

Non-Traditional & Commuter Students

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Apartment Fair 2009

Looking for a new abode for the fall semester, Come check out the Apartment Fair at the end of this month!

When: March 25, 2009, 11 a.m. to 1 p.m.

Where: Union Courtyard & 1'O Clock Lounge

Why: To help you find a snazzy place to live this coming school year in the Denton Area.

OVER 30 APARTMENT COMPLEXES WILL BE AVAILABLE FOR QUESTIONS.

Please contact Dantrayl Smith, Student Activities Coordinator with any questions.

Dantrayl.smith@unt.edu

940-565-8288

FEATURED UPC Events this Month ...

March 3, 6 p.m.: Come and check out the Taste of Denton featuring several local restaurants.

March 5, 9 p.m.: Battle of the Bands/

March 7, 7 p.m.: Exhibition your musical talents at Eagle Idol!

March 10, 8 p.m.: Behind the Color Line.

March 11, 10 a.m.—4 p.m.: Union Day

March 24, 7 p.m.: UPC Tube

Also ... Check it out!

The Coalition of Black Organizations and the Black Graduate Student Association are hosting the Black Leadership Conference on April 4, 2009. The theme for this year's conference is "Empowerment through Education: Leadership at All Levels".

If interested in presenting on the various aspects of African American Leadership, please consider applying.



Student Money Management

Come join the Student Money Management Center at their educational workshops hosted on campus on these following days in the month of March:

March 3
 March 5
 March 6
 March 7
 March 9
 March 11
 March 24
 March 28
 March 30
 March 31

Student Money Management Center

The Student Money Management Center provides tools and solutions students need to achieve financial independence during their college experience.

The SMMC team partners with students from orientation to graduation to enhance their money management knowledge and skills. The Center provides personalized consultations, workshops, presentations, online training opportunities and resources. Additionally, current and eligible students can access two loans programs managed by the Center to help cover unanticipated expenses that threaten their enrollment.

Contact the Student Money Management Center at 940.369.7761 today to begin on a more active path towards financial success.

Time Management & Study Tips

Read below for tips to manage your time, and effectively complete all necessary tasks on a day to day basis.

Semester overview: develop, or plan for, blocks of study time

Place blocks of time when you are most productive, as morning person or night owl!

Schedule weekly reviews and updates

Sunday night may be an excellent time to review your calendar. Be mindful that as deadlines and exams approach, your weekly routine must adapt

Prioritize assignments

When studying, get in the habit of beginning with the most difficult subject or task

For more difficult courses of study, try to be flexible in your approach to success

Build in "reaction time" when you can get feedback on assignments before they are due.

Achieve "stage one"—get something done

Don't work the details until your assignment concept is fully developed. Given that you build in review, roughly draft your idea and proceed from there

Postpone tasks or routines that can be put off until school work is finished

Eliminate, delegate or delay non-essential tasks as part of prioritizing.

Review for a test may be more important than enjoying a sport.

Use your "free" time wisely

Think of times when you can study "bits" as when walking, riding the bus, etc.

Review notes and readings just before class

Review lecture material immediately after class

(Forgetting is greatest within 24 hours without review)

Healthy Tips

Don't skimp on health care. Putting off doctor visits, especially when you have symptoms, hurts your health more in the long run, as does skipping medications or splitting pills to cut costs. Maintain regular checkups. Look at pharmaceutical company prescription programs if medication costs are a concern for you.

Reduce stress. Find a positive outlet -- such as exercise, meditation or the company of others -- to ease stress and improve your health.

Maintain healthy cholesterol levels. Get your levels checked and talk to your physician about the best plan of action to keep your LDL ("bad") cholesterol levels low and your HDL ("good") cholesterol levels high.

Check your blood pressure. Hypertension is called the "silent killer," because it exhibits few warning signs. Today, several effective treatments are available for high blood pressure. If your blood pressure is normal, maintain it with a healthy lifestyle.

Non-Traditional Student of the Month

Lane Cheek is a freshman at UNT. Lane graduated from Floydada high school in west Texas in 1985. After graduation, he moved to Southern California, where he pursued a career in Water Utilities. In 1993, Lane married Laura Chaves and started a family. By 2001, the California housing market was ballooning, and his family was growing, so Lane and Laura moved with their four kids to Denton where he started a suc-

cessful business career. Last year, he decided to finally pursue his college degree after putting his children through school. Although he has not settled on a major, I know I want a degree from UNT. In addition to being a full time student, Lane sings in the Trinity Presbyterian Church choir, performs with the Denton Community Theater, and operates a home business. Most of his free time is spent at my children's ball games, con-

certs and recitals. Being a husband and father is the most rewarding thing in his life.



Eagle's Nest Meetings

SGA would like to inform you of all Eagle Nest Meetings this semester, held in Rm. 409 of the University Union, unless stated otherwise:

- March 3
- March 24 (Rm. 411)
- March 31
- April 14 (Rm. 415)
- April 28

Great Start to the Day: Healthy Breakfast

Need healthy breakfast to jump start your day? ... Check out this Breakfast Burrito

- including:
- Canola Oil
- Red Onion
- Red Bell Pepper
- Black Beans
- Salt & Black Pepper
- 4 eggs & 4 Egg Whites
- Shredded Pepper Jack Cheese
- Cooking Spray
- Whole Wheat Tortillas
- Reduced Fat Sour Cream
- Salsa
- Tomato
- Avocado

<http://www.foodnetwork.com/recipes/ellie-krieger/breakfast-burrito-recipe/index.html>

A Word from the Student Government ...

SGA Elections: March 30th—April 3rd

-Online at www.unt.edu/sga

-President, Vice President, Senate & Referenda Items

Mean Green Week

-March 30th—April 3rd

-Campus Green

-Events celebrating the history & traditions of UNT

University Day & Honors Day: Friday April 3rd

Green & White Game: April 4th at 2 p.m.



**Student Activities Center
Union 320
940-565-3807
www.unt.edu/sa**



The Student Activities Center is devoted to helping non-traditional and commuter students get connected on campus. We strive to do so by providing you all with resources where you can have your questions answered and get involved in activities and organizations at UNT. Please visit our website to learn more about what UNT has to offer for non-traditional and commuter students.

http://www.unt.edu/sa/offcampus/nontrad_services.html

