

THE LION'S ROAR



The monthly newsletter for Penn State Berks



Important Dates

October 3-12 Starfish Midsemester Progress Reporting Period

October 6 Priority Course Registration Opens*

October 12 Regular Course Registration Opens*

October 19 Campus-wide Advising Meetings**

October 22 Installment Payment Plan (IPP) Payment #3 Due***

*Course registration dates vary by student. Dates are based on the total number of credits earned. **See page 3 to learn more.**

**Advising Meetings are an opportunity for students learn about updates and requirements specific to their current or intended major.

Access the full list of meeting locations [here](#)

***If you enrolled in the Installment Payment Plan (IPP) by the first payment (8/29), your second, third, and fourth installments are due on the 22nd of the three subsequent months. Read more on the IPP,

[here](#)

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ACADEMIC SUPPORT

FREE PEER TUTORING

Need help with Math, Science, or Study Skills?

Make an appointment with our **Learning Center** Tutors [here](#)

Need help with a paper, speech, resume, or other written material?

Make an appointment with our **Writing Center** Tutors [here](#)

Peer Tutoring is always FREE!



FREE Peers & Profs TUTORING

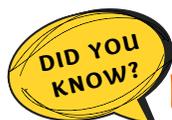
WHAT: FREE math help sessions hosted by math faculty and math teaching assistants

WHEN: Mondays and Wednesdays during common hour (12:15pm - 1:15pm)

WHERE: 222 Luerssen

COURSES SUPPORTED: Math 4, 21, 22, 26, 34, 35, 41, 110 and Stat 100

No appointment necessary!



PREPARING FOR TUTORING SESSIONS

To get the most out of your tutoring sessions, follow these easy steps!

1. **Make a plan:** demand for tutoring increases around exam times. Establish enough time before your exam(s) for tutoring. **Pro Tip:** Make an appointment one week ahead!
2. **Try it out:** even when you feel completely lost, it is beneficial to attempt your work alone. Doing so gives you a clear idea of where you are struggling. **Pro Tip:** Bring 2-5 attempted questions/problems to maximize your session.
3. **Bring course materials:** while tutors are trained to support specific subjects, it could be helpful for them to see the course lecture notes, textbook, study guide, and/or assignment guidelines. The more information they have, the better then can support you!

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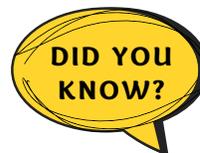
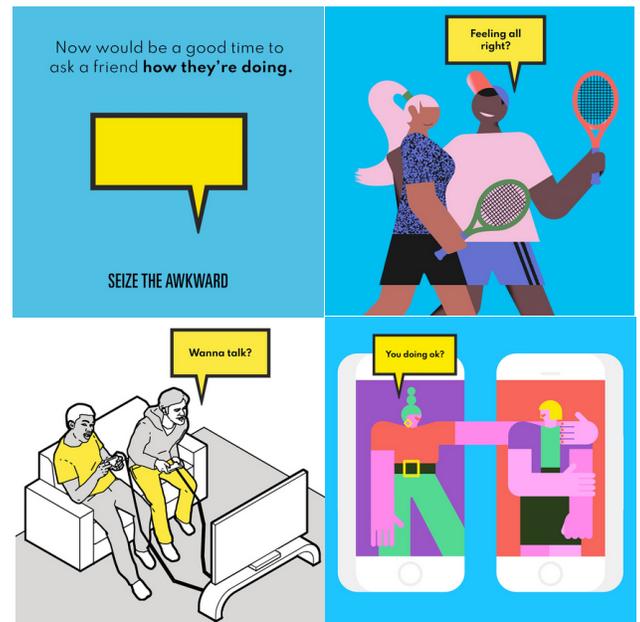
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MENTAL HEALTH: EXPRESSING CARE AND CONCERN

College is an exciting time, but it can be stressful too! The month of October can feel especially difficult as the weather changes and students progress to (and through) the halfway point of the semester.

6 TIPS FOR HELPING A FRIEND IN NEED

- **Be “around”** – spend time with them. Even if they say *no*, you’re showing your friend that you are interested in making time for them.
- **Ask how they are** – this might sound too simple, but asking how someone is doing can be the beginning of a deeper conversation. Sometimes, a person who is struggling may respond by saying “I’m good” or “I’m fine” when you know they are NOT good or fine. If this happens, ask again and emphasize that you actually want to know how they are. You can ask, “How are you, for real?”
- **Listen** – if a friend shares honestly about how they’re doing, actively listen! Avoid distractions (e.g., put your phone away) and try to establish some privacy (e.g., shut the door or find a private area to talk). Then, let them talk. Try not to interrupt or be too quick to offer solutions.
- **Ask what they need** – sometimes we just need a friend to listen, sometimes we need a fun distraction, and sometimes we need more tangible assistance. Find out what your friend needs and if/how you can help. If you are unable to help, explore other options.
- **Share resources** – get familiar with resources that are available on campus, including campus staff, Counseling Services, and the Penn State Crisis Line, so you’ll have info at the ready if you need it.
- **Tell someone** – if you have a serious concern about a friend’s overall wellness, it is a good idea to talk to someone else who can help. Professors, campus staff, RA’s, and student leaders are all good places to start if you don’t feel comfortable going directly to Counseling or Health Services.



RESOURCES

- **American Foundation for Suicide Prevention’s** offer a website for resources and even more tips on how to help a friend.
 - Check it out <https://seizetheawkward.org/>
- **Counseling Services** are available to all Penn State Berks students for FREE.
 - Learn more at <https://berks.psu.edu/counseling-services>
- **24/7 Penn State Crisis Line:** The Penn State Crisis Line can be used in consultation if you know someone or are with someone who is experiencing a crisis. You can use this resource for yourself as well. The Penn State Crisis Line can be used at all PSU campuses. However, the caller must be in the U.S.
 - Call the line at 1-877-229-6400
 - Text the line by texting “LIONS” to 741741

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Preparing for Spring Course Enrollment

Academic Advising Center: Franco 160

Email: bkadvisingcenter@psu.edu | Phone: 610-396-6280

LIONPATH ENROLLMENT DATES

SHOPPING CART APPOINTMENT

- **What happens on this date?**
 - The first date students can place courses in their shopping cart.
- **What is the Shopping Cart?**
 - Place for students to create and maintain class schedules for the upcoming semester.
 - Think of it like a *wish list*.
 - **IMPORTANT:** Placing a class in the shopping cart **does not** mean the student is enrolled in the course or that a space will be held for a student.
- **How can I add classes to my Shopping Cart?**
 - Use the Schedule Builder tool to explore course offerings and plan the most ideal schedule.
 - Access Schedule Builder by clicking "Find Classes" on your LionPATH dashboard (i.e., the first screen you see after logging in).

ENROLLMENT APPOINTMENT

- **What happens on this date?**
 - The first day students are eligible to enroll in courses for the corresponding semester.
- **How is this date determined?**
 - Enrollment dates are calculated based on the total number of credits a student has earned. This means that students who have completed more credits will enroll in courses sooner than those with fewer earned credits.
- **Why does this date matter?**
 - Enrolling on (or close to) your enrollment date ensures you can schedule the courses you want and need. Over time, classes can fill up (due to a high interest/demand) and/or be canceled (due to low interest/demand)

WHERE CAN I FIND MY DATES?

- In the "Enrollment Dates" section on your LionPATH dashboard (i.e., the first screen you see after logging in).
- **IMPORTANT:** it is best to use a computer or tablet to view enrollment dates.

3 STEPS TO CREATING A SCHEDULE!



1. REVIEW Current Course Progress

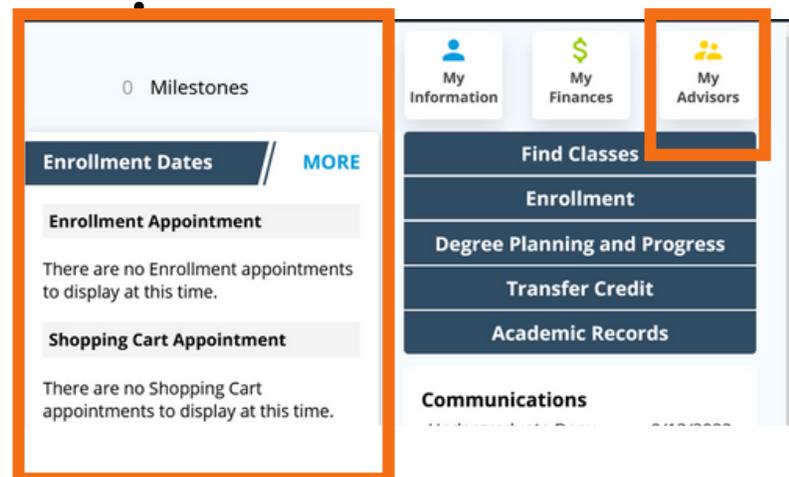
- Assess your current performance to determine if you might need to repeat a course in the next semester.

2. ADDRESS Holds & To-Do List Items

- Unaddressed Holds and/or To Do List Items can impact your ability to schedule your courses. Make sure to clear any outstanding items before your course enrollment date.

3. MEET With Your Assigned Academic Adviser

- This person can help you determine the best plan to remain on track towards graduation. Be honest with them about your current performance for the most accurate planning. Find your assigned advisor on your LionPATH dashboard in "My Advisors"



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LIONPATH **HOLD** VS **TO-DO LIST**

What is a Hold?

Typically, a notification. Many Holds provide a student with information regarding a change in their academic and/or financial status. Generally, there is no action needed within the Hold itself but students may need to access their To Do List, meet with an academic adviser, and/or meet with Financial Aid to discuss/resolve the Hold. Unresolved Holds can prevent a student from (1) scheduling classes, (2) having aid disburse, (3) obtaining official transcripts, or (4) receiving a diploma.

Examples:

- Bursar Account Delinquent
- Overaward of Financial Aid
- Federal Transfer Monitoring
- Not Meeting SAP
- Academic Warning/Suspend, Financial Aid on Hold
- See a detailed list of Holds [here](#) 

What is a To Do List Item?

Typically, a request for action. The university may require a student to submit additional documentation or complete an online task. Incomplete items may delay the processing of your financial aid. **IMPORTANT:** a student's aid award is not considered finalized until they have completed all necessary items!

Examples

- Informational (*requires no action*)
 - Penn State has received your FAFSA
 - Your citizenship status is pending
- Actionable (*requires student to complete a task*)
 - Sign Your Sub/Unsub MPN
 - Verify your dependency status
 - Verify parent household
- See a detailed list of To Do List Items [here](#) 

Questions about your aid, holds, or to do list items?

Contact Financial Aid

Email: BerksFinAid@psu.edu

Phone: 610-396-6070*

014 Perkins Student Center

**No answer? Leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling!*

Questions about your bill?

Contact Bursar

Email: bkbursar@psu.edu

Phone: 610-396-6040*

125 Franco Building

**No answer? Leave a message with your name, phone number, 9-digit PSU ID number, and reason for calling!*

Veteran's Benefits



The Registrar's Office is the point of contact for all VA certifications.

Contact the Registrar's Office

Telephone: 610-396-6085

Email: BKVeterans@psu.edu



THE IMPACT OF HOLDS & TO DO LIST

- Unresolved Financial Aid To Do List Items may prevent aid from disbursing on time (or at all) to a student's bill. This can lead to a *Bursar Account Delinquent* Hold.
- An unresolved *Bursar Account Delinquent* Hold will prevent the student from obtaining their official transcript and from registering for courses in future semesters.
- Late Dropping a course could cause some aid to be returned to its aid source. This will depend on the timing of the late drop. This action could also cause issues with Satisfactory Academic Progress (SAP) and renewal of certain types of aid.

IMPORTANT: it is best to use a computer or tablet to view Holds and To Do List Items.



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CAMPUS FEATURE: STUDENT GOVERNMENT ASSOCIATION (SGA)



WHAT IS SGA?

- The Student Government Association (SGA) represents the student body and is composed of students representing the various majors, interests, and organizations that make up the Penn State Berks community. SGA focuses primarily on advocating for student needs and concerns as well as enhancing student life with a focus on the areas of academic affairs, student services, and campus life.

HOW CAN I GET INVOLVED?

- Students can attend weekly meetings to learn about important updates and initiatives that apply to the entire student body as well as to clubs and organizations specifically. Students can attend as individuals or as club representatives. Each attendee has the opportunity to be involved in a committee with a specific focus on an aspect of campus life. These include Governmental Affairs, Academic Affairs, Student Affairs, Educational Equity, and Sustainability. Through committees like these, the SGA initiates and enacts legislation to make a positive change on the campus and the University.

WHY JOIN SGA?

- The Student Government Association provides students with a chance to have their voices heard, make a meaningful impact on the campus and local community, and bridge the gap that may exist between students and the administration. At Berks, all students are welcome to attend weekly SGA meetings where they can engage with all aspects of campus life and collaborate; provide feedback and insight; and enact change.

SGA Executive Board



- Nicolas Fay - President
- Safitaj Sindhar - Vice President
- Lexi Prince - Secretary
- Lestine Paye - Chief of Staff
- Thea Piskorski - Financial Manager
- Bassel Saad - University Faculty Senator
- Evan Grim - Sustainability Chair
- Viktoriia Vozharenko - Social Media Manager



Participating in SGA



SGA meets every Wednesday at 12:15pm in 005 Luerssen.

ALL students are welcome to attend the meetings.

Every meeting includes an open forum where any issues or opportunities can be discussed!

We hope to see you at a meeting!

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MAJOR FEATURE: KINESIOLOGY PROGRAM

WHAT IS "KINESIOLOGY?"

Kinesiology is the scientific study of human movement. It is an interdisciplinary field at the nexus of biomechanics & orthopedics, strength & conditioning, sport psychology, culture & philosophy, exercise physiology, and more. Penn State offers Kinesiology as a major and a minor!

ASSOCIATED OPPORTUNITIES FOR STUDENTS:

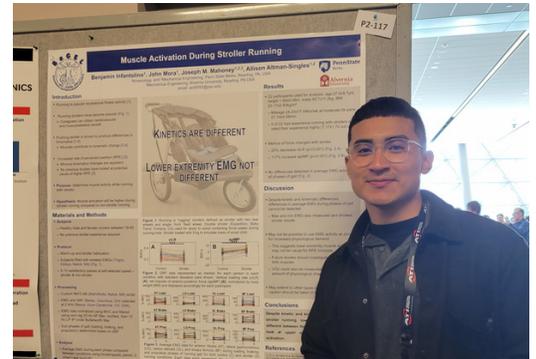
- Kinesiology Club
- Human Movement Research Center
- Biomechanics & Gait Evaluation Lab

GET TO KNOW US!

- Location: Beaver Athletics and Wellness Center 201
- Webpage: https://berks.psu.edu/academics/bs-kinesiology_
- Follow us on Twitter: @PSU_Kinesiology

INTERESTED IN THE KINESIOLOGY PROGRAM?

- Reach out to Dr. Ben Infantolino via email at bwi100@psu.edu



WHAT CAN I DO WITH A KINESIOLOGY DEGREE?



Penn State Berks' Kinesiology Program can give you the foundational degree you need to get started as a...

- | | | |
|-------------------------------|------------------------------|----------------------------|
| Personal trainer | Corporate fitness consultant | Physician |
| Sport coach | Athletic trainer | Fitness facility manager |
| Physical therapist | Exercise physiologist | Fitness administrator |
| Physician assistant | Chiropractor | Fitness product developer |
| Sport & exercise psychologist | Prosthetic technician | Wellness consultant |
| Biomechanist | Occupational therapist | Nutritionist |
| Sport philosopher | Healthcare administrator | Physical education teacher |

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A BERKS BITE: Cinnamon Apple & Banana Oatmeal



Ingredients

- 2 packs instant oatmeal, any flavor (flavors with cinnamon and/or maple would pair nicely!)
- 1 honeycrisp apple
- 1 tbsp butter
- 1 medium banana
- cinnamon for garnishing

Instructions

- Cut up your apple into small pieces. Put cut apple in a microwave safe bowl, adding butter and a sprinkle of cinnamon. Microwave for 1 minute.
- Remove cut apple from the microwave and mix so that the butter and cinnamon are dispersed.
- Microwave cut apple for another 30 seconds. Set aside and cut the banana into small slices.
- Prepare your instant oatmeal according to the directions, then mix in apples, and top with banana.

Recipe adapted from [Brit+Co](#)

STARFISH PROGRESS REPORTING

What is Starfish??



Starfish is an online system that connects you to the people and services that can help YOU navigate YOUR education.

Starfish does this by facilitating communication between your advisor, instructors, and support services.



Get Started NOW!

Upload a picture, set your preferences, and explore! sites.psu.edu/starfishinfo



Don't Make Assumptions!

If you do NOT receive notices from instructors, do not assume that this means that you are in the clear! Instructors have the option of notifying students of their progress in their class--not all instructors complete Starfish reports.

TIP: Make an appointment with your instructor(s) to discuss your progress.



Check Your PSU Email

During weeks 3-4 and 7-8 of each semester, instructors are prompted to comment on student progress in their class(es) utilizing Starfish. Pay special attention to this time period for important feedback, which will come from: notices@starfishsolutions.com

TIP: Do NOT delete this email. It is NOT spam.



I received a Starfish notification, now what do I do?



Take Action Immediately!

MEET: Discuss the feedback with your Instructor.

REFLECT: Which behaviors contributed to the feedback?

COMMIT: Make improvements to see greater success.