



February, 2007

Edited by Caren Ferrante

# NEWSLETTER

## For Adult Learning Students

From Wellness Education and  
The Center for Academic Advising  
and Adult Learning



LET ME INTRODUCE YOU TO...

## THE DROP IN CENTER



I am sure many of you have noticed that little red and white building tucked in between the Student Center and Richardson Hall. Have you ever wondered, as I did, what goes on in that building? I will be happy to tell you.

The Drop In Center is the home of the Peer Advocates, student volunteers at MSU who provide health programming and a person to talk to about many health issues. Peer Advocates go through a rigorous training regarding many social issues and provide programs at the Drop In Center for the entire campus community. You may see them around campus handing out “Quit Smoking Kits”, promoting healthy relationships, or giving out “Stress Busting Kits” before exams. Peer Advocates are a diverse group of students of varying ethnicities, genders and ages. However, the one thing they all have in common is their sense of caring.

The Drop In Center has a wealth of information including: brochures on various health issues, stress and nutrition. You can also pick up brochures about on campus services such as CAPS (Counseling and Psychological Services), the Health Center, Services for Students with Disabilities and many more. The Drop In Center has much more to offer, such as the weekly workshops, that are free to students. These workshops include Meditation, Creative Arts for Stress Relief, Conversations on Spirituality and many others. While all workshops are open to the entire MSU community, Let’s Do Lunch! is just for Adult Learning Students. Stop in to pick up a complete schedule of events.

Of course, if it were not for the dedicated Peer Advocates and the Program Assistant, Tanya Purdy, the Drop In Center would not be as accessible as it is. The Drop In Center is open 9-7 during the semester. Someone is always available to answer your questions, provide a sympathetic ear and steer you to the resources you require. The Drop In Center has several rooms to talk privately in, or to use for some needed time out.

Stop in the Drop In Center. I am sure you will find something that suits your needs.

*“Anyone who has never made a mistake has never tried anything new.”*

*Albert Einstein*

For more information or if you have questions, please contact us at:

Drop In Center 973-655-5271  
[www.montclair.edu/Wellness/DIC/index.html](http://www.montclair.edu/Wellness/DIC/index.html)  
CAAAL 973-655-7114  
[academic.advising@montclair.edu](mailto:academic.advising@montclair.edu)

### Are you an “Adult Learning Student”?

An “Adult Learning Student” is defined as one who is 25 years of age or older and has not been in a higher education setting for 2 years or more.



“Adult Learning Students” make up approximately 36% of MSU’s student body.\*

*You are in good company!* \*Insitute Research. Fall, 2004.

## The Advantages of Being An Older Student



My first day at MSU was filled with doubt. Doubt that I could keep up with students half my age. Doubt that I could do the work and doubt about what I was actually doing here. I hadn't been in a college classroom in 25 years -they didn't even have computers back then!

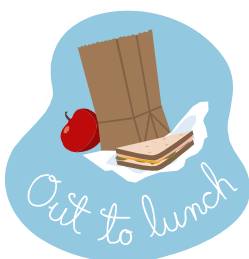
Well, 2 1/2 years have passed since I was that uncertain woman and I am here to tell you that I, in fact, can keep up and do the work; I will be graduating in May with a B.A. in psychology. Being an older student has many advantages that the younger crowd can't possibly have. You can use these advantages to succeed at your college career.

- **Greater Focus.** The years give us focus to the task at hand. We have all juggled many things at the same time, some of which may include a job, family life, and household responsibilities. All of these experiences give us greater ability to pinpoint the important points, steer clear of procrastination and finish the task.
- **Perspective.** Let's face it, we have lived through many life experiences. Experience gives us substance, social and cultural knowledge, and makes us more complete and complex human beings. This background allows you to provide greater perspective in your class discussions as well as your written work.
- **Negative experiences can be good.** We know what its like to work at a job that is less than fulfilling, be passed over for promotion or perhaps earn less than we're worth. We may sacrifice our needs for those of our children or older parents. These experiences build our strength and determination. We know how to work hard in order to get what we want.
- **You know what you want (or what you don't want).** You've been out in the big bad world. You know what opportunities are out there and what success costs. Your education is vital to your goal; use that fire to stay on task. Each class gets you one step closer to who you want to be.

The true worth of a college education is priceless. Yes, you will probably earn more money and have more opportunities. But the most important is what you will be worth to yourself.

## LET'S DO LUNCH!

A time for Adult Learning Students to relax and connect with other Adult Learning Students.  
Bring your own lunch. We'll serve the coffee.



Where: The Drop In Center  
When: Thursdays, 11:30 to 1

