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# road trip

Volume 10, Issue 1

newsletter for commuter & off-campus students

February 2011

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## **FINANCIAL AID AWARENESS WEEK JANUARY 31—FEBRUARY 3**

### **Register to Win a \$100 Scholarship!!**

Look for Financial Aid Representatives at these locations!

#### **Parkland:**

**1/31-2/3 • One-Stop-Shop • 9a-Noon; 1-4p**

Contact the Financial Aid Office to schedule a Help Session at 214-689-6520.

#### **Presbyterian:**

Contact the Financial Aid Office to schedule a Help Session at 214-689-6520.

### **FINANCIAL AID & SCHOLARSHIP DEADLINE**

**March 15, 2011**

(Academic Scholarships; Summer & Fall/Spring Financial Aid)

**Apply NOW!**

Financial Aid is awarded on a first-come, first-served basis.

### **RECYCLEMANIA**

**Jan. 23 - Apr. 2**

Now through Feb. 11, the Residence Halls are showing a Go Green Series of video clips about Reducing Waste, Shopping and Eating Green, and Paper Reduction. Tune in at: <http://onhego.reslife.com/TWU/otg/watch.aspx>.

During RecycleMania, weekly tips and events in which to participate both on campus and at home will be highlighted. Our primary goal is to reduce waste. Weekly weights of recyclables and waste will be recorded, and TWU can view its progress in relation to other universities on our profile page.

Put your recyclables in the blue and green cans. It doesn't matter which one, because the bottles, cans, paper, etc. will be separated later. Find out what's recyclable on campus at: [http://www.twu.edu/downloads/fmc/TWU\\_Recycling\\_Poster.pdf](http://www.twu.edu/downloads/fmc/TWU_Recycling_Poster.pdf).

### **UPCOMING CAMPUS EVENTS:**

**Black History Month  
Speaker: Lawrence Ross  
2/1 • SE Hubbard, Denton  
Campus • 7-9p**

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**LinkedIn Networking &  
Job Search Tips  
2/16 • ACT 601 • 2:30-4p**

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**Ultimate Money Skills  
2/23 • SU 113 • 2:30-3:30p**

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**Developing an Effective  
Résumé & Vita  
2/24 • SU 113 • 2:30-4p**

# TOTAL HEALTH CHALLENGE ONLINE

Begins 2/7 • [www.twuthco.com](http://www.twuthco.com)

If you are an online student, then this program is exclusively for you!

Total Health Challenge Online is an educational weekly challenge designed to encourage a positive and healthy lifestyle! Wellness-based topics with personal challenges will be presented for 10 weeks this spring. *At the end of each week, students who participate are eligible to win cool prizes!*

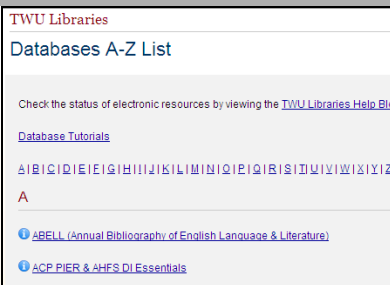
Any TWU students taking online or hybrid classes can participate! Participation is voluntary and can be intermittent, which means students can pick and choose which weekly challenges to complete based on their interests and schedules.

Each week will include personal challenges, short articles, videos and/or quizzes/games. Weekly challenges focus on topics related to time of year or campus events. Some of the topics tackled this spring include: anger and civility, anxiety, fitness and nutrition, and self esteem.

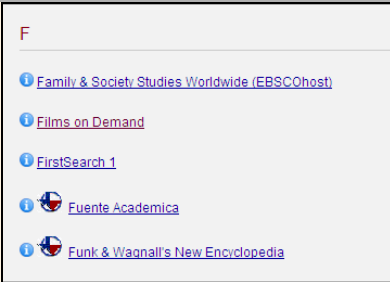
Contact Michelle Reeves at [mreeves@twu.edu](mailto:mreeves@twu.edu) or 940-898-2908 for more information.

## TWU LIBRARY FILMS ON DEMAND DATABASE

<http://ezproxy.twu.edu:2319/featuredvideos.aspx>



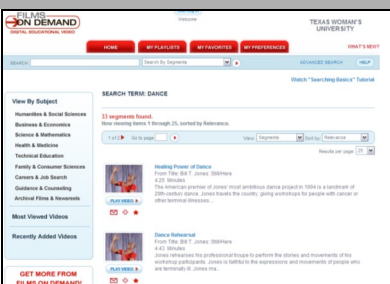
The library has *Films on Demand* databases with more than 5,000 video segments that can be viewed online. Link to *Films on Demand* from the A-Z list of databases at [www.twu.edu/library](http://www.twu.edu/library) (see left). The Health and Medicine group is always available, but others are made available on a rotating basis. Login using your Portal user name and password and search by subject or segments.



**Health and Medicine**  
View by subject: Diseases, Disorders & Disabilities, HealthCare & Treatment, Health Careers, Human Anatomy and Physiology, Nutrition, Personal Health & Wellness, and Public Health.

**Dance in Video** contains dance productions and documentaries by the most influential performers and companies of the 20th century. Included are classic performances from top ballet companies; experimental works from up-and-coming dance troupes; documentaries by and about leading choreographers; and videos on dance training.

**Theatre in Video** contains the world's most important plays, together with video documentaries.



# Student Health Services

Your Campus Health Partner

Have you received your flu shot?

SHS has flu shots. Cost is \$20.  
M-Th 8a-4p; F 8-11:30a, 2-4p.

February is a busy health awareness month! It is Heart Health Awareness Month. Heart Disease is the #1 cause of death in the U.S., killing 1 woman every minute. You can reduce your risk of heart disease by exercising regularly, eating more fruits and veggies, maintaining a healthy weight, and if you smoke, quit!

February 13-19 is *Sexual Responsibility Week*. Are you celebrating Valentine's Day in a responsible way?

February 21-28 is *Eating Disorders Awareness Week*. Do you know the signs and symptoms?

January was also *Cervical Health Awareness Month*. Do you know your risk?

Contact health education at 898-3833, or [healtheducation@twu.edu](mailto:healtheducation@twu.edu), for more information regarding cervical cancer and HPV, sexual health, eating disorders, or any health topic that is important to you.



## TWU TRIVIA

Be the 1<sup>st</sup> to submit the correct answer to [commuter@twu.edu](mailto:commuter@twu.edu) & win a PRIZE!

What honor society was established at TWU in 2009 to be the national honor society for students in higher education pursuing a degree through distance education?

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Student Life Coordinator  
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