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Campus Civitan

# CiviTimes

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## Get Focused!

### Four More Reasons to Stop Procrastinating

Procrastination can turn into an academic disaster. Learn strategies to fight it and save yourself from stress, sleeplessness, and self-sabotage.

- 1. It's a confidence killer.** Wasting time can erode your confidence. Once it becomes a habit you may start to believe you're not really capable of college-level work, which isn't true—otherwise you would not have been accepted.
- 2. You can bump up your grade.** Starting early will improve the quality of your work. The extra day (or even a few hours) to review can crank you up a whole letter grade.
- 3. You deserve better.** Your level of enjoyment and satisfaction in friendship, campus life, and the things you're learning will increase dramatically if you can break that habit of waiting until the last minute. You will have time for the things you want to do. The activities you choose when you're finished with work are usually not the same time-wasters you use to put it off.
- 4. You'll be better prepared for crisis management.** When you finish early you're in better shape to handle an emergency; you can't find a working printer, the campus e-mail system has crashed, you have an allergic reaction and your eyes are swollen shut. If your paper's already done, what would have been a disaster is no big deal.

### 10 Ways to Steal Back Time

When crunch time hits and your procrastinating ways have won out, you may have to "steal time" from your own schedule. You can't do it every day, but when you have to, follow these emergency time-snatching measures:

1. Stay away from TV, and turn off all distractions.
2. Cut down on travel time. Don't plan to go back to your room to pick stuff up. Just bring your work with you.
3. Skip the shower and just wash up—the hat and the ponytail were invented by college students.
4. Go to bed early, skip the late-night caffeine, and get up earlier.
5. Eat in your room. Protein bars are your friend; now is the time to splurge on pizza delivery.
6. Prioritize, and finish what is most important first.
7. Don't be a perfectionist. It doesn't have to be perfect. Get it done to the best of your ability and then let it go.
8. Ask for help! Have an organized classmate who has already finished or a family member with time on her hands? Ask him or her to proofread your paper.
9. Put the "between time" to work. Instead of killing time between your classes, stay in the classroom or head to the library to get work done.
10. Be careful about skipping one class to finish work for another. Know your professors and what you can get away with, and keep track of your own attendance (how many times have you missed your eight o'clock? Twice? Four times?).

\*Taken from "The Freshman Survival Guide." Learn more at [www.thefreshmansurvivalguide.com](http://www.thefreshmansurvivalguide.com).



IT'S A FACT:

In the last 10 years, the Shropshire Schola

# DOLLARS FOR SCHOLARS

## Want \$1,000 to help pay

As part of Civitan's charitable mission, Shropshire Scholarships are awarded each year to Civitans, Campus Civitans, and Junior Civitans. Apply for the Civitan Shropshire Scholarship today! For more information and an application visit us online at [www.campuscivitan.org](http://www.campuscivitan.org). Select the "Campus Literature and Forms" link to access the application. Submission deadline is **January 31, 2012.**

Please note the following criteria for qualification for this scholarship:

- Candidates must be enrolled in a degree or certificate program at an accredited community college, vocational school, four-year college or graduate school.
- Candidates must be a Civitan, Campus Civitan, or Junior Civitan and must have been a member for at least two years.



MISSISSIPPI COLLEGE

### SOUTHERN MISS

The Southern Miss club kicked off the year with an overwhelming 135 students in attendance at their first meeting in August, and 60 new members inducted for the year! A fundraiser was held at Strick's Barbeque in September, which was a huge success. Members also hung ribbons around trees in the area during the month of October in support of Breast Cancer Awareness month.

### MISSISSIPPI COLLEGE

Campus Civitans at Mississippi College are off to a racing start with many service projects already completed this year. In August, the club took a trip to the Mississippi Delta to serve the Delta Missions Ministry in

Indianola, MS. Delta Missions is a ministry for underprivileged children and adults, and they were in desperate need of wheelchair ramps. The club was able to build three ramps and perform a few minor "handyman" projects during the trip.

These Civitans are also known for their "Civitan Long Run," which is an 11-mile run between the Millsaps and Mississippi College campuses the night before their annual football game. It has become a wonderful fundraiser for the Central Mississippi Down Syndrome Society. With 50 runners participating, and 19 crossing the finish line, they raised \$2,000 to benefit children with Down syndrome.

They continue to help out on a weekly basis in the local community. Whether it's tutoring kids at Mission First or Neighborhood Christian Center, or picking up trash in downtown Clinton, these Campus Civitans are active and excited about getting things done!

## Campus News

### NANCHANG UNIVERSITY

Our first Civitan club of any kind in China has been busy doing great work in their area. In collaboration with Sino weibo, the Twitter equivalent in China, they held a seed distribution project. The aim of this project was to improve the global effort for a greener environment. Sino Weibo provided them with the seeds and other logistics. The seeds were distributed to about 300 students at Nanchang University. The same was done at various Universities across the country and the Campus Civitans were an important part of the movement.

The Nanchang club also collaborated with the Nanchang Home of Love, a facility that cares for and works with children with nervous system disorders and mental disabilities, to bring them a day filled with fun, games, and smiles. A fundraiser in May helped buy clothes and gifts the students will enjoy for many years to come.

### TUSKEGEE UNIVERSITY

The Tuskegee University Campus Civitan club has undertaken several projects to help people on campus, and in the surrounding area. During this year's Halloween festivities, members visited a local nursing home to help residents celebrate the season. They also organized a campus clean up, and will be hosting a blood drive to support the community blood bank in November.

### ROGERS STATE UNIVERSITY

Rogers State University Campus Civitans, in coordination with the Psychology Students for Social Responsibility at RSU, hosted a Trunk or Treat on October 28, 2011 in downtown Bartlesville. Over 160 children and their families were treated to a night of entertainment, excitement, and spooky fun, with volunteers opening up their hearts and their trunks to pass out candy to the local community. This is a great way for the club to interact with the community and provides a safe and fun atmosphere for Halloween trick-or-treating.

scholarship has helped more than 300 deserving students further their education.

## for school?

- Applicants successful in receiving a Civitan scholarship must wait an interim of no less than two years before applying for another Civitan scholarship.
- Candidates must return the three-part application which includes one portion on personal information, one completed by the school and one portion completed by the sponsoring Civitan club endorsing the candidate.
- All applications must be received at Civitan International Headquarters postmarked no later than January 31, 2012 to qualify.



CHILDREN'S STATE

## Outstanding Service: Get Involved!



Most successful clubs have one large, signature project which is planned and conducted by Civitans alone. Focusing the club's efforts on this one activity ensures quality and success, and members get a sense of pride and ownership in the project. The club can also promote this outstanding project to nonmembers, making it an excellent recruiting tool. As you make your plans for next year, consider adopting one large service project and rounding out the year with several smaller ones. If your club is struggling to find meaningful service projects, don't worry! There are many activities that both small and large clubs can undertake. Email us at [campuscivitan@civitan.org](mailto:campuscivitan@civitan.org) for ideas and information.

# CALLING ALL AWARD NOMINATIONS

Is your club outstanding? Do you have a service project you're really proud of? Are there members in your club who work around the clock in the name of Civitan? Honor your club and your fellow members by submitting an award nomination to International.

**Honor Your Club!**  
Nominations Due February 1

Each year, clubs and individuals are honored for exceptional performance in six competitive award categories. Between now and February 1, set aside a meeting date to prepare award nominations. Take advantage of this opportunity to be honored for your hard work and

dedication. Use pages 47-55 in your *Club Administrative Manual* as a guide. Award nomination forms follow this section.

Also, be sure to submit an Honor Club Application. It's a noncompetitive award that belongs to everyone!

### Award Categories

**Campus Club of the Year** — top two clubs proven to be outstanding through projects, participation in district and international activities, and club growth.

**Outstanding New Club** — the top new club (chartered no more than two years ago as of the awards deadline) proven to be outstanding through projects, participation in district and international activities, and through publication of activities.

**Service Project of the Year** — top two clubs with an outstanding campus or community project during the year.

**Outstanding Joint Relationship** — the club with the best relationship with another Civitan club over the past year.

**Campus Civitan of the Year** — the member who best exemplifies the ideals and spirit of Campus Civitan.

**Trailblazer Award** — the Campus Civitan supporter who shows commitment to the success of the entire Campus program through activities of the past year.

### Tips for Preparing Nominations

1. Use the judging criteria for each award category to guide your award nomination (see page 47 in your *Club Administrative Manual*).
2. Devote a section to each judging criterion, using a mix of statistics (for attendance, volunteer hours, etc.), narrative description, and illustrative materials (pictures, samples, etc.).
3. Make sure each section is clearly labeled and that information is easily understood. If the criterion asks how many members participated, the judges want to know exactly that.
4. Obtain letters of recommendation from on-campus personnel who have worked closely with your club. Similar letters from sponsoring Civitans or community service facilities you have assisted are also impressive.
5. Send your award nomination to International Headquarters at 1 Civitan Place, Birmingham, AL 35213 by February 1, 2012.

# The 2011-2012 McNulty Civitan Scientist and Civitan Emerging Scholars

*Making Miracles Happen Everyday*

## McNulty Civitan Scientist: Dr. Rita Cowell

The McNulty Civitan Scientist award was established in 2005 to support outstanding scientists who are committed to long-term research into developmental disabilities. The award is given each year in honor of the McNulty family, who were long-time members of the Chesapeake District. Tom and Mary McNulty, with their son Tommy, were a driving force behind the creation of the Civitan International Research Center. Since, the MCS award has helped start a number of successful research projects and clinical programs to help people with developmental disorders.

Dr. Rita Cowell, the 2011-2012 recipient of the coveted McNulty Civitan Scientist award, is an Assistant Professor in the Department of Psychiatry and Behavioral Neurobiology at the University of Alabama at Birmingham. Her research focuses on how environmental stimuli influence genetics, which in turn cause abnormal brain development and disorders such as autism. She is working to understand how changes in gene expression during early childhood contribute to the progression of neurodevelopmental disorders.



Chesapeake District representative Patricia Koepsel (left), with Dr. Rita Cowell, this year's McNulty Civitan Scientist.



(Left to Right) Aimee Franklin, Lauren Libero, Dr. Aundrea Bartley, Dr. Stefanie Robel

## 2011-2012 Emerging Scholars

The Emerging Scholar Awards were established to recognize and support outstanding research projects from young scholars whose research focuses on developmental disabilities. The following researchers were named as this year's Emerging Scholars at this year's reception at the CIRC.

**Aimee Franklin**, Graduate Student, Dept. of Physiology and Biophysics (Dr. Lori McMahan, mentor)

Aimee Franklin is researching how the molecular mechanisms involved in a specific type of memory formation, called context learning, are associated with changes in brain cell electrical signaling in Fragile X syndrome.

**Lauren Libero**, Graduate Student, Dept. of Psychology (Dr. Rajesh Kana, mentor)

Lauren Libero is making use of the computer program "FaceSay," to study a region in the brain involved in facial recognition, called the *Fusiform Face Area* (FFA). This region has reduced activity in children with autism. They have difficulty understanding facial expressions, which is a focal point of social interaction. Lauren is interested in how this program can help facial recognition to improve social skills and communication for children with autism.

**Dr. Aundrea Bartley**, Postdoctoral Fellow, Dept. of Neurobiology (Dr. Lynn Dobrunz, mentor)

Dr. Bartley will study how changes in the balance of brain cell activity, excitation and inhibition, alters brain cell electrical circuitry in mitochondrial dysfunction, a characteristic observed in Down syndrome.

**Dr. Stefanie Robel**, Postdoctoral Fellow, Dept. of Neurobiology (Dr. Harald Sontheimer, mentor)

Dr. Stefanie Robel's project will address how reactive astrogliosis, a process that occurs during epilepsy, affects normal brain development and the epileptic brain.