Your Mom Goes to College!
by Nicole Hall

Being a non-traditional, adult college student with two kids in college at the same time as myself, I wondered how students of my age and the ages of my kids might differ in their academic perspectives. Fortunately, not everyone was able to participate in a survey I sent out, but I did get back some interesting, enlightening and entertaining feedback.

The survey was pre-empted by interviewing John Lorson, Wayne College’s Adult Focus Coordinator, that stated, “I can tell you that more often than you might have imagined, when a parent comes to see campus with a child they become interested in the idea of attending college themselves. I have had a number of parents over the years schedule an additional visit for themselves with either me or Carol Pleuss our Career Counselor, as a follow-up to getting their kids started.”

Lorson hit the nail on the head describing myself, and undoubtedly many other adult students. Lorson continued, “I’ve encountered a lot of women in particular who had begun college “way back when” or “right out of high school” who put their education and career plans on hold once they started to have kids. For a lot of folks, a child going off to college is a clear indicator that their “parenting job” has made a significant shift, and it’s time to pursue other things. Oftentimes picking up where they left off makes pretty good sense. And there can be some advantage in the financial aid realm to having multiple students in the household.”

The survey results are an interesting and worthy read for any potential student – of all ages – that is contemplating college. The survey has been edited in an effort to save space.

Who started college first? The parent or the child? If they started first, how did they inspire you? Did it make it easier to make the decision to enroll?

Theresa: I started attending before my daughter did. I hope to finish before my sons get here (they are 7 and 9).

Katie: Definitely. For one, I knew that if my mom could work full time, raise three kids and attend school, I knew I had nothing to complain about!

Michelle: I’m not sure she inspired me by attending college first, though she certainly encouraged me to go. When she started, I was rather young, so all I really remember is her being away a fair amount.

Niki: While I started first, I had only taken a few classes when my children were young. Because my job had changed within the company, I no longer needed the degree they were sending me for – so, I focused more on my new career and spent more time with my kids. It was due to a lay-off and difficulty finding an equivalent job that I re-enrolled. When I saw how successful and determined my daughter was, I found myself inspired to not only attend college, but to succeed in college.

Have you attended any classes together? If so, how do you feel about that?

Theresa: No classes together, but hopefully someday. I think we would do well together.

Michelle: We haven’t. It probably would have been a little awkward, but we would have adapted to it quickly. My mom and I are really close, so really it just would have given us something else to talk about.

Niki: I am currently taking Algebra with my son. At first it was a little awkward – after all, should

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The Essence of Wayne
by Mike Vamos

Waynessence is the University Of Akron Wayne College’s literary magazine which features fine works of students, colleagues, and staff members each spring and fall semester. Each semester, Waynessence encourages each person to contribute any of their written and/or photo work(s). Like any student organization on Wayne Campus, Waynessence has some upcoming events.

First, the Waynessence Committee would like to recognize and warmly welcome their new committee members—Corinda Putt and Mark Tickton! In addition, Waynessence would like to recognize and thank Theresa Mountel and Emily Curie for their loyal participation at the meetings. Moreover, Waynessence would like to extend gratitude to Dr.

Susanna Horn and John Lorson for their continuing support. If anyone is interested in joining the Waynessence Committee, then please contact Dr. Susanna Horn at shorn1@uakron.edu.

Furthermore, everyone from Waynessence encourages everyone to submit their work(s) to this spring semester’s issue. Students, staff, and colleagues may submit three of prose, poetry, and short stories (limit to 1,500 words) from now until Friday, February 27, 2009 at 5:00 p.m; photographs and artwork may be submitted from now until Tuesday, March 24, 2009, at 5:00 p.m. Submissions may be left at the Smucker Learning Center or the Waynessence mailbox in the Business Office.

Alongside prose, poetry, and short stories, Waynessence will be having its’ Spring Cover Contest. The Waynessence Committee hand selects the two best photos/pieces of art. The first place winner will receive a prize of $50, and the second place winner will receive a prize of $25. Moreover, the first prize winner will have his/her work featured on the front of the magazine, the second prize winner’s on the back cover.

As always, Waynessence encourages everyone to get their work(s) published in the Waynessence literary magazine.

“What will it take to fix the Browns?”
contributed by Terry Rabbitts

Those who think they have the answer to this question were calling for the firing of the coach Romeo Crennel. Less than a week after another dismal season ended, those people got their wish. Now that Eric Mangini has been hired as the new coach, is the problem solved? Maybe, only time will tell, but maybe the powers that be in the Browns’ front office should look at a rival franchise for the right answers.

With Super Bowl XLIII over and the Pittsburgh Steelers winning their sixth game in seven appearances, they are my ideal model of how a franchise should work. What has Pittsburgh been doing that Cleveland hasn’t? (Besides winning?) The Steelers franchise shows confidence in its head coach. In the 40 seasons that have been completed since 1969, the Pittsburgh Steelers have had three head coaches. Chuck Noll (1969-91), Bill Cowher (1992-2006) and Mike Tomlin (2007-current) have guided the Steelers from a woeful franchise to one of the most hated, but also highly respected teams in the NFL. The Steelers joined the NFL in 1933; in the first 34 years of existence (the team did not play in 1943 continued on page 2
Mom continued

I sit with him or across the room? It’s hard to separate yourself from being a mom to becoming just a co-

student in the classroom. I say, however, that taking a class together has been awesome! We are somewhat competitive, but at the same time, I have a built in study buddy and we have helped each other get through algebraic equations.

Did you start college right after high school? If not, why not? If yes, did you stop taking classes and then start again - and why?

Theresa: I did not attend college right after high school. When I was graduating, I was told college was unaffordable and I should do some other thing. Just average, I should start working. So I did, and 20 years later, I was tired of the same kind of jobs (especially since I was laid off) so I came to Wayne, talked to the counselors, toured the building and I’ve been here ever since!

Katie: I went straight into college. I believe we didn’t start right out of high school. My story is similar to Theresa’s where I was told I wasn’t smart enough to succeed in college. At that time, that was probably correct, but people change as they age and is no longer a true statement. There are so many things you let stick with you and define you that, when tested, are not true. I feel I have accurate assessments today.

Michelle: Yes, I started college right after high school, and I have been going full-time ever since.

Browns continued

If all goes well, I’ll receive my bachelor’s degree in May.

What is the largest barrier you have in going to college?

Theresa: The time it takes away from my family. My kids are forgiving, but I miss them like crazy!! They understand that this is important and I hope it shows them that going directly to college after graduation has many pluses!

Katie: Being responsible to study and do homework when you’re working and going to school.

Michelle: I have worked while attending college and it is possible to get your degree at a young age, with the same kind of jobs or something more difficult. My head telling me that I wasn’t smart enough. It has been awesome! We are simply not accurate assessments today.

When finances were a barrier, I still found ways to attend at least a couple of classes in the evening. Life is always going to present road blocks, my job is to find a detour and still achieve my goals.

If you are currently working, are you already working in your chosen field or are you looking for a career change? How many hours/week are you working?

Theresa: I work at the college for 40 hours a week. I am going for total change. My dream is to be a kindergarten teacher. Elementary teacher at the least, but an educational psychologist has a nice ring to it too!

Katie: I’m looking for a career change. I work 48 hours in 2 weeks.

Niki: I worked 40 until our hours were cut back. Now I work 36. I am looking for a total career change. I finally came to the conclusion that if I am paying for my education, then I am going to go for what I love to do. I am currently working as a Customer Service agent, but my goal is to get my MA in creative writing. I want to teach college and write professionally.

Michelle: I have worked while attending college and it is possible to get your degree at a young age, with the same kind of jobs or something more difficult. My head telling me that I wasn’t smart enough. It has been awesome! We are simply not accurate assessments today.

Do you feel you need a college education is important?

Theresa: Its true that the best paying and most rewarding jobs would require a degree. But I think for me, having the goal and achieving it will not only improve my situation, it will improve my outlook. Also, I hope it is making a positive impact on my children.

Katie: Honestly? Our society has made it one of the only forms of learning that you can have, and it let you have a job where enough money is provided to live comfortably.

Niki: College changed me and consequently changed my life. In addition to gaining an understanding of various topics, as an adult student I feel I am better able to pull all the information together to see a larger world-view.

Attending college also enabled me to fine tune where I like and don’t like – and even realize that some things I didn’t like at one time, I actually have an interest in!

Michelle: Even before this crisis with the economy, I’ve heard that jobs are harder and harder to find. My mom told me frequently that even just the “piece of paper” (a college degree) no matter the major will help me find a job. Of course, college is important to me anyway because I want to be better myself and learn, and where else but college to do that? Even if a diploma was not so vital to finding a job, I still can’t see myself not helping.

How do you view college differently from your perceptions before enrolling?

Theresa: I am much more at ease now. When I first began I took night classes IN THE SUMMER! I did well, but kept thinking “should I be doing this?” “CAN I do this?” Now I know, not only should I be doing it, I’m doing it fine!

Katie: I did not think it would be so fast-paced and difficult.

Niki: I was terrified before enrolling. I kept hearing those scripts in my head telling me that I wasn’t smart enough. I had de-hunked those scripts by the time I was in the workplace, so it was time to take a chance and see if I could do it so a student. I think the greatest perception difference is that I am actually having fun. I love it and never thought I would say that about college!

Michelle: I’ll admit, I was nervous, I was afraid that it was going to be really hard or really different. And in some ways, it is harder and it is different, but it isn’t anything I can’t handle. The intimidation is gone now. Now, that I’m almost done, I view college as a really good experience where I’ve learned a lot. But I’m not certain if I feel entirely prepared for life outside college (but that may be the intimidation talking). People are more adaptable than they thought.

Have you noticed a change in your confidence level or level of aspirations since enrolling in college?

Theresa: Absolutely! When I walked through the front doors at Wayne College, I felt likeWonder Woman! I didn’t have the support of my friends, kids and professors and see the credit hours racking up, I feel like Wonder Woman! I noticed that my confidence has grown tremendously through the college experience and has therefore raised the bar on my aspirations.

Niki: I was terrified before enrolling. I kept hearing those scripts in my head telling me that I wasn’t smart enough. I had de-hunked those scripts by the time I was in the workplace, so it was time to take a chance and see if I could do it so a student. I think the greatest perception difference is that I am actually having fun. I love it and never thought I would say that about college!

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Do you know ALICE?

by Theresa Mountel

ALICE is not fun, but it is necessary to know. It is an acronym for Alert, Lockdown, Inform, Counter, and Evacuate. This is the training to better prepare people in the event of an armed intruder entering the building. Do you know what you could do if a man with a gun came into your classroom and yelled GET ON THE FLOOR!? Most people would do just that in hopes that there would be no further trouble. However, it actually opens up the possibility for the exact opposite.

Wayne College is offering this training free of charge to its employees and students. The idea is to overcome the intrusion so the more people who are trained, the more effective it will be!

Two training sessions are scheduled; March 9th from 1:15 to 2:45 and March 11th from 5:30 to 7:00. Make sure to schedule as the interest continues. Sign up sheets are placed in the mail room next to the Business Office (Cashier/Financial Aid Office)
Wayne College’s Sixth Annual Writers Workshop

Submitted by Dr. Susanna Horn

The sixth annual Writers Workshop will be held Saturday, April 4, 2009, at the University of Akron Wayne College. Well-known children’s author Dandi Mackall will be the keynote speaker. Concurrent sessions will include topics such as journalism, poetry writing, nonfiction writing, and overcoming common writing problems. The workshop runs from 8:30 a.m. to 2:30 p.m. and is open to anyone interested in writing. Registration (a mere $35) covers all sessions, a continental breakfast, and a light lunch.

Those attending will have the opportunity to meet published authors and to participate in two of the concurrent sessions, a panel discussion with the presenting authors, and the luncheon, followed by Mackall’s keynote speech, “The Power of Story.”

The workshop is sponsored by Wayne College and several local companies. For registration or general information about the workshop, call Sue Ackerman at 330-684-8985.

Sixth Annual Writers Workshop Presenters

Workshops: Pam Moore – “Writing for Newspapers”
Dr. Debra Johanyak – “Writing Nonfiction: Pursuing Your Passion”
George Bilgere – “The Craft of Poetry”
Audrey Lavin – “Solving Writing Problems: Yours and Mine”

Registration brochure and more information can be found at www.wayne.uakron.edu/LearCen/writersworkshop/

Dear Mirror Mirror

Dear Mirror Mirror,

I like to write, and I want to write well. Where can I go for help with my assigned papers but also for advice on grammar and style too? I like to write, and I want to write well. Where can I go for help with my assigned papers but also for advice on grammar and style too?

Signed,
Wilma Writer

Dear Wilma,

There is a wonderful resource for you right here at Wayne! It is a misconception that the Smucker Learning Center is only for students who are failing math, or need to know APA style from MLA. The truth is they offer a whole lot more! Sure they have tutors in almost every subject known to mankind, but they also offer computers and assistance with programs, writing consultants, workshops to help you become a more successful student all around and even peer learning tutors! So Wilma, grab Fred and get your rough drafts to the learning center today!

Signed,
Wayne College Nicole F. Hall

Dear Mirror Mirror

Dear Mirror Mirror,

My friend recently asked me to move in with her, but she’s not a very clean person and I don’t know how to tell her without hurting her feelings. What do you suggest?

Signed,
Heavenscent

Dear Heavenscent,

You have to be honest with your friend. No, I don’t mean tell her to bathe and clean up her act, I mean let her know that she means a lot to you, and do her some friendship and you wouldn’t want that to change for ANY reason. Living together would do that, for sure! Maybe you could set aside time that is just for you guys. Hey! You could do makeovers and perhaps get her to improve her hygiene!

Signed,
Wilma Writer

The Wayne Mirror now offers a classified section! If you are looking to sell some old items, want to announce your band’s shows, or want to find your kitten a good home, put it in the Wayne Mirror! Each ad must be no more than 50 words, and only serious requests will be published. (Any personal information provided will be published, so only give us what we can share!)

This Information is Classified!

The Wayne Mirror is the student newspaper of The University of Akron Wayne College. The opinions expressed in the Wayne Mirror are not those of Wayne College administration, faculty or staff. Rather, they are those of the individual writer, contributor, or columnist.
Wayne College Psychology Club Presents:

**STRESS*FEST**

* YOU BEFORE STRESS*FEST * YOU AFTER STRESS*FEST

LEARN HOW TO IDENTIFY YOUR STRESSORS AND MANAGE, REDUCE, OR ELIMINATE THEM!

**SCHEDULE OF SPECIAL EVENTS***

**Wednesday FEBRUARY 25th**

11:00-12:00 Coping with Job Loss - Carol Pleuss, M.Ed & Mark Woods, MSW, LSW  
12:00-1:00 Take a Virtual Vacation - Hawaii  
1:00-2:00 Massage Techniques - Bring a Partner & Learn Massage! - Dianna Stair, RN, LMT  
2:00-3:00 Advice for Achieving Financial Well Being in a Tough Economy - Ken VanSickle, MBA  
3:00-4:00 Learn Fast Effective Relaxation Techniques – Dr. Jane Fink

**Thursday FEBRUARY 26th**

11:00-12:00 Medical Hypnosis and the Treatment of Stress – Dr. Daniel Zelling, M.D.  
12:00–1:00 Take a Virtual Vacation – California Coast  
1:00-2:00 Massage Techniques - Bring a Partner & Learn Massage! - Dianna Stair, RN, LMT  
2:00-3:00 Overcoming Performance Anxiety - Dr. Jane Fink  
3:00-4:00 Experience a Reiki Session – Kim Coffey

**ONGOING EVENTS BOTH DAYS**

- Light Box: treatment for seasonal affective disorder (SAD)  
- Books, materials, and information about stress reduction  
- Audio Tapes: guided imagery for relaxation, + self talk  
- Paper and pencil tests to determine your stress levels  
- Informational handouts on just about everything

**INFORMATIONAL POSTERS**

Learn about stress, coping, & how to manage, reduce, or prevent stress.

* SPECIAL EVENTS HELD IN THE COMMUNITY ROOM

**Ongoing events held in F-103.**