

The College of Health and Human Sciences
2023 – 2024 STUDENT HANDBOOK



Southern Illinois University

TABLE OF CONTENTS

Section	Page #
Schools and Programs Listing	3-5
Academic Calendar	6
Academic Advisement & Registration Procedures	7
Responsibilities of the Student and Advisor	8
Grading & Scholastic Regulations	9-12
Registration & Financial Aid	13
Student Conduct	13
Student Support	13
Scholarship Information	14
Career Development Center	14
Academic Survival Skills	15-17
Academic Mobile Applications & Websites	17
Registered Student Organizations	18-19
Telephone Directory	20-21
Inclement Weather	22

SCHOOLS AND PROGRAMS LISTING

Dean's Office

536-6682

Robert D. Morgan, Dean of College Health and Human Sciences	536-6682
Tammy Kochel, Associate Dean of Research and Personnel	453-6371
Christopher Mullins, Associate Dean of Academic and Student Affairs	435-6368
Chad Waters, Administrative Assistant	453-8840
Elizabeth Benson, Office Administrator	453-4115
Valerie Wallin-Brooks, Chief Academic Advisor	453-2052
Deborah Hudson, Recruitment and Retention Coordinator	453-7283
Brittany McElroy, Recruitment and Retention Coordinator	453-7286
Odessa Columbo, Senior Business Manager	453-7280
Kym Morgan, Senior Business Manager	453-5226
Charles Davies, Accountant II	453-7509
Steph Taylor, Director of Development, SIU Foundation	453-4975
Nathan Black, IT Support and LAN administrator	453-4975

School of Automotive

453-4024

Andrew Croxell, School Director	453-9122
Academic Advisor (open)	453-9122
Automotive Technology (BS)	

School of Aviation

453-8898

Michael Burgener, Interim School Director	453-8885
Rhonda Ferguson, Administrative Aide	453-9245
Christi Ketzner, Office Manager	453-9253
Aaron Savka, Business Manager	453-9226
Paige Lappe, Office Manager	453-9236
Willie Cave-Dunkel, Recruitment Specialist	453-9235
Chris Milazzo, Academic Advisor (AVT, AVT)	453-7456
Susan King, Academic Advisor (AVM, AF)	453-9224
Aviation Flight (AAS)	
Aviation Management (BS)	
Aviation Technologies (BS) Aviation Management (MS)	

School of Health Sciences**453-7212**

Scott Collins, School Director 453-8860
Ian Ruark, Office Administrator 453-7212
Karma Smith, Recruit and Retention Coordinator 453-8822
Deanna Barnett, Customer Service Representative 453-7211
Academic Advisor (Rads) (open) 453-7253
Mike Kartje, Academic Advisor (NUR) 453-7172
Mariah Holder, Academic Advisor (HCM) 453-7810
Michele Howerrton-Vargas, Academic Advisor (CDS) 453-5171
Michael Rowell, Academic Advisor (DH, MSFS, PTA, RADS) 453-8869

Communication Disorders & Sciences (BS) (MS)
Dental Hygiene (BS)
Health Administration (MHA)
Health Care Management (BS)
Health Informatics (MHI)
Mortuary Science & Funeral Service (BS)
Nursing (BSN)
Physical Therapist Assistant (AAS)
Radiologic Sciences (AAS) (BS) (MS)
Medical Dosimetry (MS)
Rehabilitation Administration and Services (MS) Counseling
and Rehabilitation Education (MS)

Other SHS Phone Numbers:

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

School of Human Sciences**453-7200**

Juliane Wallace, School Director 453-3133
Patricia Martens, Administrative Aide 453-1207
Business Manager 453-7963
Michelle Howerton-Vargas, Academic Advisor (HND, PH, SOCW) 536-6340
Christopher Hinkle, Academic Advisor (ES, RECP, SA) 453-7281

Exercise Science (BS) Food
and Nutrition (MS) Health
Education (PhD)
Human Nutrition & Dietetics (BS)
Kinesiology (MS)
Public Health (BS) (MPH) Recreation
Professions (BS) (MSEd) Social Work
(BS) (MSW)
Sport Administration (BS)

School of Justice and Public Safety

453-5701

Matthew Giblin, School Director

453-6360

Kristina Benson, Office Support Specialist

453-6890

Melissa Hendrix, Office Administrator

453-5701

Matt Sronkoski, Academic Advisor (CCJ, PLST)

453-4729

Criminology & Criminal Justice (BA) (MA) (PhD)

Paralegal Studies (BS)

Public Safety Management (BS)

Public Safety Administration (MS)

School of Psychological and Behavioral Sciences

536-2301

Reza Habib, School Director

453-3529

Michele Howerton-Vargas, Academic Advisor (BAT, PSYCH)

Behavior Analysis & Therapy (MS) Psychology (BA) (MA) (MS)(Ph.D.)

ACADEMIC CALENDAR 2023-24

Summer Intersession 2023

Summer Intersession Begins	Monday, May 15, 2023
Memorial Day (campus holiday)	Monday, May 29
Summer Intersession Ends	Friday, June 9

Summer Session 2023

Eight week session begins	Monday, June 12, 2023
Juneteenth (campus holiday)	Monday, June 19
Independence Day (campus holiday)	Tuesday, July 4
Final Examinations	Thursday August 3 and Friday August 4
Commencement	<i>No summer ceremony.</i>

Fall Semester 2023

Semester Classes Begin	Monday, August 21
Labor Day Holiday	Monday, September 04
Veterans Day Holiday	Thursday, November 11
Thanksgiving Break	Saturday, November 18 – Sunday, November 26,
Final Examinations	December 11– December 15
Commencement	Saturday, December 16

Winter Intersession 2023-2024

Winter Intersession Begins	Monday, December 18
Campus Closure	Friday, December 25-Monday January 1
Winter Intersession Ends	January 14

Spring Semester 2024

Semester Classes Begin	Monday, January 16
MLK Jr Holiday	Monday, January 15
Spring Break	Saturday, March 9 – Sunday, March 17
Honors Day	Saturday, April 09
Final Examinations	Monday, May 06 – 10
Commencement	Saturday May 11

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 Self-Service](#) during the advance registration period that precedes the start of each term. Visit the [Registration Calendar](#) for a complete listing of deadlines.

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](#). 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](#). 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](#).

During Fall and Spring semesters, students registered for at least 12 credit hours per semester are considered full-time. Student enrollment is capped at a maximum of 18 credit hours per semester. Special permission from the Dean of the college is required to enroll in 19 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](#) for detailed information.
- Consult with faculty in your school for research, internship, and career opportunities.
- Inform your instructors and academic advisor of any problems.
- Use your SIU Email account, or forward your SIUC email (Student/Office 365) to your preferred email account.
- Take on leadership roles in co-curricular activities.
- Become knowledgeable of and adhere to Student Regulations and Policies.
- Participate in career development activities to prepare for life after graduation.
- Respond to questionnaires and assessments to provide information and feedback about your university experience.

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.
- Teach student how to use Salukinet.
- Teach student how to interpret a Degree Audit.

GRADING & SCHOLASTIC REGULATIONS

For complete details regarding core curriculum requirements, major requirements, graduation requirements, and grading, refer to the [Undergraduate Catalog](#).

Grading System

The grades of *A*, *B*, *C*, *D*, *F* and *WF*, are used 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 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. Matters related to faculty judgment in grading may not be appealed. Extenuating circumstances, which transcend faculty judgment of the instructor, may be appealed through procedures established by the college. Any change of grade must be approved and signed not only by the instructor but also by the school director 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*.

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.

Note that some CHHS programs may not allow a course to be retaken or limit the number of times a course may be retaken.

Grade Point Average and Scholastic Standing

Degree Works is an application within SalukiNet where students can monitor grades earned, transfer credit, and their progress toward an academic goal (i.e. degree, minor, specialization) against the program requirements. Program requirements that appear in the undergraduate catalog along with course definitions are used as a guide. The Degree Works application also provides the student's grade point average and scholastic standing.

Students that wish to investigate other majors, minors, or specializations can also conduct a "what if" function to see how that would change their progress toward the academic goal.

It is important that students 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, Spring, and Summer semester 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 of 3.5 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 39 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. A list of core curriculum courses and required hours can be found online: <https://corecurriculum.siu.edu/program-overview/courses.php>

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](#) 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 academic objective. When a cumulative University grade point 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. 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.

CHHS students who are placed on academic probation must participate in the CHHS Study Hall Program. This program requires a student to log 3 hours per week studying in the CHHS Study Hall (ASA 112). Students placed on academic probation will be contacted by the Associate Dean with more information. Successful completion of the program, accompanied by a GPA increase, may qualify you for invitation to the CHHS Incentivized Study Program.

Students are reinstated to "good academic standing" when the cumulative University grade point average reaches 2.0 or above.

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 fail to meet the requirements of their conditional or probation status. Suspended students must sit out for two semesters before reapplying to SIU and CHHS. In *rare* cases students can apply for reinstatement from suspension immediately. Whether reapplying or petitioning for reinstatement, students will meet with the Associate Dean for Academic and Student Affairs to discuss their necessary participation in the [CHHS ACES program](#).

Student Academic Grievance Procedures

Matters related to academic evaluation are the responsibility of the school 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 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](#) document for full

procedural details.

Readmission Policy

Students placed on Scholastic Suspension may be readmitted after a minimum of two semesters' interruption (excluding summer semester) and must furnish tangible evidence that additional education can be completed successfully. There will be no readmission after week one. Students must reapply 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 School Director and the Associate Dean before a student will be readmitted.

The student will also be required to participate in the ACES program (see below).

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 circumstances MAY be considered for readmission for the following semester. To be readmitted to the College of Health and Human Sciences, suspended students must contact the Associate Dean of Academic and Student Affairs (mullinsc@siu.edu) for the college to apply to the ACES program (see below).

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.

ACES Programs

The College of Health and Human Sciences is committed to academic excellence in all of its endeavors; the Academic Career Enhancement for Success (ACES) program is designed to provide a structured and supportive environment for students experiencing academic difficulties. Students who are suspended from the university and either reapply for admission after spending two semesters away from SIUC or who file a petition for reinstatement from suspension must participate in the ACES program for the College to approve their readmission. **All communications about the program should be conducted by email.**

Application Procedures

Your current academic status will determine the exact steps you need to take to join the ACES program and rejoin CHHS. Please follow the indicated steps depending upon your situation. If you are unclear which approach to take, contact the Associate Dean of Academic and Student Affairs for CHHS (mullinsc@siu.edu) or your academic advisor.

In addition to the other steps you need to take, you will be required to submit a narrative along with your application, which follows the rules of standard written American English, and does the following:

1. Explains the troubles you had that lead to your academic difficulties and your suspension from the university. This should be as detailed as you can make it without compromising the privacy of others.
2. A detailed statement of career and educational goals. Again, be as specific as possible.
3. A discussion of what steps you have taken and will take to ensure that your academic goals are met. Specific plans tied to specific troubles mentioned in #1 above are important so the college knows you are better prepared to succeed.

Readmission to the University

After two semesters of separation from the university due to suspension, or if you left the university while on academic probation, you will need to:

1) Reapply to University through the Admissions office (see here: [Returning or Earning a Second Bachelor's Degree | Admissions | SIU](#)). You will need to complete both the Academic Renewal Program Application and the Application for admission. Select a major within the College of Health and Human Sciences. Be sure to send in any additional materials needed, such as new transcripts.

2) Apply to the ACES program. Submit the application form and your personal statement via email to contact the Associate Dean of Academic and Student Affairs (mullinsc@siu.edu).

Permission of both the admissions office and the college is required for your readmission to the College of Health and Human Sciences.

Reinstatement from Suspension

If you have been suspended from the University due to poor academic performance, you may file a petition for reinstatement immediately to avoid the suspension. If you are taking this path, you must:

1) Apply to the ACES program.

2) If accepted into the program, the Associate Dean of Academic and Student Affairs will help guide you through the reinstatement appeal process at the university level.

Note that being approved for the ACES program does not guarantee your reinstatement from suspension. That decision ultimately comes from the Provost's office. If you are admitted to the ACES program, the college will support your petition for reinstatement and work with the Provost's office if issues emerge (but we can not guarantee reinstatement).

The College of Health and Human Sciences will not support the petition for reinstatement of any student who fails to apply for the ACES program or is not accepted into it.

If you are accepted into the program, participation requires the following engagement activities:

1) Meeting with the CHHS Associate Dean of Academic and Student Affairs twice. Once when/after preparing the application to the ACES program; then again at the end of the semester.

2) Meeting with a college Recruitment and Retention Coordinator twice during the term.

3) Meeting with your academic advisor twice during the semester. Check in at the beginning of the term and again when registration begins.

4) Studying at least 5 hours per week in the CHHS Study Hall. (Students who successfully complete the ACES program will be invited to the CHHS Incentivized Study Program, where we pay you for your study hours).

5) Seeking tutoring, academic coaching, assistance from your TAs and Professors as soon as you need their assistance.

Associate Dean of Academic and Student Affairs Meeting

These meetings act as a frame for your participation in the ACES program. In the first meeting, past reasons for academic failure and how to avoid similar mistakes in the future will be discussed, as will

goal setting, goal attainment, and other useful topics to ensure you are prepared for the term. This meeting will happen within the first three weeks before or after the start of the semester. The second meeting will be a review of what you have accomplished in the program and discussions of how to apply what you have learned to the rest of your college career.

Recruitment and Retention Meetings

You will need to meet with a college Recruitment and Retention specialist twice during the term (around week 4 and week 12). These meetings will focus on how your academic term is progressing. Current issues you may be facing will be discussed as well as how changes you are making to your student behaviors are working out. Educational and career goals, paths for successful academic goal accomplishment, and the like will also be discussed.

Advisor

You should be meeting regularly with your academic advisor regardless of your academic status. Participating in the ACES program requires that you meet early in the semester with your advisor to develop educational goals and discuss means for achieving them. You will need to meet with your advisor again around week eight to check on your progress and register for the next term.

Study Hall Hours

All study hall hours must be completed in ASA 112, the CHHS study hall. Each student must log five (5) hours per week of study hall activity. Other tutoring or academic coaching received can be counted toward these hours at the discretion of the Associate Dean of Academic and Student Affairs. Please inform and verify with the Associate Dean any outside activities that you seek to count. Some form of written or electronic verification will be required to count these activities as study hall time.

Grade Expectations

CHHS has expectations for your academic progress while in the ACES program. This expectation is separate from other University performance expectations (i.e., graduation, academic standing, financial aid). Your academic advisor can help you in selecting the best courses to fulfill your degree requirements and provide suggestions for courses which might increase your overall GPA.

While in the ACES program you may:

- make no grade lower than a C during the program.
- not take an INC without consulting the Associate Dean along with your instructor.
- not receive any write ups for violations of the Student Conduct Code.
- miss more than two class sessions of any of your courses (unless you experience a health crisis or something similarly serious). It is advised you save these days for family emergencies or personal illness that does not reach the level of a crisis.

Program Failure

If you fail to complete the program requirements, or violate any of the stated provisions, the college will not support petitions for reinstatement or applications for readmission from the student. Individuals that are suspended from the University during their time in the program will be removed from the

program and their reinstatement, if requested, will not be supported by the college. Prior ACES program participants cannot apply to the program for a second time.

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 will 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 Health and Human Sciences 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](#) (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 Health and Human Sciences [Academic Associates](#) serve as peer student mentors for CHHS

undergraduate students. Under the supervision of the college recruitment and retention coordinators, 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 Associates are here to help all SIU CHHS students succeed!

Saluki Cares

[Saluki Cares](#) 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](#). Students are encouraged to check with individual schools about other scholarship opportunities not included in Academic Works. Additional information regarding scholarships is available at the [Undergraduate Academic Scholarship](#) office.

CAREER DEVELOPMENT CENTER

Career placement services are available through the University [Career Development Center](#) 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 participates 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](#) 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](#) , [Wellness Center](#) , [Tutoring](#), and the [Counseling Center](#).

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, and 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 ACADEMIC 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 that allows students to access D2L on their phone rather than through the web browser.

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). You can also use the calendar in Microsoft Teams.
- 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.

Chegg Study – Homework Help

- \$15.95 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.

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!

Prepware General

- For AVT students to assist with test prep and FAA exams.
- \$49.95

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.
- \$9.00+/month

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.

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.
- 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 top students use it for every single one of their classes.

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.

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!

Unstuck

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

Academic Websites

[Academic Tips](#): 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.

[Hippo Campus](#): Explore over 7,000 free videos in 13 subject areas.

[Homework Center](#): Step-by-step guides to help students with test taking and writing skills.

[Kahn Academy](#): Includes topics in all academic units and broken down by academic level.

[Mnemonic Option](#): Offers tools to help improve memory, remember facts accurately, and to remember the structure of the information.

[Test Anxiety Tips](#): Helps alleviate test anxiety and offers coping techniques and skills.

REGISTERED STUDENT ORGANIZATIONS

School of Automotive

Automotive Technology Organization
Automotive Ambassadors
Off Road Club
Society of Automotive Engineers (SAE)
Women in Automotive Transportation Technology

School of Aviation

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

School of Health Sciences

American College of Healthcare Executives (ACHE)
American Physical Therapy Association (APTA)
Lambda Nu, Illinois Gamma Chapter (Radiology National Honor Society)
National Student Speech, Language and Hearing Association (NSSLHA)
Scanning Salukis
Sigma Phi Sigma
SIUC Student Nurses' Association
SIUC Student Physical Therapist Assistants
Student American Dental Hygienists' Association (SADHA)
Student Healthcare Management Association

REGISTERED STUDENT ORGANIZATIONS

School of Human Sciences

American Association for Health Education
American College of Health Association
American Public Health Association
American School Health Association
Eta Sigma Gamma
Illinois Intramural Recreation Sports Association
Organization of Sport and Exercise Science
SIUC Student Recreation Society
Student Nutrition Academic Council
Sport Studies Association

School of Justice and Public Safety

Criminal Justice Association
Graduate Organization for Criminology and Criminal Justice
Organization of Paralegal Students

School of Psychological and Behavioral Sciences

Association of Black Psychologists (ABPsi)
Neuroscience Undergraduate Student Association
Psi Chi National Honors Society for Psychology
Psychology Student Association (PSA)

CAMPUS SERVICES TELEPHONE DIRECTORY

CAMPUS EMERGENCY	911
SIUC POLICE.....	453-3771
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
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
REGISTRAR'S OFFICE.....	453-2963
SIUC INFORMATION	453-2121
STUDENT CENTER INFORMATION	453-4636
STUDENT CENTER.....	536-3351
STUDENT LIFE & INTERCULTURAL RELATIONS	453-5714
STUDENT HEALTH SERVICES	453-2391
TESTING SERVICES	453-6003
TRANSFER STUDENT SERVICES	453-2012
TRANSITIONAL PROGRAMS.....	453-7041
UNIVERSITY CAREER DEVELOPMENT CENTER.....	453-2391
WOMEN'S CENTER	529-2324
WRITING CENTER	453-1231

INCLEMENT WEATHER

Students must ensure the university has an 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](#) in the event of such action. Students signed up for the alert system will receive text messages about weather delays or closings. WSIU, tv and radio, and WSIL (as well as other local outlets) report on campus delays or closures.

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.