Happy New Year and welcome to ODU Virginia Beach!

2018 will mark the 30th anniversary of Old Dominion University offering academic programs and student success services here in the Commonwealth’s most populous city. In 1988, ODU partnered with Norfolk State University to establish the first Virginia Beach Higher Education Center in a rented space; now, thirty years later, we enjoy our own property here in the Princess Anne Commons and are planning an expansion of our School of Nursing and other health professions later this year.

Among the highlights of our spring 2018 semester will be our annual Women’s History Month and National Poetry Month celebrations, in March and April, respectively. Award-winning poet and ODU alumna Remica Bingham-Risher will be our distinguished speaker for Women’s History Month on March 15. In April, Newport News-based poet Elaine Fletcher Chapman will read from her award-winning first book, HUNGER FOR SALT. Both events will be free and open to the public, The University Bookstore will be on hand to sell copies of their books, and refreshments will be provided.

These pages identify other resources and activities for Monarchs ranging from University Library assistance to Wellness Wave. You can take advantage of these resources whether you’re taking classes here in our Virginia Beach location, or online, or a mix of classes in different locations – we are ODU: here for you.

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Renée Olander
Associate Vice President for
Regional Higher Education Centers

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Graduate and Professional Development Fair
Mark your calendars for March 15

Take the journey to learn about graduate coursework. Representatives from the Old Dominion University Graduate School, numerous ODU Graduate programs and the College of Continuing Education and Professional Development will be at ODU Virginia Beach on March 15 from 5:00—7:00 pm.

- Graduate Program Advice
- Non-credit Professional Development Opportunities Related to your Current Career
- Unofficial Transcript Reviews
- Financial Aid Advising, including Military Benefits

Graduate and Professional Development Fair
Thursday, March 15
5:00 — 7:00 pm
ODU Virginia Beach
Moving Beyond Walls

During the fall semester, students in Art Education and Advanced Composition classes at ODU Virginia Beach implemented successful service-learning projects in which they learned course material while working in the community. These projects were made possible by a Service-Learning Grant from the Office of Leadership & Student Involvement.

In the Advanced Composition class, students proposed, selected, and carried out three projects. One group learned about the importance of pollinators, then hosted public displays to distribute information and seed bombs, which encourage the growth of plants needed by bees. Another group distributed information about autism and volunteered during a Halloween party sponsored by Families of Autistic Children in Tidewater. A third group sponsored an “Around the World” event at the Boys and Girls Club-Rosemont during which children learned about the continents and got their “passports” stamped. As a follow-up to these projects, students will write critical reflection essays for submission to and possible publication in VA Engage Journal, a publication of student writing about community engagement.

Students from the Art Education course embarked on a service-learning journey at Boys & Girls Club-Rosemont. Students created two lesson plans that focused on creativity, collaboration, unity and encouragement. In the first activity the children created an original inspiring and encouraging quote. Then each child was tasked with designing a space on a large blank wall which soon transformed into a colorful, inspirational mural. The second activity reminded the children of the importance of motivating and supporting each other. Each child applied what they had learned about the principles of design by creating intricate patterns and colorful lines on a tracing of their hand. Students arranged their hands around a large canvas with the quote: “With heart and helping hands, a child can accomplish anything”. These two group projects are displayed at the Boys & Girls Club-Rosemont. The children gained a better understanding of encouraging and inspiring others while the ODU students gained first-hand experience teaching in a classroom setting.

Quick Telephone Reference:

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<td>NSU Switchboard</td>
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Don't Forget your Parking Permit!

ALL students, faculty and staff must display a valid University parking permit to park in ODU Virginia Beach parking lots. Permits can be purchased at the Parking Services Office, Room 119 or online. Parking permits issued for the main campuses of ODU and NSU are honored at ODU Virginia Beach.

Parking Services website: odu.edu/parkingservices
ODU Virginia Beach Learning Commons

The Meyera Oberndorf Learning Commons is a collaborative learning environment providing Beach students numerous success services.

**The Learning Commons Desk:** Interlibrary loans, ODU Library book returns, reserve course materials, faculty-student correspondence, ODU student ID cards and use of collaborative study rooms

**Enrollment Services:** Registration, Financial Aid, Advising and Admissions information and assistance

**Computer Lab:** IT consultant available onsite

**Testing Services:** Testing spaces and Educational Accessibility

**Hours of Operation:**

- Monday, Tuesday, Friday: 8:00 am – 10:00 pm
- Extended hours on Wednesday and Thursday: 8:00 am - 12:00 am
- Saturday: 8:00 am – 5:30 pm

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**Katherine Jackson designated as a 2018 University Distinguished Teacher**

Master Lecturer Katherine Jackson, English Department, has been designated as a 2018 University Distinguished Teacher. This designation, first developed in 2012 to honor the best non-tenure-track faculty in the University, will be held as long as Jackson teaches at Old Dominion University. With a sincere dedication to her students and an unflagging desire to see them succeed Jackson’s teaching style creates a more active and engaging educational experience. She began at ODU in 2000 and at ODU Virginia Beach in 2006.

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**Virginia Beach Writing Center**

Can’t seem to get that paper started? The Writing Center (WC) is here to assist students strengthen their writing skills. The WC, located in Room 160B, offers free help with a wide array of assignment-related concerns, including brainstorming, organization, revision and citation.

**Spring 2018 hours:**

- Tuesday and Thursday 9:00 am — 2:00 pm
- Wednesday 12:00 — 7:00 pm

To schedule an appointment:

- online: odu.mywconline.com
- email: wc-vb@odu.edu

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**Wellness Wave at the Beach**

You are invited to join a free workout program!

Twice a month the ODU Recreation and Wellness department will be at ODU Virginia Beach to offer free Wellness Wave sessions. Each session features a biometrics screening which includes heart rate, blood pressure, weight and body fat measurement paired with a physical workout such as strength training, stretching and toning, or a cardio workout led by a Recreation and Wellness staff member. The biometrics screening begins at 2:30 pm in the Atrium immediately followed by the physical workout from 3:00 - 4:00 pm in Room 239.

Open to all students, faculty and staff

**Wellness Wave**

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Please visit odu.edu/vabeach for event times and details.