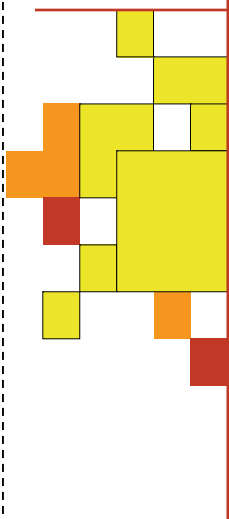


Family & Friends Newsletter



Family & Friends of LCSC Students

We, the faculty, staff, and administration, do our best to support your student in the pursuit of their educational goals. We appreciate you being an active supporter of your student by staying in touch and sharing your interest in their progress as they meet the challenges of this new adventure.

*Ernie L Williams, MS
Director, Office of Student Life*

Is Your Student Ready For Advance Registration?

Each semester, currently enrolled students have the opportunity to register early for their next semester classes. This early registration period is called **Advance Registration**. It is highly recommended for all currently enrolled students to take the opportunity to register during **Advance Registration**. Some advantages to registering during this period are:

- Registering early allows for securing a seat in classes that may have limited enrollment or are only offered in the Fall or Spring semester.
- Currently enrolled students may have taken many of their core and major requirements. Advance Registration allows them to get classes that better fit into their revolving work and family schedules.
- Open Registration allows for all students to enroll regardless of their class standing. Students run the risk of not getting the classes they want if they wait until Open Registration when classes may be full or near full.

Advance Registration dates for Fall Semester 2007 are April 2, 3, 4 and 5.

Registration dates are based on class standing. Class standing is determined by the number of credits a student has completed at the time of registration and does not include currently enrolled credits.

- April 2 is reserved for Seniors and Post-baccalaureates (90 or more completed credits)
- April 3 is reserved for Juniors (58-89 completed credits)
- April 4 is reserved for Sophomores (26-57 completed credits)
- April 5 is reserved for Freshmen (0-25 completed credits)

Open Registration begins **April 6**, and any student who did not register on their advance registration date, may register at this time.

Beginning March 12, the list of available classes for Summer and Fall 2007 will be posted on the LCSC website.

What To Do Next:

- To **Advance Register**, students need to **meet with their academic advisor** to select classes. They will then be electronically released –given permission– to register on the Web.
- It is important to schedule an appointment with the student's advisor **at least two weeks prior to the registration date** and preferably earlier. This insures they will be released before the assigned registration date.
- Any **holds** –charges or fees– on their account (library, security, health clinic, Controller's Office, etc.) need to be cleared before their registration date. To learn the procedures for getting a hold released, contact the office that placed it.

The Office of Career & Advising is happy to assist students with Advance Registration questions and can be contacted at Reid Hall 110, or call 208-792-2313.

Important Dates for Students

March 1 Last day to apply for graduation (Fall 2007 - all degrees/certificates)	March 30 Last day to withdraw from class(es) or college for the semester	May 14-17 Final Exam Period
March 1 Financial Aid Priority Deadline	April 2 - 5 Advance registration for Summer/Fall 2007 (for currently enrolled students only)	May 18 Lewiston Commencement
March 12 - 16 Native American Awareness Week	April 6 Open registration begins (for Summer/Fall 2007)	May 21 Final Grades Due at Noon
March 16 Mid-term grades due/posted to WarriorWeb	May 6 Coeur d'Alene Commencement	May 21 Final Grades Posted to WarriorWeb
March 19 - 23 Spring Break: No Classes	May 7-11 No Final Exam Week	May 29 - Jun 11 Summer Session 1
		June 18 - Jul 16 Summer Session 2
		June 18 - Aug 13 Summer Session 3



A Note From Student Counseling Services

Symptoms of Depression

While most people occasionally experience low moods, when five or more of the following symptoms are present over a two-week period, it may be an indication of clinical depression and could warrant professional treatment.

1. A depressed mood nearly every day that is reported by the individual or observed by others. In adolescents this can be an irritable mood.
2. Decreased interest or pleasure in all, or nearly all, previously enjoyed activities. In college students this may include frequent absences from classes and/or a drop in grades; or a loss of interest in friends.
3. Significant weight loss or gain in a short period of time or a marked increase or decrease in appetite. This should not be confused with the "freshman fifteen" where the weight gain occurs over a semester or year

and is likely related to an adjustment to eating away from home for the first time.

4. Sleep disturbance that can be either insomnia or sleeping significantly more than usual.
5. Obvious anxiety or restlessness or a noticeable decrease in movement in a previously active person.
6. Loss of energy or consistent complaints of fatigue.
7. Feelings of worthlessness or excessive or inappropriate guilt.
8. Diminished ability to think clearly or to concentrate and/or having unusual difficulty making decisions on an ongoing basis.
9. Recurrent thoughts of death (not just a fear of dying), recurrent suicidal thoughts without a specific plan for suicide, or a suicide attempt or a specific plan for committing suicide. If you are concerned that your student may be thinking about

suicide, do not be afraid to ask specifically if they are thinking about killing themselves. The student may feel relieved that you noticed. Don't fear that by asking you are suggesting something they haven't already thought about.

If you are concerned your student may have symptoms of depression, please refer them to LCSC Student Counseling Services, Reid Hall #111, (208) 792-2211 or the mental health professional of your choice. The good news about clinical depression is that it is very often treatable.

Sources: Vicki Donovan, MSW, and Doug Steele, MA, LCSC Student Counseling Services, DSM-IV American Psychiatric Association, Ronald Dahl, MD, et al Newsweek, October, 2002, More than Moody by Harold Koplewicz MD

Find a Job With 'Job Match'

"What do employers want? Graduates who already have some on-the-job skills and understand the bigger picture beyond the narrower fields they've studied," -Peter Vogt, MonsterTRAK Career Coach for Monster.com.

Job Match is a **free** program sponsored by LCSC's Career and Advising Services. It helps provide a "match" between job openings posted by local employers and interested students. Employers using this program understand the unique needs of college

students and are willing to work with student schedules. Most of the positions are part-time. These jobs are a great way to build work history and earn extra money while going to school.

In order to use this program, students must be currently enrolled in classes. They should come into the Career and Advising Services Office and fill out a short form indicating their contact information and work preferences. The student views open positions and is given referrals to jobs that interest him/her. Students are encouraged to check back on a regular basis because jobs

change as old ones are filled and new ones are added.

Examples of current job openings are: tutoring, working in restaurants (all positions), caregivers, customer sales, residential treatment specialist, community support specialist, classroom assistant, customer service lead, custodian, information specialist, and more.

For more information, contact Career and Advising Services in Reid Hall, room 110. Call 208-792-2313, or email casws@lcsc.edu.

Why is the letter "A"
like a flower?



Because a "B" comes after it!

Student Counseling Services

Free confidential, personal counseling for LCSC students. Some of the student concerns that can be addressed in counseling include, but are not limited to: stress management, test anxiety, life transitions and depression. Counseling Services are located in Reid Hall room #111, the Office of Student Life.

Join in the Fun
During the Month of April
at LCSC

Dogwood
Festival

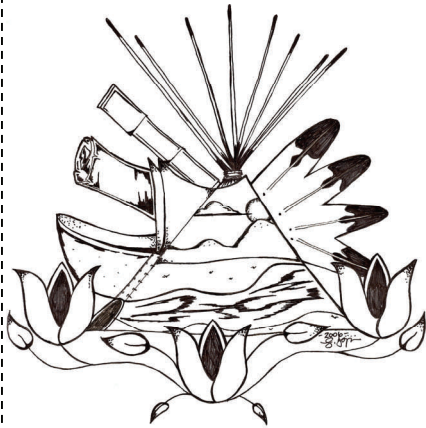


2007
Family
Weekend

April 27 - 29

Art Under
the Elms

Celebrate
Twenty Years of Furthering Awareness



2006 NAAW
Artwork

Q & A
From the Registrar

What is a credit hour?

For a typical LCSC semester (15-16 weeks), 1 credit hour corresponds to 3 hours of student work per week (e.g. 50 minute lecture w/ 2 hours of homework/study). For example, a course meets MWF for 50 minute lectures and the faculty assigns 6 hours of out-of-class work per week. Therefore, approximately 9 hours of student work per week is devoted to the class. Hence, the course is assigned 3 credit hours.

How do students verify their enrollment or degree?

LCSC has authorized the National Student Clearinghouse to provide degree and enrollment verifications. Students simply need to use the "Enrollment verification" link on WarriorWeb to access the NSC. They may also be contacted directly at:
www.studentclearinghouse.org,
(703) 742-4200
fax: (703) 742-4239, or
service@studentclearinghouse.org.

Can February March?



No, but April May!

NATIVE AMERICAN AWARENESS WEEK

March 12-16, 2007

All activities FREE and Open to Public with the exception of the Friday theatre program. * For more information call 208-792-2812.

<http://www.lcsc.edu/studentservices/minorityprograms/>

Tuesday, March 13

- 10:00-11:15 am **MINI-POW WOW** (Activity Center)
Area 4th grade classes invited to participate
- 7:00-8:30 pm **An Evening of Storytelling** (Williams Conference Center)
Open Mic Storytelling Contest. Cash Prizes for the top three storytellers. All types of stories – rated PG13 and under.

Wednesday, March 14 PANELS & PRESENTATIONS (WCC)

- 9:00-9:15 am Opening
- 9:15-10:15 am **Leadership and Tribal Government**
Rebecca Miles - Chair, Nez Perce Tribal Executive Committee; Chief Allen - Chair, Coeur d'Alene Tribe; and Mike Marchand - Chair, Colville Confederated Tribes
- 10:30-11:45 am **Treaty Perspectives**
Dennis Colson - Professor of Law, University of Idaho
- 1:30-2:45 pm **Spokane Tribal Artist – George Flett**
Mr. Flett will discuss featured paintings and process.
- 3:00-4:15 pm **Building Bridges Through Education**
Bill Hayne - Education Field Experience Director, LCSC and Lisa Guzman - AISLE Teacher Training Project Director, LCSC

Thursday, March 15 PANELS & PRESENTATIONS (WCC)

- 9:00-10:15 am **Researching 20th Century Nez Perce History**
Steve Evans - Retired History Professor and author of "Voice of the Old Wolf" and Allen Pinkham - Nez Perce Historian and co-author of "Salmon and his People"
- 10:30-11:45 am **Environment and Natural Resources Panel**
Aaron Miles - Natural Resources Director, Nez Perce Tribe and others to be announced.
- 1:30-2:45 pm tba
- 3:00-4:15 pm tba
- 7:00-9:00 pm **FRIENDSHIP BANQUET** (Williams Conference Center)
The Native American Awareness Week Lifetime Achievement Award, the Isaac "Ike" Wilson Memorial Scholarship and other scholarships will be presented at this time.

Friday, March 16 LCSC POW WOW

- 7:00 pm-12:00 The LCSC Native American Awareness Week Pow Wow will take place at the **LCSC Activity Center**. The emcee for this year's pow wow is Jake Whiteplume.
- 7:00 pm (Admission fee) * **"People of the Willows"** (LCSC Silverthorne Theatre)
An exploration of Mandan-Hidatsa life, culture, stories, and song. Call LCSC Continuing Education & Community Events at 208-792-2447 for ticket information.

Special Thanks to: Lewis-Clark State College, Clearwater River Casino, Idaho Humanities Council, Nez Perce Tribe, Coeur d'Alene Tribe, Colville Confederated Tribes, ASLCSC and LCSC AISLE Grant.

Student Activities Has a Solution For Boredom

Does your student tell you there is nothing to do at college? Do they tell you they are bored? If that is the case, have your student check out Student Activities. Student Activities offers Intramural and Recreational Sports, Outdoor Adventures, Warrior Entertainment Board, and Clubs & Organizations.

This semester Intramural and Recreational Sports offers many activities including basketball, volleyball, kickball, softball, bowling, racquetball, golf, poker, and many others.

Is your student into outdoors recreation? Outdoor Adventures has planned its first

ever Spring Break Trip. Students will have the opportunity to spend 5 days hiking in the Olympic National Park (additional fees apply). Outdoor Adventures also rents equipment for rafting, kayaking, and backpacking.

Exciting programs and events are offered by the Warrior Entertainment Board. We regularly present comedians, musicians, magic acts, hypnotists, concerts, movies, speakers, and numerous other activities. Students are invited to work behind the scenes and participate in the selection of entertainment.

If the above activities and programs don't spark an interest to your student, then

suggest they check out the student clubs and organizations. Does being a Radio DJ sound exciting? If so, LC Radio is accepting DJ applications. How about Student Government? They are accepting applications as well.

If those don't appeal to your student, there are over 40 clubs and organizations in all, including Rugby, Social Science, Auto Mechanics, Welding, and many others. So if your student is bored, send them our way. We can be reached at:

Student Activities
SUB 208
208-792-2804
bllytle@lcsc.edu

Has your student had a flu vaccine?



Available now at Student Health Services. Call today to schedule an appointment: (208) 792-2251

IMPORTANT REMINDER

MARCH 1:
FAFSA Priority Processing Deadline and Scholarship Deadline

Completing your FAFSA

- Complete the FAFSA on the Web Worksheet with your student
- Complete the FAFSA online at www.fafsa.ed.gov by the Priority Deadline
- Electronically sign the FAFSA using the same PIN as last year for you and your student

See the Scholarship Application and List at www.lcsc.edu/financialaid/scholarships.htm

- Review scholarships for your major or area of interest
- Print the General Scholarship Application
 - Complete the checklist
 - Answer all questions
 - Attach your essays
- Submit completed Scholarship Application and Checklist to the Financial Aid Office by March 1.

If you have any questions or need assistance, call the Financial Aid Office at (208) 792-2224 or (800) 933-5272 ext. 2224.



March 19 - 23



Spring Break

