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Stay Healthy, Noles!

Seminole Scoop Newsletter
December 2014
Class of 2018

Mark Your Calendar!

December 6: ACC Championship; FSU vs. Georgia Tech
December 8-12: Finals Week
December 12: Last day to submit ServScript hours
December 13: Residence halls close at noon
December 17: Final grades available online
January 4: Residence halls open at 9:00am
January 7: First day of spring classes

Follow us on Twitter

Follow the Office of New Student and Family Programs on Twitter and receive constant updates for all students and family members!

Be Well. Do Well.
The Seminole Scoop has partnered with Campus Recreation to provide you with Health and Wellness tips to remain healthy and fit all throughout the semester!

Click Here for FSU Wellness News!

Fitness Center Hours

Leach Center
Monday-Thursday: 6:00am-11:45pm
Friday: 6:00am-10:00pm
Saturday & Sunday: 11:00am-9:00pm

Fitness & Movement Clinic
Monday-Thursday: 6:00am-10:00pm
Friday: 6:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm

Don’t forget: enrolled students have a variety of free services, including 4 sessions with a personal trainer!

** Both facilities are closed during home football games

Library Hours

Strozier
Monday-Thursday: 24 hours
Friday: 12am-6pm
Saturday: 10am-6pm
Sunday: 12pm-24 hours

Dirac
Monday-Thursday: 8am-1am
Friday: 8am-5pm
Saturday: 10am-6pm
Sunday: 1pm-9pm

Click here for more information about library services.

Student Life Cinema

The holidays are a great time to get together with friends, family, and provide a relaxing break from school. However, meals during the holiday season tend to be very large and give rise to temptation to overeat. CLICK HERE for some suggestions to help you enjoy the holidays.

Gain valuable professional experience and build leadership skills:
Concepts in Peer Health Advocacy Class Spring 2015

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Student Life Cinema
Upcoming Movies

<table>
<thead>
<tr>
<th>Movie</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>How The Grinch Stole Christmas</td>
<td>Friday, Dec. 5</td>
<td>6:00 pm &amp; 8:45 pm</td>
</tr>
<tr>
<td>Home Alone</td>
<td>Friday, Dec. 5</td>
<td>6:30 pm &amp; 9:15 pm</td>
</tr>
<tr>
<td>Die Hard</td>
<td>Friday, Dec. 5</td>
<td>Doors: 11:20 pm</td>
</tr>
<tr>
<td>It’s a Wonderful Life</td>
<td>Saturday, Dec. 6</td>
<td>Show: Midnight</td>
</tr>
</tbody>
</table>

Check out [movies.fsu.edu](http://movies.fsu.edu) for more information on upcoming movies and events at the SLC!

Parking & Transportation

Overnight Parking
The top floor of each parking garage is designated as overnight parking. Please take notice of the signage for each parking area before leaving your car for the evening. Overnight parking is available on the Top 2 Floors of the W. Pensacola St. Garage.

Game Day Parking
Be aware of the parking changes during football weekends! You will be sent an email before each home game explaining all parking regulations. Read carefully to avoid any hassle while you’re having fun supporting your 'Noles!

Mobile Apps

FSU Tranz-Finding parking just got easier! How full are the parking garages on campus? Find out now! Download Mobile App: iPhone or Android

TransLoc-Never wonder where your bus is again! View Seminole Express in real time. Download Mobile App: iPhone, Android, or view [here](http://fsu.edu) online

Want more info?
Like us on [Facebook](http://facebook.com) and Follow us on [Twitter](http://twitter.com) for daily parking updates and more!
FSU Transportation Services [@fsuparking](http://fsuparking)

For information and to view our site of services, visit transportation.fsu.edu or contact us at transportation@fsu.edu or (850) 644-5278.

Ask an FSU Student

Would you like to help new students and families navigate their way through the first few semesters at FSU by answering some questions about your experiences? If so, click on the "Ask an FSU Student" link above. Thank you for your responses; they are very helpful!

We Love Feedback

Student Rights & Responsibilities

The Office of Student Rights and Responsibilities (SRR) is a component of the Florida State University [Dean of Students Department](http://students.fsu.edu) and the [Division of Student Affairs](http://studentaffairs.fsu.edu). The office is responsible for educating students about their rights and responsibilities as members of the FSU community, upholding community behavioral standards, and implementing the Student Conduct Code. SRR’s mission is to facilitate student learning and development regarding community standards by balancing individual and community rights. SRR supports a safe and inclusive environment that enhances academic pursuits and student success. Institutional core values of the Seminole Creed and Responsible Freedom guide our conduct and inform policy and decisions.

The Office of Student Rights & Responsibilities hosts the Student Conduct Code, the Medical Amnesty Policy, and the Academic Honor Policy. In addition, through this office, students can file for appeals in response to the Student Conduct Process. Students can also apply to be on the Student Board to sit on these student hearings. For more information on the Student Conduct Board, applications, and the Greek Conduct Board, please visit this [link](http://studentaffairs.fsu.edu/student-conduct-board).

Upcoming Events:
Tuesday, December 2 and Thursday, December 4 from 1:00-3:00 PM: Ethics Workshop (to register for this workshop, please visit this [link](http://studentaffairs.fsu.edu/ethics-workshop))

Career Corner

The [Career Center](http://careers.fsu.edu) is open Monday, Wednesday, Thursday, and Friday from 9:00 AM- 4:30 PM, and Tuesday from 9:00 AM to 8:00 PM, located in the Dunlap Success Center.

An important part of the college experience is discovering who you are. To find majors and occupations that fit, meet with a Career
We want to hear from you! Do you like what you've been seeing? Please click the suggestion box and let us know how we're doing!

Adviser at The Career Center to explore your interests, values, and skills. Access more than 3,000 resources in The Career Center Library to learn more about different opportunities, or participate in one of the following activities to begin your path to career success:

* Make an initial selection of your major using Career Center resources and the FSU Academic Guide, or choose the Exploratory major if you need additional time or support with this decision.

* Meet with your Academic Advisor to review your plan to complete liberal studies and prerequisite requirements for your major.

* Attend the Student Success Conference, co-sponsored with Advising First, and participate in workshops ranging from stress management to creating your brand at FSU.

* Enroll in SDS 3340: Introduction to Career Development, and take the first steps towards career decision-making and development.

* Thinking about the next step? Attend the Graduate and Professional School Fair, and gain information on the application process and admissions requirements.

**Spring 2015 Career Fair**

This will be held on Tuesday, January 13th from 10:00AM-2:00PM in the Oglesby Union Ballrooms. This is an excellent opportunity for students to meet with employers and obtain flexible part-time employment on-campus or in the local area, while earning their degree. Resume and professional attire are recommended. Visit [HERE](http://campaign.r20.constantcontact.com/render?llr=484slveab&v=001ZWNbY6QNS4weW...) for more information.

**Experiential Learning Programs:**

Students can earn recognition for engaging in experiential learning opportunities. Please remind students that The Career Center is accepting applications for both the Experiential Recognition Program (ERP) and Experiential Certificate Program (ECP) for SPRING 2015. Encourage your students to visit our webpages listed below for detailed information on each Experiential Learning program:

- **ERP:** The Experiential Recognition Program (ERP) is a virtual course that facilitates eligible FSU degree-seeking students the opportunity to earn transcript notation for engaging in experiential learning opportunities.

- **ECP:** The Experiential Certificate Program allows all FSU degree-seeking students the opportunity to earn recognition for engaging in experiential learning opportunities.

Students must be enrolled in ERP and ECP during the same semester they complete an internship and submit the program application prior to the close of the official DROP/ADD period-JANUARY 12th 2015.
Students must apply through SeminoleLink HERE. Students should log into their account, click on Profile>>Experiential Learning>>then add new experience.

Garnet and Gold Goes Green

Get involved in your food!
You need it to live and be healthy, but do you know where it comes from, what resources are used to produce it and what makes it so good for you? Observe the food in the grocery store by looking at information on nutritional content and consider ways to prepare food so that it tastes good while retaining its healthful qualities. Interact with the people that grow your food at farmers markets or local community gardens and farms. Experience growing food for yourself! This can be easily done in a pot or in small garden bed. Better yet, grow at a community garden or farm where you can learn about, grow, and harvest your food! Did you know Florida State has its own community organic garden? Find out how to get a plot and how to volunteer at the Sustainable Campus [website](#).

kNOW MORE: What Would You Do?

Florida State University does not tolerate sexual violence. We continue to actively and aggressively provide institution-wide programs and services to educate our students and university community on responsible conduct, the meaning of consent, how to properly report cases of sexual misconduct, and how to hold individuals accountable for their behavior. The kNOW MORE sexual violence prevention initiative is about action, education, and the continuum of care for our students, faculty, and staff.

[klick here](#) for a PSA from FSU Student Leaders about the importance of sexual violence prevention.