



# The LEADING Edge

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**SPOTLIGHT**   
on Student Services  
**CONNECTION**  
 to Campus



Learn More about the Counseling Bldg



Above: Counseling interns.

## Counseling Services

232 English/Counseling Services Bldg | 785-532-6927 | [counsel@k-state.edu](mailto:counsel@k-state.edu) | [www.k-state.edu/counseling](http://www.k-state.edu/counseling)

Kansas State University Counseling Services offers online, distance-accessible resources to help you manage the stress and demands you may face as a student—and they're free of charge.

From information and help with career or academic issues, to stress management, to alcohol abuse, or general life issues, get the support you need to succeed in your academic program—and to make healthy decisions in your life.

K-State Counseling Services offers free online programs through K-State Online, the university's course management system. These programs include multiple sessions on topics such as academic anxiety and stress management.

Counseling Services supports University Life Café, an interactive online community of K-Staters committed to facilitating personal wellness through art, writing/discussions, video, and more.

The Counseling Services website also links to online mental health resources, including information about various mental health topics.

If you're near campus, you can schedule a free face-to-face consultation appointment at K-State Counseling Services.

Visit [www.k-state.edu/counseling/topics/topics.htm](http://www.k-state.edu/counseling/topics/topics.htm) for more information and resource links.



MICHELE HEVERON, '11  
Animal Sciences and Industry

## Distance Student Profile

### Animal Science distance graduate wins DCE Extraordinary Student Award

Successfully balancing education with a full-time job, family, and farm life landed Michele Heveron the 2011 DCE Extraordinary Student Award.

Heveron completed a bachelor's degree in animal sciences and industry with minors in business and food science via K-State distance

education this past spring, all while studying from Spicer, Minnesota. Because she was working toward her degree, she could apply and was accepted into her current position in the quality assurance department at Jennie-O Turkey Store.

"Distance education was the only way all of this was possible for me

with everything else going on in my life," she said. "I spent a lot of time on the weekends doing homework while I was attending school full time this last year, but my family helped out a lot."

Read her complete story at [www.dce.k-state.edu/about/news/2011/june-10](http://www.dce.k-state.edu/about/news/2011/june-10).

## Honors and Awards

### Fifty Students Inducted into K-State's Chapter of the Pinnacle Honor Society



Kansas State University's chapter of the Pinnacle Honor Society, a non-traditional student honor society, has 50 new members this year.

The induction ceremony was part of the K-State Division of Continuing Education honors and awards reception, where 10 of

the 50 inductees accepted their honor in person on the Manhattan campus.

The Pinnacle Honor Society has chapters in almost every state and more than 10,000 members. To be eligible to join K-State's chapter of Pinnacle, students must have achieved a GPA of 3.0 or higher, be of at least junior standing, and have demonstrated leadership, persistence, and future promise.

More information about the honor society can be found at [www.dce.k-state.edu/students/pinnacle](http://www.dce.k-state.edu/students/pinnacle).

## Online Feature

### Virtual Campus Tour Lets Students Explore K-State Buildings and History



Distance students often never get to explore K-State's nearly 700 acres in Manhattan. Few get a chance to experience the unique buildings and history that make up campus. Now, students from all over the country and world can tour the K-State campus—through their computers.

K-State's Division of Facilities offers an online tour that features every building on campus, including pictures and the history of the buildings on campus. The tour includes all academic buildings, from Ackert to Willard Hall, as well as points of interest like the botanical gardens, Weber Arena, and Tointon Stadium.

See the landscape, architecture, and history of K-State even if you live on the other side of the world. View the online campus tour at [www.k-state.edu/facilities/tour](http://www.k-state.edu/facilities/tour).

## MARK YOUR CALENDAR

- ▮ Fall term begins: August 22
- ▮ Labor Day: September 5 (no classes held)
- ▮ K-State Family Day: September 17
- ▮ Fall Break: November 21–25

## HELPFUL LINKS

- ▮ Learn to make positive choices and maintain wellness by checking out K-State Healthy Decisions:  
[www.k-state.edu/hd](http://www.k-state.edu/hd)
- ▮ Have a question or concern about the university or personal issues? Submit it to "Ask Willie":  
[www.k-state.edu/hd/askwillie](http://www.k-state.edu/hd/askwillie)
- ▮ Get in the know! View the university calendar so you always know what's going on at K-State:  
[www.k-state.edu/calendar](http://www.k-state.edu/calendar)
- ▮ Need help with math? Make an appointment for online math tutoring through the Academic Assistance Center:  
[www.k-state.edu/aac/tutoring/online-math-help.htm](http://www.k-state.edu/aac/tutoring/online-math-help.htm)

## DID YOU KNOW...

You can "Walk with a Wildcat" on Saturday, August 20. As part of K-State's Week of Welcome, K-Staters will show new transfer students, non-traditional students, and new Veteran students around campus. Learn more about Week of Welcome events at <http://www.k-state.edu/events.htm>.