

Self-Check: Taking Your Pulse

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Every once and awhile we have to step back and try to figure out what is going with us. Be still, sit quietly and listen to your own inner voice; take your pulse. At this time of the year, you may find that you are facing a number of different issues. There are resources available to help you, Just Ask!

- Are you sick? While we don't have four seasons per se, the ever changing South Florida weather can bring on cold and flu season. If you are feeling under the weather, take a moment and visit the Student Health Office. The kind at attentive medical professionals are here to assist you on the road back to health! Once you are 100%, check out Campus Recreation for healthy stress relief options. <http://www.fau.edu/owlscare/>
- Are you stressed? Stress levels are high as midterms continue, and many papers and projects are also due. Did you suddenly realize that the term is almost over. Are you panicking because you procrastinated?
- Are you worried about registering for classes? Will you graduate on time?
- Are you continuing to struggle with time management and balancing social activities



with academics.

- Do you have concerns about going home for Thanksgiving. Have you changed dramatically since the last time you saw your parents?

If you answered yes to any of the above, we urge you to visit Owl Health Promotion or Counseling and Psychological Services both located in the student support services building above the breezeway. The staff is specially trained to deal with the challenges students face



On Saturday, October 18, 2014 FAU hosted the first college expo for Palm Beach County High School students. The campus was vibrant with the sights and sounds of the very best FAU had to offer the potential future owls.

Thousands of students joined in and helped to cheer the Owls to a 4th quarter victory against Western Kentucky. The next expo will be held as a part of the Homecoming festivities on November 1, 2014.

Please join us in showcasing FAU. We need everyone's participation. Let's show everyone that there's no place like South Florida in beautiful Boca Raton at Florida Atlantic University! Go Owls!



The More You Know...

FLORIDA ATLANTIC UNIVERSITY NATIVE AMERICAN INDIAN HERITAGE CELEBRATION



Florida Atlantic University
Office of Multicultural Affairs
Native American Indian Month Calendar of Events
November 1 to November 30, 2013

For more information:

<http://www.fau.edu/explore/nativeamerican/>

About Native American Heritage Month

Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.



No Non-sense November

As we prepare to “fall back” and the seasons change from the scorching hot summer days and the essence of why living in south Florida becomes apparent (it’s 78 degrees in November with no humidity), we encourage you to take sometime to reflect upon the small victories, give thanks for the people and things that mean so much to you and give back to those who might need your assistance, even if they don’t ask for it.



Complete the commuter needs assessment for a chance to win dining dollars to spend on campus. The survey can be assessed via this website:

<http://studentvoice.com/fau/commuterstudent2014>

The survey will be available thru November 14, 2014.

Programs and Events

- 11/1 - Homecoming Parade and Football Game
- 11/4 - Sex Rules 7pm Student Union Kaye Auditorium
- 11/5 - Wake-up Wednesday Parking 2, 8:30—10:30AM
- Bingo for Groceries - Union Lobby 12pm
- 11/8 - Rocky Horror Picture Show 9pm Live Oak
- 11/11 - VETERAN'S DAY - NO SCHOOL
- 11/13 - Apollo Night 9pm Student Union Kaye Auditorium
- 11/15 - Admissions Open House
- 11/20 - Great American Smoke out 11AM Traditions Plaza
- 11/22 - Chili Cook-off Housing Lawn

Office Spotlight

We are proud to feature the Student Union as this month’s office spotlight. The Florida Atlantic University Student Union is the center for community and leadership on the Boca Raton Campus, facilitating student learning and involvement through a variety of programs, facilities and services. Under the direction of the Sr. Associate Director, Daniel Johnson, the Student Union is one of the most vibrant places on campus. Students can be found enjoying games such as pool or ping pong as well as Xbox 360 or PS3. There is always someone at the information desk to greet you with a smile. This year, the Union welcomed the addition of the Pharmacy, New Era for Women and the office of Commuter & Transfer services. The Union is home to many offices such as L.E.A.D, S.I., Student Government and Student Media to name just a few. We hope you will come by and visit us soon whether you need to make a reservation, use a computer or you simply want to visit, you are always welcome here at the Student Union, your home away from home. For more information, visit www.fau.edu/studentunion or follow us on social media—Twitter, IG and Facebook: @faustudentunion. We look forward to seeing you soon!



The University will be closed from December 24—January 5, 2015 for our annual winter holiday break. During this time, most offices and buildings will have limited staffing and hours.



Clothesline Project and Changing the Seams Domestic Violence Awareness Month

November 7, 2014

11:00-2:00 p.m. Traditions Plaza - Boca Raton

Bring your old jeans and t-shirts and decorate them with messages supporting respect and non-aggression in relationships. Food and giveaways for participation will be offered. This event is sponsored by Counseling and Psychological Services, Weppner Center, SAVI, PET, and the Psychology Club.



Show your Flag Event

November 18, 2014

11AM - 2PM Housing Lawn

Celebrate cultural diversity, identities, and integration by coming together and participating in this event sponsored by International Students and Scholar Services, Counseling and Psychological Services, Office of Multicultural Affairs, and the Psychology Club. Food and giveaways will be offered.



Campus Information Corner

DID YOU KNOW?

Florida Atlantic University is ranked one of the top 100, four-year colleges in the nation conferring undergraduate and graduate degrees on to minority students, according to a survey in *Diverse: Issues in Higher Education*, a magazine published bi-weekly that informs leaders from academe, industry and public policy about current trends and issues that are going on in the United States.

“We take tremendous pride in the fact that Florida Atlantic University has long ranked as the most racially, ethnically and culturally diverse institution in Florida’s State University System.,” said FAU President John Kelly. “FAU has become an international center of learning and will continue to enrich students from around the world.”

The newly released survey also indicates that FAU ranks 90th in the nation for conferring graduate degrees on to African-American students. FAU is 57th in the nation for conferring graduate degrees on to Hispanic students, who account for 14 percent of the total number of graduates, and is a 19 percent increase over the previous year.

Here are some commonly used websites:

Dean of Students:

<https://www.fau.edu/dean/>

Student Union:

<http://www.fau.edu/studentunion/>

Campus Life:

<http://www.fau.edu/campuslife/>

FAU After Dark:

www.fau.edu/campuslife/afterdark.php

Fraternity and Sorority Life:

<http://www.fau.edu/flife/>

Leadership:

<http://www.fau.edu/sil/leadership/>

Academic Calendar Dates & Important Phone Numbers

Campus Event	Dates
Advance Registration for Spring 2015	November 3
Veteran’s Day (No School)	November 11
Last Day of Classes	November 26
Thanksgiving Break	November 27-30
Reading Days	December 1 - 3
Final Exams	December 4-10
Winter Break	December 10-January 4, 2015

Academic Advising 561 297-2642

Admissions 561.297.3040

Registrar 561.297.3050

Financial Aid 561.297.3530

Info Desk 561 297-3000

Student Involvement 561 297-3735

Traffic & Parking 561.297.2771

Technology Help Desk 561.297.3999

