

# Online Catalyst

*A Newsletter for Students*

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## Tuition increase announced

### 2010–2011 Tuition and Fee Rates (per credit hour)

#### Resident Tuition (per credit)

Undergraduate	\$187.00
Graduate	291.35

#### Nonresident Tuition (per credit)

Undergraduate	382.13
Graduate	582.70

#### Special Course Tuition (per credit)

Online Internet Courses <b>Undergraduate</b> Resident and Nonresident	265.88
Online Internet Courses <b>Graduate</b> Resident and Nonresident	393.62
Online MBA Courses Resident	452.73
Online MBA Courses Nonresident	472.73
Online and Standard Nursing Courses <b>Undergraduate</b> Resident and Nonresident (B.S.N.)	260.61
Online and Standard Nursing Courses <b>Graduate</b> Resident and Nonresident (M.S.N.)	388.33
Nursing Oral Health Care Practitioner Resident and Nonresident	388.33
Nursing WOC Specialty Courses	506.78
Doctoral Nursing Courses	745.43
Doctor of Business Administration (D.B.A.) Courses	760.43
Law Enforcement Skills Course (offered in summer)	388.33

#### Fees (per credit)

Activity/Computer/MSUSA Fee	\$10.43
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For more information about tuition and payments, contact Financial Management at 651-793-1880 or e-mail [financial.management@metrostate.edu](mailto:financial.management@metrostate.edu).

## Abebe becomes CPS interim dean

Daniel Abebe, First College dean, was appointed interim dean of the College of Professional Studies, replacing Dr. Carmen Coballes-Vega who leaves July 1 to assume the provost's position at Hostos College, City University of New York. A search to fill the position on a permanent basis will be conducted during the 2010–2011 academic year, during which time Abebe will lead both colleges.

Abebe came to Metropolitan State from Hamline University where he was intercultural affairs director and minority programs director. He has been on Metropolitan State's faculty since 1989, having served as interim dean for the College of Arts and Sciences before being named First College dean in 2002. He was also an associate professor and Ethnic Studies Department chair.

Abebe holds a B.A. in economics from Hamline University and an M.A. and Ph.D. in adult education, both from the University of Minnesota.

## 2010 Ashley Rukes GLBT Pride Parade is June 27

### Save the date: Student Senate dinner

The Student Senate has set Friday, June 25, as the date for their year-end transitional dinner. More details will soon be forthcoming.

It has been great working with you and we look forward to seeing you on the 25th. Regards,

*Melissa Heinz,  
Student Senate President*

All GLBT and ally Metropolitan State students, faculty, staff and alumni are welcome to march in the 2010 Twin Cities Ashley Rukes GLBT Pride Parade on Sunday, June 27, beginning at 11 a.m. along Hennepin Avenue in downtown Minneapolis. If you plan to participate, RSVP to [cultural.events@metrostate.edu](mailto:cultural.events@metrostate.edu) for further information on time and exact location of Metropolitan State's spot in the parade lineup. Participants need to line up at 10:30 a.m.

Questions regarding the event may be

directed to Sidney R. Smith, coordinator, GLBT Student Services and Women's Services at 651-793-1544 or [sidney.smith@metrostate.edu](mailto:sidney.smith@metrostate.edu).

View the following link for more event information: <http://www.tcpride.org/>. Additional activities include a two-hour Mississippi River boat cruise on the Jonathan Paddleford on June 19, a picnic in Saint Paul's Como Park on June 20 and an art show on June 10 hosted by The Art Institutes International Minnesota located at 15 South 9th Street in downtown Minneapolis. The art show is free to the public.

## RONDO: Healthy Lifestyle 365 Bike, Walk, Run, Roll, Recycle



The Multicultural Student Services, African American Student Services and the African American Student Services Association invite you to join the 27th Anniversary Rondo Days Parade/Festival on Saturday, July 17.

**RONDO: Healthy Lifestyle 365 Bike, Walk, Run, Roll, Recycle**, this year's theme, focuses on the community as a whole. Rondo Avenue, Inc. shared that the "Rondo Healthy Lifestyle is something we live every day. It is strong and vibrant. It celebrates the diversity and strengths of its people, and continues to educate its people on making healthy lifestyle choices for its physical, mental, social and spiritual well-being."

The Rondo Days Grande Parade begins promptly at 10 a.m. at the historic St. Peter Claver Catholic Church located at 1060 W. Central Avenue in Saint Paul. Meet between 9–9:30 a.m. to get lined up.

Parade participants will receive a free t-shirt. E-mail your participation confirmation and shirt size to [cultural.events@metrostate.edu](mailto:cultural.events@metrostate.edu) by July 14.

For more information, contact Stanley Hatcher at [stanley.hatcher@metrostate.edu](mailto:stanley.hatcher@metrostate.edu) or call 651-793-1541.

Click on this link for the weekend Rondo Days event activities: <http://www.rondodays.com>.

## Travelers Pathways Program hosts Professional Networking Event

### Be a part of UAB

University Activities Board (UAB) is a student professional and staff-run organization. Volunteer for the UAB and gain skills in leadership, cooperation, communication, decision making, committee structures/workgroups; network with university student leaders, faculty, staff, employers and other MnSCU students; and meet new friends. For information on how to join, contact Lori Yang at [student.activities@metrostate.edu](mailto:student.activities@metrostate.edu) or call 651.793.1556.

Do you know which fork to use for your salad and where to place your napkin during and after your meal at a formal dinner? Do you know how to hold a beverage glass and a small plate of hors d'oeuvres while having a conversation at a networking reception? And, how do you decide what to wear for an interview, a formal dinner, a networking reception, starting a new job and/or at your place of employment?

Come find out! The Travelers Pathways Program is hosting an event for Metropolitan State University students and alumni on Monday, June 28, in the Saint Paul Library and Learning Center, Ecolab Room 302, from 3:30–6 p.m.

This event will feature "business etiquette" tips for dining and networking, to include appropriate topics of conversation, general do's and don'ts, preparing an "elevator speech" and tips on how to "dress to impress," professionally and on your budget. There will be a presentation on

the power of colors, as well as fashion trends and how they are forecast. From 5–6 p.m. you will have an opportunity to question the guest experts as well as practice the etiquette you learned during the networking reception.

Metropolitan State University staff and faculty are encouraged to come to the networking reception to help the participants practice their etiquette. Additionally, all are invited to view the newly-renamed Gordon Parks Gallery, featuring the exhibition *Gordon Parks: Crossroads* which is open until 7 p.m.

Contact Jill Sondergaard at [jill.sondergaard@metrostate.edu](mailto:jill.sondergaard@metrostate.edu) to RSVP for this event. There is limited space available, and the final deadline to register is **noon** on Thursday, June 24.

The Metropolitan State University's Travelers Pathways Program exists to enhance educational and career development opportunities for careers in insurance and financial services.

## Get credit for learning gained from life or work experience

Explore prior learning for college credit by taking the First College course, METR 100: Getting Credit for What You Know. The knowledge and skills you have learned in your life, work, and community are important and may be evaluated as college-level learning at Metropolitan State University. Successful evaluation results in college-level credit, which may be used toward general education requirements, elective credit, credit toward the Individualized B.A. focus, and in some cases, toward designated major requirements.

This one-credit course is designed for students who wish to explore the various options for gaining credits for learning outside the formal college or university classroom. There are a variety of ways to assess learning from noncredit settings, including:

- prior learning assessment by a Metropolitan State evaluator;

- theory seminars that build from your practical knowledge;
- college-level standardized tests;
- using military experience for credit; and
- earning credit from nationally approved courses by business and human service agencies.

In order to earn college credit in one of the above-mentioned ways, learning must include both theory and practice, must be current and verifiable, must fit in to your degree plan and be at the college level.

Several sections of this course are typically offered each semester. For more information, see the Individualized, Interdisciplinary and Lifelong Learning department offerings in the *Class Schedule*. For further course and registration information, refer to the online *Class Schedule* at [www.metrostate.edu/msweb/explore/catalog/schedule/](http://www.metrostate.edu/msweb/explore/catalog/schedule/).

## New FDIS course: Philosophy on the Front Page

Look for a new version of PHIL 385 Philosophy on the Front Page: Topics in Political and Social Philosophy to be taught this fall as a faculty-designed independent study (FDIS). The specific topic of this course changes from semester to semester. Each time the course is offered, it considers topics of current social importance and employs important work in social and moral philosophy to understand them. The course this fall is Just War in Afghanistan: Humanitarian Intervention, Private Military Contractors, and Other Problems Too Numerous To Mention... ” The course is four credits, is taught by Professor Emeritus Ron Salzberger and runs from Aug. 21 to Dec. 11.

PHIL 385 is an independent study with no class time and no prerequisites other than writing skills. It will explore classical just war theory in relation to the presence of American troops in

Afghanistan, the nature of humanitarian intervention, the use of private military contractors and the problem of the protection of civilian lives in asymmetric warfare.

Students will read classic and contemporary statements of the theories of

- Justice of (a particular) war;
- Justice in (the conduct) of war; and
- Justice and the aftermath of war.

Students will also read accounts of

- The Afghan conflicts involving America;
- The Taliban;
- The treatment of women; and
- The experience of soldiers and marines and other U.S. government related combatants.

There will be three papers and a number of subsidiary assignments. Students will be provided with lecture/commentary via e-mail from the instructor. This is not a D2L course.

## Need a Goal IX course?

### Internship opportunities

Visit these Web sites for internship opportunities:

- Career Link: [metrostate.edu/career](http://metrostate.edu/career)
- Center for Community-Based Learning: [metrostate.edu/ccbl](http://metrostate.edu/ccbl). Click on “Academic Internships,” “Internship Resources.”

SSCI 301: Politics, Markets and Civil Society has been approved to fulfill Goal IX. This four-credit upper-division course is being offered this fall on Wednesday evenings beginning Aug. 25 from 6–9:20 p.m. at the Saint Paul Campus. It is being taught by former resident faculty Ken Peterson.

This course explores the contrasts and interrelationships between three approaches to organizing our public life: democratic politics, economic markets, and the multiple associations

that make up civil society.

Students will investigate the basic characteristics and underlying principles of each approach and apply what they learn to an analysis of contemporary public issues. Students will evaluate the basic strengths and limits of each approach to civic engagement and public problem solving and reflect on the ethical dimensions of their roles as citizens, consumers and members of civil society.

## June is National Safety Month

### Student worker needed in Brooklyn Park

The School of Law Enforcement and Criminal Justice is seeking a student worker to assist with customer service, administrative and office duties. The position starts at the Midway Center and relocates with the SLC to their new building in Brooklyn Park in July. This is an ongoing position with a flexible schedule Monday–Friday up to 20 hours per week. Ideal candidates will have experiences that illustrate their ability to work with sensitive information in an accurate and efficient manner under limited supervision. E-mail [natalie.berath@metrostate.edu](mailto:natalie.berath@metrostate.edu) for a detailed job description. This job is a Level A position paying \$8.20 per hour with increases after one and two semesters and after two years.

Each June, the National Safety Council encourages people to participate in National Safety Month. Each week carries a theme that brings attention to critical safety issues. The 2010 dates and themes are:

#### Week 1: June 1–6: Prescription Drug Overdose Prevention

Unintentional overdose from over-the-counter, prescription and illegal drugs is the second-leading cause of preventable death in the U.S. Between 1993 and 2003, a 107 percent increase in the unintentional poisoning death rate from overdoses occurred among Americans ages 20–64. These poisonings are often due to overdose or misuse of opioid analgesics, such as oxycodone, methadone and hydrocodone, initially prescribed to treat chronic pain. Store medications out of the reach of children; use prescriptions only for their intended use; and consult a doctor or pharmacist before combining medications to ensure there are no harmful interactions.

#### Week 2: June 7–13: Teen Driving Safety

Vehicle crashes are the leading cause of death and injury for U.S. teens between the ages of 15–19. The death toll is equivalent to about 17 deaths per day for people involved in teen driver crashes. For teens, the likelihood of being in a crash is at a lifetime high in the first 12 months and 1,000 miles of driving. Establish a zero tolerance policy for alcohol and drug use while behind the wheel; ban calling or texting while driving; set a curfew. Teens driving after dark are four to five times more likely to crash than those driving during the day; and give your teen experience behind the wheel.

#### Week 3: June 14–20: Preventing Overexertion

Overexertion is a major cause of the inflammation of joints and ligaments that results from excessive physical effort. Overexertion injuries, mainly sprains and strains to the back or spine comprise about 40 percent of both on- and off-the-job injuries. Stretch before heavy lifting and know your limits; lift with a friend and avoid twisting while lifting.

#### Week 4: June 21–27: Dangers of Cell Phone Use While Driving

An estimated 28 percent of all traffic crashes—or 1.6 million each year—are caused by drivers using cell phones and texting. An estimated 11 percent of drivers are talking on cell phones at any point of a day. Silence your phone before you begin to drive, and have your voice mail message explain that you're on the road, practicing safety to protect yourself and fellow drivers. If you must call, pull over and park.

#### Week 5: June 28–30: Summer Safety

In 2006, between the months of May to August, 611 unintentional-injury deaths occurred due to heat exposure. Take precautions to prevent heat-related illnesses and monitor children and the elderly during heat waves.

Fatalities between motorists and motorcycle riders have increased 131 percent between 1998 and 2008, 37 times greater than for passenger car occupants. Remember to watch for motorcyclists this summer when navigating the roadways. (LOOK, don't just glance!) Encourage motorcycling friends to wear helmets and bright colors.

## Nursing scholarships awarded

Twelve scholarships for nursing students were recently awarded.

**Andrea Worth**, Saint Paul, was the recipient of a \$2,000 Beverly N. Grossman Endowed Scholarship. This scholarship provides financial assistance to an undergraduate or graduate student with a focus on geriatrics and a grade point average of 3.0 or higher.

**Theresa Tholkes**, Minneapolis, received a \$700 Iris Kiedrowski Endowed Scholarship. This scholarship provides one award annually to an undergraduate student with a grade point average of 3.0 or higher.

**Florence Nakapizye**, Richfield, and **Meghan Tierney**, Hermantown, each received a \$1,000 Roger and Nancy McCabe Endowed Scholarship

in Nursing. This scholarship provides two awards of \$1,000 annually to nursing students with a grade point average of 3.0 or higher.

The Women's Club of Minneapolis awarded \$2,250 scholarships to **Jeanne Barkey**, Minneapolis, and **Amy Hollan**, Zimmerman.

Oehlke Family Scholarships for \$1,000 were awarded to **Gladys Karuru**, Minneapolis; **Anna Kistner**, Eden Prairie; **Steve Mandieka**, Shakopee; and **Abaynesh Tezera**, Saint Paul. Scholarships for \$2,175.50 were awarded to **Angela McLain**, Shakopee, and **Cheng "May" Vang**, Brooklyn Center. These scholarships are available to junior or senior nursing students with a GPA of 3.5 or higher.

## Eleven receive scholarships

Eleven students received scholarships for the academic year 2010–2011.

The Nancy Latimer Early Childhood Fund Scholarship for \$2,200 was awarded to **Mai Xiong**, Minneapolis. This fund, established by the McKnight Foundation to honor former senior program officer Nancy Latimer, provides one \$2,200 scholarship annually to a junior or senior majoring in early childhood studies with a GPA of 3.0 or higher.

**Benjamin Bradley**, Coon Rapids, and **Cassie Mead**, Minneapolis, are the recipients of the \$2,000 Robert B. and Kathleen C. Ridder Endowed Scholarship in Linguistics. This scholarship is for students who are studying language and/or linguistics as part of their bachelor's degree, and who have completed two language courses with a grade of A or B.

Jerry Cotton Law Enforcement and Criminal Justice Endowed Scholarships for \$500 were awarded to **Nicole Martin**, Shakopee, and **Ann Millerbernd**, Lexington. This scholarship was established in memory of Metropolitan State alumnus Jerry Cotton. Students with a law enforcement or criminal justice major who have a GPA of 3.0 or higher are eligible.

**Courtney Brown**, Cottage Grove, received a

Joshua D. Siegel Equal Justice Scholarship of \$1,500. **Ann Millerbernd**, Lexington, received a Joshua D. Siegel Equal Justice Scholarship of \$1,000. This scholarship was created to honor Joshua Siegel, brother of a 1980 Metropolitan State graduate. It is awarded to students with a law enforcement or criminal justice major who have a grade point average of 3.0 or higher.

Harry Specht Community Service Awards for \$1,000 were awarded to **Maritza Nazario**, Oakdale, and **Jeremiah Weismann**, Richfield. This award, honoring Harry Specht (1929–1995) is to encourage aspiring social workers to consider work in community-based social care and is open to daytime juniors and all evening students who have not done their senior practicum.

Dave Evenstar Memorial Management Accounting Scholarships of \$1,000 were awarded to **Tiffanee Christianson**, Saint Paul, **Lana Dauterman**, Ham Lake, and **Jessica Fillbrandt**, Saint Paul. These scholarships are provided through the generous contributions of the Saint Paul Chapter of the Institute of Management Accountants to undergraduate students with a GPA of 3.0 or higher who have completed or are currently enrolled in ACCT 320—Strategic Management Accounting.

## Recent graduates launching careers with Peace Corps

The Peace Corps is actively recruiting to fill positions in six service sectors: agriculture, business, education, environment, health and HIV/AIDS, and youth development. There are many opportunities in 2010 and 2011 for recent graduates to develop grassroots public service experience with the Peace Corps. Peace Corps volunteers return from their time abroad having created a sustainable and relevant difference with their host communities.

Many Peace Corps host countries are requesting additional TEFL (Teaching English as a Foreign Language) volunteers and Peace Corps project areas such as renewable energy initiatives, malaria prevention and food security are also expanding.

Graduates of the class of 2010 are already

preparing for departure to Peace Corps' 77 host countries this summer and fall, and many members of the class of 2011 are beginning the application process. Peace Corps recruiters worked with 600 American institutions of higher education to recruit this group of volunteers. Most Peace Corps assignments require a college degree; however, there are some positions available for applicants with three to five years of relevant work or life experience and a demonstrated interest in public service. The application process takes 9–12 months, and the commitment is for 27 months. There is no application deadline; applicants are accepted year-round on a rolling basis.

E-mail [pressoffice@peacecorps.gov](mailto:pressoffice@peacecorps.gov) for more information. Also visit [www.peacecorps.gov](http://www.peacecorps.gov) or call 202-692-2230.

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