

**Manchester College** 

Issue 104 September 2011

## Toilet Talk

## Welcome Back!

Hello again to everybody and Welcome all you first years!!! I hope you are all ready to get the 2011-2012 school year under way! Here are a few tips to get your semester started off right!

- Pick up blank schedules and note cards from the success center to help stay organized.
- Utilize study tables! Stay on top of assignments and tests so you won't stress out later!
- Try to fit in some physical activity for at least 30 minutes a day.

## Getting Connected

College is a great time to meet new people and begin lifelong friendships. Be sure to take advantage of the many opportunities for building new connections. MAC (Manchester Activities Council) puts on great events for the students of Manchester College. You can also join different clubs and organizations. Check out the Student Activities webpage for more details!

"It's a mistake to think that once you're done with school you need never learn anything new." --Sophia Loren

## Helpful Places on Campus

The Success Center has a wide range of services for the students here on campus! Need tutoring? Academic Support can help you out. Want help with a writing project for any class? The Writing Center is here to help you with any type of paper for any of your classes. When it's time to start thinking about your professional future, Career Services has experts to guide you through the entire job-searching experience!

The hours for the Success Center are:

Mon.-Thurs.: 8 a.m.-10 p.m.

Fri.: 8 a.m.-5 p.m.

Sun.: 5 p.m.-10 p.m.

(Career Services is open Mon.-Fri.: 8 a.m.-5 p.m. only)

Health Services is found on the 1<sup>st</sup> floor of Calvin Ulrey. They have a registered nurse and student health assistants on staff. Care is given for minor illnesses and injuries without charge to all registered students and faculty/staff at Manchester College.

Office hours are as follows:

Mon.-Fri.: 8pm-12pm & 1pm-5pm by appointment only.

Health assistants are on call during non-office hours. (5pm-8am)

Just call 260-901-3123 ©

Brought to you by Health & Counseling Services September 2011 Questions? Comments? Please e-mail Health Services@manchester.edu