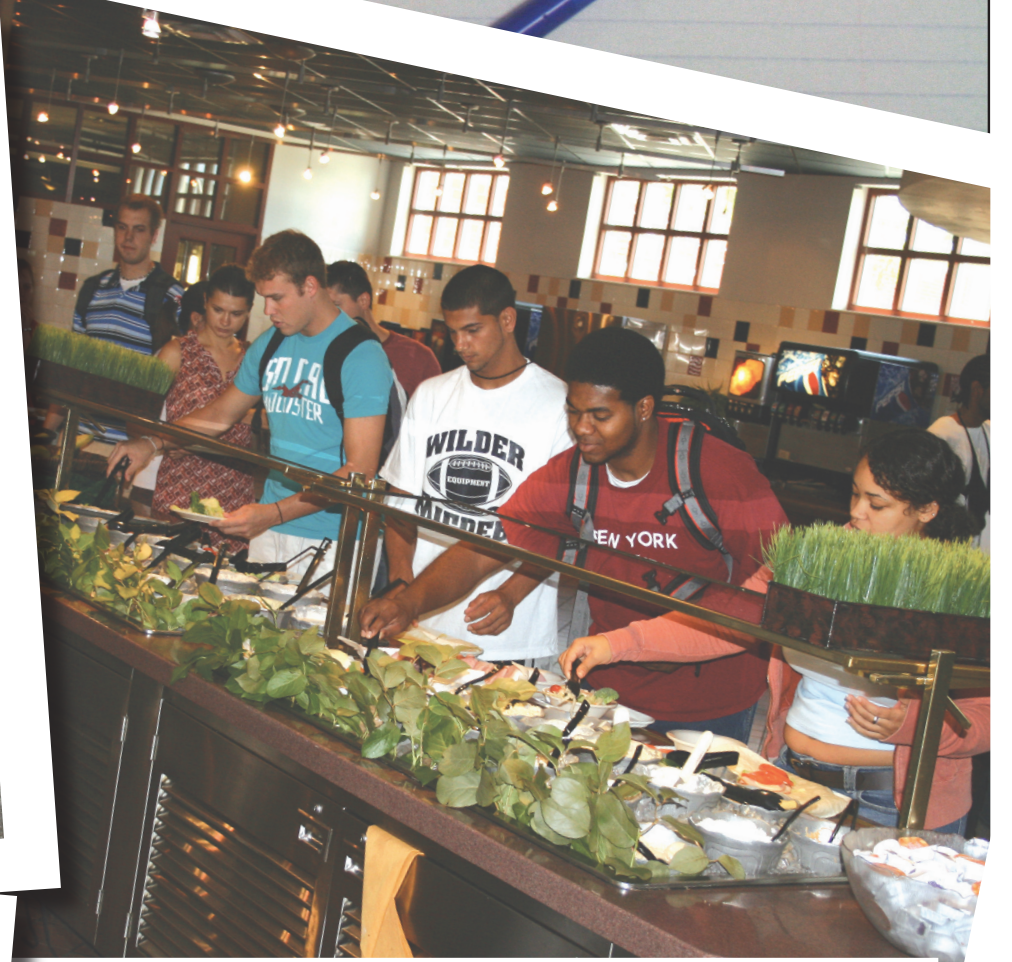
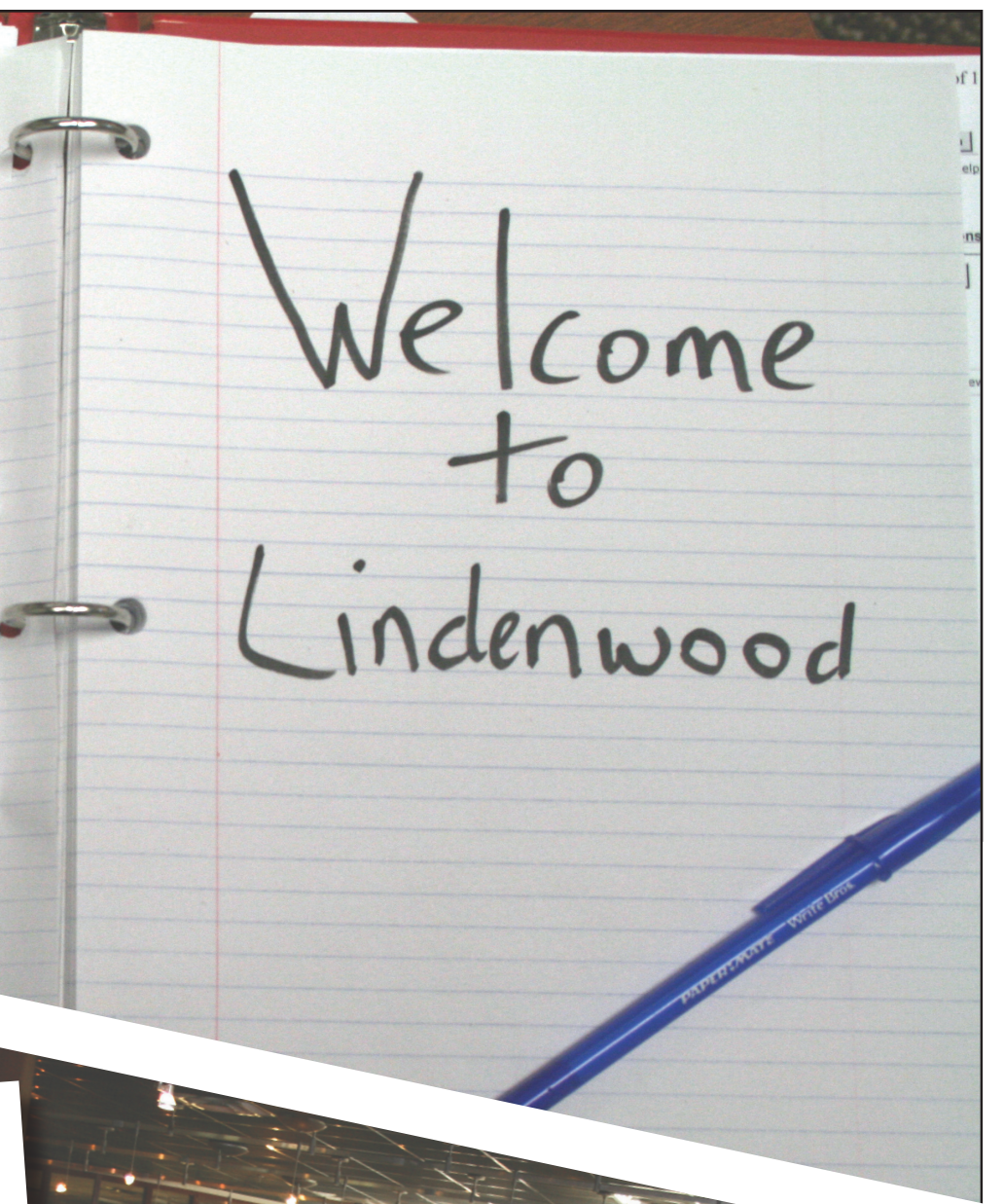


New Student Edition



Lindenwood's Student Newspaper
The Legacy
journalism@lindenwood.edu



Welcome to college, here's what's up this week

By Erin Marshall
Legacy Staff Writer

College life is beginning. It can often be a bittersweet mixture of excitement and anxiety as endeavors are made into a new way of life. However, Lindenwood's Student Activity Department has several activities available to make sure incoming freshmen feel at home.

The First Year Experience, dedicated to freshmen the week before semester classes begin, is run by Shane Williamson who will be available for questions and concerns. Also, new Student

Activities Director Kerry Cox plans for even more campus life events and activities than in years past.

Orientation begins Wednesday, Aug. 22. Students can have coffee with President James Evans from 1-4 p.m. in the VIP room of the Hyland Performance Arena and are invited to a barbecue dinner at Hunter Stadium from 4-6 p.m.

On Thursday, Aug. 23, an opening session for all freshmen will be held from 8:45-10 a.m. at Hyland Performance Arena. Afterwards, each faculty division will

have a meeting for freshmen to explain degree programs and requirements for interested majors:

- Fine Arts will be from 12-5 p.m. at the LUCC Auditorium and Gallery.

- Management will be from 2-5:30 p.m. in the Leadership Room of Spellmann Center.

- Humanities will be from 3-5 p.m. in the Loft.

- Communications will be from 3-5 p.m. in the VIP Room of the Hyland Performance Arena.

- Sciences will be from 3-5 p.m. in Young Hall Auditorium.

Counseling Center strives to meet student needs

By Melissa Cossarini
Assistant Managing Editor

Being a first year college student involves changes. Many students move away to live in dorms, separated from family and forced to take care of themselves. To

make the transition easier, Lindenwood University provides a Student Counseling and Resource Center where students can visit confidentially with professionals and interns to get questions answered and concerns addressed.

"Freshmen students struggle with being away from family, money management and time management," said Jan Munro, assistant professor in counseling. "We want to be open to any services students need."

The center is located off campus at the Lindenwood University Counseling Center, in the LU Cultural Center, two blocks west of campus at 400 N. Kingshighway. Andreoff and Munro said they respect a student's right to privacy and feel the off-campus location will better fulfill that need.

The SCRC is open Monday through Friday. Professors and interns are available as needed, mostly afternoon and evening hours. Students are also welcome to visit on the weekends with an appointment.

For more information about the counseling program and center, the professors encourage anyone to stop by or visit LUCounseling.com for more details.

A welcome from the president

Dear Lindenwood Student:

If you will suffer a cliché with me, I can hardly believe that the opening day of fall classes is just a few days away. I have a confession to make: When in grade school, middle school, and high school, I did not especially relish the thought of starting a new academic year. My college years changed all of that. Those were the years of young adulthood. There was much excitement in the college environment because there was an auspicious combination of the following: relevant challenge; adult status coupled with the option of invoking student status when things got rocky; new freedom coupled with higher expectations of personal and professional responsibility; seemingly limitless opportunities to meet truly interesting peers and professors; the greatest ideas homo sapiens had conceived since the human mind, as such, first became aware of itself.

I hope that your experience at Lindenwood will be that rich and fulfilling in the coming year. Many exciting new courses await you the week of Aug. 27. We have hired more than 20 new professors as well, most of whom have earned doctorates or other terminal (that is, highest) degrees in their respective fields. Most of these scholars come to us with prior university teaching experience. All of them are learning-oriented, student-centered professionals who will play significant roles in your personal and professional development. We have a booklet about your new professors available.

I am keenly conscious of the fact that the University exists to serve your learning and developmental interests. As well, I recognize that your professors are the reason you attend Lindenwood – and the reason you stay here to complete your degree. That is why Lindenwood selects only the best teachers. Be sure to avail yourself of their gifts and their interest in you!

I have a lot of news for you – indeed, too much to convey in this letter. I'll save it for later venues, speaking occasions, and writing opportunities coming this fall. For now, I mainly want to say welcome! I look forward to greeting you on campus during the late days of summer and cheering with you as our football team generates thunder and lightning against opponents in Hunter Stadium – and, believe me, it will!

Very sincerely yours,

James D. Evans

James D. Evans, Ph.D.
President



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Ya gotta eat ... and café is the place to do it

By Dan Sonderman
Managing Editor

Russ Hunt, general manager of the café, wants new students to feel comfortable and welcome there. "We're here to provide high quality service and meals," he said. "We want to be a part of (students') lives."

Located on the second floor of the Spellmann Center, The Lindenwood University café offers students

an abundant variety of food choices. They can chow down from the main line, serving traditional home-style meals, or the short-order line serving burgers, grilled cheese, hot dogs, fries and more. There's also a full salad bar with soup, a deli with fresh meat and cheeses and a pizza and dessert line.

"There's something for everyone," Hunt said.

For the student on the go, LU offers a service call grab and go. From the hours of 10 a.m. to 2 p.m., hungry students can pick five items and eat on the run or in their dorm room. Grab and go, located in the Loft in Butler Hall, serves sandwiches, chips, fruit, desserts and other food items.

Junior Angela Moore, a business administration major, complimented the café

on the variety of food lines, but said it's usually the same kind of food. "It doesn't really have very much taste," she said. "It's not always fresh."

She prefers to use grab and go instead of the café, because grab and go is much faster.

Hunt wants students to bring concerns about the café to his staff so they can correct the problem, not just let it linger.

"If they would come to us we would try to take care

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◆ Dinner
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Monday-Friday

◆ Hot Breakfast
7 to 9 a.m.
◆ Continental Breakfast
9 to 10 a.m.

◆ Lunch
10 a.m. to 2 p.m.
◆ Grab and Go
10 a.m. to 2 p.m.

Monday-Thursday

◆ Dinner
4:30 to 7:30 p.m.

Friday

◆ Dinner
4:30 to 6 p.m.

Being a freshman all over again

By Andrea Kinnison
Legacy Staff Writer

Being a senior in high school is something of a power trip for certain students. I'm sure a good majority of my fellow incoming freshman classmates at one point or another (myself included) felt the surge of authority that being a senior possessed. For 10 months we were on top of the food chain, the big dogs on campus.

But now; now we're newbies. We're in a whole different environment, an environment few of us are used to. There's no power tripping with us here; mostly there's just an air of uncertainty. I spent my senior year craving more independence, but now that I have it, I hardly know where to start with managing it correctly.

College has always been a grand yet vague idea in my mind, and now that I'm facing it I'm bombarding myself with questions that I'm sure plenty of other freshmen face as well. What do I need to bring? How am I going to keep up good study habits? What's my social life going to be like? Will I even manage to have a social life with this class schedule?

I wish I could end that paragraph with something along the lines of "But luckily, I've found a good answer to each of these questions." Unfortunately, I can't. I've scoured Target for dorm décor, stocked up on notebooks and pens, and spent more on back-to-school clothes than I should have,



Andrea Kinnison
Staff Writer

yet I still have no idea if I'm bringing enough away with me. Or too much, for that matter.

Study habits? How can I make sure I start off with good study habits if I haven't even stepped inside a Lindenwood classroom yet? And there's no way short of divining tea leaves that I'll know who I'm going to be socializing with. Basically, no matter how much I think of or try preparing for college, I will never be close to prepared.

I can dwell on it all I want, but I have a feeling that the main way I'm going to find out how to make this whole

college thing work out for me is through experience.

Now don't get me wrong; this doesn't mean we should just show up and expect to wing it through our first semester. Ask college-wise friends for advice, pick up some books on topics we think we should know about. Also, from what I've discovered so far, the Internet is a college freshman's best friend when it comes to trying to figure out what in the world we're supposed to be doing.

But every situation is different for different people, and sometimes these resources just won't cut it. Face it; we freshmen probably won't be fully prepared for college, no matter how hard we try. But as long as we make pretty good decisions as circumstances arise, I'm sure we'll be OK.

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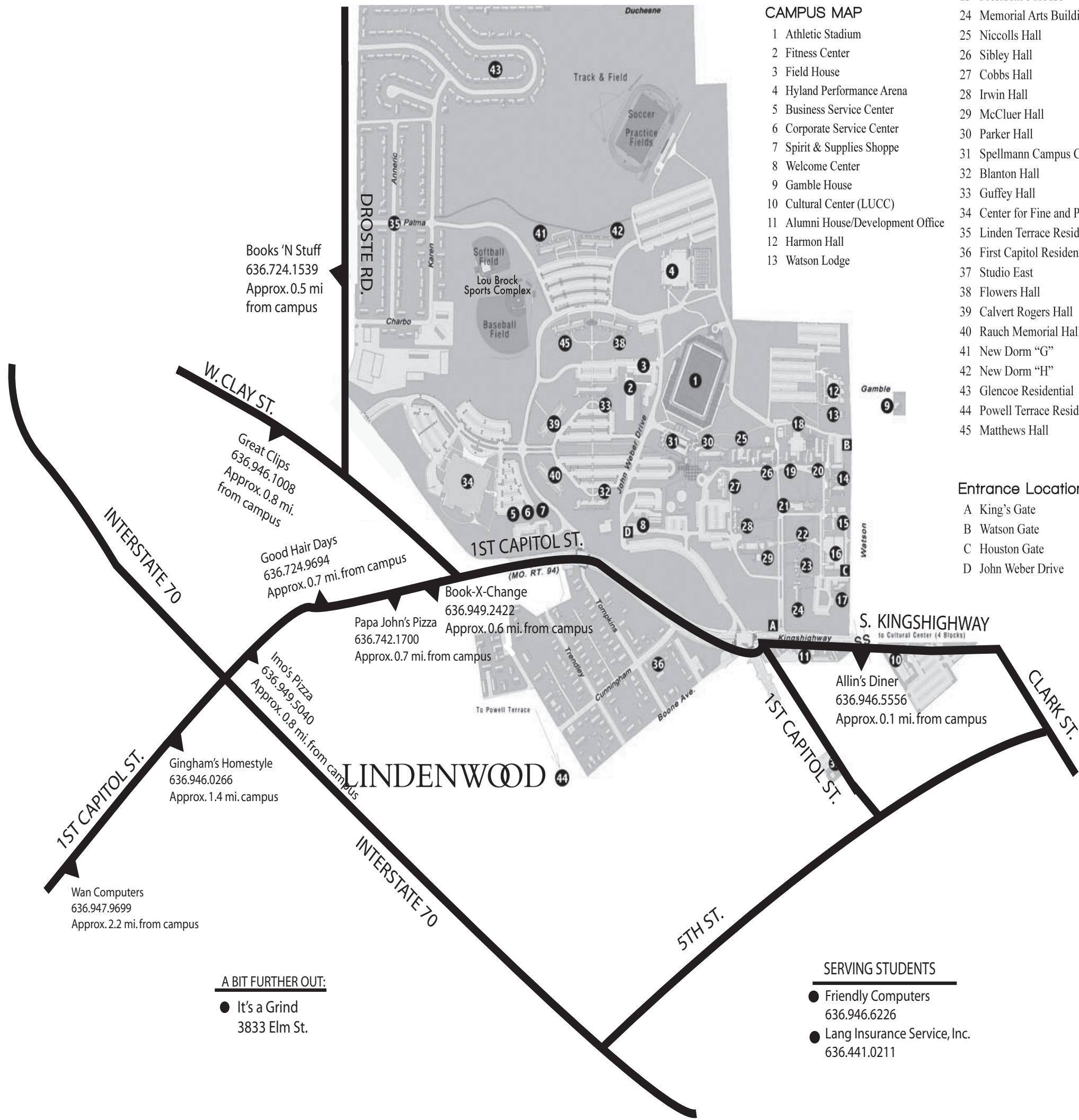
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Shane Williamson takes a break from preparing first week freshmen activities. Williamson is the director of First Year Experience, which focuses on helping students make the transition from high school to college life.

Legacy photo by Melissa Cossarini

First Year Experience aims to help freshmen succeed

By **Melissa Cossarini**
Legacy Staff Writer

Lindenwood University can be overwhelming. Freshman students are welcomed by a crowd of unfamiliar faces and plenty of questions about how they're supposed to find their way in the college world.

The First Year Experience is a program created to ease the task of getting to know more about Lindenwood.

"The First Year Program concentrates on the student's academic performance, reviews grades, and helps with any personal or social concerns," said Shane Williamson, director of the program.

Since her first day at Lindenwood on March 1, Williamson has helped to create the new program. The First Year Experience is designed primarily for freshmen, but does include transfer students with 24 credit hours or less.

The program also added a new course called LUL101. The course replaced the previous community living class with a more hands-on approach. The required two-credit class meets twice a week, and students will attend an organizational meeting

during the semester.

In order for students to become more familiar with Lindenwood, Williamson encourages everyone to get involved. "I explain more about student activities, and that we will have a student organizational fair."

Like other colleges, freshmen need to understand what it takes to be a good student. "I would tell students to make graduating from Lindenwood their number one priority. Go to class, ask for help, and engage in the Lindenwood community," said Williamson.

"To see students evolve is an amazing feeling," she said. "The students are full of energy and we can equip them with the tools to do well."

The campus is going through a variety of transformations, but manages to stay focused on serving the needs of students. For more information about First Year Experience, freshmen and transfer students can contact Williamson at (636) 949-4728.

"I am looking forward to seeing everything come together and unfold. The program and course is brand new and we want to make it a good experience for the campus," said Williamson.

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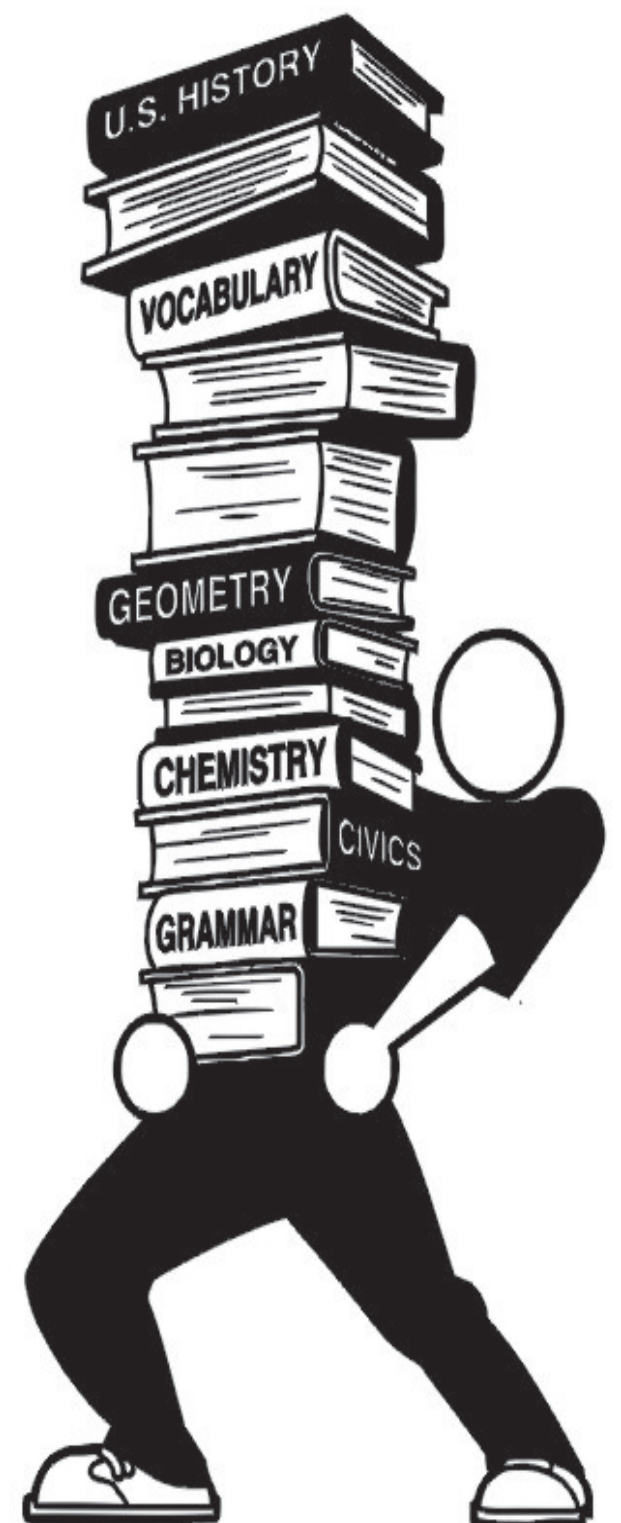
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