
SENR UNDERGRADUATE NEWS

November 12, 2017



Only 3.5 weeks left in the semester!

AU17 is rapidly coming to a close. Before you get wrapped up in finals, take time to get your academic affairs in order, so that you'll be prepared for what's next.

Freshmen:

- Make sure to schedule classes as soon as your enrollment appointment opens (if you haven't already). Use your 2-year plans from Survey and the [Curriculum Roadmaps](#) as your guide.

Sophomores:

- Have you [declared your specialization](#) yet? Declaring a specialization is what triggers assignment of your [faculty mentor](#). You'll want to start building that relationship as soon as possible because faculty mentors are a great resource for you as you delve deeper into your major.

Juniors:

- You are nearing your senior year. Use your degree audit to determine which requirements you have left to fulfill. Check your [Curriculum Roadmap](#) to make sure the remaining courses will be offered when you need them.
- Are you planning to graduate after next Autumn? You MUST [APPLY](#). The deadline to apply for AU18 graduation is Friday, January 12th, 2018.

Seniors:

- If you are registered to graduate this semester, you will be receiving commencement information (including your line number) from Renee Johnston this week. If you have other questions about the ceremony, visit commencement.osu.edu.
- If you are registered to graduate in spring, that means you have already submitted a graduation application (it was due August 26) and received a **graduation audit letter** via email. Reference your audit letter to determine if you have properly fulfilled all remaining requirements for your degree.

EVERYONE:

- Make it a habit to **check your OSU email EVERYDAY**. Email is our (and the University's) primary method of communication with you. We will not accept "I didn't read the email" as an excuse for missing important deadlines!

Still, need help? Come talk to an advisor! Call **614-292-2265** to schedule your appointment.

Dates & Deadlines

Date

Thanksgiving break -- no classes, offices open	Wednesday, 11/22
Thanksgiving Day -- no classes, offices closed	Thursday, 11/23
Columbus Day Observed -- no classes, offices closed	Friday, 11/24

Check the [University Registrar's website](#) for a more detailed list of important academic dates and deadlines

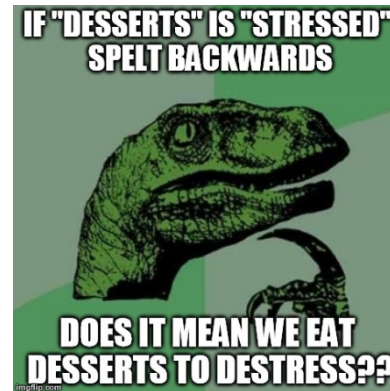
New Course Offering

[KNSFHP 1104](#) – Stress Management for the College Student

The stress management course is designed to provide the student with skills for the prevention and management of the stress response to life events. The course allows students to assess current personal stress levels and the to apply a wide variety of management techniques. The course has both a lecture and laboratory component. The lecture portion will introduce students to information such as cognitive restructuring, re-framing, identifying distorted thinking, mindfulness, managing emotions, managing sources of stress including time management and financial matters, relationships, how to create a healing environment and how to live a healthy lifestyle. The class incorporates the following techniques for the management and reduction of stress:

- Relaxation breathing
- Autogenics
- Progressive Relaxation
- Guided Imagery
- Meditation
- Laughter
- Music

The laboratory consists of yoga practice that is specifically designed for stress relief. This is a two-credit course that meets twice per week.



It's Time to Treat Yo' Self!

We'll be hosting two days of relaxing activities to help you unwind and de-stress as you enter into finals week. Plan to stop by Kottman lobby on Tuesday, December 5 from 2-4 pm and Wednesday, December 6 from 10-12. More details coming soon!

New SENR Student Organization

Introducing SEEDS (The Society of EEDS), a newly established student organization at Ohio State. Our goal is to promote career development, expand personal and professional networks, and implement the values of EEDS through community service for all sustainably minded students. This organization is inclusive of all students interested in promoting the values of the EEDS program: environmental stewardship, sustainable business models, sustainable community development, and socio-economic responsibility.

We will have a table to give more information about our organization on Friday, November 17, from 11:00 am to 3:00 pm at the ag campus bus stop (academic campus-bound). We'll also have treats to celebrate the start of our new org - please bring your own reusable mug for hot cocoa! Contact

SEEDSOhioState@gmail.com with questions

Scholarship Opportunity

Apply for Student Sustainability Scholarship Funding

The Office of Energy and Environment is now accepting applications for student sustainability scholarships. **The deadline to apply is Nov. 19.** Click [here](#) for additional information, including the funding application and profiles of past scholarship recipients. The scholarships are valued at \$1,000 per award, and will be applied to 2018 Spring Semester tuition and fee expenses.

Upcoming Events

Education Abroad Information Sessions – varying dates and locations

Interested in studying abroad but want to learn more? Come to one of the below info sessions:

Australia

Wednesday, November 15, 5:30-6:30 pm KH 102

New Zealand

Monday, November 13, 5:00-6:00 pm MQ 162

Employer Spotlight

SENR Career Service's upcoming Employer Spotlight Visit will feature Ashland, Inc., Ohio EPA, Sierra Club, and Ohio Parks and Recreation Association. This event will be held in Kottman Hall lobby on Thursday, November 16, 2017, from 10 a.m. - 2 p.m. This is a FREE event and a great casual way to network with professionals in the field.

Grant Opportunity

Greenhouse Initiative

For the first time, [Sambazon](#) and [The Ecology Center](#) are collaborating to help bring sustainability ideas and projects to life on college campuses where the Sambazon acai bowls are served. This opportunity is only being offered to OSU and 13 other universities, so all ideas and proposals are strongly encouraged, no matter what stage of development they are in. To apply, students can submit a 3-minute video by December 3rd for the chance to receive up to a \$4000 stipend from Sambazon and a spring semester mentorship from our ecological experts from The Ecology Center. The money and mentorship will help the winning students reach their community and campus sustainability projects. Details of the program and how to apply are on the attached flyer and on [The Ecology Center website](#).

Don't hesitate to [contact us](#) if you have questions.



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