

**GET THE 4-1-1 ON  
SNL's 4-2-2**

 4 Credit Hrs. Fall  
 2 Credit Hrs. Win  
 2 Credit Hrs. Spr

**APPLY FOR  
SNL SCHOLARSHIPS**

Want Scholarship money to complete your SNL Education? Here's how to be considered for an SNL Scholarship:

- Once each academic year, submit the *Free Application for Federal Student Aid (FAFSA)* <https://fafsa.ed.gov/>. If you have questions, call DePaul Central at 312-362-8610 or visit the website - [DePaul Office of Financial Aid](#).
- ✓ Check out the [PLAYLIST \(FAFSA 101\)](#) on YouTube that describes the process of filling out FAFSA.
- Once each academic year, **starting on July 15th**, log into *DePaul Scholarship Connect* at to submit the *General Application* and the *School for New Learning Application*. <https://depaul.academicworks.com/>  
**YOU MUST SUBMIT BOTH!**

**SCHOLARSHIPS** [snl@depaul.edu](mailto:snl@depaul.edu)

**PAYMENT PLAN OR FINANCIAL HOLD QUESTIONS?** Contact DePaul Central at 312/362-8610.

**Take Action** ...Regarding "HOLDS" and "TO-DO's" Campus Connect

**FINANCIAL AWARDS**  
[studentaffairs@depaul.edu](mailto:studentaffairs@depaul.edu)

**FINANCIAL AID** [dpcl@depaul.edu](mailto:dpcl@depaul.edu)

**SNL ACADEMIC ADVISING** 312/362-5445  
[snladvising@depaul.edu](mailto:snladvising@depaul.edu)

**ADMISSIONS** 312/362-6338  
[adultenrollment@depaul.edu](mailto:adultenrollment@depaul.edu)

**GENERAL QUESTIONS** [snl@depaul.edu](mailto:snl@depaul.edu)

**STUDENT ACCOUNTS/TUITION**  
[dpcl@depaul.edu](mailto:dpcl@depaul.edu)

**REGISTRATION**  
[snlregistration@depaul.edu](mailto:snlregistration@depaul.edu)

## A Message from the Dean . . .



Dear Students,

Welcome back to the new academic year! As the School for New Learning enters its 46th year, I am thrilled to be serving as your new dean. I "grew up" at DePaul, having obtained my bachelor's degree here in 1991, and then I returned in 2006 to join DePaul's faculty. I feel ever so proud and honored to now provide leadership for our

future as a newly branded School of Continuing and Professional Studies, effective on July 1, 2019. This shift will allow us to further extend our mission, so that an even wider pool of students can "put learning to ever-new use." I am excited about the changes that lie ahead. As we look forward, we will also ensure that you receive the same high quality of learning and rich level of support, so that you will be successful.

As my colleagues know very well, I have an "open door" policy when I am in the office, and I love it when students, faculty, and staff stop by. So, when you come to Loop Campus, please drop by Suite 1425. Or, if you are an online learner, drop by virtually through email.

Until then, I wish you every success this year!

Warm regards,  
 Don Opitz, Dean



### THE BACHELOR OF ARTS IN PROFESSIONAL STUDIES

**The BA in Professional Studies** (BAPS) is a curriculum that applies principles and best practices as students strengthen their abilities to make effective decisions. Business Administration was the first BAPS specialization developed and currently includes students working in a range of organizations. While the title Business Administration might seem to limit the program to students working in businesses, the essentials they learn apply to nonprofits as well. Every organizational leader needs to know how to support employees' development, manage resources, and use technology, all abilities that are incorporated in the core courses.

BAPS students have stated that they find the practical approach of the courses is valuable as they take what they learn in each course session and put it into use in their current positions. In 2018, the BAPS programs added a computing major in partnership with the DePaul College of Digital Media. We look forward to a major expansion of the program as students choose among specializations in state-of-the-art computing.

## Community Engagement Network

**Collaborating and Learning for Social Action**

The Community Engagement Network (CEN) opportunities for SNL students, alums, and faculty/staff to exchange ideas, resources, and strategies for responding to critical social issues in Chicago-based communities. Please join our network, the [Community Engagement Network: Collaborative Learning for Action](#). **Mark your calendar for the Fall gathering on October 11, 2018, 5:30pm - 8:30pm, SNL office, 14 East Jackson Blvd. Suite 1400. Chicago, IL.** RSVP at: [mwurm@depaul.edu](mailto:mwurm@depaul.edu)

# Be in the know!

## NEED COURSE SELECTION

**ADVICE?** Contact your SNL ACADEMIC ADVISOR or SNL Advising at 312/362-5445  
[snladvising@depaul.edu](mailto:snladvising@depaul.edu)

## STUDENT SUPPORT SVC DIR.

Dr. Joe Chen, [jchen31@depaul.edu](mailto:jchen31@depaul.edu)

**RECEPTION DESK** Loop Campus  
312/362-8001 Fax: 312/476-3220

## RECORDS, GRADES AND DEGREE PROGRESS REPORT (DPR)

[snlrecords@depaul.edu](mailto:snlrecords@depaul.edu)

## GRADUATION

[snlgraduation@depaul.edu](mailto:snlgraduation@depaul.edu)

## GRADUATING DCM STUDENTS

Contact John Hemmerling:  
[jhemmerl@depaul.edu](mailto:jhemmerl@depaul.edu)

## HONOR SOCIETY ALPHA SIGMA LAMBDA SNL CHAPTER

[alphasigmamalambda\\_SNL@depaul.edu](mailto:alphasigmamalambda_SNL@depaul.edu)

## STUDY ABROAD

[snlinternational@depaul.edu](mailto:snlinternational@depaul.edu)

## STUDENT AFFAIRS

<https://offices.depaul.edu/student-affairs>

**SNL WRITING** [snlwriting@depaul.edu](mailto:snlwriting@depaul.edu)



**THE SCHOOL FOR NEW LEARNING GRADUATE PROGRAMS** welcomes new cohorts of students for fall quarter. New graduate students will begin courses in the MA in Applied Professional Studies (MAAPS), MA in Educating Adults (MAEA), and the MS in Applied Technology (MSAT) programs. We welcome them to SNL!



As an undergraduate student, you can begin the application process for an SNL graduate program as you near the end of your undergraduate program. Click [here](#) to learn more about the three programs and contact [Sarah Hellstrom](#), 312-362-5744 for details.

## EMOTIONAL HEALTH

Emotional health can lead to functioning successfully in work, relationships, and health. In past times, researchers believed that success made people happy. However, new discoveries suggest that it's the other way around. People that are happy are more likely to work toward goals, discover needed resources and draw others with their energy and optimism — a fundamental element of success. (American Psychology Association). See what [University Counseling Services](#) says below!

## GET IN TOUCH ~ STAY IN TOUCH

### THE BEST WAY TO CROSS THE PROVERBIAL FINISH LINE AND GET THAT DEGREE

Yes, you're taking and excelling in your classes, but the final step is the 'challenge' and that's when your SNL Student Success and Engagement Academic Team comes **MORE** into play. It's what sets us apart from other Colleges ... your SNL A-Team and our commitment to your success!

What's  
New?

Upcoming  
**EVENTS**

## SCHOOL FOR NEW LEARNING

 **fall open house**  
ANSWER THE CALL:  
Collaborating & Lifelong Learning

Thursday, October 11, 2018 ~ 5:30pm-7:30pm  
14 E. Jackson Blvd, Suite 1400, Chicago, IL

BRING A FRIEND FOR  
A CHANCE TO WIN

Peer  
mentoring



Alumni Spotlight

[SNLStudentSuccessandEngagement@depaul.edu](mailto:SNLStudentSuccessandEngagement@depaul.edu)  
Refreshments Provided

## UNIVERSITY COUNSELING SERVICES

Students at DePaul are strong and resilient people; perhaps this is most true for adult students who are often juggling multiple responsibilities on top of working hard towards academic success. Adult students often begin to feel stress mounting as they move towards the beginning of a new academic year, aware of how much energy they must exert in order to stay on top of so many details. Here are some tips that may be helpful in practicing gentle compassion towards yourself:

1) Prioritize your own self-care and set boundaries. Sometimes adult students have so many other people in their lives to take care of that they end up expending all of their energy on others, with little energy left to invest towards their own personal and academic goals. It is important to feel that you have permission to set boundaries and limits.

For example, responsibilities that you may be willing to help others with during the summer months may not be things you can realistically manage during a busy academic quarter, and it is perfectly reasonable to let others know this.

It is OK to set limits with people and to say "no" to requests, even when those other people may not understand. You are the best source of knowing what is best for you.

Wish no more!  
It's here!

**School For New Learning**



( S N L S A )

**STUDENT**  
voice & leadership

- Represent SNL students at DPU level.
- Represent your fellow students as an SNL Student Association Officer.
- Become a member of the [DePaul Student Government Association \(SGA\)](#).
- Become an SNL student representative on [SNL's Grade Challenge Committee](#).

SNLSA is open to all active SNL Undergraduate and Graduate students (in good standing), and SNL Alumni. If you're looking for an opportunity to flex your leadership skills, participate in Town Halls, have interest in business, finance, project management, social causes, or marketing, please send an email stating your interest.

[SNLStudentAssociatio@depaul.edu](mailto:SNLStudentAssociatio@depaul.edu)

#### **ADULT, VETERAN & COMMUTER SVCS**

<https://offices.depaul.edu/student-affairs/about/departments/Pages/adult-veteran-commuter-student-services.aspx>

#### **HEALTH AND WELLNESS**

<https://offices.depaul.edu/student-affairs/support-services/health-wellness/Pages/default.aspx>

#### **DIVERSITY AND CULTURE**

<https://offices.depaul.edu/student-affairs/diversity-and-culture/Pages/default.aspx>

#### **STUDENT LEGAL SERVICES**

<https://resources.depaul.edu/student-legal-services/Pages/default.aspx>

#### **PEER SUPPORT**

<https://offices.depaul.edu/student-affairs/support-services/Pages/peer-support.aspx>

#### **SPIRITUALITY**

<https://offices.depaul.edu/student-affairs/spirituality/Pages/default.aspx>

#### **STUDENT DISCOUNTS**

<https://offices.depaul.edu/student-affairs/student-life/Pages/student-discounts.aspx>

#### **CENTER FOR STUDENTS WITH DISABILITIES (CSD)**

<https://offices.depaul.edu/student-affairs/about/departments/Pages/csd.aspx>

#### **ALUMNI SHARING KNOWLEDGE**

<https://resources.depaul.edu/alumni-sharing-knowledge/Pages/default.aspx>

2) Set yourself up for success with reasonable expectations. Adult students are often very strong people and tend to just keep piling on one thing after the next.

But when we set our expectations too high for ourselves, we set ourselves up to feel frustrated and disappointed with ourselves for failing to meet standards that were actually pretty unreasonable for any human being in the first place. On the other hand, if you are selective in putting fewer things on your plate, you will have more opportunity to excel at a few things rather than feeling spread too thin over many things. When you have time to fully invest in your learning or projects, you will feel better about yourself and get more out of your education even if you do not move through your degree with the more rapid timeline you might prefer.

3) In order to achieve balance, do things in moderation. Do not work so hard on academics that you leave no time for pleasure and self-care, which are important in order to replenish yourself so that you can do better academically. Likewise, don't get so involved watching Netflix or surfing social media that you become flooded with irrelevant information and unfocused away from your more important goals.

4) Listen to what your body is telling you. If you are fatigued or feel pain, strain, or tension in certain places in your body, this indicates that you are carrying too much emotionally. Try checking-in with yourself to see if you can identify the root of some of those sensations in your body. On a related note, pay attention to your gut feelings. Our genuine emotions and our bodily sensations are two of the most important sources of information we have access to that can help us in making decisions. If something does not feel right to you, trust that as an important source of information even if you cannot fully explain it with rational reasons.

5) Take risks and try things outside your comfort zone. Most growth and learning happen when we try something new or different. This likely involves a normal stage of feeling awkward and uncertain when we try to master something new. Set aside your expectations that you should be able to do something perfectly or competently so that you can be freed up to grow through new experiences.

6) Learn to embrace the concept of "good enough," for example, "earning a B is good enough." Many of us are weighed down by a long list of "shoulds", such as, "I should earn an A." As one famous psychologist has advised, stop "shielding all over on yourself", as this often causes us to feel as if we have an inner critic always lecturing us to be better. People sometimes believe that having a list of "shoulds" will be motivating, but this actually has the opposite result of causing us to feel ashamed, thereby having difficulty accepting our true selves. Instead, try, "It would be nice, if . . ." for example, "It would be nice if I earn an A."

7) Seek out help, advice, and input. Adult students are extremely independent, and because they are adults, they often expect that they should figure things out for themselves. However, all human beings need help and support at certain points. If you feel as if you could benefit from talking to a counselor on campus, you can contact DePaul University Counseling Services and ask to schedule an Initial Consultation with a psychologist on staff: Lincoln Park: 773-324-7779, Loop: 312-362-5676; [University Counseling Services](#).

You can also find useful psychological self-help materials to improve well-being on the website for the [National Institute of Mental Health](#) (NIMH).

Or there are many free apps you can now download on your phone, which is a bit like having an instant therapy coach at your fingertips during moments of high distress.

Most of all, take care of yourself. And best wishes as the academic year begins.

Stacy Kvet, PsyD, Assistant Director  
University Counseling Services  
[skvet@depaul.edu](mailto:skvet@depaul.edu)



# NEWBERRY LIBRARY COURSES FOR SNL CREDIT

Late Start October

## THE NEWBERRY LIBRARY

60 West Walton Street, Chicago, IL 60610

**INSTRUCTOR: Susanne Dumbleton, Ph.D.**

**THE BAYEUX TAPESTRY** The beautifully designed, meticulously crafted artifact known as the Bayeux Tapestry is as personally moving as it is culturally significant. Sixty meters long and 50 centimeters high, it records, in careful woolen stitches, the principal people and events of the Battle of Hastings, an event that altered the history of Britain and France--and merged the Anglo-Saxon and Norman languages into what we know as English. In this one-day seminar we will study the panels to appreciate the artistry and learn the history of the event it represents. The Seminar takes place Saturday, October 13. (Fee is \$80).

**LITERATURE OF WAR WORLD WAR I AND NOW** The experience of war has inspired artists across human history to record its pains and glories and puzzle out its meaning. As we approach November 11, the 100th anniversary of the armistice that ended World War I, we will read masterpieces of that war, as well as two superb modern novels--*Exit West* by Mohsin Hamid, and *The Sympathizer* by Viet Thanh Nguyen--that probe struggles closer to our own time. In particular, we will ask whether the ideas that propel these works are universal to the human condition or particular to given conflicts. The seminar is seven weeks, beginning Tuesday October 9, and ending November 27, with no class Nov 20. (Fee is \$240) Downside is that meeting time is 2-4, at the Newberry Library.

**These courses can be applied to your degree requirements.  
Consult with your academic advisor.**

### The School for New Learning's

## WRITING BOOT CAMP:

Each quarter SNL Writing schedules **Writing Boot Camps** to assist SNL students with their writing projects. These faculty-led sessions are designed for undergraduate or graduate SNL students who currently have an incomplete grade on their transcripts or who have current projects they wish to complete.



### SNL Writing Boot Camps



"Writing Boot Camp has helped me so much with my writing. I'm more focused. I used to write how I talked. But I am writing papers more academically now."

Latrice Jones  
SNL Student

The SNL Writing Boot Camp program is designed for undergraduate or graduate SNL students who have a writing project (assignments, ILPs, APs, Captstones, AIPs, etc.) they wish to complete. SNL Faculty work one-on-one with students during these sessions. It is also an opportunity for students who have an incomplete grade to get support in finishing their work [Watch](#) Latrice Jones, an SNL student, discuss her experience with SNL Writing Boot Camps.

#### NEXT BOOT CAMP:

**October 25, 2018, 14 E. Jackson, 5:30pm-9:00pm.**

Remember to check for updates to the schedule. To register for a Boot Camp session, contact [SNLwriting@depaul.edu](mailto:SNLwriting@depaul.edu).