

# THE ADULT LEARNER CONNECTION

Autumn, 2007

Columbus State Community  
College

Volume 28

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**Good as  
Gold**

"To conquer fear is  
the beginning of  
wisdom."

--Bertrand Russell

## Free Tuition for Senior Citizens with the Good as Gold Program

If you are 60 years of age or older, and fully retired, take advantage of the Good as Gold program at Columbus State. This program provides free tuition as a community service. You might as well receive the benefit of reaching the wonderful age of 60. Those of you who have not reached this age...you have something to look forward to! This program provides Senior Citizens the opportunity to enroll in credit courses, tuition free, on a space-available basis. To register for courses, senior citizens do need to pay a one-time application fee of \$50, course lab fees, and the cost of books. The tuition is free! Note that you should stop by the Cashier's Office in Rhodes Hall to let them know that you plan to use the Good as Gold program. Then you will be coded in the computer system as a Good as Gold student.

Parking permits are provided free to senior citizens. In order to receive the free parking permit, just stop by Public Safety in Aquinas Hall and let them know that you are in the Good as Gold program, and you will receive a free parking sticker. Student rates to concerts and student activities are available to enrolled senior citizens. A "Good as Gold Educational Program" identification card is issued to all enrolled senior citizens upon request in the Cashier's Office in Rhodes Hall.

If you have not completed college level algebra and/or college level English, you may need to take the Compass Placement Test to assess your skills in reading, writing, and mathematics before registering for particular courses. In any case, you do need to meet pre-requisites for the course in which you want to enroll

For information regarding programs and services, please call 287-2453 (or 1-800-621-6407 if calling long distance).



## REV UP YOUR BRAIN POWER!

By Sandra Downing  
Academic Advisor,  
Health Human and Public Services

Not that there really needs to be another reason to start exercising, but preliminary studies are now linking exercise with increased brain power! In one study the participants who exercised answered a battery of questions more quickly and more accurately than their non-exercising counterparts. Start Autumn quarter with an academic boost by moving.

Here are some simple ways to get active right here on campus:

First, Parking is never real easy Autumn quarter but don't look at it as a negative see it as a way to get some exercise in just before class by speed walking from that way off spot you circled around for 20 minutes to find. Okay parking spot found, now you are running late, so pick up the pace! Your heart will love it and you just might make it class on time!

So you registered for classes late and got stuck with two hour between classes? No Problem! Use that as built in study and exercise time. Here is a list of some wonderful things to do while you are on campus waiting for your next class.

1. Stop by the Fitness Center for some weight lifting or a stroll or jog on the treadmills. The Fitness Center is located in Delaware Hall

Hours: Monday- Thursday 8:00 AM– 8:00 PM  
Friday 8:00 AM– 6:00 PM

2. Drop in for a pick up game of basketball or other fun. Located in the Delaware Hall Gymnasium are open recreation opportunities: open basketball, flag football, floor hockey, indoor soccer, and flag football.

Hours: Monday, Tuesday, Thursday & Friday 9:00 AM- 12 Noon  
Soccer Open gym Wednesdays 9:00 AM-12 Noon

3. Stop in and join a class, it's free and fun. Classes are available for Aerobics, Yoga, and Pilates. Stop by Delaware Hall Gymnasium for days and times classes are offered.

In addition to increased brain power you can also reap the many additional benefits of exercising and an active lifestyle such as:

Reduced stress  
Lower blood pressure  
Lower cholesterol  
Better sleep  
Weight loss  
Increased bone density  
Increased flexibility  
Increased energy



There you have it, some wonderful ideas for Autumn quarter that will not only get you in better health and shape but just may make you smarter! Keep Moving and have a fun and successful quarter!

# ***Welcome Back***



***Wednesday, September 26th,  
11:30 am—1:30 p.m. & 4:00—6:00 pm***

***Outside on the Commons***

***FREE FOOD***

***Information tables for student organizations and resources on campus, a caricature artist, balloon artist, music and more!***

***This is a kick-off to other Welcome activities for the week, including a video game tournament.***

***Join in the Fun!!***

***Sponsored by the Department of Student Activities and Athletics***

***For More Information, Call 287-3656***

## **“Flexibility with a Respected Education”: Capital University’s Undergraduate Adult Degree Completion Program**

**By Mary Higginbotham, M.A., Academic Advisor,  
Advising Services**

If you’re looking to complete a bachelor’s degree in **accounting, criminology, psychology, business administration, professional studies, public administration (political science), sociology, BSN completion, or social work**, and you’re searching for a program that allows you to complete that degree during non-traditional hours, then Capital University’s Undergraduate Adult Degree Completion program could be for you.

Offered through Capital’s Center for Lifelong Learning, the degree completion program features classes geared toward working adults who wish to complete a Bachelor of Arts degree. Courses meet from 6:00 p.m. – 9:00 p.m. on week nights at Capital’s Bexley location. Small classes are a particular strength of this program, with class sizes typically being 25 students or fewer, according to Andrew Carlson, Ph.D., Assistant Dean for the College of Arts and Sciences at Capital.

Carlson points out that Capital “has a national reputation and offers a quality education” to its students. Along with the nine majors listed above, students can also choose to pursue a certificate program in **substance abuse counseling** with training for licensure, or create a **customized undergraduate degree** through the Professional Studies Department. In addition to these adult degree completion options, graduate-level programs in law, business administration, music in music education, and nursing are available.

Students entering the degree completion program can enroll in courses on a part-time or full-time basis, and classes meet during Fall, Spring, and Summer trimesters. Classroom experiences are encouraged; thus, online coursework is not a major part of the program.

Classes typically meet once per week or every other week, depending upon the course. Students do not enroll with a cohort of other students, and there is no minimum age requirement to enroll in the program. Some courses are blended with traditional-age students.

Capital’s degree completion program offers support to adult students through programs available to all Capital students, including tutoring opportunities in their Center for Excellence in Learning and Teaching. The Center also offers workshop opportunities and advising to assist students in navigating the degree completion process. To prepare for employment opportunities after graduation, career advising support is available to adult students as part of the Capital University student body, and Capital offers an active and well-developed alumni network.

Cost for the adult degree completion program is substantially lower than for a traditional degree program at Capital, with tuition for the 2007-08 year currently set at \$395 per credit hour. Financial aid is available, and students may consult with a financial aid adviser at Capital if they have questions about the application or award processes.

To get started in the program, students first complete an application for the Center for Lifelong Learning. According to the Capital University web site, [www.capital.edu](http://www.capital.edu), applications are accepted on a rolling admission, space-available basis. Students accepted may enter at the beginning of the term for which they are accepted. Those applying for admission to the adult degree completion programs are expected to “demonstrate a capacity for self-directed, self-managed learning,” and they “must demonstrate basic college entry-level oral and written communication skills.”

They must also have completed either 30 semester or 45 quarter hours of transferable college credit, with a grade point average of 2.5 or above. To transfer, courses must have been taken from an accredited college or university and must have been completed with a grade of C- or above, according to Morris.

The admissions process for the Capital program includes an admissions interview, which is set up after a student's application, personal statement and transcripts from previous colleges and universities have been reviewed.

To find out more about the adult degree completion program or about how Columbus State courses transfer to Capital University for these degrees, both Morris and Carlson recommend students consult an adviser in the Center for Lifelong Learning. Appointments with advisers can be made by calling (614) 236-6996, and their hours of operation are currently Mondays through Thursdays from 8:00 a.m. – 7:00 p.m., and Fridays from 8:00 a.m. – 6:00 p.m. Beginning in Spring 2008, the office will begin to offer Saturday hours for interested students, according to Carlson.

Information sessions about degree completion are also available, with programs scheduled for the following dates:

- Monday, Sept. 10 at 6 p.m.
- Wednesday, Sept. 26 at 6 p.m.
- Tuesday, Oct. 9 at 6 p.m.
- Wednesday, Oct. 24 at 6 p.m.
- Monday, Nov. 5 at 6 p.m.
- Wednesday, Nov. 14 at 6 p.m.
- Thursday, Dec. 6 at 6 p.m.

Students should call (614) 236-6996 or email [cllcolumbus@capital.edu](mailto:cllcolumbus@capital.edu) to reserve a seat.

Carlson and Morris both encourage students to consider completing an associate's degree at Columbus State prior to enrolling at Capital. According to Morris, having courses completed at Columbus State could mean quicker progress through the Capital program. According to Carlson, having a completed degree is a "positive thing" to include on any admissions application.

Carlson further recommends that students interested in Capital consider the financial advantage of completing credits at Columbus State before transferring, and that they take courses that stress reading and writing skills. He also encourages students to take demanding courses whenever possible.

Why should a Columbus State student consider the adult degree completion program at Capital University? Says Morris: Capital has a "long history with adult education and we understand the needs of the adult student. We offer flexibility with a respected education."

# COLLEGE TRANSFER FAIR



Thursday, November 8th  
10:00 a.m.—1:00 p.m.

Location: Nestor Hall  
Student Lounge

Are you considering transferring to a 4-year school after Columbus State? Here is your chance to “shop around” for a college without leaving campus. You will have the opportunity to talk with representatives from over fifty 4-Year Colleges to ask questions about the transfer process, requirements for your major, and application deadlines. **Call 287-2668 for more information.**

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## HELPFUL WEBSITES



<http://www.adultstudentcenter.com> – resource for information and guidance on returning to college.

<http://back2college.com> - Resources for adults returning to college, including a newsletter and on-line discussions.

<http://www.explorelearning.com> - Interactive multimedia activities to learn math and science.

<http://www.fafsa.ed.gov> - Internet access for filing FAFSA (Free Application for Federal Student Aid).

<http://www.how-to-study.com/> - A study skills resource guide.

<http://literacynet.org/cnnsf/> - On-screen reading comprehension help. Provides text and then interactive ideas to test comprehension.

<http://www.momsrefuge.com/juggling/index.html> - Working Mom's Refuge – The Art of Juggling.

<http://www.olin.org> - The Ohio Learning Network. A consortium of Ohio colleges and universities offering distance learning courses including OhioLEARNS, an online catalog of courses offered at a distance by Ohio colleges/universities.

<http://www.purplemath.com//index.htm> - Practical tips on how to succeed at Algebra. Includes a study skills survey, homework guidelines, practice quizzes and worksheets

<http://www.learn2type.com> - typing practice, and typing test to check your speed.

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# COLUMBUS STATE COMMUNITY COLLEGE

“The people that get on in this world are the people that get up and look for the circumstances that they want: and if they can't find them, they make them.”

-George Bernard Shaw

The **Adult Learner Connection** is a creation of Advising and Counseling Services / Laura Huston-Hoburg, Counselor at Columbus State Community College. For more information please call 287-5023, or stop by Aquinas Hall, Room 116.