

The Bridge:

Bridging The Gap Between Today and Tomorrow

Vol. 23 Issue 1

Grand Valley State University
Educational Support Program

October 2010

Open House

By: Melanierose Straub

Thursday, September 23rd we held our Open House in the lounge outside of the LGBT Center in Kirkhof. The Open House was a great success! It was the second largest turn out we have hosted, with nearly 50 participants! The pizza and cake were quite the hit. The pizza was delivered from Papa John's, garlic butter and all. We had a large sheet cake from Costco, white cake with vanilla frosting and a layer of whipped cheese cake filling. There were NO leftovers! We had several new participants come as well as many returning students. The space we reserved worked well; the setting was casual, therefore encouraging students to chat and relax. We requested that students submit any questions they may have about our program or about the university. Those questions will be answered in the newsletter throughout the year. This fall we launched a new initiative, and at the Open House we presented the information about our new FaceBook page. You can find us and request us as a friend by searching for "Esp Peer Mentors" or <http://www.facebook.com/home.php?#!/profile.php?id=100001410822086>

Thanks to all who came! If we didn't see you there, we hope to see you soon! Look for information about our upcoming cultural trips and social service trips.



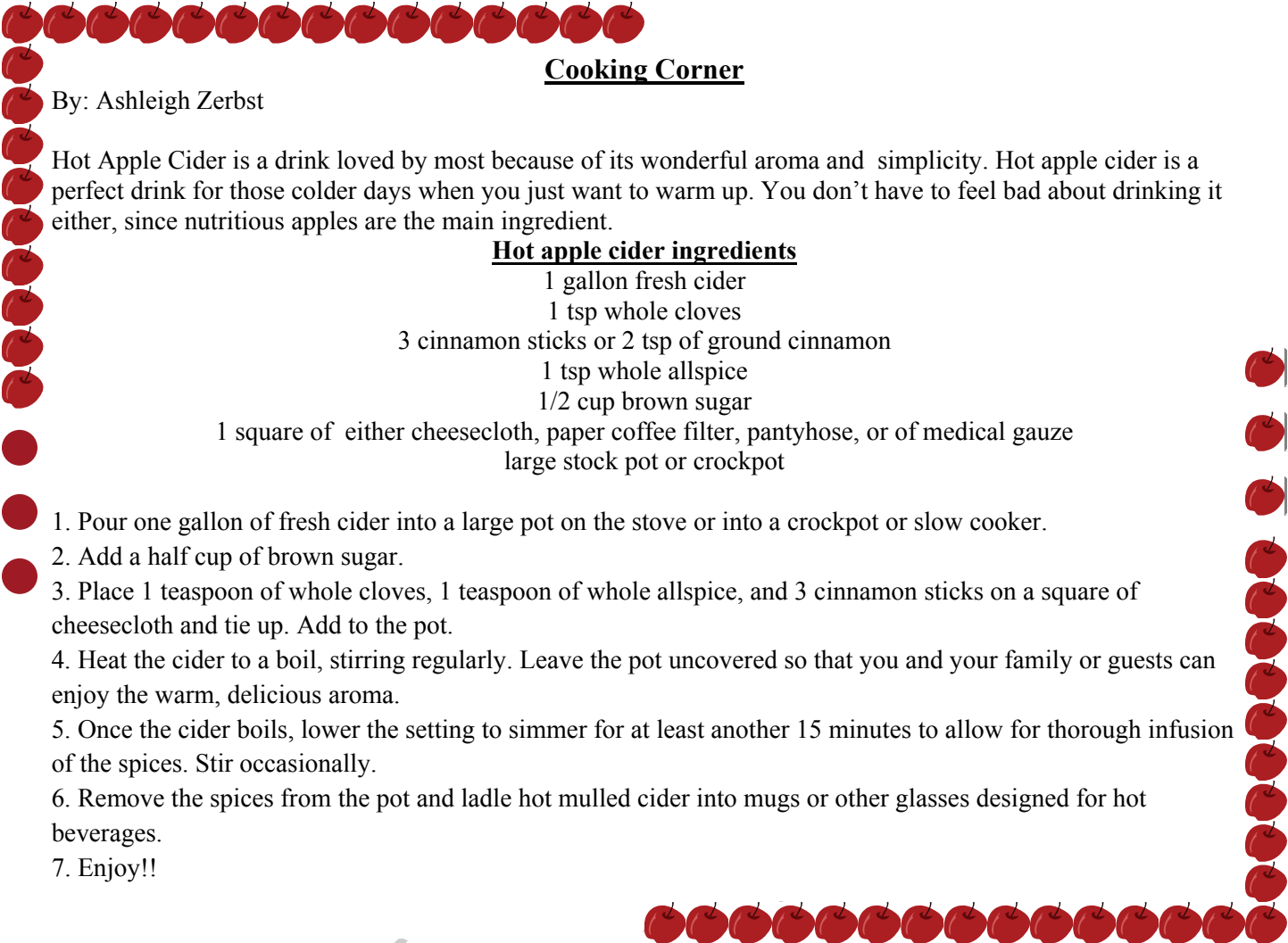
Peer mentor Ashleigh takes a beautiful photo with students Laura and Sarah.



Peer mentor Melanie poses with students Tiffany, Trent, and Meghan.



Students Camille, Ida, Brittany, and Viniece take a break from conversation to enjoy a candid photo with peer mentor India.



Cooking Corner

By: Ashleigh Zerbst

Hot Apple Cider is a drink loved by most because of its wonderful aroma and simplicity. Hot apple cider is a perfect drink for those colder days when you just want to warm up. You don't have to feel bad about drinking it either, since nutritious apples are the main ingredient.

Hot apple cider ingredients

1 gallon fresh cider
1 tsp whole cloves
3 cinnamon sticks or 2 tsp of ground cinnamon
1 tsp whole allspice
1/2 cup brown sugar
1 square of either cheesecloth, paper coffee filter, pantyhose, or of medical gauze
large stock pot or crockpot

1. Pour one gallon of fresh cider into a large pot on the stove or into a crockpot or slow cooker.
2. Add a half cup of brown sugar.
3. Place 1 teaspoon of whole cloves, 1 teaspoon of whole allspice, and 3 cinnamon sticks on a square of cheesecloth and tie up. Add to the pot.
4. Heat the cider to a boil, stirring regularly. Leave the pot uncovered so that you and your family or guests can enjoy the warm, delicious aroma.
5. Once the cider boils, lower the setting to simmer for at least another 15 minutes to allow for thorough infusion of the spices. Stir occasionally.
6. Remove the spices from the pot and ladle hot mulled cider into mugs or other glasses designed for hot beverages.
7. Enjoy!!



Money Talk

Refund Checks-What Do You Do With Them?

By: Vicky Powers

For many students, the second week of classes is particularly exciting. Why? The excess financial aid refund checks are either directly deposited into their bank accounts or mailed home. Now that the excess has been received, what should be done with it? Is there a plan for the money? Without a plan money can quickly disappear, leaving many students anxiously waiting for the next refund check. The solution is simple — create a budget.

ESP has created a tutorial to help students identify a budget that works. At www.gvsu.edu/moneysmart, students can view the budgeting tutorial and start working on their own budget right away. Here are a couple of points to consider when creating a budget that incorporates a refund check:

- *Were student loans utilized this semester?
- *Are all academic bills paid in full? (i.e. tuition, housing, books, etc.)
- *Are all other bills current?

ESP strongly encourages students to be mindful of the total loan money being borrowed. If, after all necessary bills are paid, there is money remaining it is beneficial to pay that money back to the student loans. It will reduce the monthly payments required after graduation and reduce the overall interest paid.

Being money smart now means a more financial freedom later!

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

By: Melissa Selby-Theut

The 2010 Open House was a great success! During the Open House, we had students submit questions for the program. I will be answering those questions in the newsletter throughout the course of the year.

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!

How often does the ESP group get together like at the Open House?

ESP tries to offer a variety of activities throughout the year – some are able to accommodate the entire group of participants and some are able to accommodate only a limited number. The Open House and the annual Student Recognition Banquet are the two big events each year that are able to accommodate all ESP participants. While not everyone is able to make it to those events, they generally have a great student turnout!

Social service TRiPS and cultural events are available to a smaller number of students, though everyone is encouraged to participate! We can generally take 5 students each month to volunteer with TRiPS, and we can generally take about 30 students on each of the cultural events. There are between 3 and 4 cultural events each year. Keep in mind that these opportunities are first-come, first-served. Remember to check your e mail and sign-up early! Either way, participating in ESP events is a great way to meet new friends, catch up with old friends, and keep in touch with your advisor!

Are there any trips that will happen on week days?

Cultural events are generally on Fridays, Saturdays, or Sundays. We do this so that students don't need to miss class in order to participate! We do, though, offer some events during the week. Many of our social service TRiP opportunities are offered Monday through Thursday. TRiPS are a great way to meet students in the program, gain valuable skills, network with professionals in the community, build your resume, and, even more importantly, help others!

Can ESP help me get a job?

ESP has a new service that it offers to its participants – a student employment initiative! We have partnered with several departments throughout campus to have jobs reserved for ESP students. This year we were able to set nearly 20 students up with on-campus jobs. Though the opportunity to participate this year has passed (it was offered during the spring/summer semester), we will be running the student employment initiative again next year.

If you weren't able to get a job through that initiative, be sure to let your ESP advisor know that you're looking for employment. We all know a lot of people on campus and can oftentimes refer you to colleagues or departments who are hiring throughout the year. We can also help you create a resume and cover letter that will help you be competitive when looking for a job. So yes, we can help you get a job!

Lastly, be sure to check out the Laker Jobs board if you're looking for a job. The website is www.gvsu.edu/lakerjobs.

Events

By: Ashleigh Zerbst

October 15: 12 AM- 10:15 PM

Cru - Campus Crusade for Christ - Campus Wide Worship

Location: Loutit Lecture Halls.

October 3-9:

Homecoming Week

October 5: 9 PM

Lip-Syncing Competition. Location: Field house arena

October 9: 7:00 PM

Home football game vs. Northern Michigan University at Lubbers Stadium

October 11-15

Midterms

October 16: 7:00 PM

Home football game vs. Lake Erie College at Lubbers Stadium

October 30: 9:00 PM

Black Student Union's Halloween Party in Kirkhof

October 31

Halloween



Fall 2010/Winter 2011 Academic Calendar – Important Dates!

By: Marnie-Parris Bingle

Mid-term Evaluations	October 11-15
Mid-term Grades from faculty	October 19
Drop Deadline - grade W	October 29
Thanksgiving Recess	November 24-28
Classes End	December 11
Commencement	December 11 (VanAndel Arena, Grand Rapids)
Examinations	December 13-18
Semester Ends	December 18
Grades from Faculty	December 21 by 12:00 PM
Grades Available to Students	December 23
Winter Semester Payment Deadline	December 17 by 5 PM
Classes Begin	January 10
Last day to Add, Register or Pay	January 14

Are you graduating in December? May? First, meet with you ESP advisor and ensure you have all your coursework met. Second, apply for graduation early in the semester you plan to walk for commencements! You can apply for graduation by completing a graduation audit card at the student service windows in the Registrar's Office.

ESP Staff Directory

Melissa Selby-Thuet

Director

Marnie Parris-Bingle

Advisor

Victoria Powers

Advisor

Sherri Velderman

Office Coordinator

SSO Staff

Ashleigh Zerbst

Melanie Straub

India Stanford

The Bridge

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by the ESP & SSO staff.

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Check out our website!!!
www.gvsu.edu/esp

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