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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!

Seminole Scoop Newsletter
September 2015
Class of 2019

Mark Your Calendar!
October 9: Last Day to Drop Class Without Penalties
October 9: Orientation Leader Applications Due by 12pm
October 12: Registration for Spring 2016 Begins
October 16: Champions Auction
October 30: Parents Weekend

Office Spotlight: ACE Learning Studio
Apply to be an Orientation Leader!

Do you want to welcome the next generation of Noles into the Florida State community? Are you willing to make a commitment to personal growth, leadership, learning and service? Then apply to become a 2016 Orientation Leader! Orientation Leader applications will be available Monday, September 14th.

Follow this link for more information and application requirements. Applications close on Friday, October 9th at 12pm.

Stay Healthy, Noles!

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!

Need nutritional advice or have questions about meal planning? We can help! Heather Fisher, RD and her nutrition graduate students help fellow FSU students with their nutrition related concerns, whether it's providing general education or answering specific questions about nutrition related disease.

- Heather is a licensed dietitian who can provide specific information related to your nutrition needs, specific meal planning and guidance, review lab information, and make appropriate referrals as indicated.
- Graduate Students in Dietetics work under Heather's supervision as Nutrition Educators. They provide general dietary guidelines and suggestions for overall health, wellness, and fitness.
- Nutrition education and consultations are available to students Monday - Friday from 8-5. If you are interested in making an appointment, you can call Health Promotion at (850) 644-8871. Appointments with the RD are $15 for the initial and $10 for follow - or - FREE with a Nutrition Educator!

While everyone knows Strozier Library, or Club Stroz as its known, as the hub for all things study related on campus, there are a few niches for students to find. One such niche is the ACE (Academic Center for Excellence) Learning Studio located on the first floor of the William Johnston building.

The ACE Learning Studio provides students a place to go that's a little more relaxed as opposed to the anxiety-crazed, Starbucks-infused realm that is Strozier Library. ACE is open from 10am-10pm Monday-Thursday, 10am-5pm on Fridays and 5pm-10pm on Sunday. It's similar to Strozier in that students can rent out individual or group study rooms, check out equipment such as laptops or tablets and even get access to free tutoring. Students are tutored by their peers, promoting educational growth within both parties and can be tutored in subjects ranging from math, writing and chemistry, among many others.

Another great feature of ACE is its workshop series. Each month there are several workshops covering a broad range of topics. These workshops are free for students-all they do have to do is register under the 'Workshop' tab in the ACE Learning Studio Facebook page. The workshops featured this month include: How to Get Control of Your Time, Making Notes (Not Taking Them!), Writing a Personal Statement (For Graduate School and Scholarships), Get Ready for the GMAT, How to Get the BEST Letter of Recommendation and Strategies for Test Preparation. These workshops focus on skills critical to success for students and provide students with a relaxing environment to hone these skills.

Finals week is arguably the most stressful time of the semester for students. The Strozier and Dirac Libraries are often full day and night as students prepare for their exams. The ACE Learning Studio has its own way of doing Finals Week. While there are the obvious perks like study rooms, tutoring and equipment rental, perhaps the best perk of all is free coffee and snacks offered around the clock. That's right, ACE Learning Studio provides students with coffee-the gift that keeps on giving (especially during finals week)-and snacks like fruit and granola bars. ACE is also open 24 hours during finals week.

So when looking for a place to study on campus, try and consider all of the available options. If you're looking for somewhere a little quieter, ACE Learning Studio may very well be the place for you. ACE Learning Studio is located at Johnston Ground (WJB G051) and students are encouraged to follow their various social media accounts including Facebook, Twitter, Google + and Tumblr.

ACE Learning Studio
Johnston Ground (WJB G051)
(850) 645-9151

Champions Auction
If you need help making healthier choices in the dining halls, visit the Nutrition Educators from 5-7 PM in Suwannee Room. They are there every other Tuesday to provide tips and tricks on how to eat a healthy meal. They can also give you resources and handouts, like how to stock your mini-fridge, make easy snacks for on-the-go and much more!

Love Your Body Day
Love Your Body Day is on October 22nd, 2015. The main purpose of the event is to raise awareness about body image issues pertaining to males and females both. Clubs and organizations here at FSU will have tables with information about body image and how to deal with pressures from social media and other societal beliefs, along with a DJ and free food! The overarching theme for this year’s LYBD is “Love Your Selfie,” putting a spin on the current trend of "taking selfies." Hashtags we will be using the day of the event on social media to reach the student body include "#selfiesteem," "#loveyourselfie," and "#seminoleselfie." Come out and join us on October 22nd and love your selfie!

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Seminole fans and supporters, sports enthusiasts and community members will enjoy an evening of pictures with the athletes, meeting coaches, cheerleaders and golden girls, enjoy refreshments and of course bidding on all of the exciting items.

The 7th annual "Champions Auction" (formerly Let Us Play) will include both a silent and live auction where proceeds will go directly to supporting the Coaches’ Clubs for each women’s sport at FSU. Coaches’ Club funds provide supplemental support to each sport team by funding necessary items that are not covered in the sport’s annual operating budget.

Live & Silent Auction
UCC 3rd Floor Ballroom
Friday October 16th, 5:30pm

Click here to register for this event!
https://one.fsu.edu/boosters/championsauctionregistration

Are you unable to register for the event, but would still like to make a donation to the women’s sports at FSU?

Click here to make a donation today!
https://one.fsu.edu/boosters/championsauctiondonation

Thank you for your support and we look forward to seeing you at the Champions Auction! Go Noles!

Jimbo's True Seminole Tailgate
Jimbo's True Seminole Tailgate is the place to be before every home game this season! Join us for free food, games, door prizes, and more! Jimbo's True Seminole Tailgate takes place at Wildwood Plaza, located near the Student Life Center. The festivities start 2 hours prior to kickoff each home game.

Saturday, October 10th: Home vs. Miami
[Click here](#) for more information about library services.

**Fitness Center Hours**

- **Dirac**
  - Monday-Thursday: 8 AM - 1 AM
  - Friday: 8 AM - 5 PM
  - Saturday: 10 AM - 6 PM
  - Sunday: 1 PM - 9 PM

- **Leach Center**
  - Monday-Thursday: 6 AM - 11:45 PM
  - Friday: 6 AM - 10 PM
  - Saturday & Sunday: 11:00 AM - 9:00 PM

- **Fitness & Movement Clinic**
  - Monday-Thursday: 6:00 AM - 10 PM
  - Friday: 6 AM - 9 PM
  - Saturday & Sunday: 8 AM - 5 PM

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

All facilities are closed on home football games during the fall semester.

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**Student Life Cinema**

[Click here](#) for the SLC Newsletter and all the Seminole Sensation Week events at the SLC!

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**Saturday, October 17th: Home vs. Louisville**

*Parents’ Weekend - NO TAILGATE*

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**Career Corner**

The

**Career Center**

[Click here](#)

**Get Experiences Recognized!**

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**NEW STUDENT AND FAMILY PROGRAMS NEWSLETTER**

**Career Corner**

October 05, 2015

Thinking about going to law school? Exciting career events are occurring in October for pre-law students! Check out the **Law School Fair** to connect with law school recruiters and learn more about their programs. Law programs from around the country will be represented at the event, with schools as diverse as Tulane University, Wake Forest University, and the University of Florida attending. Recruiters will provide key information like admission requirements and fellowship opportunities to interested students.

**Prelaw advising** is available to students who are looking for guidance in applying to law school. Visit the FSU Career Center during its drop-in career advising hours from 9:00am-4:30pm, Monday through Friday, for assistance. You may also email or schedule an appointment with a pre-law advisor to receive more specific support. A list of current pre-law advisors can be found at [http://www.prelaw.fsu.edu](http://www.prelaw.fsu.edu).

Are you interested in going to graduate school? Join us for our annual **Graduate and Professional School Fair** to connect with graduate program recruiters from around the country! Come learn about your many options for graduate work and get the inside scoop from program representatives. Recruiters in areas as diverse as medicine, social work, and digital media will be in attendance.

Still considering your undergraduate options? Stop by the **Pizza and a Major** workshop series, starting October 20th in Dunlap 2201/2202 from 7:00-8:30pm to start you major and career-decision making journey. RSVP for pizza by visiting [http://www.career.fsu.edu/seminolelink](http://www.career.fsu.edu/seminolelink); click “events” and then “workshops.”

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**Upcoming Events:**

**Law School Fair (October 12)**
Sensation Week events at the SLC!

movies.fsu.edu

We Love Feedback

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!

Visit Our Sponsor

Law School Fair (October 12)
11:00am-2:00pm
Oglesby Union Courtyard

Graduate and Professional School Fair (October 13)
10:00am-2:00pm
Oglesby Union Courtyard

Pizza and a Major: Self-Exploration (October 20)
7:00-8:30pm
Dunlap Success Center 2201/2202

Pizza and a Major: Major-Exploration (October 27)
7:00-8:30pm
Dunlap Success Center 2201/2202

FSU Career Center
Dunlap Success Center
100 South Woodward Avenue
Tallahassee, FL 32306-4162
http://www.career.fsu.edu | 850.644.6431
Drop-in Advising: M-F, 9:00am-4:30pm

www.career.fsu.edu | 850-644-6431

Parents' Weekend 2015

October 30 & 31st

Registration is from June 1, 2015 to October 16, 2015

For more information click here.

Visit Our Sponsor

Visit www.career.fsu.edu for more information.
ATTN: Religious Observance Policy

As we approach fall semester, we encourage students to be aware of Florida State’s policy regarding absences to observe one's religious holidays. The full policy can be found at this link:

http://fda.fsu.edu/content/download/25650/164546/file/ReligiousHolyDaysFall14.pdf

Specifically, the Florida State University policy on student observance of religious holy days provides:

1. Each student shall, upon notifying his or her instructor within the first two weeks of the semester, be excused from class to observe a religious work-restricted holy day of his or her faith.

2. While the student will be held responsible for the material covered in his or her absence, each student shall be permitted a reasonable amount of time to make up the work missed.

3. Instructors and University administrators shall in no way arbitrarily penalize students who are absent from academic or social activities because of religious work-restricted holy day observance.

Please communicate with your instructors about your plans at the beginning of every semester.

Garnet and Gold Goes Green

FSU initiated a pilot project two months ago to make waste on campus more sustainable - through composting! The composting pilot is a collaboration between FSU Grounds, Solid Waste and Recycling, Suwannee Room and Aramark, Dr. Laura Keller and the students from the Honors Biology Seminar, and Sustainable Campus.
Laura Keller and the students from the Honors Biology Seminar, and Sustainable Campus. Located at the FSU Nursery, the composting system converts food waste from the Suwannee Dining Hall into beneficial soil supplements, a valuable asset to FSU Grounds. The Grounds Department will be able to use the supplements to maintain the healthy and beautiful campus landscapes for which FSU is known.

**Transportation and Parking Services**

Transitioning to college is interlaced with a myriad of questions, but where to park and how to get around town should not be one of them. FSU Transportation and Parking Services work hard to bring students many resources and travel options for your time at FSU. Here are just a few programs, services, and guidelines to familiarize yourself with:

**Parking:**

Parking Permits: Starting this year, parking permits have gone virtual. They are required on all vehicles parking between 7:30 AM to 4:30 PM, Monday through Friday. Students received their permit at no additional charge for the 2015-2016 school year. For more information on all permit types, including visitor permits, click here.

Parking garages: There are six multi-level parking garages located around campus. The top floor of each parking garage is for overnight parking, great if you are living on campus. In the West Pensacola and Traditions Way garages, the top two floors are overnight. The mid-level floors are commuter spaces, so no overnight parking there. The first floor is for faculty and staff, so you will be ticketed if you park there. You'll notice that parking stall lines are red or white. Always remember white is for student parking, red lines are for faculty. To avoid a parking ticket, stay away from the red lines, no matter how tempting that parking space may look. You can also use the FSUTranz app to check available parking in each garage before you even get to campus!

Surface lots: All around campus there are parking lots that can be either overnight or commuter. Some are right next to residence halls while there are gravel lots on the outskirts of campus. At each lot entrance, there is a sign that designates it as either commuter or overnight, so keep an eye out for that if you are ever unsure of what a lot might be. Check out this map to see where all student lots are located!
Transportation Services:

**NiteNole**: From 10:30 PM to 3:00 AM during the fall and spring semester, this late night bus service offers free rides to students. The route takes you all around campus, down Tennessee, High Road, and Pensacola Street.

**NoleCab**: For just five dollars with a valid FSUCard, students can catch a late-night ride home. This cab service runs from 10 PM to 4 AM 7 days a week.

**S.A.F.E. Connection**: Did you put in another late night at the library and need a ride somewhere on campus? The S.A.F.E (Student Alert Force Escort) Connection partners with the University Police to bring free rides to students on campus. It can be reached at 850 - 644 -SAFE (7233) and runs seven days a week from 7 PM to 2:45 AM.

**Seminole Express**: This is a student service that provides transportation to, around, and from campus to the surrounding Tallahassee areas. There are several routes, all of which can be tracked in real-time on the TransLoc app! Hours vary based on semester, but in the fall all routes will run from Monday to Friday from 7 AM to 8 PM.

**ZipCar**: Need to run errands but don't have a car? Well, ZipCar is your transportation solution. This is a car rental service at an hourly rate. You sign up online, pay an annual membership fee, and you'll receive a Zipcard that unlocks various Zipcars located around campus. The keys are already in the car as well as a gas card provided by Zipcar. Hourly rates range from $7.50 to $8.50 an hour or $69-77 for the day.

Transportation and Parking Services encompasses a wide range of services while seeking to be student friendly and focused. For more information, visit their office located next to the FSU Bookstore!

Transportation.fsu.edu
850 644 5278
104 N Woodward Ave Tallahassee, FL 32306
Monday - Friday, 7:30 AM - 5:00 PM