

# NEWS & EVENTS

Friday, January 20, 2017 | All times are Pacific Time



## WEBINAR

### LESS STRESS, BETTER HEALTH

You've heard how mindfulness and meditation improves health, concentration and focus, satisfaction with life and emotional regulation. During this webinar at **noon on Jan. 25**, Victoria Braun from WSU Health and Wellness will teach you the basics of meditation and techniques to practice mindfulness and reap all these positive benefits throughout your day.

[SIGN UP FOR LESS STRESS, BETTER HEALTH WEBINAR](#)



## LIVESTREAM EVENT

### BUILDING ON THE DREAM

Charlene A. Carruthers, keynote speaker for the 30th Annual MLK Community Celebration, is an award-winning community organizer advocating for racial justice and youth leadership development. Join us live online at **6:30 p.m. on Jan. 26** for Charlene's presentation where she will share how we can continue Dr. Martin Luther King's movement for racial equality.

[JOIN THE CELEBRATION](#)



## FITNESS

### KETTLEBELLS 101

One of the foundational and best exercises that can be done with the kettlebell is the swing. At **6:30 p.m. on Feb. 7**, Ramon Sodano, a Certified Strength and Conditioning Specialist from Wellbeing Online and WSU University Recreation, will demonstrate the proper technique for this exercise and teach you how to safely incorporate a kettlebell into your fitness routine.

[IMPROVE YOUR FITNESS](#)



## RESEARCH EFFECTIVELY

### ADVANCED WEB SEARCH

Many of us use Google on a daily basis looking for information on the Web. This webinar at **6 p.m. on Jan. 31** will provide methods for precise and effective Google searching, saving you time and obtaining better results for your academic research pursuits.

[SEARCH EFFICIENTLY](#)

## NEWS BRIEFS

### ▶ NEW POLICY FOR GLOBAL CAMPUS PROCTORING SERVICES

Global Campus Proctoring Services is implementing a new policy beginning spring semester 2017 for all exams sent to on-site proctors:

Exams that are requested more than 10 business days in advance will be sent to the proctor by U.S. mail, unless otherwise requested, and no fee will be charged for the delivery of the exam.

Exams that are requested within 10 business days of the scheduled exam date will incur a \$15.00 rush delivery fee. The exam will be sent to the student's on-site proctor by email, and the rush fee will be billed to the student's account.

We strongly encourage you to request your exam(s) in advance to avoid the rush delivery fee. For more information on proctored exams, please visit the Global Campus Proctoring Services website at [gcps.wsu.edu](http://gcps.wsu.edu).

### ▶ ATTEND AN ASWSU GLOBAL STUDENT INVOLVEMENT MEETING

The next ASWSUG Student Involvement Meeting will be held virtually in Blackboard Collaborate on **Wednesday, Jan. 25, from 7-8 p.m.** Learn about new student programs, meet peers, and contribute your ideas for Global student events.

[SELECT THIS LINK TO JOIN THE MEETING](#)

### ▶ SIGN UP FOR A CAREER MINI-SESSION

Global Campus Career Counselor Chris Miller offers his career expertise during his free 15-minute personal career sessions every other Thursday. His next sessions are from **noon-1 on Jan. 26**. Get help with everything from choosing a major to polishing your resume.

[GET CAREER SUPPORT](#)

### ▶ EARN CREDIT AND HAVE FUN AT TACOMA RENDEZVOUS

WSU Global Campus and ASWSU Global invite students, families and guests to the annual Rendezvous on **Saturday, March 11** at the Tacoma Convention Center. This event includes one-credit courses, a resource fair, workshops, a photo booth, lots of giveaways, and a hosted lunch.

Students can still enroll in either or both of the one-credit courses offered by sending an email to [online.registrar@wsu.edu](mailto:online.registrar@wsu.edu):

- **MUS 496**, section 1 - Jazz in the Northwest
- **PSYCH 301**, section 1 - Using Behavior Modification and Motivational Principles to Reduce Life Demands

Visit the [ASWSU Global Rendezvous webpage](#) for complete course descriptions, and watch for registration for the event coming soon!

### ▶ JOIN FELLOW STUDENTS FOR SNOWTUBING ON MT. HOOD

ASWSU Global invites you to a free afternoon of snowtubing at [Mt. Hood's Skibowl](#) on **Saturday, Jan. 28!** The event includes tubing hill and meal tickets for you and up to three guests.

[REGISTER TO ATTEND MT. HOOD TUBING EVENT](#)

### ▶ COMMUNITY INVOLVEMENT AWARD NOMINATIONS DUE

Each month, the CCE recognizes one outstanding student or group whose exemplary service, leadership, and commitment has impacted the community. Nominations for the January award are due on **Feb. 1**.

[LEARN MORE ABOUT THE AWARD AND NOMINATE](#)

### ▶ ATTEND A STRATEGIC COMMUNICATION INFO SESSION

Professor Rebecca Cooney and Academic Coordinator Christy Curtis of WSU's Murrow College have lined up five info sessions this semester on the online Strategic Communication Master's. Their first session is at **5:30**

## STAY UP TO DATE

- **Monday, Jan. 23**  
Deadline to pay [tuition and fees](#) without a 3 percent late fee.
- **Monday, Jan. 23 at 6 p.m.**  
[ASWSU Global Senate Meeting](#).
- **Friday, Jan. 27**  
ASWSU Global spring election candidacy filing period begins. [Spring Election Calendar \(PDF\)](#).
- **Friday, Jan. 27**  
Last day to change enrollment from letter graded to pass/fail.
- **Tuesday, Jan. 31**  
Last day to complete the [WSU General Scholarship Application](#) and apply for the [WSU Alumni Association Scholarship](#).
- **Tuesday, Feb. 7**  
Deadline for dropping a course without record. (Course withdrawals after this date are recorded on the student's transcript and students are charged a \$5 fee.)
- **Wednesday, Feb. 8**  
Deadline to pay [tuition and fees](#) without a 5 percent late fee.

[ACADEMIC CALENDAR](#)

[ACADEMIC CALENDAR for SESSIONS](#)

p.m. on Jan. 25. Get all your admission and program questions answered live and online.

[SIGN UP FOR A STRAT COMM MA INFO SESSION](#)

▶ **BE A CARD-CARRYING COUG**

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[ORDER YOUR COUGARCARD](#)

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