

The Bridge

Bridging the Gap Between Today and Tomorrow

Vol. 24 Issue 2

Grand Valley State University

November 2011

The Haiti Project

By: Natosha Beaman

For the month of October, we combined our cultural trip and social service event to partner up with Grand Rapids Community College to sponsor a fundraiser for The Power of Education Foundation. This foundation was founded in Grand Rapids in 2009. The foundation is devoted to improving literacy rates in developing countries and is currently focused in Haiti. It was built on the belief that only healthy, educated Haitians will be able to break the cycle of poverty and self-govern. For the social service portion of our event, we were asked to collect toothbrushes for the children of Haiti. People were finding that Haitians were passing away due to infections from not having the means to brush their teeth. For the cultural trip portion of our event, we experienced authentic Haitian food, as well as a speaker from the Power of Education Foundation. We were able to take ten ESP members on this trip, all of whom helped raise toothbrushes and collect donations. The dishes we enjoyed were creole chicken and authentic shrimp or chicken gumbo. The students really enjoyed trying the different ethnic food and listening to the speaker talk about the children's life in Haiti. ESP had \$2.00 in donations, 324 toothbrushes and 7 hair combs. The money donations will be used for teacher training, free primary health care, and healthy meals for the children. It will also be used for the building of a library and books to be put in it. The toothbrushes will supply healthy hygiene for the children of Haiti. Overall, this event was really helpful and meaningful for the children in Haiti; hopefully they will be able to have a better chance at a brighter future with all the help from this foundation and all the wonderful donations.



You've Got Questions? We've Got Answers!

By: Melissa Selby-Theut

If you have any other questions about the program that you would like answered, you can either submit them to frontesp@gvsu.edu or schedule an appointment with your ESP advisor. Remember, we're here to help! I will be answering those questions in the newsletter throughout the course of the year.

How many people are in ESP?

ESP is granted to serve 215 students each year. Unfortunately, we're not able to serve any more than that, which is why there is such a long waiting list to get in!

PS: If you have a friend or family member trying to get into ESP, be sure that they mark your name on their applications. They'll get "referral" points, which will help them get into the program!

What percentage of students change their major over the course of their first four years at Grand Valley?

Good question! Believe it or not, nearly 60% of all students will change their major at some point. So, don't worry if you've changed your major or may need to change it in the future. You're in the majority!

Just remember that changing your major can have a major (yes, pun intended!) affect on other things like your class schedule, your time to graduation, and even your financial aid in some circumstances. If you think that you may need or want to change your major, be sure that you see your ESP advisor for the best advising around. She'll make sure that you have everything that you need to make a good decision.

Recipe of the Month: Pumpkin Cookies

By: Marnie Parris-Bingle

This recipe can be made with white chocolate chips and/or semi-sweet chocolate chips. These cookies are moist, delicious and easy!



(Original Recipe Yield 2 dozen)

Ingredients

1 cup canned pumpkin , 1 cup white sugar
1/2 cup vegetable oil, 1 Egg
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon milk
1 tablespoon vanilla extract
2 cups semisweet chocolate chips
1/2 cup chopped walnuts (optional)

Directions

1. Combine pumpkin, sugar, vegetable oil, and egg. In a separate bowl, stir together flour, baking powder, ground cinnamon, and salt. Dissolve the baking soda with the milk and stir in. Add flour mixture to pumpkin mixture and mix well.
2. Add vanilla, chocolate chips and nuts.
3. Drop by spoonful on greased cookie sheet and bake at 350 degrees F (175 degrees C) for approximately 10 minutes or until lightly brown and firm.

Attention ESP Participants!

Remember, as part of your commitment to the program and in order to stay an active participant, you are required to meet with your advisor a minimum number of times over the course of the semester...

Freshman: 4 Times

Upperclassman/Transfer Students: 3 Times

Considering Dropping a Class?

By: Vicky Powers

October 28, 2011 at 5 p.m. is the drop deadline to receive a 'W' grade. Before you withdrawal from a class you need to know how it may affect your future.

1. **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.

2. **Prerequisite Class:** Before dropping a class, look at your next semester to make sure the class you're dropping isn't a prerequisite. If you're not sure, or have questions, call the ESP office and speak with an advisor.

3. **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.

4. **Insurance:** If you are receiving insurance through your parents, it is required that you remain a full time student. GVSU does not send enrollment verification out unless formally requested.

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

6. **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. Tuition appeals are submitted to the Registrar's Office and the application can be found online at: www.gvsu.edu/registrar.

If you feel you need to drop a class, call to set up an appointment with your ESP advisor before October 28th. Walk – in appointments will be available in ESP on Friday, October 28th from 8 to 9 AM, 10 to 11 AM and 2 to 3 PM. We can help make sure that all of the questions above (and any others) are answered so you can make an informed decision.

Looking To Add On To Your Resume? Why Not Volunteer?!

By: Mackenzie Kindel

There are all types of ways to volunteer! You can help children learn to read or put your creativity to a test by helping in an art gallery! There are many opportunities to choose from, all with different times and commitments. The following list was taken from Grand Valley's Volunteer website. For all volunteer opportunities, please check out the volunteer website at: <http://www.gvsu.edu/service/on-going-opportunities--1.htm>

Art Gallery and Studio:

Heartside Ministry needs volunteers in the art studio (drawing, painting, sewing, beadwork) on Mondays from 11:30a-3:30p, Tuesdays from 2:00p-3:30p, Thursdays from 11:30a-3:30p, and Fridays from 11:30a-3:30p. The times for the pottery studio are Tuesdays and Thursdays from 1:00p-3:30p. The times for weaving are Wednesdays from 1:30p-3:30p. For more information please contact Helen Van Essendelft at 616-235-7211 or at volunteer@heartside.org.

GED Tutoring:

Heartside Ministry is looking for volunteers who want to tutor those wishing to finish high school or just improve their reading, writing, and/or math skills. For more information on this opportunity, contact Helen Van Essendelft at 616-235-7211 or volunteer@heartside.org.

WORD After School Program:

Volunteers are needed to help provide tutoring services to children in grades 1-8. Main responsibilities will include reading with the children and assisting with homework. For more information on this opportunity, contact Ver Tilam at 616-459-0826 or veratilm@sbcglobal.net.

Coopersville Farm Museum:

Volunteers are needed to list events on websites and to assist with exhibits. Students who are interested should have some familiarization with museum events and accurate computer skills. Someone is needed on a regular basis, but the schedule is flexible. For more information on this opportunity, contact LeeAnn Creager at 616-997-8555 or lannc@coopersvillefarmmuseum.org.

United Way-Promise of Hope - Schools of Hope After-School Tutoring

The schools of hope program is looking for individual volunteers or groups who would like to assist students in developing their reading skills. Volunteers will assist trained staff members with the children. Tutoring sessions are 6:00p-8:30p. For more information on this opportunity, contact Steve Smith at 616-247-8072 or www.office@tlbchurch.com.

GVSU Study Resources

By Ashleigh Zerbst

With finals just around the corner, we want to make you aware of all the possible study resources on campus! Remember all these services are free to students!!

MS3: MS3 is an academic assistance and enrichment program offered in the Learning Center, 399 Padnos Hall. This program offers academic support and problem-solving assistance for students interested in the fields of science and mathematics. Just walk in for help!

What courses do they facilitate?

Chemistry 109, 115, 116, 230, 231, 232, 241, and 242

Biology 120, 121, and 355

Biomedical Science 208, 212, and 290

Physics 200, 220, 221, 230, and 231

Math 110, 122, 123, 201, and 202

The Tutoring Center : The Tutoring Center seeks to facilitate students' academic progress and to develop self-directed, independent learners. To accomplish this goal, the Tutoring Center provides free tutoring to all Grand Valley State University students in most 100- and 200-level courses. Tutorials are conducted in weekly, one-hour sessions in small group settings. The Tutoring center is located in 200 Student Services and is open Mondays through Thursdays 8AM to 7PM and Fridays 8AM to 5PM.

Study Buddy: If you want a study buddy from your class but do not know anyone, go to this website and sign up to get a buddy. <http://www.gvsu.edu/studybuddy>.

Math Tutoring: The Mathematics Tutoring Center is a place for students in any level of math classes to get help. Tutoring is done by GVSU undergraduates and department faculty. It is located in A-2-601 Mackinac Hall, just down the hall from the Math Department Office—close and convenient to the majority of math classes.

Statistics Tutoring: The Statistics Tutoring Center offers help with all aspects of STA 215. The Stats Center is located in A-2-101 Mackinac Hall.

Writing Center : The center's well-trained peer consultants can help you to brainstorm ideas, organize content, integrate research, polish a draft, and correctly document sources. Any graduate or undergraduate GVSU student can take advantage of our drop-in hours simply by coming into the Center with a draft of a paper. Visit their website for hours and locations- <http://www.gvsu.edu/wc/>.

****For some quiet areas to study, check out the Library, Kirkhof, the various computer labs on campus, or the ESP peer mentor office!**

EVENTS

By: Saulo Ortiz

November 1-6→11AM, 2PM, 5PM, 8PM

Showing *Insidious*: Kirkhof Center, Big Screen Theatre

November 5→12PM

GVSU Football at Northwood

November 6→9PM-11PM

InterVarsity Christian Fellowship Weekly

Thursday Large Group Meeting

November 11,→All Day

Veteran's Day

November 12→1PM

GVSU hosts Saginaw Valley University:
Luber Stadium

November 13→2-4:30PM

Theatre at Grand Valley presents CRIMES OF
THE HEART: Louis Armstrong Theatre

November 16→6PM

Psychology Film Series: INCENDIES
(Villeneuve, 2010)

November 18→4PM to November 19→4PM

Overnight Service Project

November 17→4PM-5PM

Overeaters Anonymous: Aces Building

November 19→9AM-12PM

Grand Valley Turkey Trot 5k

November 20→8PM-9:30PM

Bandorama, Highlights from Laker Marching

Season: Louis Armstrong Theatre

November 22→7PM

GVSU Women's Basketball hosts Aquinas
College

November 23-27

Thanksgiving Recess

November 24→All Day

Thanksgiving

November 28→12PM-3PM

Free Blood Pressure Screening: Kirkhof Lobby

ESP Staff Directory

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Advisor

Lolita Salindong

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SSO Staff

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The Bridge

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ESP Peer Mentors



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