

the cybercoug

A NEWSLETTER FOR WSU ONLINE STUDENTS

October 1, 2010

Special points of interest:

- Football and Bowling
- Be Here
- Managing your Money
- Study and Learning Tips
- What is the What

Register for the Face to Face Seminars and Hardwood Classic in Seattle on November 23 at <http://aswsu-online.wsu.edu/events>



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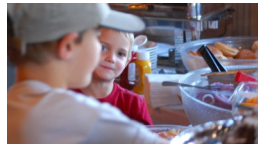


Volume 3, Issue 2

Yes, it's a bowl game for Cougars by Paula Slaye and Elsie Watkins

The ASWSU Online student government hosted the Cyber Cougs' Football Weekend in conjunction with the WSU Family Weekend on September 10 and 11.

On Friday, September 10, at 5 p.m., a family-friendly event was held at Zeppoz Family Fun Center in downtown Pullman. Attending students were given the opportunity to meet their student government representatives in addition to receiving a newly designed Cyber Coug T-shirt.



Attendees of the football weekend included WSU faculty and staff members, online students, alumni, and ASWSU Online student government members. The event started with a barbecue/picnic style buffet that was enjoyed by everyone. At 7 p.m., the fun really began with free bowling for all.



On Saturday, September 11, online students and ASWSU Online student government members help to make history before the Cougs vs. Montana football game. WSU Athletics invited the alumni, students, staff, fans, faculty, and staff to join the Cougar football players and coaches for the first ever "Cougar Pride Walk." This is now known as the "Cougar Prowl."



The Pullman weather on Saturday could not have been better to start a new tradition. Everyone dressed in crimson and gray and

formed a tunnel for the team to walk through from the Cougar Pride Statue to the Hollingbery Fieldhouse.



The excitement of the day culminated with an exciting, fun-filled football game. The stadium was filled with exuberant fans who cheered on the Cougs to a victory of 23-22. Go Cougs!



Be Here by Erin Brienne Carroll - Well Being Graduate Assistant

Set the Trend is an effort to raise awareness about an issue that affects our wellbeing. It's a reminder that we can take personal responsibility for our own health and safety while leading others to do the same.



This year the campaign is **Be Here**. *Be Here* focuses on getting the most out of each experience in life. *Be Here* describes the practice of removing distractions,

tuning into what is going on and understanding what our presence means to ourselves and our fellow Cougs. In a world dominated by headphones and internet connections, where social activities and conversations are limited by characters and phone apps, our ability to truly be here for ourselves, our friends and family, and our education is challenged.

Be here brings awareness to how much we are getting out of our lives and how simple steps can help enhance our experiences. *Be here* for... Yourself, Others, and School.

Visit the Be Here website at http://www.sethertrend.wsu.edu/trend2010_home.aspx to learn strategies on how to tune into what is important: relaxation guides, mindful eating, getting the most out of your workouts, time management and more!



“Understanding and flexibility in your spending habits is the key to successful budgeting.”



How To Manage Your Money by Paula Slaye

We all know how important money is to our future and our peace of mind. In order to reach our financial goals, it takes a well-designed, realistic spending plan commonly known as a budget.



Wonder where all of your money goes?

For one week, record all of your expenses no matter how small. At the end of the week, you'll have a clear idea of where those extra dollars could be hiding. In the future, you can use the funds you

are currently frittering away to increase savings, pay off bills, or buy something special.

Understanding and flexibility in your spending habits is the key to successful budgeting. Once you've tracked your spending, then you are in a position to make an educated decision whether to continue spending as you have, or to make changes in order to more readily reach your financial goals.

Developing Your Own Spending Plan

Download the Money Management Planner at <http://www.balancepro.net/pdf/mmp.pdf> (courtesy of Balance) to see if you're right on track or if you'll need to increase your income or decrease your expenses in order

to save enough money to get where you want to go.

Pay Yourself First!

Your ultimate goal should be to save and invest 5-10% of your gross annual income. Of course, for most of us, this is easier said than done. If you're currently living from paycheck to paycheck without seeing an opportunity to get ahead, begin by creating a solid spending plan after tracking all of your monthly expenses.

Additional Financial Resources

Balance (Financial Fitness Program) www.balancepro.net

Pumpkin Chili by Elsie Watkins

There's no finer time than a crisp fall day to team up for a backyard scrimmage – be it football or soccer. Just be prepared to tackle those post-game appetites with a hearty menu, like this harvest chili (it's made with pumpkin) and sandwich combo.

Ingredients:

- 2 pounds ground beef or turkey
- 1 medium onion, chopped
- 1 cup canned pumpkin
- 1 (28-ounce) can diced stewed tomatoes
- 1 (16-ounce) can kidney beans, drained
- 1 (12-ounce) bottle chili sauce
- 1 to 2 tablespoons chili powder
- 2 teaspoons pumpkin pie spice
- 1 teaspoon brown sugar
- 1 1/2 teaspoons salt

- 1 teaspoon pepper

In a large dutch oven or soupkettle, brown the ground beef or turkey with the onion. Drain any excess grease. Add the remaining ingredients and stir well to mix.

Bring to a boil, then reduce the heat and simmer for 1 hour. Ladle into bowls and top with grated cheese, if desired. Makes 8 cups.

<http://familyfun.go.com/recipes/football-fare-817289/>

Study and Learning Tips and Techniques by Your Virtual Mentor Group

Feeling lost in the course space? Can't get your post to load?

Virtual Mentors are at your fingertips to help you succeed!

The idea that eventually began the Virtual Mentor (VM) program is that online education should be as easy to accomplish and as easy to understand as traditional in-class courses. The concept involves bringing in current and former students, and others involved with online technology and

distance learning, and applying their knowledge to assist students in the online classroom.

The goal is to make the technology invisible so that students may focus on learning rather than navigating. In addition, the VM program aims to increase the comfort level of the students so that they can honestly express themselves without feeling they are being judged by others.

This is achieved in two ways: first by forming a community within the

class so the students never feel isolated and second, by encouraging the use of proper online etiquette, also known as “netiquette.” The VM's duties include monitoring the interaction of students. The VM is a neutral presence, able to step in when netiquette fails and modeling appropriate responses and behaviors along the way.

More on this article at <http://cybercoug.blogspot.com>

Student Leaders

President—Larry Lawrence
Vice President—Erica Vieira
Secretary—Paula Slaye
Treasurer—Gail Langseth
Senator—Simon Mahler
Senator—Mat Taylor
Senator—Elsie Watkins
Senator—Karianne Stehr
CyberCoug Editor—Larry Lawrence
CyberCoug Contributor—Mariya Schwartz
CyberCoug Contributor - Erin Carroll



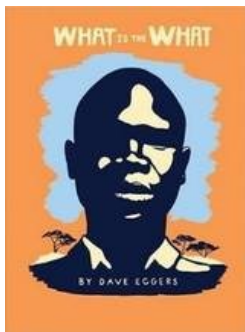
Upcoming Events

**October 16, 2010—Face to Face Seminar—
Everett, WA.**
**October 23, 2010—Face to Face Seminar -
Richland, WA**
**October 30, 2010 - Face to Face Seminar—
Spokane, WA.**
**November 23-Cougar Hardwood Classic, Key
Arena-Seattle, WA.**
**December 10 - Graduation Reception—
Pullman, WA.**
March 2011—Elections—Please Vote

ASWSU On the Web!
<http://aswsu-online.wsu.edu>
Join a Committee!!

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“What is the What” book review by Mariya Schwartz



Surrounded by a protective shell of Western living, we rarely seem to realize that right now, at this very moment, thousands of people are just simply trying to survive facing war, starvation, and death.

Random pieces of information about political tribulations in East Africa trickle into our daily lives, but they give very little opportunity to discover the truth.

The compelling work by Dave Eggers invites us on a fascinating journey of Valentino Achak Deng, a Sudanese refugee, who ran from his war-torn village Marial Bai to survive the horrors of war in Sudan.

Along with thousands of homeless children—later named the Lost Boys—he walked the deserts of Sudan, Ethiopia, and Kenya to find peace and freedom. Surviving attacks of militias, government bombers, and

wild animals, he ended up in a refugee camp in Kenya.

Later, the chain of extraordinary events lead him to Atlanta, Georgia, where he settled in search for love, stability, and freedom. An editor, a writer, and a journalist, Eggers recorded the “soulful account” of Achak’s life and created the epic novel full of charm, humor, tragedy, and strong human spirit.

What is the What provides the reader with a humbling experience and teaches about courage, optimism, and resilience in the face of adversity.

