

# National Adult Student Appreciation Week

## November 1-7<sup>th</sup>, 2009

### November 2-6<sup>th</sup>

#### Adult Student Art Show at Cool Springs Campus

Belmont Adult Students are invited to show their art or photography on the wall of creativity at the Belmont @ Cool Springs Campus. To submit an item, please contact Sara Gibson at 615-460-5430 or by email [sara.gibson@belmont.edu](mailto:sara.gibson@belmont.edu). **Submissions are due by October 28<sup>th</sup>, 2009.**

### November 2-6<sup>th</sup>

#### The Quest for 160 Pounds

Help the Adult Degree Programs collect 160lbs. of food for the Second Harvest Food Bank of Middle Tennessee. Bring canned goods by Fidelity 204 or the Cool Springs Campus and help us fill a couple of boxes of canned foods for those that are less fortunate. Each donation will enter you into a chance to the Belmont Adult Student Appreciation Raffle. **Award Winners will be announced on Friday, November 6<sup>th</sup>.**



### Monday, November 2<sup>nd</sup>

#### 8:00-5:30 - It's Time to Give Thanks

Stop by Fidelity 204 to create customized thank you cards to give to those who support your academic journey, such as family members, friends, and professors. If you address the envelopes, we will mail them for you!

#### 8:00-5:30 – Bruin Den Adult Student Study Lounge

Visit Fidelity 210 for a cup of tea and to find a quiet place for a moment of relaxing study time.

#### 2:00-5:00 – Take a Chance, Make a Guess, You Could Win!

Stop by Fidelity 204 and make a guess on how many items are in a jar for a chance to win! Learn about the tutoring resources on campus!

#### 4:30-5:30 – Adult Degree Programs Bake-Off

The Adult Degree Programs Staff will use their culinary skills to create homemade, baked items for the adult students on campus. Stop by while the treats last and cast your vote for the favorite treat!

Main Campus Bake-Off - Fidelity 210

Belmont @ Cool Springs - Conference Area

### Tuesday, November 3<sup>rd</sup>

#### 8:00-5:30 – Bruin Den Adult Student Study Lounge

Visit Fidelity 210 for a cup of tea and to find a quiet place for a moment of relaxing study time.

#### 4:00-5:30 – Tuesday Treats

Enjoy sweet treats made by the Staff of Belmont's Adult Degree Programs Office.

Main Campus – MC 3<sup>rd</sup> Floor Lounge **Sponsored by the College of Business Administration**

Belmont @ Cool Springs – Conference Area

#### 4:45-5:45 – Making an Effective Career Transition

**Sponsored by the Office of Career Services**

Stop by Fidelity 407 for a sweet taste of success – a Payday or \$100,000 Grand candy bar and learn more about making an Effective Career Transition as an Adult. Session led by Career Services Assistant Director, Gary Boling. (Personal & Professional Growth Convocation Credit)

#### 7:30-9:30 – Wind Ensemble and Concert Band Concert

Let the soothing sounds of music relax you while earning a Culture and Arts convocation!

**National Adult Student Appreciation Week**  
**November 1-7<sup>th</sup>, 2009**

**Wednesday, November 4<sup>th</sup>**

**8:00-5:30 – Bruin Den Adult Student Study Lounge**

Visit Fidelity 210 for a cup of tea and to find a quiet place for a moment of relaxing study time.

**3:30-5:30 – Peanut Butter & Jelly Bar**

In honor of National Adult Student Appreciation Week, the Adult Degree Programs Office is offering a college student's staple: the chance to create the ultimate peanut butter and jelly sandwich to power you through your evening class! Join us in Fidelity Hall Room 407.

**3:30-5:30 - It's Time to Give Thanks**

Stop by Fidelity 407 to create customized thank you cards to give to those who support your academic journey, such as family members, friends, and professors. If you address the envelopes, we will mail them for you!

**4:30-5:30 – Cool Springs Coffee Break**

Take a moment and enjoy the art work on display at the Belmont @ Cool Springs Campus. Enjoy a free cup of coffee and some sweet treats made by the Adult Degree Programs Staff to honor you – the adult student.

**4:30-5:30 – Stress Management Workshop**

**Sponsored by Belmont's Counseling Services**

Adult students have many stressors in their lives outside of the stress of school. This workshop will help you develop stress coping strategies and learn to recognize how to manage your outside stressors. Session led by Director of Counseling Services, Peg Leonard-Martin. Location: Fidelity 407

**Thursday, November 5<sup>th</sup>**

**8:00-5:30 – Bruin Den Adult Student Study Lounge**

Visit Fidelity 210 for a cup of tea and to find a quiet place for a moment of relaxing study time.

**4:00- 4:30 - Bruin "Bailout"**

**Sponsored by the Belmont Bookstore**

Stop by Fidelity 204 to pick up your Bruin Bucks as our way of saying thanks for being an adult student at Belmont.

**4:30-7:00 p.m. - Late Night Academic Advising**

Chips, dip, and Spring classes in Fidelity 204. Come help yourself to a bowl of tortilla chips and fresh, hot cheese sauce while chatting with your advisor to select the spring 2010 classes that you need. **Sign up by calling 460-5401 in order to meet with your advisor by Thursday, November 5<sup>th</sup> at Noon.**

**Friday, November 6<sup>th</sup>**

**Award Belmont Adult Student Recognition Awards and Appreciation Raffle Winners Announced.**

**Sponsored by:**

