

The College of Health and Human Sciences
2020 - 2021 STUDENT HANDBOOK



Southern Illinois University

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DEPARTMENTS, SCHOOLS, AND PROGRAMS LISTING

Dean's Office **536-6682**

Scott Collins, Interim Dean	536-6682
Michael Behrmann, Associate Dean	453-7282
Deborah Hutson, Recruitment and Retention Coordinator	453-7283
Valerie Wallin, Chief Academic Advisor	453-2052
Jill Mueller, Program Advisor Distance Education	453-7276

School of Health Sciences **453-7212**

Rick McKinnies, Interim Director	453-8860
Robert Broomfield, Allied Health Specialist	453-7287
Jordia Coleman, Recruitment Specialist	453-8822
Kijoung Na, Academic Advisor (HCM, MSFS, NUR, PTA)	453-7172
Michael Rowell, Academic Advisor (DH, PTA, RADS)	453-8869

Communication Disorders & Sciences (BS) (MS)
Dental Hygiene (BS)
Health Administration (MHA) (MS)
Health Care Management (Minor) (BS)
Health Informatics (Minor) (MHI)
Long Term Care (Minor)
Mortuary Science & Funeral Service (BS)
Nursing (BS)
Physical Therapist Assistant (AAS)
Radiologic Sciences (AAS) (BS) (MS)
Magnetic Resonance Imaging (Graduate Certificate)
Medical Dosimetry (MS) *online only
Rehabilitation Administration and Services (Minor) (BS) (MS) (PhD)
Rehabilitation Counseling (MS)
Substance Use Disorders and Behavioral Addictions (Minor) (Graduate Certificate)

Other SHS Phone Numbers:

SIU Dental Hygiene Clinic	453-8826
Community Dental Center	453-2353

School of Human Sciences**453-7200**

Juliane Wallace, Interim Director 453-3133
Kim Doellman, Academic Advisor (HND) 453-3080
Walter Davis, Academic Advisor (SOCW) 536-6340
Christopher Hinkle, Academic Advisor (ES, PH, RECP, SA) 453-7281

Coaching (Minor)
Exercise Science (BS)
Food and Nutrition (MS)
Health Education (PhD)
Human Nutrition & Dietetics (BS)
Gerontology (Graduate Certificate)
Kinesiology (MSEd)
Physical Education Teacher Education (BS)
Public Health (BS) MPH
Recreation Professions (BS) (MSEd)
Social Work (BS) (MSW)
Sport Administration (BS)

School of Psychological and Behavioral Sciences**453-2301**

Reza Habib, Interim Director 453-3528
Mary Kahn, Academic Advisor (HND) 453-3544
Walter Davis, Academic Advisor (BAT) 536-6340
Leslie Anderson, Academic Advisor (PSYC) 453-3544

Behavior Analysis & Therapy (BS) (MS)
Neuroscience (Minor)
Psychology (Minor) (BA) (MA) (MS) (PHD)
Applied Psychology (PhD)
Brain & Cognitive Sciences (PhD)
Clinical Psychology (PhD)
Counseling Psychology (PhD)

School of Justice and Public Safety**453-5701**

Matthew Giblin, Director 453-5701
Leslie Anderson, Academic Advisor (CCJ) 453-3388
Jill Mueller, Academic Advisor (PSM) 453-7276
Matt Sronkoski, Academic Advisor (PLST) 453-3388

Criminology & Criminal Justice (Minor) (BA) (MA) (PhD)
Paralegal Studies (Minor) (BS)
Para-medicine (Undergraduate Certificate)
Public Safety Management (BS)
Public Safety & Homeland Security Administration (MS)

School of Architecture

453-1113

Craig Anz, Interim Director

453-1131

Michelle Garrett, Academic Advisor

453-1227

Architectural Studies (BS) (M ARCH)

Construction Management and Operations (Minor)

Fashion Design and Merchandising (BS)

Interior Design (BS)

School of Transportation

Department of Automotive Technology

453-9123

Michael Behrmann, Department Chair

453-9125

Brittany McElroy, Academic Advisor

453-9121

Automotive Technology (BS)

Department of Aviation Management and Flight (AVM&F)

453-9245

Department of Aviation Technologies (AVT)

Michael Burgener, Department Chair

453-9204

Kenea Lee, Academic Advisor

453-9206

Susan King, Academic Advisor

453-9224

Hannah Erickson, Recruitment Specialist

453-8898

Aviation Management (BS)

Aviation Flight (AAS)

Aviation Technologies (BS) with specializations:

Aircraft Maintenance, Aviation Electronics (Avionics) & Helicopter Specialization

Airport Management and Planning (Minor)

Aircraft Product Support (Minor)

Air Traffic Control (Minor)

ACADEMIC CALENDAR 2020 - 2021

Fall Semester 2020

Semester Classes Begin	August 17, 2020
Labor Day Holiday	September 07, 2020
Fall Break	No Longer Offered
2020 Election Day	November 03, 2020
Veterans Day Holiday	November 11, 2020
Thanksgiving Vacation 2020	November 26 – November 27,
Final Examinations	December 7 – December 11, 2020
Commencement	December 12, 2020

Winter Intersession 2020-2021

Winter Intersession Begins	December 14, 2020
Campus Closure	TBD
Winter Intersession Ends	January 10, 2021

Spring Semester 2021

Semester Classes Begin	January 11, 2021
MLK Jr Holiday	January 18, 2021
Spring Break	March 06 – 14, 2021
Honors Day	April 04, 2021
Final Examinations	May 03 – 07, 2021
Commencement	May 08, 2021

ACADEMIC ADVISEMENT & REGISTRATION PROCEDURES

All official University correspondence will be sent to your SIU email address. It is the responsibility of the student to check SIU email correspondence frequently. If there is a change in the student mailing address or phone number, it is the responsibility of the student to update their contact information on SalukiNet and with their academic advisor.

Undergraduate and Graduate students – whether in on-campus, off-campus, or online programs, self-register for classes online in SalukiNet (<https://salukinet.siu.edu/>). Self-Service during the advance registration period that precedes the start of each term. Visit the **Registration Calendar** (<https://registrar.siu.edu/calendars/registration.php>) for a complete listing of deadlines.

A 6-digit Registration User Number (RUN) is required for all undergraduate students in order to perform self-registration in SalukiNet Self-Service. The University's use of RUNs helps ensure there is regular contact between the student and academic advisor to appropriately plan the student's course of study toward degree completion.

The RUN is unique to each student and changes each semester. Students receive their unique RUN at the time of advisement for the upcoming advance registration term. Students should contact their academic advisor if they experience problems with the system or the RUN.

Enrollment changes can have a significant impact on current financial aid as well as your future financial aid eligibility. Tuition and fees may be adjusted when students add, drop or withdraw based on the [SIU Refund Policy](https://policies.siu.edu/other-policies/chapter4/refunds.php) (<https://policies.siu.edu/other-policies/chapter4/refunds.php>). A reduction or cancellation of financial aid may occur as a result of dropping or withdrawing from classes. All classes, including dropped or withdrawn classes, are included in the calculation to determine financial aid eligibility through the [Satisfactory Academic Progress Policy](https://fao.siu.edu/process/academic-progress-policies.php) (<https://fao.siu.edu/process/academic-progress-policies.php>). In addition to contacting academic advisors, students should contact the Financial Aid Office prior to dropping or withdrawing from any classes. For detailed information about dropping classes and/or withdrawal, refer to the [Undergraduate Catalog](https://catalog.siu.edu/) (<https://catalog.siu.edu/>).

Students registered for at least 12 credit hours per semester are considered full-time. Student enrollment is capped at a maximum 18 credit hours per semester. Special permission from the Dean of the college is required to enroll in 19 hours or more credit hours in a given semester. Students on probation may not take more than 14 hours.

RESPONSIBILITIES OF THE STUDENT AND ADVISOR

Responsibility of the Student

Plan course registration for timely completion of the program.
Understand and meet program and graduation requirements.
Know academic advisor's name and contact information.
Make an appointment to meet with an academic advisor every semester.
Know academic deadlines and visit the [Registrar website \(https://registrar.siu.edu/\)](https://registrar.siu.edu/) for detailed information.
Consult with faculty in your department for research, internship, and career opportunities.
Inform your instructors and academic advisor of any problems.

Responsibility of Advisor

Assist with the registration process and selection of classes.
Guide student toward successful completion of program requirements.
Inform student of curricular changes.
Provide accurate information regarding program and graduation requirements.
Refer students to campus resources.
Encourage student participation and involvement in program and university extracurricular activities.

GRADING & SCHOLASTIC REGULATIONS

For complete details regarding core curriculum requirements, major requirements, graduation requirements, and grading refer to the [Undergraduate Catalog \(https://catalog.siu.edu/\)](https://catalog.siu.edu/).

Grading System

The grades of *A*, *B*, *C*, *D*, *F* and *WF*, are included in determining student grade point averages.

An *INC* is assigned when, for reasons beyond their control, students *engaged in passing work* are unable to complete all class assignments. An *INC* must be changed to a completed grade within one semester following the term in which the course was taken, or *graduation*, whichever occurs first. Should the student fail to complete the course within the time period designated, that is, by no later than the end of the semester following the term in which the course was taken, or graduation, whichever occurs first, the incomplete will be converted to a grade of *F* and the grade will be computed in the student's grade point average.

Students should not re-register for courses in which an *INC* has been assigned with the intent of changing the *INC* grade. Re-registration will not prevent the *INC* from being changed to an *F*. *Effective with the Summer 2017 term, the standard letter grading system was modified to allow the use of plus/minus grading. In addition to A, B, C, D, and F, the following are the allowable plus/minus grades with their grade points per hour: A- (3.667), B+ (3.333), B- (2.667), C+ (2.333), C- (1.667), and D+ (1.333).*

Changing Grades

Grades given at the end of a course are final and may not be changed by additional work or submitting additional materials. When work is completed for a course in which an *INC* grade has been given, instructors notify the Registrar's Office of that fact, along with the final grade to be given, by processing a Grade Change Card through the academic dean's office.

Occasionally, students may wish to question grades given, either for accuracy or for removal of grades in situations when they were unable to perform some required step for reasons beyond their control. Only the assigned instructor for a course has the authority to change a grade except in the instance when the University no longer employs the instructor.

Extenuating circumstances, which transcend faculty judgment of the instructor, may be appealed through procedures established by the college. Matters related to faculty judgment in grading may not be appealed. Any change of grade must be approved and signed not only by the instructor but also by the departmental chair and the dean of the college. In cases when an *INC* is changed to a final grade, only the instructor's signature is required.

Class Standing

The University requires students to earn at least 120 semester hours of acceptable credit in order to receive a baccalaureate degree. For academic classification purposes, a freshman is a student who has completed fewer than 26 hours; a sophomore, from 26 through 55; a junior, from 56 through 85; and a senior 86 or more.

Repeat Policy

For students receiving a letter grade of *A*, *B*, *C*, *D*, or *F*, the course repetition must occur at Southern Illinois University Carbondale. Only the most recent (last) grade is calculated in the institution's overall GPA and counts toward hours earned, even if that grade is an *F*.

This policy is applied to all transferable credit in that only the last grade is used to calculate grade point average for those courses taken at the same institution. The appropriate repeat policy will be applied to work completed during that period of registration for the purpose of calculating the transfer grade point average. Duplicate credit is counted in the GPA calculation when the repeated course is taken at SIU. The duplicate credit is excluded from the GPA calculation when the duplicate course is taken elsewhere.

Grade Point Average and Scholastic Standing

At the end of each semester, SalukiNet will show the final grades earned that semester as well as the scholastic standing and the grade point average for both the semester and the overall record at Southern Illinois University Carbondale. It is important that you understand the University's system for computing grade point averages and the various grade point average requirements.

Transferred grades are not used to determine students' calculated SIU grade point average, except that transfer students who are admitted on probationary status will be required to earn a 2.0 average each semester before they can be removed from probation.

The significance of the above should be clearly understood by transfer students when studying the general baccalaureate degree requirements. A 2.0 (*C*) average is required for the work taken at this University.

In computing grade point average (GPA), all grades of *A*, *B*, *C*, *D*, *F*, and *WF* are included in determining the number of quality hours. Each hour of these grades (one hour of *A* is worth four quality points) is assigned numerical quality points, which are then divided by the total number of quality hours to determine GPA. For further details about computing a GPA, see registrar.siu.edu/grades/gpa.

Dean's List

At the end of each Fall and Spring semester – and Summer session – a Dean's List is prepared. Undergraduate students who were enrolled for and earned full-time credit at SIU during the term, and whose SIU term grade point average (GPA) for all courses during the term meets or exceeds the minimum SIU GPA established by the University, will be included on the Dean's List for that term. Students so recognized will see a Dean's List notation along with the term academic standing on their transcript.

This University recognition of high scholastic achievement is only for that particular term, does not apply to part-time students, does not take into consideration transfer coursework, and does not take into consideration the cumulative GPA of the student for all coursework at SIU.

Capstone Option

The Capstone option is for transfer students and students from the College of Health and Human Sciences who have earned an Associate in Applied Science degree and are seeking a bachelor's degree through one of the participating programs in the college. University Core Curriculum

requirements are abbreviated. Instead of the 41 credit hour requirement for most students, Capstone students have a 30 credit hour requirement. Capstone students can earn a bachelor's degree in just 60 additional credit hours.

Transfer Courses

The College of Health and Human Sciences is a transfer student-friendly college, and transfer students make up a large segment of our student population. We have [articulation agreements \(http://tss.siu.edu/PROD/campus/articulation/articulation/\)](http://tss.siu.edu/PROD/campus/articulation/articulation/) with several community colleges and universities. In addition to checking the course articulation guide, students should work with their academic advisor to determine course equivalencies.

Scholastic Probation and Suspension

Students are expected to make satisfactory progress toward a degree, certificate or other approved objective.

When a cumulative University average falls below a C average (2.0 GPA), students are placed on scholastic probation. A student on scholastic probation may continue enrollment at the University provided the student is not placed on scholastic suspension. Scholastic suspension occurs when the subsequent term average is below 2.0.

Students are reinstated to “good academic standing” when the cumulative University average reaches 2.0 or above. While on scholastic probation, students may not enroll for more than 14 hours per semester unless they receive special approval by the dean of the college.

Scholastic Probation and Suspension (cont'd)

Transfer students admitted on scholastic probation will remain in that status until they have earned at least a C average (2.0 GPA) at Southern Illinois University Carbondale. If the GPA falls below a 2.0 in any semester while on scholastic probation, the student will be placed on scholastic suspension.

Students are scholastically suspended from the University if they (1) fail to meet the requirements of their conditional or probation status or (2) are enrolled full time their first term of enrollment, and earn a GPA of 0.00.

Student Academic Grievance Procedures

Matters related to academic evaluation is the responsibility of the school or department responsible for the administration of the program and the Dean of the College of Health and Human Sciences. Every effort should be made to resolve academic evaluation problems quickly and at the program level in which they occur prior to chair/director or dean involvement.

Grades may be appealed on procedural grounds only and not on substantive grounds. Grades may **not** be appealed beyond the level of the Dean. Refer to the [Student Academic Grievance \(https://asa.siu.edu/infofor/current-students.html\)](https://asa.siu.edu/infofor/current-students.html) document for full procedural details.

Readmission Policy

Students placed on Scholastic Suspension may be readmitted after a minimum of two semesters' interruption (excluding summer session) and must furnish tangible evidence that additional education can be completed successfully. There will be no readmission after week one.

Continuing students (those suspended at the end of the immediate preceding term) may not change academic units, nor may those students readmitted prior to the end of the normally required two semester period of separation from the University. Continuing students with extenuating circumstance MAY be considered for readmission for the following semester. To be readmitted to the College of Health and Human Sciences, suspended students must complete a College Petition for Readmission explaining reason(s) for the suspension and corrective action proposed.

Non-continuing students must furnish tangible evidence (grade report from community college or university with 2.0+ G.P.A.) that additional coursework can be successfully completed, i.e. "C" or better.

Students must re-apply through the office of Undergraduate Admissions. To be readmitted, suspended students must complete a College Petition for Readmission explaining reason(s) for the suspension and corrective action proposed. All Petitions for Readmission must be signed by the Department Chair or School Director and the Associate Dean or Chief Academic Advisor before a student will be readmitted.

Students readmitted to the College of Health and Human Sciences must complete a Readmission Agreement and may be required to take additional workshops and/or courses as suggested by the Department Chair, School Director or Academic Advisor.

Appeals must be approved at the Office of the Provost and Vice Chancellor for Academic Affairs. Decisions by the Provost are final.

For questions regarding the College's readmission policy/procedure, call the Chief Academic Advisor, at 453-2052.

A list of core curriculum courses and required hours can be found online at <http://corecurriculum.siu.edu>.

REGISTRATION & FINANCIAL AID

Unofficial Withdrawal

If a student stops attending classes, it is deemed an "unofficial withdrawal" by the university. Title IV Federal Financial Aid regulations require the university to identify and review all students who stop attending one or more classes and/or fail one or more courses. Using the Return of Funds calculation student financial aid is adjusted if an unofficial withdrawal occurs. Federal regulations mandate this information be reported to the National Student Loan Data System (NSLDS) and student enrollment status is updated. This review may place the student in repayment status of student loans received.

Return of Funds

The Federal Return of Title IV Funds policy mandates that students who officially or unofficially withdraw from all classes may only keep the financial aid they have “earned” up to the time of withdrawal. State and institutional programs require similar treatment. Financial aid funds that were disbursed in excess of the amount “earned” must be repaid.

Reduced Hours of Enrollment

The amount of student financial aid eligibility is dependent upon the number of enrollment hours. This is established on the tenth day of classes each semester. If classes are added after the tenth day, the tuition bill may be increased. If classes are dropped after the tenth day, the tuition bill *will not* be adjusted unless in the case of a complete withdraw from the university and is subject to the pro-rata refund policy. There are some exceptions to these general rules for students who are enrolled in courses that only meet for part of the semester (such as eight week courses) that start after the tenth day of classes.

STUDENT CONDUCT

The College of Applied Sciences and Art’s adheres to the expectations outlined in the Southern Illinois University [student conduct code manual](#). All members of our college community are responsible for aligning their behavior to the standards and policies set forth in the student conduct code document, whether on or off campus.

STUDENT SUPPORT

The Office of Disability Support Services

[The Office of Disability Support Services \(https://disabilityservices.siu.edu/\)](https://disabilityservices.siu.edu/) (DSS) is committed to assuring that students with disabilities receive equal, effective, and meaningful access to all campus programs, resources, and services.

Disability Support Services provides the required academic and programmatic support services to students with permanent and temporary disabilities. Disability services are located throughout the University in integrated settings. DSS provides centralized coordination and referral services. Students are responsible for identifying themselves to DSS, for providing documentation, and for requesting accommodations.

Disability Support Services is located in the Student Health Center, Room 220. To contact someone in DSS, call 618-453-5738.

College of Health and Human Sciences Academic Associates

The College of Applied Sciences & Arts [Academic Associates \(https://chhs.siu.edu/about/academic-associates.html\)](https://chhs.siu.edu/about/academic-associates.html) serve as peer student mentors for CHHS undergraduate students. Under the supervision of the college recruitment and retention coordinator, Academic Associates assist with both academic and non-academic student concerns and issues. Our Academic Associates can help with time management skills, academic planning, serve as a liaison between students and CHHS administration, and connect students with campus resources. Academic Associate office locations are: Applied Sciences and Arts Building Room 201, and Quigley Hall Room 409.

Academic Associates are here to help all SIU CHHS students succeed!

Saluki Cares

[Saluki Cares \(https://salukicare.siu.edu/\)](https://salukicare.siu.edu/) facilitates and coordinates a University-wide program of care and support for students in distress. By working closely with faculty, staff, students and their families, SIU Carbondale displays a culture of caring by demonstrating to our students and families that they are an important part of the community.

Saluki Cares is an early alert initiative composed of professionals from different areas of campus life who work with students on a regular basis: Academic units, Dean of Students, New Student Programs, Center for International Education, University Housing, University College, Wellness Center, and others. Referrals are made from faculty, staff, family members, peers, or by the student him/herself.

SCHOLARSHIP INFORMATION

In addition to university scholarships, the College of Health and Human Sciences offers unique scholarship opportunities to our students. To apply for College of Health and Human Sciences scholarships complete the SIU general scholarship application on [Academic Works \(https://siu.academicworks.com/\)](https://siu.academicworks.com/). Students are encouraged to check with individual departments about other scholarship opportunities not included in Academic Works. Additional information regarding scholarships is available at the [Undergraduate Academic Scholarship](#) office.

<https://scholarships.siu.edu/common/documents/2019-20-scholarships-financial-aid-brochure.pdf>

CAREER SERVICES

Career placement services are available through the University [Career Development Center \(https://careerdevelopment.siu.edu/students/\)](https://careerdevelopment.siu.edu/students/). Services include career counseling, professional development, skill assessment, resume and cover letter assistance, interview preparation, and assistance with job search resources.

Internships

An internship is an excellent way to gain practical knowledge and experience. Most programs in the College of Health and Human Sciences offer various internship opportunities. For more information, contact your program faculty or academic advisor.

Externships

The College of Health and Human Sciences is actively participating in providing students with professional work experience that is integrated in or supplemental to their academic program. These activities enhance the quality of the student's academic undergraduate education. Details on the Externship Program can be found on their website at <http://sialumni.com/>.

ACADEMIC SURVIVAL SKILLS

GET TO KNOW YOUR PROFESSORS. Develop a relationship with your instructors. Professors provide invaluable mentorship, academic support, research opportunities, and career search advice.

ATTEND CLASS REGULARLY. Read assignments before going to class. Be prepared and willing to participate in class discussion, ask questions, and take notes.

LIVE A HEALTHY LIFESTYLE. Make healthy food choices and exercise regularly; use the [Student Recreation Center \(https://rec.siu.edu/\)](https://rec.siu.edu/) to do something active every day. In addition to lowering stress, research studies have found that students who have a scheduled workout routine have higher GPA's than those who do not.

GET INVOLVED. Get involved in registered student organizations. Active involvement in campus organizations helps develop lifelong friendships and leadership skills.

TAKE ADVANTAGE OF CAMPUS RESOURCES. Successful students take advantage of campus resources like the [Writing Center \(https://write.siu.edu/\)](https://write.siu.edu/), [Wellness Center \(https://wellness.siu.edu/\)](https://wellness.siu.edu/), [Tutoring \(https://cls.siu.edu/\)](https://cls.siu.edu/), and the [Counseling Center \(https://shc.siu.edu/counseling/\)](https://shc.siu.edu/counseling/). Stop by the [CHHS Academic Associates \(https://chhs.siu.edu/about/academic-associates.html\)](https://chhs.siu.edu/about/academic-associates.html) office. The Academic Associates are student peers who can give advice and assistance to help all CHHS students succeed.

HAVE A DEGREE PLAN/CHECK ON DEGREE PROGRESS. Work on a degree plan with your academic advisor. Understand your major and university core curriculum requirements. Meet with your academic advisor at least once each semester and check [Degree Works](#) frequently.

E-MAIL AND CALL HOME. Your family and friends can be your best support system.

MANAGE YOUR TIME. This includes having a social life, but it is important to plan time properly to manage school, work, and social activities. Use a calendar to track assignment due dates, schedule daily study time and weekly reviews, account for extra study time for exams and major projects. Life happens and things pop up; planning ahead allows for some flexibility when the unexpected occurs.

KNOW THE UNIVERSITY ACADEMICS RULES. Refer to the CHHS Student Handbook and read the Undergraduate Catalog. Visit program major and SIU websites. Ask questions. SIU and College of Health and Human Sciences faculty and staff are all here to help and truly care about your success.

ACADEMIC MOBILE APPLICATIONS & WEBSITES

SIU SalukiNet App

- Allows students to view SalukiNet on their phone rather than through the web browser.
- Includes a D2L tab which allows students to access D2L on their phone rather than through the web browser.

Quizlet

- Application and website.
- Free and paid versions.
- Vast majority of the app/website can be accessed and features can be utilized in the free version.
- Perks for paying monthly subscription: No advertisements and it is easier to make quizlets utilizing pictures and diagrams.
- Students can search for pre-made quizlets or you can create your own tailored to your own classes and studying needs.
- Many students think Quizlet is just electronic flashcards, and while that is a feature, Quizlet can create tests consisting of multiple choice, true false, fill in the blank, and matching based off the flashcards students create or ones that have already been created. The app also has a matching game that times you, and a 'learn' option that gives multiple choice questions and remembers which ones you get correct and how often, and will filter out the easier cards/questions and allow students to focus on the more challenging content that may take a few more tries to get right.
- Students can create 'classes' that classmates/peers can join allowing them to study using the same material.
- CHHS's top students use it for every single one of their classes.

Pulse

- Pulse is an app version of D2L.
- It is free.
- It makes it easier to access online material, see grades, and view deadlines rather than logging onto D2L with the web browser on your phone or waiting to have access to your laptop or desk top.

Calendar Apps

- Use the calendar app that is built into your phone to keep up with meetings, deadlines, work, study sessions, and class times.
- It is free or there are other free options if you do not like the calendar that is built into your phone (i.e. Google Calendar).
- Put in alerts to remind you to do various things throughout the day or reminders before an event takes place to allow for travel time before the event actually starts.

Prepware General

- For AVT students to assist with test prep and FAA exams.
- Cost \$4.99

Todoist

- App to keep track of your priorities.
- Allows you to sync and access tasks across other platforms.
- Can share and delegate tasks for group projects.

Document Hub

- A computer application that allows you to combine documents into one PDF.
- Perfect for scholarship applications and allows you to pull directly from your computer or google drive.
- It's free!

My Study Life

- Gives you customizable class scheduling.
- Shows today and tomorrow in overview format.
- Students can add tasks, which shows what is due in the next 3 days.
- Students can add exams and displays which are coming up in the next 7 days.
- Recommended that students add everything right off the syllabus at the beginning of the semester.
- Allows students to add holidays and other schedules (work schedules) not just for school.
- It's free!

Chegg Study – Homework Help

- \$14.99 a month.
- Gives personalized answers to questions from textbooks.
- Students can take a screenshot or picture of homework to get the answer and help that is needed.
- Options for online tutoring for accounting, calculus, chemistry, computer science, economics, physics, statistics, and writing.

Study Tips

- Covers specific subjects as well as general life skill tips like wellness, time management, etc...
- Has good stress management and wellness tips.
- It's free!

Priority Matrix

- Based on the Eisenhower matrix for prioritizing and managing tasks.
- Visually organizes lists, agendas, and priorities by color and label.
- Students can set start dates and target end dates.

Unstuck

- Helps students figure out why they are procrastinating and provides tools to overcome it.
- It's free!
-

Academic Websites

[Academic Tips](https://www.academictips.org/): College study tips, tricks, skills, and guides to help students manage their time, take better notes, study more effectively, improve memory, take tests, and handle the stress of college life. <https://www.academictips.org/>.

[Hippo Campus](https://hippocampus.org/): Explore over 7,000 free videos in 13 subject areas. <https://hippocampus.org/>.

[Homework Center](https://www.infoplease.com/homework-help/studying/homework-center-study-skills): Step-by-step guides to help students with test taking and writing skills. <https://www.infoplease.com/homework-help/studying/homework-center-study-skills>.

[Khan Academy](https://www.khanacademy.org/): Includes topics in all academic units and broken down by academic level. <https://www.khanacademy.org/>.

Academic Websites

Mnemonic Option: Offers tools to help improve memory, remember facts accurately, and to remember the structure of the information. <https://www.mindtools.com/memory.html>.

Test Anxiety Tips: Helps alleviate test anxiety and offers coping techniques and skills. <http://www.testanxietytips.com/>.

REGISTERED STUDENT ORGANIZATIONS

School of Health Sciences

Student American Dental Hygienists' Association – SADHA

American College of Healthcare Executives (ACHE)

Sigma Phi Sigma

American Physical Therapy Association (APTA)

SIUC Student Physical Therapist Assistants

Lambda Nu (National Honor Society Fraternity)

School of Human Sciences

Organization of Sport and Exercise Science

Sport Studies Association

Student Nutrition Academic Council

Eta Sigma Gamma

American College of Health Association

American Public Health Association

American Association for Health Education

American School Health Association

SIUC Student Recreation Society

Illinois Intramural Recreation Sports Association

School of Psychological and Behavioral Sciences

Psychology Student Association (PSA)

Psi Chi National Honors Society for Psychology

Association of Black Psychologist (ABPsi)

School of Justice and Public Safety

Organization of Paralegal Students

Criminal Justice Association

Graduate Organization for Criminology and Criminal Justice

School of Architecture

American Institute of Architectural Students (AIAS)
Construction Specifications Institute (CSI)
Precast Concrete Institute (PCI)
American Society of Interior Designers (ASID)
Illuminating Engineering
Fashion Design and Merchandising Organization

School of Transportation

Automotive Technology

Automotive Technology Organization (SIUC RSO)
Society of Automotive Engineers (SAE)
Service Technicians Society

Aviation

Alpha Eta Rho (International Aviation Fraternity)
Aviation Management Society- Student Chapter of the American Association of
Airport Executives (since 1983)
Aviation Ambassadors
Flying Salukis (member, National Intercollegiate Flying Association)
Professional Aviation Maintenance Association (PAMA) Student Chapter
Women in Aviation
Rotor & Wing (maintenance oriented)

CAMPUS SERVICES TELEPHONE DIRECTORY

CAMPUS EMERGENCY.....	911
SIUC POLICE.....	453-3771
REGISTRAR'S OFFICE.....	453-2963
BURSAR'S OFFICE.....	453-2221
CAPSTONE.....	453-7134
CENTER FOR ACADEMIC SUCCESS.....	536-6646
CLINICAL CENTER, Wham, 141.....	453-2361
DISABILITY SUPPORT SERVICES.....	453-5738
FINANCIAL AID OFFICE.....	453-4334
STUDENT HEALTH SERVICES.....	453-2391
HOUSING.....	453-2301
IDENTIFICATION CARD.....	536-3351
INFORMATION TECHNOLOGY.....	453-6280
INTERNATIONAL PROGRAMS & SERVICES.....	536-7771
MORRIS LIBRARY.....	453-2522
NIGHT SAFETY TRANSIT.....	453-2212
NON-TRADITIONAL STUDENT SERVICES.....	453-7521
PARKING DIVISION.....	453-5369

CAMPUS SERVICES TELEPHONE DIRECTORY

RECREATION CENTER.....	453-1277
REGISTERED STUDENT ORGANIZATION.....	453-5714
SIUC INFORMATION.....	453-2121
STUDENT CENTER INFORMATION.....	453-4636
STUDENT CENTER.....	536-3351
STUDENT LIFE & INTERCULTURAL RELATIONS.....	453-5714
TESTING SERVICES.....	453-6003
TRANSFER STUDENT SERVICES.....	453-2012
TRANSITIONAL PROGRAMS.....	453-7041
UNIVERSITY CAREER SERVICES.....	453-2391
WOMEN'S CENTER.....	529-2324
WRITING CENTER.....	453-1231

BUILDING EMERGENCY RESPONSE TEAM (B.E.R.T)

The College of Health and Human Sciences, in conjunction with the Department of Safety and the Center of Environmental Health and Safety has developed an emergency plan for various types of emergencies that might affect students, faculty, and staff in the CHHS building, Quigley Hall, and Transportation Education Center. Signs at each entrance/exit to the ASA building indicate the location of the “Storm Safe” areas within the building and designated assembly areas outside of the building. Instructions on how to deal with emergencies such as Fire, Storm, Bomb Threat, and Chemical Spill are included on these signs. It is important that all occupants of the building familiarize themselves with these procedures.

INCLEMENT WEATHER

Students must ensure the university has the accurate cell phone number in order to receive emergency text alerts. Decisions to close any or all parts of the Southern Illinois University campus, cancel classes, or issue a university weather advisory are made at the chancellor level. Please refer to the official [university policy](https://policies.siu.edu/personnel-policies/chapter7/admclos.php) in the event of such action.
<https://policies.siu.edu/personnel-policies/chapter7/admclos.php>.

Southern Alma Mater

Words and Music by Grover Clark Morgan

Hail Alma Mater
Southern to thee
Strong thru the years
You stand triumphantly
Beacon to guide us
Over life's sea
Light that can never fail us
Hail, hail to thee.