

The Bridge:

Bridging The Gap Between Today and Tomorrow

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Grand Valley State University
Educational Support Program

October 2009

ESP is Prepared For Another Great Year!

By: Melissa Selby-Theut

Welcome back! I hope that you're settling in well to the new academic year after your summer break. This is an exciting year for ESP. We also have a staff this year including advisor, Marnie Parris-Bingle, and advisor Victoria Powers. They are incredible and are looking forward to meeting you and helping you as you work toward earning that degree! We have an amazing new peer mentor, Gary King, who has joined our amazing returning peer mentor: Melanierose Straub. If you haven't had the chance to meet with our staff, stop in anytime.

I hope that you take advantage of all that ESP has to offer this year, including the social service opportunities, laptop and calculator loans, and cultural events. We have a total of seven laptops, including six new ones, available for your use! They're free to you as an active member. Remember, to remain an active member you must meet with your advisor two times each semester. Your advisor can help you with scheduling, securing financial aid, choosing a major, preparing for your career, overcoming personal issues, managing your time, getting in to graduate school, creating an education plan so that you graduate in as little time as possible. . . and even more! ESP is your one-stop success shop! We provide holistic services, meaning we help with everything. Need something? We can help!

Easy Pumpkin Muffins

Marnie Parris-Bingle

INGREDIENTS

1 (18.25 ounce) package yellow cake mix or spice cake
1 (15 ounce) can pumpkin puree

1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
Add to Recipe Box



DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan or line with paper liners. In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups. Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.

Great with a pumpkin spice latte or chai tea latte!

Microwave Apple Crisp

INGREDIENTS

4 large Granny Smith apples - peeled, cored and sliced
1/2 cup butter, melted

3/4 cup packed brown sugar
3/4 cup quick cooking oats
1/2 cup all-purpose flour
1 teaspoon ground cinnamon



DIRECTIONS

Spread the apples evenly in an 8 inch square glass baking dish. A deep dish glass pie plate will also work. In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice. Sprinkle this topping evenly over the apples.

Top 10 MUST- DO's In The Month Of October!!!!

Gary King

The Fall Semester is in full affect and students all across campus are anxiously awaiting exciting events to transpire! Although October is an exciting fun filled month, students tend to place limitations on what they can and cannot get involved in due to rigorous schedules. I understand that it can be rather difficult at times to find the spare time to get away from your books and work but at the same time, I also feel like completing 5 out of the ten MUST-DO's is definitely reasonable. Working hard day in and day out, from sun up to sun down, deserves some type of leisure and reward. So reward yourself and get involved in at least 5 of these extracurricular activities! In most sports and most professions completing 5 out of ten will land you a spot on the bench or a spot on your couch at home with NO job but all I am asking for is a 50 percent on this exam and you will pass my exam with flying colors!!!! (More information about GVSU hosted events can be found at: <http://www.gvsu.edu/events>)

- 1. Intramural Sports Family Weekend 5K Run/Walk----- Saturday, October 3**
8:30 AM -12:00 PM (1st 100 participants get a free shirt! Free massages between 10:00 AM -12:00 PM. There will be refreshments, snacks, and a raffle after the event.)
- 2. Join and/or make a volleyball coled or a regular intramural team! ----- Wednesday, October 7**
4:30 PM KC 2263 (This meeting is for those who are free agents. If you want your own team, fill out a form from the field house or go to the intramural website which is accessible through GVSU's homepage.)
- 3. Homecoming Concert - Motion City Soundtrack ----- Friday, October 16** 7:00
PM @ the field house doors open @ 5:45
- 4. GVSU vs Findlay (HOMECOMING FOOTBALL GAME!)-----Saturday, October 17** 7:00PM
- 5. Trick-or-Treat sponsored by Delt Sig/ Phi Mu-----Friday, October 23** 6:30
PM
- 6. Make a Difference Day-----Saturday, October 24** 8:30-
3:00PM
- 7. Kirkhof Theater Movies: "Lucky Number Slevin"-----Sunday, October 25** 11:00
AM
- 8. GVSU Symphony Orchestra: Side-by-Side Concert with the Grandville High School Orchestra**
Tuesday, October 27 7:30-
9:30 PM
- 9. Nights of fear: (Haunted House) -----October - November**
Detailed information at: <http://www.nightsoffear.com>
- 10. Witches Walk Corn maze ----every weekend of October starting the 10th**
Detailed information at: <http://www.witchswalk.com>



Non-Traditional Students Sherri Velderman

Are you wondering what a non-traditional student is? Am I one? What are the advantages and/or disadvantages of being a non-traditional student?

GVSU's Non-traditional Student website (<http://www.gvsu.edu/nontraditional>) along with the Association for Non-Traditional Students in Higher Education (ANTSHE – www.ANTSHE.ORG) states a non-traditional student is someone who “has multiple roles in addition to being a student, such as a full time employee, a spouse/partner or parent, returning to a learning environment after a three or more year absence, over 23 years old, or a veteran.” ANTSHE is an international partnership of students, academic professionals, institutions, and organizations whose mission is to encourage and coordinate support, education, and advocacy for the adult learner.

If you are a non-traditional student you are not alone. Approximately eleven percent of the total numbers of undergraduate students at GVSU are considered a non-traditional student. Look around, you may see some familiarity of circumstances.

If you are a non-traditional female student, GVSU's Women's Center will be a great help as well as this site: www.wherethefootnotes.com. The developers of this site assist the female non-traditional students with all aspects of the college experience; from preparing to return to college all the way through their graduation.

GVSU has several departments who are willing and able to assist students. You can find a multitude of resources there. The Financial Aid Office's website has a searchable listing of scholarships available to GVSU students including you, the non-traditional student (<http://www.gvsu.edu/scholarships/>). All of these organizations as well as the Educational Support Program (ESP) will be resources for you to use as you matriculate.

Do You Want to Drop a Class? Vicky Powers

October 30, 2009 at 5 p.m. is the drop deadline to receive a 'W' grade. Before you withdrawal from a class be informed of how it may affect your future.



Financial Aid: Your financial aid is based on full time status (for the majority of students). You may put yourself in jeopardy of losing your financial aid eligibility by dropping a class. Always check with the Financial Aid Office at 331-3234, 100 Student Services Building BEFORE you drop.

Prerequisite Class: Verify before you drop that the sequence of classes is still correct.

Class Offering: Some classes at GVSU are only offered during specific times of the year. Sometimes they are also limited by odd/even years! If it's a class you must complete before graduation check with your ESP advisor for alternatives.

Insurance: If you are receiving insurance through your parents it is required that you remain a full time student.

Secondary Admission Programs: Make sure you are not delaying your eligibility to apply for secondary admission by dropping that class. Again, check with your ESP advisor for advice and help.

Tuition Refund: You are not eligible for a refund during the 'W' period. If you are experiencing extenuating circumstances you may be eligible to appeal. Again, come and speak with your ESP advisor for help.

If you feel you need to drop a class come and set up an appointment with your ESP advisor. We can help make sure that all of the questions above (and any others) are answered so you can make an informed decision.

Football Game to be Hosted at GVSU on Halloween **Melanierose Straub**

This Halloween should be an exciting one, but I may be a little biased since it is my favorite hallmark holiday. I get super excited when students get the added bonus of a GVSU home football game against Northern Michigan University. What a great way to celebrate two of the most college celebrated events in one place at one time. I am curious to see what our team does for the Halloween football game. I am hoping to see lots of school pride and some added spookiness for the holiday! Which costume do you think Louie the Laker will wear? To find out attend the football game on Saturday, October 31, 2009 at 7:00pm. Challenge me, and wear a costume to the game. I have included some cheap costume tips. I hope to see you there!

Cheap Costume Ideas:

- *Use what you have!
- *Purchase tin foil at a dollar store. The cheap tin foil works great for modifying costumes and accessories.
- *Use an old sheet to make a mummy or a ghost costume.
- *Use cardboard boxes to make body suits that can be decorated to resemble a large variety of costumes.
- *Use baby powder in hair and on face or body to create an old ghost like appearance.
- *Use a sports jersey and make up to look like a dead athlete.
- *Use a sheet or towel to make a diaper and grab a baby bottle to go as a big baby!
- *Borrow your female friend's makeup instead of buying Halloween

ESP Staff Directory

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The Bridge

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by the ESP & SSO staff.

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Check Us Out on the Web!
www.gvsu.edu/esp