

NEWS & EVENTS

Friday, February 3, 2017 | All times are Pacific Time



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. Tuesday, 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](#)



CAREER INFO

USE LINKEDIN TO PROPEL YOUR CAREER

Building your professional online presence includes having an effective LinkedIn account. Chris Miller, Global Campus Career Counselor, will teach you how to set up your account and the do's and don'ts of profile content and networking at **6:30 p.m. on Feb. 23**. Whether you are just starting with LinkedIn or want to improve your existing profile, Chris will provide you with many helpful pointers during this online webinar. Register at: CONNECTIONS.WSU.EDU/CAREER2017



ASWSU GLOBAL

EMPOWER YOURSELF. RUN FOR SENATE.

Interested in getting involved with your Global Campus student government? The Candidate Filing Form for the 2017-2018 ASWSU Global elections is open through **Saturday, Feb. 4**. These paid positions range from \$12-18 per hour and require between 4-10 hours a week commitment. For more information and to run for office, check out the [Elections Packet](#) and fill out the [CANDIDATE FILING FORM](#)



COMMUNITY SERVICE

TURN YOUR PASSION INTO ACTION

Channel the compassion you have for a societal issue and turn it into civic engagement with help from WSU's Center for Civic Engagement (CCE). Find individual and family volunteer opportunities for causes you care about, learn about the benefits of volunteering for yourself and career, and see how the CCE can support your altruistic aspirations during this webinar at **6:30 p.m. on Feb 16**. [MAKE A DIFFERENCE](#)

NEWS BRIEFS

▶ ENTER TO WIN SWAG IN #IAMWSU PHOTO CONTEST

WSU Global students live and study around the world. Take a photo of you at work in your study space and share it with **#IAMWSU** on Facebook, Instagram or Twitter. Each week one participant will win Cougar swag, courtesy of ASWSU Global, your student government.

[SEE CONTEST INFO ON ASWSU GLOBAL'S FACEBOOK PAGE](#)

▶ MANAGE YOUR PERSONAL FINANCES WITH THE SALT PROGRAM

The online SALT program provides WSU students tools to help them manage their finances—from student loans to planning for retirement. To reap the benefits of this free program, sign up at saltmoney.org and select Washington State University as your school affiliation.

[MASTER YOUR MONEY](#)

▶ GET QUICK ONE-ON-ONE CAREER HELP

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 Feb. 9**. Get help with everything from choosing a major to polishing your resume.

[GET CAREER SUPPORT](#)

▶ ATTEND THE STATE OF THE UNIVERSITY ADDRESS ON FEB. 15

WSU President Kirk Schulz will deliver his first State of the University address at **3 p.m. Wednesday, Feb. 15**. He will highlight the university's notable successes during 2016 and publicly launch the "Drive to 25," an institutional initiative to achieve recognition as one of the nation's top 25 public research universities by 2030. The event will be livestreamed, and Global Campus students can attend by registering for the event at the link below.

[STATE OF THE UNIVERSITY ADDRESS REGISTRATION](#)

▶ WE'D APPRECIATE YOUR INPUT

Watch for an invitation in the next week asking for your feedback on the [WSU Online Current Student website](#). Your responses will help us better meet your needs—and the needs of all WSU Global Campus students as we design the new Global Campus Student website.

▶ FINANCIAL AID AWARDING STARTS FOR 2017-18 ACADEMIC YEAR

The WSU Office of Student Financial Services will begin awarding aid packages this month for the 2017-18 academic year. If you've completed a FAFSA, within five business days you should receive an email, and it will be noted as received in your myWSU Financial Aid To-Do list. Questions? Contact the Student Financial Services team at financialaid@wsu.edu.

Also check out their new website at the link below:

[WSU STUDENT FINANCIAL SERVICES WEBSITE](#)

STAY UP TO DATE

- **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.
- **Wednesday, Feb. 15**
Summer Session myWSU shopping carts open.
- **Monday, Feb. 20**
President's Day. Class holiday, WSU offices are open.
- **Thursday, Feb. 23**
Deadline to pay [tuition and fees](#) without a 7 percent late fee.

[ACADEMIC CALENDAR](#)

[ACADEMIC CALENDAR for SESSIONS](#)