you are probably secluding yourself to the point that making new friends is nearly impossible. If you have a test the next day but can't bring yourself to study until you play a computer game for a while, you could be dealing with a real addiction. If serious problems result from your computer use (declining grades, isolation from others, significant debt, etc.) you need to seek counseling. To make an appointment for individual counseling, visit Counseling Services in Rusk 325 between 8:00 a.m. and 5:00 p.m. Monday-Friday or call 468-2401.



If you are using networking sites like Facebook or MySpace, you need to take certain precautions. If you were hanging out and met someone new, would you immediately follow up your "Hi, my name is..." with a complete run down of your birth date, AIM screen name, address, phone number, relationship status, sexual preference, likes and dislikes, followed up with a tour through every picture taken of you in the last 2 years? Probably not. There have been cases at colleges across the nation where predators have used information gained from websites like MySpace and Facebook to stalk their victims. Be careful about the information you post! Also remember that it is not just your peers who are looking at your profile. Professors, prospective employers, and other authorities (police, for example) also have easy access to these sites, and you wouldn't want to ruin your reputation or your clean record with a website.

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Spotlight on:

Counseling and Career Services

The Department of Counseling and Career Services at SFA is actually made up of several offices, all of which offer services vital to help you succeed at SFA and beyond. Counseling and Career Services is made up of:

The Counseling Center

<http://www.sfasu.edu/ccs/counseling/>

The mission of Counseling Services is to assist students in achieving the educational goals and objectives that brought them to the university.

Counseling Services offers comprehensive services for students which are designed to enhance personal adjustment, assess problems with alcohol and chemical dependency, assist with career planning, and reduce the effects of personal problems which interfere with learning. Counseling Services is staffed by licensed professional counselors who provide services on a strictly confidential basis. It is important to recognize that help and assistance are not narrowly limited to those with severe disturbances. While Counseling Services is able to assist those with serious problems, its broader purpose is to provide help for the average student with typical needs that relate to academic and personal development.

Counseling services are free to all enrolled students. If you are going through a rough time, Counseling Services is here to help. They offer individual counseling, workshops, and group experiences to help you deal with issues ranging from those that most students experience like improving your study skills or choosing a career path to the really tough issues like eating disorders and recovering from being the victim of date rape.

To make an appointment for individual counseling, visit Counseling Services in Rusk 325 between 8:00 a.m. and 5:00 p.m. Monday-Friday or call 468-2401.

The Career Services Center

<http://www.sfasu.edu/ccs/careerservices/>

The mission of the Stephen F. Austin State University Career Services Center is to assist students and alumni through quality programming, in the development and implementation of life-long career decision-making and job search skills to maximize their career satisfaction and employment opportunities.

It is also our mission to assist employers in their search for

qualified personnel by providing comprehensive services designed to put them in contact with our outstanding SFA job candidates seeking part-time, internship and full-time professional positions.

You might be thinking that you won't need to use the Career Services Center until much later in your college career; however, there is plenty that they can help you with right NOW! Not quite sure what to major in? Wanting to find out more about internships...careers? No matter where you are in the career decision-making/implementation process, the SFA Career Services Center offers assistance. To see how they can help you, visit them on the web at <http://www.sfasu.edu/ccs/careerserv/Index.html> or visit them on the third floor of the Rusk Building between 8:00 am-5:00 pm Monday-Friday. You can also give them a call at (936) 468-3305.

The Testing Center

<http://www.sfasu.edu/ccs/testing/index.asp>

If you need to take a standardized test, there is a good chance that it is offered right here on the SFA campus. Some of the tests offered include:

- GRE
- GMAT
- TOEFL
- THEA
- Correspondence Testing
- CLEP Testing
- MAT Testing
- ACCUPLACER
- TEXES
- LSAT
- PCAT
- ACT
- TOEFL

If you need to take a test, you can call the Testing Center at (936) 468-3958 to schedule your test or visit them in the Rusk Building Room 328 between 8:00 am-5:00 pm Monday through Thursday. Friday the testing center is open only to those with appointments.

One more great service offered by Counseling and Career Services are described on the next page!!

Counseling and Career Services

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Student Employment Center

<http://www.sfasu.edu/ccs/studentemployment/>

The Student Employment Center assists students enrolled at Stephen F. Austin State University in finding part-time employment and internship opportunities on- or off-campus, and makes the process of finding and hiring students for on-campus employers as simple and efficient as possible.

As the semester goes on, you may realize that your wallet is a little lighter and now you are wondering how you are going to afford to go on that winter vacation with your buddies or just pay for next semester's books.

On- and off-campus jobs can be found on the employment board, located on the third floor of the Rusk building, or by logging on to Jobs4Jacks at <https://www.myinterfase.com/sfasu/student/>. It promotes services beneficial to SFA students and alumin, including specified serching for available career opportunities, registration for on-campus interviews, and resume referral to potential employers.

For a listing of off-campus jobs, other options include talking to various departments on campus, classified ads, and visiting businesses with help wanted signs. Be prepared to spend some time searching for a job that will suit you.

Pros and Cons to Working During College

“Working 9 to 5 just a way to make a living”

(Pros to having a job in college):

- Money for bills, tuition, leisure, savings, etc.
- Teaches responsibility, good work habits, and time management
- Hones skills and provides experience and references for the future
- Make new friends in your work environment
- Research has shown that working approximately 14-20 hours per week causes students to better manage their time AND perform better academically

“Take this job and shove it”

(Cons to having a job in college):

- Conflicts with studies/social life
- Less flexibility
- You may have a hard time taking days off for vacations, especially extended winter breaks, spring break, and summer.
- Research has shown that when students work more than 20 hours per week, the impact on academic progress can often be negative.

Upcoming Events:

Tuesday, October 13th

- SFA Wind Ensemble, 7:30 p.m., Turner Auditorium

Wednesday, October 14th

- SAA Presents Magician Brian Brushwood, 7:00 p.m., Twilight Ballroom

Friday, October 16th

- SAA Presents Lumberjack Nights: Rock the Plaza '09, 8:00 p.m. - 12:00 a.m, BPSC Plaza.
- Swingin' Axes and Swingin' Aces Jazz Concert, 7:30 p.m., Turner Auditorium
- "The Ugly Duckling" comedy play, 7:30 p.m., Downstage Theater

Saturday, October 17th

- Ladyjack Volleyball vs. UTSA, 5:00 p.m., Johnson Coliseum
- SAA Dodgeball Tournament: Ballin' is a Habit, 10:00 a.m., HPE Complex
- "The Ugly Duckling" comedy play, 2 & 7:30 p.m., Downstage Theater

Feel like watching a new movie or concert??

- Check out what Student Activities is providing this week at <http://www.sfasu.edu/studentactivities/>.



Tip of the Week

“Don't spend so much time in your room that you forget all the opportunities around campus to meet people!”

- Marcy Roe, Grad. Student

Easy Microwave Recipe: Spaghetti-O Casserole

Ingredients:

- 1 can spaghetti-o's (with or without meatballs—your preference)
- 1 can ranch style beans
- 1 cup shredded cheddar cheese

Directions:

In a large dish, mix together spaghetti-o's, beans, and half the cheese. Microwave until bubbly (about 5 minutes). Add the rest of the cheese and microwave until cheese is melted on top (approximately 1 minute).