Dear Chatham Family,

It is hard to believe that my first year as your Vice President for Student Affairs and Dean of Students has come to reality. I must admit that it was a challenging year, but in hindsight, has been one of the most rewarding professional experiences of my life. Chatham University has had a major impact on my life and I have thoroughly enjoyed the experience. My children and husband have felt extremely welcomed by everyone and we love being Chatham fans (Go Cougars!). In looking back we have accomplished a great deal. Some new staff have been added and the Student Affairs team has never been stronger. The campus has come alive with increased student involvement and there seems to be something for everyone happening at any given day. Chatham is special to me and I thank you for allowing me to be part of your life. Let’s welcome October and the Fall Season with much laughter in the air!

Sincerely,

Zauyah Waite, Ph.D.
Vice President for Student Affairs & Dean of Students

October Calendar of Events

October 1: Graduate Student Monthly Social, 4:30 pm, Mellon Board Room
October 2 & 4: Double Feature - Food, Inc. & I Love You, Man, 8 pm, Eddy Theatre
October 3: 140 Years | 140 Volunteers, 8:00 AM, Chapel
October 3: OUTDOOR RECREATIONAL ACTIVITY: Rappelling and Spelunking, 9 pm, Laurel Caverns
October 4, 11, 18 & 25: All Faith Worship, 9 pm, Chapel
October 5: Lead In Seminar Series: Leadership Book Club, 4:30 pm, Café Rachel
October 6: TNE: Make-Over Night, 9 pm, Carriage House
October 7: Judith Avers, 8 pm, Classroom by the Art Gallery
October 8: Live Band Karaoke, 9 pm, Welker Room
October 13: TNE: Cookies for Cancer, 9 pm, Carriage House
October 18 - 25: National Collegiate Alcohol Awareness Week

October 19 - Tuesday, October 20: Long Weekend
October 20: TNE: Jewelry Making, 9 pm, Carriage House
October 21 & 28: 4 vs. 4 Indoor Ultimate Frisbee, 9 pm, AFC Gymnasium
October 23: Trip to the Incline, 6 pm, Mount Washington
October 23 - Saturday, October 24: Lead In Seminar Series: Wilderness Expedition, 6 pm Meet at Carriage House
October 28: Randi Driscoll, 8 pm, Classroom by the Art Gallery
October 29: 5 vs. 5 Basketball, 9 pm, AFC Gymnasium
October 29: Dance Series: Hip-Hop, 9 pm, AFC Dance Studio
October 30: CHATHAM TRADITION: Halloween Dinner and Costume Party, 5 pm, Anderson Dining Hall

The Office of Student Affairs, along with Student Activities, would like to thank everyone for their participation at the many events throughout the month of September! Please continue to check your calendars and the Happenings section on my.chatham for more exciting activities and events to come in the months ahead!
Friends & Family Weekend
October 9-11, 2009

Friday, October 9:
1:7 pm: AFC Patio—Welcome Celebration (Check-in, African music and hors’d oeuvres)
1:4 pm: ADC & Quad—Global Focus Tribute (History, culture and cuisine of West Africa, make your own batik, print and storytelling)
5:7 pm: Anderson—Dinner
8:10 pm: AFC Patio Firepit—Stepping Out for S’Mores

Saturday, October 10:
9:11 am: Welcome (for those who missed on Friday)
9:30 am-12 noon: AFC & Quad—Harvest Fun Fest & World Health Organization Day (Continental breakfast, face painting, caricature artists, craft-making and more)
10:30 am-1:30 pm: AFC—140th Anniversary Celebration Brunch (Reunion class gift announcements)
1:30-3:30 pm: AFC—Big Thinking for a Big World Festival (Presentations on sustainability efforts on campus, nature walks, Read for Life sponsored by SWIRL)
2-3 pm: AFC Patio—Chatham 140 year Treasure Hunt (Win great prizes!)
4:30-6 pm: Just Ducky Tour & Station Square Immersion

Sunday, October 11:
10:30-1:30 pm: Anderson—Pittsburgh Celebration Brunch

It’s Easy to Get Involved:
At Chatham there are a wide array of cultural, social, recreational and educational programs offered by the Office of Student Affairs. These programs are designed to help students build strong relationships with fellow classmates, develop leadership skills, create future networks and most of all HAVE FUN!! There is something for everyone here at Chatham and if you don’t see a club, organization or event that sparks your interest…come see us—we would love to help you get you got one started. The following is a list of all of the clubs and organizations that are active as of Fall 2009, come check...

- Biology Society
- Black Student Union
- Chabad On Chatham
- Chatham Activities Board
- Chatham Chemistry Society
- Chatham Choir
- Chatham Christian Fellowship
- Chatham College Progressives
- Chatham Elligion Club
- Chatham Entrepreneurship Club
- Chatham Forensics Club
- Chatham Marketing Association
- Chatham Student Government
- Communique
- Cornerstone Yearbook
- Creative Writing Club
- Educating Across the Globe, FSEA Student Chapter
- Graduate Student Assembly
- Green Horizons
- International Student Association
- Minor Bird
- Mortar Board
- Muslim Student Association
- PEACHes
- Psi Chi
- Rea Coffeehouse
- Sigma Tau Delta
- Social Work is Real Life
- Student Athleti”c Advisory Committee
- Student Chapter of American Society of Landscape Architects
- Students Against Sexual Oppression
- USRC Student Chapter

Cultural & Diversity Planning Comes to Chatham
This fall we are featuring four awareness months: Hispanic Heritage, LGBT, Disability, and Native American Indian. During each of these months we are offering a variety of events for students to learn about cultures and lifestyles that are different from their own. In addition to these monthly events, the Office of Student Affairs, along with the Writing, Literary and Cultural Studies department, organized the Get Cultured Series, allowing students to learn more about the arts and cultural offerings of the city of Pittsburgh. This series includes trips to the Carnegie Museum of Art, the Warhol Museum, the Symphony and many others. The Chatham Kickback program is a bi-weekly series which addresses issues related to success in college. This series gives students the opportunity to interact and network with faculty, staff, and community members, and gives students a chance to just “kickback” with their peers. Stop by the Carriage House and pick up your copy of the Cultural Connections booklet today to learn about these great new programs!

Counselor’s Corner
Getting to College Stress?
College can be stressful. You left behind all that is familiar...your school, friends, family, home...and now you are off exploring this new place, making new friends, learning new things and setting your own priorities. Many students overlook the stress involved in making so many big changes in such a brief period of time. The more prepared you are, the more ready you will be to confront any new pressures. Here are some realities to consider, and a few common-sense ways to help you handle them:

The Work is Harder: Courses are at a higher level than high-school classes and the material breeze by at a faster pace.
Strategy: Don’t think that struggling to keep up is somehow a failure on your part. Give yourself an opportunity to adjust to the academic demands & choose a course load that includes some challenging classes, and others that will be less intense.

Scheduling: Be responsible for managing your time in college.
Strategy: Consider buying a planner and make sure you write down when assignments are due and when tests will take place. Give yourself ample time to study rather than waiting until the last minute and pulling an all-nighter.

More Independence = More Responsibility: You are in charge of yourself now! This means: paying bills, doing laundry, cleaning up after yourself and money management.
Strategy: Plan ahead! Make smart decisions, stick to a budget and use credit cards wisely, get enough sleep, eat well, exercise and pay attention to what your body tells you.

A New Social Scene: College gives you new social opportunities (and pressures). It’s an exciting time, but it can be scary as well.
Strategy: Forming new friendships can be exhilarating! However, true feelings often are formed slowly, and the beginning of college can consequently be a lonely time. If you’re unsure about participating in certain social scenes or activities, don’t hesitate to seek guidance about the best ways to resist these pressures. College is full of resources — professors, tutors, counselors and resident advisors (not to mention family & trusted friends). It is up to you to initiate getting the help you need. The good news is that once you do adjust to college life, it opens new doors to all sorts of learning — and living.

One last thing...if you need to de-stress and learn the skills necessary to cope with some of these issues, consider attending the Stress Management Workshop co-sponsored by Counseling Services on Tuesday, October 13, 2009 from 4 to 5 pm in the Woodland Sunporch. If you are in need of additional help, call Counseling Services at 412 365-1282 for an appointment.

140 Years - 140 Volunteers Community Service Day
Saturday, October 3rd from 8 am to 1pm

The Office of Student Activities is seeking students, faculty, staff, alumni, family and friends to volunteer a few hours of their time. This is a great opportunity for you to get involved in our surrounding communities and celebrate Chatham’s 140 year anniversary. Breakfast will be provided to volunteers on the quad at 8 am. Transportation will be provided for individuals to their designated sites. Afterward everyone will reconvene on the quad for lunch as a way to thank you for your help and celebrate our success! Log onto my.chatham to sign up today!

STUDENT CONTEST ALERT!!
- Student organizations with the most members will win a pizza party.
- The Residence Hall with the most percentage of residents will also win a pizza party.
- The class with the largest percentage of participants wins a $250 programming budget.