SHIPPENSBURG UNIVERSITY

ACADEMIC SUPPORT SERVICES FOR STUDENT ATHLETES

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About THE PSAC

Originating in 1951 to administer and promote men’s athletics, the Pennsylvania State Athletic Conference has evolved into one of the NCAAs most heralded intercollegiate conferences.

The first major step came in 1977, when based on a growing interest, the league reorganized to provide a structure for its women’s programs. Only three years later, lacking a standard competitive division, league voted to reclassify the entire conference to NCAA Division II.

Among its recent enhancements the PSAC expanded its membership with two full-time members twice during a five-year span. The first occurred during the 2008-09 academic year with the addition of Gannon and Mercyhurst Universities. Then, in the summer of 2013, Seton Hill University and the University of Pittsburgh at Johnstown joined the league as full-time members. Long-known as the NCAAs largest one-state conference, the PSAC now consists of 18 institutions located within the Commonwealth, making the PSAC the largest NCAA conference regardless of state borders or classifying division. The league is also distinguished as the largest football-playing conference in the NCAA, and, with 23, the conference that sponsors the most championships at the Division II level.

Highly competitive on a regional and national level, PSAC schools annually combine to send nearly one-third of its teams into NCAA postseason play. Ultimately, the membership’s success has yielded 46 NCAA team and 255 individual title winners.

While proud of its athletic accomplishments, the league also has evolved into one of Division II’s finest from an academic standpoint. In each of the past five years, nearly one-third of the PSAC’s student-athletes are honored each academic year as “Scholar-Athletes” for maintaining a grade-point average of 3.25 or better - a total that has tripled since PSAC Scholar-Athletes were first recognized in the mid-1990s.

Although all 18 current institutions are members of Division II, five league schools also compete at the Division I level in select sports. PSAC schools enroll over 134,000 students and claim approximately 750,000 alumni, including over 550,000 who reside in Pennsylvania.

The PSAC is governed by the presidents of the 18 member institutions. It employs a commissioner, two associate commissioners, and a director of media relations at its headquarters in Lock Haven, Pa.
About SHIPPENSBURG UNIVERSITY

General Information
- Founded in 1871 as the Cumberland Valley State Normal School
- Comprehensive regional public university
- Member of the Pennsylvania State System of Higher Education
- Located on 200 acres in southcentral Pennsylvania

Enrollment
- 7,800 total undergraduate and graduate students
- 53% women and 47% men
- 37% of students live on campus
- 94% of our students are from Pennsylvania

Faculty
- Student-faculty ratio: 20:1 and each student has a faculty advisor
- 91% of the 294 full-time instructional faculty members hold a doctorate or other terminal degree in their field
- Our faculty’s main focus is teaching. All classes are taught by faculty, not graduate assistants

Accreditations
- AACSB International
- ABET (Computer Science)
- ACEJMC (Communications/Journalism)
- American Chemical Society
- Council for the Accreditation of Counseling and Related Educational Programs
- Council for Exceptional Children
- Council on Social Work Education
- International Association of Counseling Services
- Middle States Commission on Higher Education
- National Council for Accreditation of Teacher Education
- AACSB International
- ABET (Computer Science)
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- Council for Exceptional Children
- Council on Social Work Education
- International Association of Counseling Services
- Middle States Commission on Higher Education
- National Council for Accreditation of Teacher Education

Academic Programs and Opportunities
- 100 undergraduate programs and 57 graduate programs
- 3 colleges: Arts and Sciences, Business, and Education and Human Services; plus a Office of Undeclared Students.
- Study abroad opportunities are available in dozens of countries. Find out more at www.ship.edu/international
- Internships, hands-on labs, graduate assistantships and more, SU helps you create opportunities for real-life experiences.
- Academic options include independent study and research internships, field experience, the Marine Science Consortium at Wallops Island, a 3+2 engineering program with two schools of engineering, 2+3 and 3+3 health science programs with professional schools, 2+2 allied health programs, and Army ROTC.
- Find a job or focus on a career with the help of Career Development Center and alumni career services.

Athletics
- Member of the Pennsylvania State Athletic Conference and NCAA Division II.
- Intercollegiate sports:
  - Men: baseball, basketball, cross country, football, soccer, swimming, track and field, wrestling.
  - Women: basketball, cross country, field hockey, lacrosse, soccer, softball, swimming, tennis, track and field, volleyball.
- Intramural sports:
  - Basketball, bowling, racquetball, soccer, softball, street hockey, tennis, Ultimate Frisbee, volleyball and more.
- Sports facilities include: outdoor tennis courts, indoor and outdoor track, two indoor swimming pools, squash and handball courts, a rehabilitation center, outdoor sand volleyball courts.
- ShipRec Center features an 8,000-square-foot fitness center, with 35 cardio machines with TVs, an elevated running track, racquetball courts, and four multi-purpose courts.
- 12-acre student recreation center includes: hockey rink; sand volleyball courts; basketball courts; fields for football, softball, lacrosse, and rugby; exercise trail for rollerblading, biking, and jogging.
Shippensburg University shapes its athletic program to fit within the overall academic goals of the university—maintaining a balance between athletics and academics.

Since 1984, the university’s Office of Institutional Research has monitored the progress of our athletes in the classroom. The original study found that Shippensburg was ahead of many institutions in meeting the standards of Propositions 48 and 64—two NCAA resolutions designed to set minimum educational levels in collegiate athletes.

Proposition 64 of the NCAA established a minimum score of 700 in the SAT and a 2.0 grade point average in 11 core curriculum courses in high school. Proposition 48 carries these minimums even further and outlines availability of scholarships to freshmen athletes based on their school performance.

Incoming freshmen athletes show preparation levels comparable to those of all incoming students. In 2009, the average SAT score for incoming freshmen athletes was 993, only slightly below the SAT average for new incoming students of 1013. Both groups average in the upper two-fifths of their graduating high school classes.

Today Shippensburg University athletes continue to uphold the study’s findings. The quality point average (QPA) for all athletic teams in 2009-10 was 2.51 on a 4.0 scale. The 10 women’s teams had a 3.10 overall average while the eight men’s teams averaged 2.51. This can be compared to the fall 2009 figures: the total student body QPA averaged 2.80, females were slightly higher at 2.92, and males were slightly lower at 2.67.

Shippensburg’s athletes continue to show high six-year graduation rates. Sixty-two percent of those receiving athletically related financial aid graduate within six years of enrolling. The 2009 NCAA Graduation Rate Report found that nationally, among public Division II schools, the graduation rate was 47 percent with athletes graduating at 55 percent. Retention studies by the Office of Institutional Research and Planning show male athletes at Shippensburg graduated at 58 percent and those receiving athletically related financial aid graduated at 57 percent. In addition, female athletes graduated at 74 percent and those receiving athletically related financial aid graduated at a rate of 80 percent.

Since 1975, 45 athletes have earned Academic All-America honors and five athletes have earned NCAA Postgraduate scholarships. Many more of Shippensburg’s fine athletes have been nominated for these and other regional and national honors.

**Academic Requirements**

Academic progress toward a degree is calculated according to the number of credit hours completed:

- **Freshman**: 0-29 credit hours
- **Sophomore**: 30-59 credit hours
- **Junior**: 60-89 credit hours
- **Senior**: 90 or more credit hours

To be eligible for practice or competition, a student-athlete shall be enrolled in at least a minimum full-time program of study leading to a baccalaureate or equivalent degree. At Shippensburg University, full-time undergraduate enrollment is 12-semester hours and full-time graduate enrollment is 9-semester hours.

Additional requirements used to determine eligibility for competition shall be based on the following:

(a) Satisfactory completion of six-semester hours of academic credit the preceding regular academic term in which the student-athlete has been enrolled full-time at any collegiate institution; and

(b) The following overall academic credit requirements:

1. Satisfactory completion before each fall term of a cumulative total of academic semester hours equivalent to an average of at least 12 semester hours during each of the previous academic terms in which the student-athlete has been enrolled full-time; or

2. Satisfactory completion of 24 semester hours of academic credit since the beginning of the preceding regular two semesters.

In addition, the following requirements must be met to satisfy continuing eligibility rules:

(a) A student-athlete shall earn at least 75 percent of the minimum number of semester hours required for progress toward degree during the regular academic year. For example, if a student is earning 24-semester hours in an academic year, 18 of those credit hours had to be earned during the fall or spring semesters. The student-athlete shall earn no more than 25 percent of the minimum number of semester or quarter hours required for progress toward degree during the summer or winter terms.

(b) A student-athlete shall designate a program of studies leading toward a specific baccalaureate degree at the certifying institution by the beginning of the third year of enrollment (fifth semester) and thereafter shall make progress toward that specific degree.

(c) A student-athlete shall meet the satisfactory grade-point average (based on a maximum of 4.000) requirements listed below:

- after completing 24-semester hours: 1.800;
- after completing 48-semester hours: 1.900;
- after completing 72-semester hours or more: 2.000.

*Information compiled from the 2008-09 Division II NCAA Manual.*
Excused Absences
Absence from class for the purpose of engaging in a University sanctioned activity is to be considered as an excused absence.

These sanctioned activities include such extra-curricular functions as debating tournaments, theatrical and musical productions, intercollegiate sporting events, etc. The policy also extends to absences resulting from students’ participation in course required field trips. All faculty should receive a schedule of the games and a roster of team members. The Registrar’s Office will act as the central depository for this data. It, therefore, will be the responsibility of the activity’s sponsor to provide that office with details of dates and names of the participants so that the information will be available to inquiring faculty.

Student-Athlete Advisory Committee (SAAC)
SAAC is geared toward empowering student-athletes in the realm of constructive input within the athletics department, University, PSAC, and NCAA. The committee is composed of representatives from each varsity team. See your team’s representatives or coach to find out more about this committee.

NCAA Student-Athlete Affairs (SAA)
The NCAA Student-Athlete Affairs unit provides life skills support in the areas of academic, athletics, personal development, career development and service through the distribution of accessible resources, strategic partnerships and customized programming.
Shippensburg University established the Office of Academic Support Services for Student-Athletes to provide the best possible resources for enhancing the academic experiences of student-athletes. Through the coordinator, a variety of academic assistance services are available, including academic advising support, academic progress monitoring, academic counseling and referral, and assisting graduating student-athletes in researching and pursuing employment and/or opportunities for graduate education.

The Office of Academic Support Services for Student-Athletes has strong links with the Learning Center and other campus-wide programs to support the academic well being of student-athletes.

All student-athletes have the opportunity to participate in the NCAA Student-Athlete Affairs. This program is committed to promoting excellence in academics, athletics, career and personal development, and community service.

The office provides information and informed advice about academic matters to all student-athletes, and all student-athletes are strongly encouraged to use the services.

The Office of Academic Support Services for Student-Athletes is located in Horton Hall 01. Please contact the coordinator at (717) 477-1699 with any questions or concerns or visit the website at www.shipraiders.com.

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**Melissa Knouse**
*Interim Coordinator of Academic Support Services for Student-Athletes*

Melissa Knouse begins her second academic year as Shippensburg University’s Interim Coordinator of Academic Support Services for Student-Athletes in 2013-14. She replaced Kurt Dunkel, who is serving as an Interim Program Counselor for SU’s Academic Success Program.

Knouse is responsible for providing academic advisement, monitoring academic progress, counseling and referral and assisting graduating student-athletes in researching and pursuing employment opportunities for graduate education.

In addition, she directs the Study Table Program, Laptop Loan Program, and facilitates programming associated with the NCAA CHAMPS/Life Skills Program.

During her graduate studies, Knouse completed her practical counseling experiences at Shippensburg University’s Office of Academic Support for Student-Athletes and at Harrisburg Area Community College, Gettysburg Campus.

Knouse spent two years working at Shippensburg University for the John L. Grove College of Business as a graduate assistant for the foundations of business course. She received a master's degree in counseling with a concentration on college student personnel from Shippensburg University in August 2012.

Prior to Shippensburg, Knouse was employed for three years with Adams Hanover Counseling Services, Inc., assisting children with disabilities.

Knouse earned her bachelor’s degree from Millersville University in 2007. She lives in Gardners with her husband.

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**Kate Johnson**
*Graduate Assistant Shippensburg ’12*

Kate Johnson will serve as the graduate assistant in the Office of Academic Support Services for Student-Athletes in the 2013-14 academic year under the direction of Melissa Knouse.

Johnson received her Bachelor of Science in Business Administration in supply chain management from Shippensburg in December 2012 and also graduated with a minor in coaching. She is currently studying for her MBA at Shippensburg.

In the fall of 2012, Johnson completed an internship with the SU Department of Athletics. She was a valuable resource to the department and fulfilled a variety of roles, including assistance with promotions and game management responsibilities.

At SU, Johnson was a four-year letter-winner in swimming. She earned College Swimming Coaches Association of America (CSCAA) Scholar All-America honors as a senior and contributed to a school record in the 200-yard medley relay at the PSAC Championships. Her career best in the 100-yard backstroke ranks among the Top 10 performances in school history.

Outside of the pool, Johnson was involved in a variety of activities – most notably the Student-Athlete Advisory Committee (SAAC). Johnson served as the SU SAAC President for the 2011-12 academic year, a timeframe in which SU raised over $10,500 for the Make-A-Wish Foundation. SU’s contributions, under Johnson’s leadership, marked the third-highest total among 204 participating schools raising money for Division II’s national charity.
ATHLETICS
Shippensburg University

Scholar-Athlete of the Year Award.

Mary Dell is a recent example of the success of the cross country program. Her academic reputation is stellar and she has been since the program’s inception in the late 1970’s. Year in and year out, the Lady Raider track athletes produce the most PSAC scholar-athletes of any SU team. Coach Osanitsch has done well to continue this legacy throughout his coaching career. In Spring 2011, the Lady Raiders had 27 track athletes earn the prestigious PSAC Scholar-Athlete award, which is awarded to a student-athlete who maintains a cumulative QPA of 3.25 or better.

Indoor/Outdoor Track & Field

SU All-American and Hall of Famer Dave Osanitsch ’96 is the primary overseer of the team with the largest roster of any women’s sport. Their academic reputation is stellar and has been since the program’s inception in the late 1970’s. Year in and year out, the Lady Raider track athletes produce the most PSAC scholar-athletes of any SU team. Coach Osanitsch has done well to continue this legacy throughout his coaching career. In Spring 2011, the Lady Raiders had 27 track athletes earn the prestigious PSAC Scholar-Athlete award, which is awarded to a student-athlete who maintains a cumulative QPA of 3.25 or better.

Lacrosse

Third-year coach Ashley Manion places academics as high as lacrosse. She understands the balance between academics and athletics and holds her athletes to a high standard in both. The lacrosse team’s QPA is steadily improving as Coach Manion has used individual and team goal setting for her players and the team’s academic success. High academic performance is now a focus and pursuit of each player making high grades part of the team’s expectations. Academic success is now a normal topic of conversation among players and between Coach Manion and her players.

Soccer

A perennial contender for the highest team QPA on campus, Rob Fulton’s team truly views the educational experience as the primary benefit of Shippensburg University. Coach Fulton is always focused on the academic experience and is showing that — with this culture solidly in place — he can build an increasingly competitive soccer team on the field. Coach Fulton has quickly developed a tremendous reputation in the PSAC. His teams are doing the same — as they have established themselves as one of the league’s most competitive teams. Coach Fulton’s players earn degrees, which prepare them for strong careers. They also learn the values which are needed to help them compete on
the field and in the workforce. The average team GPA for the Spring 2012 semester was 3.22, which is the third-highest among women's teams.

**Athletes of Note:** Brooke Clippinger (3.43 GPA — marketing), Alyssa House (3.70 GPA — exercise science), Mackenzie Neal (3.85 GPA — undeclared), Ashley Vellucci (3.97 GPA — psychology and biology)

### Softball

The softball team has one of the most outstanding traditions of on-field excellence of any SU squad. Coach Bob Brookens inherited a tremendous program and has taken it to new heights both on and off the field. SU softball’s academic reputation is strong, which is even more impressive given the intense nature of the sport in terms of travel and games. This speaks to the ability of the team members to multi-task, plan, stay focused and be disciplined to work in the classroom, outside of the classroom and develop the all-important working relationship with SU faculty. One athlete who embodied these characteristics was Heather Chantiles — the 2005-06 Pete Nevins PSAC Scholar-Athlete of the Year.

**Athletes of Note:** Hilary Lyons (3.96 GPA — accounting), Liz Parkins (3.67 GPA — management)

### Swimming

Year in and year out, coach Tim Verge's women's swimming team is recognized as one of the highest academic performing teams on campus. For his program, competitiveness in the classroom and in the pool go hand in hand. In 2009, Lady Raider swimmer Theresa Simcic was awarded the prestigious NCAA Postgraduate Scholarship. This award is given to outstanding student athletes who are continuing their educations beyond the baccalaureate level. The women's team also had the highest GPA in the nation for Division II women's swimming in the same semester.

**Athletes of Note:** Julie Brown (3.06 GPA — mid-level education (grades 4-8)), Jen Flinchbaugh (3.84 GPA — mid-level education (grades 4-8)), Tara Yohe (3.74 GPA — finance)

### Tennis

Education comes first for the tennis team. That has been the approach, and it is evident in the results. The women's tennis team achieves at a very high level academically and there is no indication that will change. The tennis program has two competitive seasons (Fall and Spring) and they do well to balance the athletic and academic demands.

**Athletes of Note:** Julia Saintz (3.76 GPA — history), Kayla Strohl (3.88 GPA — biology)

### Volleyball

The volleyball team is one of the most consistent performing teams on the court and in the classroom. Coach Leanne Piscotty places an emphasis on preparation for post-collegiate life, which includes a focus on how a strong educational experience prepares student-athletes to earn meaningful jobs in rewarding careers. Many of the players on the team engage in their educational experiences and are active learners, which is a critical part of getting the most out of an educational experience.

**Athletes of Note:** Jill Edwards (3.58 GPA — supply chain management), Laura Plank (3.63 GPA — undeclared)

### Baseball
Coach Matt Jones has taken Ship's baseball team to new heights and has not sacrificed academic performance or integrity in the process. He has shown that it is possible to take a team to the College World Series and also excel in the classroom. The ability to maintain a consistent roster via academic success and retention is one of the primary ways to build a strong team and have success on the field. In that regard, they complement each other.

Athletes of Note: Michael Douglas (3.68 QPA — marketing), Cody Ezolt (3.36 QPA — exercise science), Will Bennett (3.69 QPA — exercise science), Chris Mullin (3.24 QPA — exercise science), Ryan Spangler (3.79 QPA — biology)

Basketball

First-year coach Chris Fite and the SU men's basketball program put a great deal of pride in recruiting strong student-athletes and supporting these student-athletes through their experience. SU men's hoops does not buy into the conventional wisdom that places sports before academics; in fact the approach is counter to this. This is evidenced by the fact that in Fall 2010 the SU men's basketball team achieved its highest QPA since records have been kept. The team was honored with three PSAC Scholar-Athlete Awards for 2011-12.

Athletes of Note: David Craig (3.13 QPA — management), A.J. Maun (3.4 QPA — biology)

Cross Country

Coach Steve Spence has always placed a great deal of emphasis on the importance of balancing the commitment of athletics with academics. The results can be seen in the discipline, success, accolades and academic engagement of cross country runners. As a Shippensburg University alumna and former Red Raider cross country/track All-American, Spence understands the importance of academic success as it relates to a career path.

Spence was one of the few Ship athletes to earn a living as a professional athlete. However, after his professional career came to an end, Spence was able to use his SU undergraduate and graduate education to propel him into the coaching ranks. Most recently, cross country star and Academic All-American Bryan Beegle received a NCAA postgraduate scholarship that will allow him to complete his master's degree in criminal justice.

Athletes of Note: Will Bennett (3.69 QPA — exercise science), Chris Mullin (3.24 QPA — exercise science), Ryan Spangler (3.79 QPA — biology)

Football

As a Shippensburg graduate having earned a bachelor’s and master’s degree, head coach Mark ‘Mac’ Maciejewski understands the value of a Shippensburg education. Coach Mac was named the head football coach in December 2010. In his short tenure, Coach Mac has challenged his team to win in the classroom as well as on the football field. His first goal, when taking the position of head coach, was to increase academic performance and his new approach had an immediate impact. The team was honored with 11 PSAC scholar-athletes in 2012-13. Among the honorees was Academic All-District selection Brian Sourber. Three years ago, Mike Frenette was one of just four running backs in Division II to be named an Academic All-American and the first SU football player to be nationally honored since John Kuhn ‘04 earned first-team honors in 2004.

Athletes of Note: Cortlin Dell (3.44 QPA — supply chain management), Alex Kuljian (3.54 QPA — management), Chris Lawshe (3.34 QPA — management), Doug Randall (3.54 QPA — accounting)

Indoor/Outdoor Track & Field

The men's indoor and outdoor track and field programs are PSAC powerhouses and enjoy national recognition. An equally impressive feat, head coach Dave Osantisch oversees a team that — although having the second-biggest roster of all men's teams — boasts a team QPA that is one of the highest of all men's sports. Impressively enough, the men's overall team QPA continues a steady increase year after year — proving that it is possible to work toward mastering two crafts. SU's track team was honored with 16 PSAC scholar-athlete award winners in 2010-11.

Athletes of Note: Caleb Bartlett (3.52 QPA — criminal justice), Dominic Raguz (3.47 QPA — criminal justice), Garrett VandeBrake (3.34 QPA — earth science)

Soccer

Sixth-year head coach Jeremy Spering instructs and leads a team that has had an exciting and dramatic turnaround. The turnaround symbolizes what a lot of coaches and higher education professionals already know. This is the fact that academic and athletic excellence is not mutually exclusive; rather they typically go hand-in-hand. Ship's men's soccer team illustrated this fact beautifully in 2010-11. The team won its first PSAC Championship in 35 years and saw its highest overall team QPA since records have been kept. Many of Spering's players have learned, first hand, that a commitment to excellence is about character and a way of life. The team received its highest team QPA this past spring semester with a 3.1.

Athletes of Note: Christopher Black (3.86 QPA — mathematics), Alex Prosser (3.27 QPA — accounting), Clay Sale (3.62 QPA — history), Gregg Whitcomb (3.91 QPA — business)

Swimming

The men's indoor and outdoor track and field programs are PSAC powerhouses and enjoy national recognition. An equally impressive feat, head coach Dave Osantisch oversees a team that — although having the second-biggest roster of all men's teams — boasts a team QPA that is one of the highest of all men's sports. Impressively enough, the men's overall team QPA continues a steady increase year after year — proving that it is possible to work toward mastering two crafts. SU's track team was honored with 16 PSAC scholar-athlete award winners in 2010-11.

Athletes of Note: Caleb Bartlett (3.52 QPA — criminal justice), Dominic Raguz (3.47 QPA — criminal justice), Garrett VandeBrake (3.34 QPA — earth science)
The men’s swimming team, guided by coach Tim Verge, was recognized by the College Swimming Coaches Association of America in Spring 2012 for attaining a semester GPA of 3.18 QPA. This was the highest mark of any men’s program in the PSAC and the seventh highest in the nation for Division II. Additionally, junior Sean Minford was honored with a CoSIDA Academic All-District citation for the men’s at-large category — a pool that includes 12 different sports. He is the first SU men’s swimmer to earn Academic All-District accolades since Shane Wolter was selected as a Second Team Academic All-American in 2010.

Athletes of Note: Allen Koederitz (3.69 QPA — mathematics), Stefan Szilagyi (3.72 — exercise science), Jacob Zalkind (3.61 QPA — physics)

Wrestling
If you ask head coach Seth Bloomquist about his thoughts on how a coach can support his team toward classroom excellence, you will get a very clear and well thought out response. In essence, Coach Bloomquist believes that wrestling supplements the student-athlete’s experience as a student en route to earning a degree. Coach Bloomquist, since taking the position of head wrestling coach, has re-emphasized his philosophy with tremendous results. The team QPA, semester to semester, continues to improve — approaching all-time bests. The team was honored with four PSAC Scholar Athlete Award Winners in 2010-11.

Shippensburg University Men’s PSAC Championship Teams

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Jeff Michaels begins his fifth academic year as Shippensburg University’s director of athletics in 2013-14. Michaels served as Shippensburg’s acting director of athletics for the 2009-10 and 2010-11 academic years before a permanent appointment to the position on July 1, 2011. His previous four years (2005-06 through 2008-09) were spent as the university’s associate director of athletics.

Shippensburg University athletics has achieved significant success at the conference, regional and national levels during Michaels’ tenure. In four years as Shippensburg’s athletic director, Raider athletic programs have won 22 Pennsylvania State Athletic Conference (PSAC) championships.

SU finished eighth in the final standings for the 2012-13 Learfield Sports Directors’ Cup, marking the best national finish in the history of Raider athletics. Thirteen of SU’s 20 intercollegiate athletic programs recorded point totals toward the 2012-13 Directors’ Cup standings. The Directors’ Cup gauges the top intercollegiate athletic programs at the NCAA Division II level.

During his term as the acting director, Shippensburg won 12 conference championships spanning six sports and competed at 21 different NCAA championship tournaments or events over the course of two academic years.

Prior to Shippensburg, Michaels served five years as an assistant to the athletics director at Slippery Rock University where he worked with compliance and facilities. He also spent five years as the sports information director at Lycoming College. Prior to Lycoming, Michaels served six months as Slippery Rock’s interim sports promotion and information director and one year as a graduate assistant in the same capacity.

Michaels earned his bachelor of arts in mass communication and political science from Lycoming in 1992 and his master’s degree in sport management from California University of Pennsylvania in 1993. In May 2009, he earned a master’s degree in sport management from California University of Pennsylvania.

Carrie Michaels begins her fifth academic year as the associate director of athletics at Shippensburg University in 2013-14. She also serves the university as its senior woman administrator (SWA).

Michaels was the acting associate director of athletics from June 2009 through November 2011 before being permanently appointed to her position. She was SU’s assistant athletic director for the 2008-09 academic year.

Michaels has been a valuable member of the athletic administration – particularly in the management and maintenance of the department’s budget. She is also responsible for the promotion, supervision and management of fund-raising activities – in particular the Corporate Sponsorship Program and the Jane Goss Memorial Golf Tournament.

Another aspect of her work is the coordination of community service projects and community engagement initiatives. Shippensburg was honored by the NCAA three consecutive years for its community engagement through activities such as Kid’s Night Out, MentorSHIP, “Jam the Gym” and the Special Olympics “Fun Meet.”

Michaels came to Shippensburg in September 2006 and worked for two years as the interim coordinator of Academic Support Services for Student-Athletes. In that role, Michaels was responsible for providing academic advisement, monitoring academic progress, counseling and referral, and assisting graduating student-athletes in researching and pursuing employment and/or opportunities for graduate education.

Before Shippensburg, Michaels served as the assistant to the Athletics Director at Slippery Rock University where she coordinated all academic support services for student athletes, in addition to directing athletic fund-raising and camps and conferences.

Michaels earned her bachelor of arts in psychology and criminal justice in 1995 at Duquesne where she also competed as a student-athlete in the sport of basketball. She earned her master’s degree in sport management at Slippery Rock in 2001.

Ashley Grimm enters her fourth year as the assistant director of athletics at Shippensburg University in 2013-14.

Grimm was the acting assistant director of athletics for the 2010-11 and 2011-12 academic years before a permanent appointment to her post on July 23, 2012.

At Shippensburg, Grimm is especially active in the maintenance and enforcement of NCAA rules compliance and interpretation. Her additional responsibilities with the athletics department include game management and administrative roles.

Grimm has been an integral advisor to Shippensburg’s Student-Athlete Advisory Committee (SAAC). In the 2012-13 academic year, Grimm oversaw a group of student-athletes that conducted numerous community initiatives, including a holiday gift-giving event and the annual Special Olympics Swim Meet.

From 2009-10, Grimm was an athletic department assistant and a graduate assistant women’s basketball coach at her alma mater, Clarion University. Grimm was a valuable resource to the athletics department in the areas of compliance and academic performance while organizing and administering numerous events and fund-raisers.

Grimm was a four-year starting point guard on the women’s basketball team at her alma mater and graduated as Clarion’s all-time assists leader with 569. She scored 807 points and collected 217 steals (sixth-most in school history). Grimm was also a co-captain and letter winner on Clarion’s first-ever women’s golf team.

A four-time PSAC Scholar Athlete, Grimm graduated summa cum laude from Clarion in 2008 with a bachelor’s degree in biology while enrolled in the honors program.

After receiving a NCAA postgraduate scholarship, Grimm was inducted into Beta Gamma Sigma honor society for nationally accredited business programs and received her MBA from Clarion in 2010. She is currently taking courses toward a doctorate.
2012 Fall Semester

The information below is based on 18 intercollegiate athletic teams. This summarizes the academic performance of the 475 student athletes on official athletic rosters during the Fall 2012 Semester.

• The semester QPA for all student athletes was 2.88
• The semester QPA for female student athletes was 3.11
• The semester QPA for male student athletes was 2.69
• Women’s Cross Country achieved the highest semester QPA at 3.42. Seven (7) other teams achieved a semester QPA of 3.0 or greater. They were: Women’s Softball (3.36), Women’s Swimming (3.34), Women’s Tennis (3.26), Women’s Soccer (3.27), Women’s Track & Field (3.11), Men’s Soccer (3.09), and Men’s Cross Country (3.08).
• 52% (248) of all student athletes earned a semester GPA of 3.0 or greater.
• 22% (106) of all student athletes earned a semester GPA of 3.5 or greater (Dean’s List).
• 4% (19) of all student athletes earned a semester GPA of 4.0.

2013 Spring Semester

The information below is based on 18 intercollegiate athletic teams. This summarizes the academic performance of the 449 student athletes on official athletic rosters during the Spring 2013 Semester.

• The semester QPA for all student athletes was 2.90
• The semester QPA for female student athletes was 3.14
• The semester QPA for male student athletes was 2.70
• Women’s Swimming achieved the highest semester QPA at 3.45. Twelve (12) other teams achieved a semester QPA of 3.0 or greater. They were: Women’s Soccer (3.39), Women’s Cross Country (3.38), Women’s Tennis (3.26), Women’s Softball (3.23), Men’s Soccer (3.20), Women’s Track & Field (3.18), Women’s Volleyball (3.16), Men’s Swimming (3.12), Men’s Cross Country (3.05), Women’s Track & Field (3.03), and Women’s Basketball (3.02).
• 52% (233) of all student athletes earned a semester GPA of 3.0 or greater.
• 26% (118) of all student athletes earned a semester GPA of 3.5 or greater (Dean’s List).
• 5% (21) of all student athletes earned a semester GPA of 4.0.
A PSAC Scholar Athlete has maintained a 3.25 cumulative grade point average while competing in an intercollegiate varsity sport. Shippensburg’s total of 139 PSAC scholar-athletes for the 2012-13 academic year – 86 women and 53 men – is the highest in school history. Thirty-one percent of the Raider student-athletes were deemed scholar-athletes – another new record. SU had 30 percent of its student-athletes deemed scholars in 2009-10 and 28 percent in each of the past two years. Data was first compiled by the PSAC in 1994.

The SU women’s cross country/track & field team boasted 30 scholar-athletes to lead all Raider sports, while field hockey (13), men’s soccer (12), women’s soccer (11), football (11) and men’s track & field/cross country (11). Each SU intercollegiate team boasted at least one PSAC scholar-athlete.

The following is the list of Shippensburg’s PSAC Scholar-Athletes for the 2012-13 academic year:

<table>
<thead>
<tr>
<th>Team</th>
<th>Scholar-Athletes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Hockey (13)</td>
<td>Taylor Bender, Brittany Jett, Megan Jett, Taylor Jones, Lucinda Kauffman, Carenna Neely (also T&amp;F), Tori Ricker, Brynn Seidenstricker, Katie Shoop, Molly Stuart, Ashley Taylor, Taylor Webster, Bre White</td>
</tr>
<tr>
<td>Women’s Soccer (11)</td>
<td>Cassie Arnold, Brooke Clippering, Alyssa House, Haley Jones, Meghan Mahon, Mackenzie Neal, Shelbie Rackley, Caitlin Sheehan, Sarah Sumner, Ashley Vellucci, Kate Zech</td>
</tr>
<tr>
<td>Women’s Swimming (8)</td>
<td>Abbie Brumback, Kate Ditz, Jenn Flinchbaugh, Carolyn Meier, Rikki Sargent, Colleen Stiles, Jess Trgovic, Tara Yohe</td>
</tr>
<tr>
<td>Women’s Track &amp; Field (30)</td>
<td>Megan Breski, Kellie Bresz, Sarah Brotzman, Jessica Collins (also XC), Lauren Ellsworth, Ashley Fornshell, Brittany Harlacker, Rachel Haupt, Ally Herr, Jenna Hollenshead (XC only), Shayna Jansen, Megan Lundy, Lauren Merk, Sam Nelson, Amanda Raudabaugh (XC only), Patty Reis, Caitlin Perry (also XC), Stephanie Pryor (also XC), Ellie Ressler, Emma Shank (also XC), Margaux Spence (XC only), Reynah Spence (also XC), Katie Spratford (also XC), Caitlin Stuetz, Marla Thomas, Cassie VanEtten, Heather Weiss (also XC), Katie Wiechelt (also XC)</td>
</tr>
<tr>
<td>Baseball (8)</td>
<td>Austin Allison, Michael Douglas, Cody Ezolt, Pat Kregeloh, Mike Marcinko, Kevin Richter, Josh Scott, Dan Wimer</td>
</tr>
<tr>
<td>Football (11)</td>
<td>Kyle Bushong, Matthew Chiappelli, Ravone Cornish, Cortlin Dell, Mike Frenette, Alex Kuljian, Chris Lawshe, Doug Randall, T.J. Smink Jr., Brian Sourber, Bo Wilson</td>
</tr>
<tr>
<td>Men’s Basketball (1)</td>
<td>A.J. Maun</td>
</tr>
<tr>
<td>Men’s Track &amp; Field (11)</td>
<td>Caleb Bartlett, Will Bennett (also XC), Mike Bilotta (also XC), Dan Dreeman, Joel Flott (also XC), David Kloeppe, Greg Pearson, Brian Quintrell, Dominic Raguz, Ryan Spangler (also XC), Garrett VandeBrake</td>
</tr>
<tr>
<td>Wrestling (3)</td>
<td>Tyler Erdman, Chris Kochinsky, John Lindquist</td>
</tr>
<tr>
<td>Softball (8)</td>
<td>Kiersten Darhower, Jenn Darvand, Bri Giovenco, Maddie Justice, Taylor Llewellyn, Mackenzie Lynn, Filary Lyons, Liz Parkins</td>
</tr>
<tr>
<td>Tennis (4)</td>
<td>Julia Saintz, Katie Shearer, Kayla Strohl, Hannah Wolfe</td>
</tr>
<tr>
<td>Volleyball (5)</td>
<td>Jill Edwards, Erin Flick (also T&amp;F), Lauren Murphy, Laura Plank, Rachel Smicker</td>
</tr>
<tr>
<td>Women’s Basketball (4)</td>
<td>Caitlin Deeter, Jen Kalinowski, Shaniece Jackson, Kasey Long</td>
</tr>
</tbody>
</table>

Field Hockey (13) Taylor Bender, Brittany Jett, Megan Jett, Taylor Jones, Lucinda Kauffman, Carenna Neely (also T&F), Tori Ricker, Brynn Seidenstricker, Katie Shoop, Molly Stuart, Ashley Taylor, Taylor Webster, Bre White

Lacrosse (5)
Sarah Chrencik, Liz French, Garrie Grenfell, Erin Hains, Lindsey Kennedy

Softball (8)
Kiersten Darhower, Jenn Darvand, Bri Giovenco, Maddie Justice, Taylor Llewellyn, Mackenzie Lynn, Filary Lyons, Liz Parkins

Tennis (4)
Julia Saintz, Katie Shearer, Kayla Strohl, Hannah Wolfe

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Abbie Brumback, Kate Ditz, Jenn Flinchbaugh, Carolyn Meier, Rikki Sargent, Colleen Stiles, Jess Trgovic, Tara Yohe

Women’s Track & Field (30)
Megan Breski, Kellie Bresz, Sarah Brotzman, Jessica Collins (also XC), Lauren Ellsworth, Ashley Fornshell, Brittany Harlacker, Rachel Haupt, Ally Herr, Jenna Hollenshead (XC only), Shayna Jansen, Megan Lundy, Lauren Merk, Sam Nelson, Amanda Raudabaugh (XC only), Patty Reis, Caitlin Perry (also XC), Stephanie Pryor (also XC), Ellie Ressler, Emma Shank (also XC), Margaux Spence (XC only), Reynah Spence (also XC), Katie Spratford (also XC), Caitlin Stuetz, Marla Thomas, Cassie VanEtten, Heather Weiss (also XC), Katie Wiechelt (also XC)

Baseball (8)
Austin Allison, Michael Douglas, Cody Ezolt, Pat Kregeloh, Mike Marcinko, Kevin Richter, Josh Scott, Dan Wimer

Football (11)
Kyle Bushong, Matthew Chiappelli, Ravone Cornish, Cortlin Dell, Mike Frenette, Alex Kuljian, Chris Lawshe, Doug Randall, T.J. Smink Jr., Brian Sourber, Bo Wilson

Men’s Basketball (1)
A.J. Maun

Men’s Track & Field (11)
Caleb Bartlett, Will Bennett (also XC), Mike Bilotta (also XC), Dan Dreeman, Joel Flott (also XC), David Kloeppe, Greg Pearson, Brian Quintrell, Dominic Raguz, Ryan Spangler (also XC), Garrett VandeBrake

Wrestling (3)
Tyler Erdman, Chris Kochinsky, John Lindquist

Men’s Soccer (12)
Casey Bellamy, Chris Black, Taylor Hudson, Miguel Lugo, Brooke Moyer, Simon Neubauer, Alex Prosser, Evan Raimist, Derrick Roy, Clay Sale, Alex Supplee, Gregg Whitcomb

Men’s Swimming (7)
Allen Koederitz, Jordan Metz, Sean Minford, Tyler Minford, Tyler Robertson, Stefan Szilagyi, Jake Zalkind
The Top Ten Awards, selected by the PSAC's sports information directors, recognize student-athletes who distinguish themselves in the classroom, as well as in the arena of competition. The conference designates Top Ten Award winners after each of the sports seasons: fall, winter and spring.

To be a candidate for the Top Ten Awards, a student-athlete must have achieved a minimum of a 3.50 cumulative grade point average (as of Fall 2009 awards) and must be a starter or key reserve with legitimate athletic credentials.

1997-98
Fall
Mike Iaquinta, Football
Winter
Ashley Totedo, Women's Basketball
Spring
Danielle Argento, Lacrosse

1998-99
Winter
Ashley Totedo, Women's Basketball

1999-00
Winter
Christa Cline, Women's Basketball
Brett Owen, Wrestling
Spring
Jamie Eichelberger, Baseball

2000-01
Winter
Christa Cline, Women's Basketball
Janette Pieczynski, Women's Basketball
Spring
Greg Ryan, Men's Outdoor Track & Field

2001-02
Winter
Beth Klemick, Women's Swimming
Mike Robinson, Men's Swimming

2002-03
Winter
Beth Klemick, Women's Swimming
Spring
Page Heath, Lacrosse

2003-04
Fall
John Kuhn, Football
Kelly Stewart, Women's Cross Country
Winter
Nebojsa Bogdanovic, Men's Basketball
Kelly Stewart, Women's Indoor Track & Field
Spring
Page Heath, Lacrosse
Jared Krebs, Baseball
Kelly Stewart, Women's Outdoor Track & Field

2004-05
Fall
John Kuhn, Football
Winter
Corey Jacoby, Wrestling
Spring
Frank D'Agostino, Baseball
Jaime Dacey, Softball

2005-06
Winter
Corey Jacoby, Wrestling
Spring
Heather Chantiles, Softball

2006-07
None

2007-08
Winter
Lauren Beckley, Women's Basketball
Spring
Justin Garber, Baseball

2008-09
Winter
Lauren Beckley, Women's Basketball
Mary Dell, Women's Indoor Track & Field
Spring
Mary Dell, Women's Outdoor Track & Field

2009-10
Fall
Mary Dell, Women's Cross Country
Winter
Lauren Beckley, Women's Basketball
Neely Spence, Women's Indoor Track & Field
Shane Wolter, Men's Swimming
Spring
Mary Dell, Women's Outdoor Track & Field

2010-11
Fall
Kristen Brooks, Field Hockey
Neely Spence, Women's Cross Country
Winter
Neely Spence, Women's Indoor Track & Field
Bryan Beegle, Men's Indoor Track & Field

2011-12
Fall
Stephen Schelander, Men's Cross Country
Neely Spence, Women's Cross Country
Winter
John Corrigan, Men's Basketball
Stephen Schelander, Men's Indoor Track & Field
Spring
Stephen Schelander, Men's Outdoor Track & Field

2012-13
Winter
Ryan Spangler, Men's Indoor Track & Field
Spring
Pat Kregeloh, Baseball
1975
Football
Tony Winter
Second Team LB

1976
Football
Tony Winter
First Team LB

1979
Men's Basketball
John Whitmer
First Team C/F

1980
Men's Basketball
Brian Cozzens
Third Team

1981
Baseball
Mike Yohe
Second Team 2B

Men's Basketball
Brian Cozzens
First Team F

1982
Football
Dave Butler
First Team DL

Football
Dave Schanbacher
Second Team C

Men's Basketball
Brian Cozzens
Second Team F

1985
Baseball
Barry Kerr
First Team IF

1987
Football
Joel Yohn
First Team K

1995
Baseball
Tut Bailey
First Team DH

Football
Chris Bickel
Second Team DB

Football
Joel Yohn
First Team K

1997
Women's At-Large
Danielle Argento
Second Team Track & Field

Women's At-Large
Stacy Bryner
Third Team Field Hockey

1980
Men's Basketball
John Whitmer
First Team C/F

Football
Rodney Gross
Second Team OF

1989
Softball
Beth Finkey
First Team C

1991
Baseball
Mike Dallas
Second Team SS

1992
Baseball
Mike Dallas
First Team SS

Men's At-Large
Randy Lowe
First Team CC/Track

1993
Women's At-Large
Joy Motter
Second Team Tennis

1994
Football
Joel Yohn
First Team K

Women's At-Large
Cindy Kepler
First Team Swimming

2002
Men's Track & Field/Cross Country
Jeremy Scott
Second Team

Women's At-Large
Page Heath
Third Team Lacrosse

2004
Football
John Kuhn
First Team FB

Women's At-Large
Page Heath
First Team Lacrosse

Women's Track & Field/Cross Country
Kelly Stewart
Second Team

2005
Softball
Elizabeth Corr
Third Team OF

Softball
Anna Corr
Third Team IF

Softball
Jaime Dacey
First Team OF

1998
Women's At-Large
Danielle Argento
First Team Lacrosse

1999
Women's Basketball
Ashley Totedo
Second Team F

2006
Men's At-Large
Corey Jacoby
Second Team

Women's Track & Field/Cross Country
Sara Wagner
Third Team

2011
Women's At-Large
Kristen McCandless
First Team Swimming

Men's Track & Field/Cross Country
Stephen Schelander
First team

Women's Track & Field/Cross Country
Neely Spence
First team

2012
Women's Track & Field/Cross Country
Katie Spratford
Second Team

Baseball
Pat Kregeloh
Third team

2009
Women's Track & Field/Cross Country
Mary Dell
First Team

2010
Women's Track & Field/Cross Country
Mary Dell
First Team

2003
Football
John Kuhn
First Team FB

Women's At-Large
Justin Gindlesperger
Third Team

Softball
Heather Chantiles
First Team OF

2009
Women's Track & Field/Cross Country
Mary Dell
First Team

2011
Women's Track & Field/Cross Country
Katie Spratford
Second Team
Pete Nevins  PSAC SCHOLAR-ATHLETES OF THE YEAR

1993-94
Cindy Kepler, Swimming
Steve Economopoulous, Soccer/Baseball

2005-06
Heather Chantiles, Softball

2009-10
Mary Dell, Cross Country/Track

2010-11
Neely Spence, Cross Country/Track

2011-12
Neely Spence, Cross Country/Track

* Shippensburg remains the only school in league history to win both Scholar-Athlete of the Year awards in the same calendar year.

* The PSAC Pete Nevins Scholar-Athlete of the Year Awards are presented to the top student-athletes who have achieved at least a 3.50 cumulative grade point average while competing at an outstanding athletic level. Student-athletes must have been recognized as a conference Fall, Winter or Spring Top Ten Award Winner to be eligible for the honor. The Scholar-Athletes of the Year are chosen by the league’s sports information directors and were renamed in 2007 to honor East Stroudsburg’s long-time sports information director, Pete Nevins, who passed away earlier that year. Nevins held his position at ESU for 33 years and it is estimated that he wrote articles on more than 12,000 ESU events that covered more than 5,000 student-athletes.

ELITE 89 Award Winners

The Elite 89 award was founded by the NCAA in 2009 to recognize the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. It is presented to one student-athlete with the highest cumulative grade-point average at the finals site for each of the NCAA’s 88 championships.

Shippensburg University women’s field hockey senior Kristen Brooks was a recipient of the NCAA’s ‘Elite 88’ award at the 2010 Division II Field Hockey Championships. Brooks, who graduated in May with a 3.98 cumulative quality-point average in management and marketing, became the first athlete in all divisions of the NCAA to receive two Elite 88 awards in the same sport.

2009-10
Kristen Brooks, Field Hockey

2010-11
Kristen Brooks, Field Hockey
Lauren Beckley ’10

Lauren Beckley is currently playing professional basketball in Europe. After her first season with Lemvig Basket, a professional team in Denmark, Beckley was named the most valuable player of the Dame Ligaen (Women’s League) after averaging 21.6 points and 9.8 rebounds per game.

Beckley, a two-time WBCA All-American, is the all-time leading scorer in PSAC history and finished her senior season at Shippensburg as the PSAC’s leading scorer with 21.8 points per game. She ranked sixth in the nation in points per game, eighth in the nation in free-throw percentage and 18th in the nation in rebounds per game (10.1).

In her career, Beckley scored 2,407 points through 113 career games to rank herself 15th all time in Division II. She is the only player in PSAC history to win a conference player of the year award in both divisions and one of just five players in the league with 2,000 or more career points and 1,000 or more career rebounds. Overall, Beckley was a three-time PSAC Player of the Year.

Beckley was a two-time CoSIDA Academic All-District First Team selection and a three-time PSAC Winter Top 10 award winner. She graduated with a 3.59 grade-point average while attaining a major in exercise science and a minor in biology.

Gary Bicking ’81

Bicking, a native of Bethlehem, was the men’s cross country coach at Shippensburg in 1982 and 1983 before entering the United States Navy as a helicopter pilot and network engineer – a role he fulfilled for seven years.

For six years, Bicking has been a computer network engineer for the Colorado Division of Wildlife. He was previously the director of information technology for the Education Commission of the States from 1996-2005.

With the Raiders, Bicking was one of the best mid-distance and distance runners in school history. He blossomed as a runner in the spring of his sophomore year when he ran the mile in 4:11.4 in a dual meet at Lock Haven to break the school record. Two weeks later, he won the Pennsylvania Conference championship in the 1500 with a time of 3:52.1.

In the fall of 1979, he helped Shippensburg take eighth place at the NCAA Division II national championships in cross country. During the track season, Bicking won the conference championship in the 1500 for the second year in a row with a meet record of 3:48.3 that still stands.

Following the conference meet, Bicking traveled to California and placed third in the 1500 with a school-record time of 3:45.64, a pace equivalent to a 4:03 mile. He also earned All-America honors in cross country with an eighth-place finish in 1980 on the 10,000 meter course at Wisconsin-Parkside.

Dr. Kelly Doerzbacher ’98

Doerzbacher is an anesthesiologist at Sutter Davis Hospital in California who received a 2011 Distinguished Young Alumnus award from her alma mater.

After a high school and college career filled with athletics, academics, and honors, she chose a combination of physical and mental endurance with her acceptance of the Air Force Health Professionals Scholarship, which carried a military service obligation. The scholarship allowed her to attend Penn State College of Medicine at Hershey where she studied to be an anesthesiologist.

She completed two residencies in anesthesiology, one in North Carolina and one in Vermont, before beginning her military service that led almost immediately to a hospital in Afghanistan where she stayed for four months caring for American soldiers and Afghan citizens.

Doerzbacher returned to the United States and fulfilled the remainder of her military obligation at the David Grant Medical Center at Travis Air Force Base in California. She held that position until she returned to civilian life last year and joined Sutter Davis Hospital where she continues her interests in ultrasound-guided regional anesthesia.

As a basketball player, Doerzbacher was an integral part of a women’s basketball tradition that won three conference championships, a regional championship and played in the NCAA Division II national championship game.
John Kuhn ‘04

John Kuhn has spent six seasons in the National Football League (NFL) as a member of the Pittsburgh Steelers and the Green Bay Packers. In 2010, Kuhn totaled 281 rushing yards, 97 receiving yards and scored six touchdowns. He has totaled 522 all-purpose yards and scored 12 touchdowns in his career.

In February, Kuhn won his second Super Bowl ring and his first while a member of an active NFL roster when the Green Bay Packers defeated the Pittsburgh Steelers, 31-25, in Super Bowl XLV.

At Shippensburg, Kuhn finished his career with 4,685 yards rushing, 910 carries, 53 touchdowns, 5,300 all-purpose yards and 26 games with at least 100 yards rushing. All of those accomplishments are school records.

Kuhn was also standout in the classroom, graduating with a 3.3 quality-point average in chemistry. Before he signed a free-agent contract with the Pittsburgh Steelers, Kuhn was prepared to work at a major chemistry lab. He was a College Sports Information Directors of America (CoSIDA) Academic All-America First Team selection in both 2003 and 2004 and became the first men’s athlete in school history to win two PSAC Top 10 awards.

Dave Geyer ‘99/01M

Dave Geyer is the co-head coach of the men’s and women’s swimming programs at Louisiana State University (LSU).

Before his appointment in April 2011, Geyer was an assistant coach with the Tigers for five seasons. Geyer worked with all phases of the programs and was instrumental in helping numerous athletes shatter program records and earn All-America honors.

He began his coaching career as an assistant at Shippensburg while attending graduate school – aiding current coach Tim Verge with all facets of the program including recruiting, coaching and administration. Geyer graduated with a bachelor’s degree in psychology before receiving his master’s degree in counseling.

As a swimmer at Shippensburg, Geyer placed at the PSAC Championships in all four of his competitive seasons in addition to earning All-American honors at the 1997 National Championships. He was a three-time PSAC runner-up in individual medley competition.

Geyer is married to the former Lyndi Croft ’01, an All-American swimmer at Shippensburg from 1997-2001. The couple has two daughters, Maddilyn (5) and Kayda (1).

Marie McDonald ‘97

McDonald works in Philadelphia as an Associate Partner with Clarkston Consulting. She has helped Life Sciences and Consumer Products companies solve their business challenges for over 10 years.

During her service, McDonald has facilitated a wide range of business improvement initiatives including quality systems implementations, manufacturing system implementations, regulatory remediation and compliance initiatives, and organizational effectiveness. She has also sat on the Greater Philadelphia Healthcare Business Women’s Association Board of Directors.

After graduating from Shippensburg in 1997, McDonald went on to earn a master’s degree in Career and Technical Education from Virginia Tech in 2001 – receiving the Career and Technical Education Outstanding Graduate Student Award.

McDonald, a native of Breinigsville, was a part of the outstanding SU women’s basketball run in the 1990s – winning two conference championships, a regional championship that won 2 conference championships, East Region Championship, and NCAA runner up.
Kim Nelson ’78

Kim Nelson worked 22 years with the Commonwealth of Pennsylvania and spent four years with the Environmental Protection Agency (EPA) where she served as the Presidential appointee and US Senate confirmed Assistant Administrator for Environmental Information and Chief Information Officer. Nelson began working with the Microsoft Corporation in 2006 and serves as the Executive Director of eGovernment and Director of the US Public Sector’s State and Local Government Solutions team.

She has received numerous professional honors, including a selection as the Government Computer News Civilian Executive of the Year in 2004.

A native of Bethayres, Nelson was an All-American swimmer for the Lady Raiders. In her freshman season in 1975, Nelson – a sprint freestyler – helped Shippensburg take second place behind Princeton in the Eastern AIAW championship. The Lady Raiders defeated Penn State and Rutgers at that meet.

In 1976, Nelson anchored four relays at the Eastern AIAW championships, helping Shippensburg place ninth in the team standings. She was a two-time placewinner at the PSAC championships in the 50 and 100-yard freestyle events and earned All-America honors in 1977.

During her four seasons at Shippensburg, the Lady Raiders compiled a dual meet record of 36-6, including victories over the University of Maryland during her junior and senior years.

She graduated from Shippensburg with a bachelor of science in secondary education, political science and went on to earn a master’s degree in public administration from the University of Pennsylvania in 1987.

Michael M. Palm ’86

For 17 years, Palm has served in various marketing positions with Berlitz International, Inc., of Princeton, New Jersey. Recognizing his talents and accomplishments, the company promoted him to director of worldwide marketing in 2001. Mike is charged with managing the Berlitz brand for the 125-year-old company, which is the world’s leading supplier of language instruction, cross-cultural training, and self-teaching publishing materials.

Palm conceptualized, designed and produced the company’s first global branding campaign, which was rolled out in over 60 countries over a six-month period. In 1998 he received the company’s Chairman’s Award for exceeding sales goals. He also directed the redesign of the company’s website resulting in a 30 percent increase of monthly site sessions.

At Shippensburg, Mike captained the men’s basketball and track and field teams. He graduated with a bachelor of science in business administration. He has continued to share his basketball knowledge by coaching girls’ AAU basketball and conducting clinics.

In appreciation of his Shippensburg experience, he serves on the John L. Grove College of Business Advisory Board and returns to campus to speak with current business students. He also is a friend and supporter of the basketball and track and field programs.

As a contributor to his community, Palm serves as secretary, director, and coach for the Upper Makefield Township Basketball League and also sits as board member for the East Grant Homeowners Association.

Jeanne Shaheen ’67

Shaheen is the first female senator to represent New Hampshire in the United States Senate. She has also served as the Director of the Institute of Politics (IOP) at Harvard University’s John F. Kennedy School of Government.

She was the national campaign manager for Jimmy Carter during the 1980 presidential campaign and for Gary Hart in 1984. She also managed two state campaigns for Paul McEachern in 1986 and 1988. Following her stints as a campaign manager, Shaheen decided to run for office herself. Her career in elected office began in 1990 when she was elected to the New Hampshire state Senate and served three terms.

In 1996, Shaheen was elected Governor of New Hampshire, becoming the state’s first woman governor and the first Democrat elected governor in 16 years. She served three terms as governor, winning re-election in 1998 and 2000. As the governor, Shaheen chaired the Education Commission of the States from 2000-01 and led the first trade mission for New Hampshire outside North America.

Shaheen graduated in 1967 with a bachelor’s degree in English. She was a member of the junior varsity team for two seasons in 1965-66 and 1966-67. She went on to earn her master’s degree in political science from the University of Mississippi in 1973.
Ashley (Totedo) Swanson ’99

Swanson is an associate with Dickie, McCamey & Chilcote, P.C., in the firm’s Pittsburgh office. She concentrates her practice in the areas of general liability and construction law with a particular emphasis in transportation law. She is a member of the Allegheny County and American Bar Associations who is admitted to practice before the Supreme Court of Pennsylvania and the United States District Court for the Western District of Pennsylvania.

Totedo Swanson, who graduated cum laude from Shippensburg with a bachelor’s degree in psychology, was the first women’s player in Division II history to total over 2,000 points, 1,400 rebounds and 300 blocked shots in a career.

A three-time Kodak/WBCA All-American First Team selection from 1997-99, Totedo was inducted in the Shippensburg Athletic Hall of Fame in 2000. During her career, Shippensburg compiled a 106-21 record, won four PSAC and two NCAA East Region championships.

Totedo was also a member of the only two teams in school history to advance to the Elite Eight. In 1996, the Lady Raiders finished the year ranked No. 2 in the nation after advancing to the national championship game.

Off the court, Totedo was an Academic All-American and two-time PSAC Winter Top Ten award winner. Following her graduation from Shippensburg, she attended the Duquesne University School of Law as a recipient of both an NCAA postgraduate scholarship and academic scholarship.

Totedo received her justice degree from Duquesne in 2002, where she was a recipient of the CALI Excellence for the Future Award in Trial Advocacy.

Glenn Thompson ’85

Thompson is a staunch promoter of track and field on the national and international level and the founder and publisher of the bi-monthly magazine The Long and Strong Throwers Journal – the only publication of its kind in the world. He still assists Shippensburg as a volunteer coach.

He has helped develop some of the best high school throwers in the state of Pennsylvania, serving as the personal coach for Jeremy Silverman of Annville-Cleona (three-time PIAA state champion) and Ryan Whiting of Central Dauphin (2005 Gatorade National Boys Track & Field Athlete of the Year).


When Thompson was a senior he was named Most Valuable Field Athlete at the PSAC outdoor championships after winning the conference in the shot put and the discus. As a team captain, Thompson was a three-time NCAA division II qualifier and participant, two-time PSAC champion in the shot put and one-time champion and one-time runner-up in the discus.

Dr. Anthony Winter ’77

Winter is the associate dean of the John L. Grove College of Business and previously served as the interim dean. Grove College became the first school in the Pennsylvania State System of Higher Education and the ninth college overall in Pennsylvania to become internationally accredited by the most prestigious business accrediting agency in the world, AACSB International - The Association to Advance Collegiate Schools of Business.

Winter had a distinguished career as a line-backer and co-captain with the Red Raider football team. He set school records for most tackles in a single game (27 against Clarion in 1976) and set the career record for tackles with 387.

He won the 1976 Ray Ellis Fighting Heart Award, and he was the Most Valuable Player that same season. He was a first team All-Pennsylvania Conference choice, and he received honorable mention in the balloting for All-American in 1976.

In addition to his football exploits, Winter was an excellent student. He was a second team Academic All-American in 1975 and a first team Academic All-American in 1976. He was Shippensburg’s first recipient of an NCAA Postgraduate Scholarship. He used his scholarship to earn an MBA degree at Arizona State where he also was a graduate assistant football coach.

While a student at Shippensburg, Winter was a student Senator, the student representative on the athletic committee, the student representative on the search committee for head football coach during the winter of 1975-76, and a member of Kappa Delta Pi (an honorary scholastic fraternity).
For the past five years, Shippensburg University’s athletics department has chosen one male and one female student-athlete of the year. The selection process for the SU Student-Athlete of the Year awards is based on achievements in academics, leadership, sportsmanship, community service, and athletics. A five-person committee consisting of the director of athletics, associate director of athletics, director of academic support, faculty athletics representative and sports information director voted for the winners for each award.

**Katie Spratford**

2012-13 Women’s Student-Athlete of the Year

Spratford is an exercise science major with a 3.57 cumulative GPA and was named to the Dean’s List at the conclusion of the Spring 2012 and Fall 2012 semesters. She has twice earned USTFCCCA All-Academic honors this school year, as part of both the cross country and outdoor track & field squads.

A gracious competitor and a standout leader of the women’s cross country and track & field teams, Spratford has provided 100 hours volunteering at the NJ Physical Therapy Clinic and at PT Plus. At the Division II National Championships Festival this winter, Spratford participated in the community engagement program by visiting the children’s hospital in Birmingham, Ala.

An All-American fourth-place finish in the 5,000-meters as the top-seeded 5K runner at this winter’s NCAA Indoor Track & Field Championships capped off a successful indoor track season for Spratford. She was named the PSAC Indoor Championships Track MVP after winning the mile and 3,000-meters and running the anchor leg of the victorious distance-medley relay squad. For her efforts, she was named both the PSAC Women’s Indoor Track Athlete of the Year as well as the USTFCCCA Atlantic Region Women’s Indoor Track Athlete of the Year.

During the cross country season, Spratford was named both the PSAC Athlete of the Year and the USTFCCCA Atlantic Region Athlete of the Year while winning both the PSAC and Atlantic Region championships. She finished third at the NCAA Cross Country Championships, earning All-America honors.

Spratford also garnered All-American honors at last year’s NCAA Outdoor Track & Field Championships with a 7th-place finish in the 10,000-meters.

**Pat Kregeloh**

2012-13 Men’s Student-Athlete of the Year

Kregeloh is an exercise science major with a 3.61 cumulative grade-point average. His hard-work and success in the classroom has resulted in a Board of Governors’ scholarship.

On the baseball diamond, Kregeloh is an exemplary leader and fierce competitor who exudes a work ethic that other players hope to emulate. Off the diamond, Kregeloh annually works with local youth baseball players both at home and with his summer league teams. He is also active in Relay for Life efforts.

A three-year starter, Kregeloh was named All-PSAC East last season for the second time in his career, and debuted as a pitcher in addition to his duties as a corner infielder. Kregeloh threw 45 innings in 2012 and posted a sturdy 3.00 ERA with 33 strikeouts. At the plate, Kregeloh hit .275 with four home runs, 23 RBIs and six doubles.

A watch list selection for this season’s Tino Martinez Division II Player of the Year Award, Kregeloh is currently in the midst of another standout campaign, as he leads the team in wins as well as batting average, home runs, doubles and RBIs.

**History**

<table>
<thead>
<tr>
<th>2007-08</th>
<th>2008-09</th>
<th>2009-10</th>
<th>2010-11</th>
<th>2011-12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women’s:</strong> Lauren Beckley</td>
<td><strong>Women’s:</strong> Mary Dell</td>
<td><strong>Women’s:</strong> Lauren Beckley</td>
<td><strong>Women’s:</strong> Neely Spence</td>
<td><strong>Women’s:</strong> Kristina Taylor</td>
</tr>
<tr>
<td><strong>Men’s:</strong> Steve Fittery</td>
<td><strong>Men’s:</strong> Bryan Beegle</td>
<td><strong>Men’s:</strong> Kyler Ford</td>
<td><strong>Men’s:</strong> Stephen Schelander</td>
<td><strong>Men’s:</strong> Mike Frenette</td>
</tr>
</tbody>
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EZRA LEHMAN MEMORIAL LIBRARY

www.ship.edu/library

Hours (Changes in hours are posted on the library’s web page)

Lehman Library:
7:30 a.m. - 12:00 a.m., Monday through Thursday
7:30 a.m. - 6:00 p.m., Friday
9:00 a.m. - 5:00 p.m., Saturday
12:00 noon - 12:00 a.m, Sunday

Grace B. Luhrs Elementary School Library
(located on the first floor of the University Elementary School. Library hours are subject to change by academic year.)
7:30 a.m. - 7:00 p.m., Monday through Thursday
7:30 a.m. - 4:00 p.m., Friday

Computers
Lehman Library is equipped with 90+ laptops and desktop computers, with wireless connections available throughout the building. Laptops may be borrowed from the Reserve Desk to be used in the Library.

The reference area offers a state-of-the-art book scanner and equipment for digitizing microfilm materials. Reference Librarians are available to give technology assistance. Other equipment for presentations, etc. is available in Media Services Grove Hall 008.

Circulation
When borrowing library materials, students must have a valid Shippensburg University identification. I.D. cards are issued through University Police. Students are responsible for all materials borrowed on their I.D. cards.

Loan Periods
Material from the general collection may be borrowed for the semester. Reserved materials may be borrowed for 3 hours, or one, three, or seven days. Periodicals (bound, unbound or microfilm) do not circulate.

Fines
General Collection Materials: No fines are charged, but students will not be permitted to borrow additional materials until overdue items are returned or paid for. Reserves: 3-hour material: $1 per hour to a maximum fine of $25; 1-, 3-, or 7-day material: $5 per day to a maximum fine of $25.

Interlibrary Loan
Books and articles not available in the Library may be easily requested through Interlibrary Loan links found in most library databases.

Reference Assistance
The library faculty at the Information Desk can help students in the following areas:

- Getting started with your research
- Picking and using good databases and sources for your research
- How to cite sources in proper style formats
- Have a research consultation (personal appointment) with a librarian to plan your research
- Tips on using Microsoft Word, Excel, and PowerPoint
- Obtain books and articles from other libraries
- Get rapid library assistance at: ask.library.ship.edu

THE LEARNING CENTER

www.ship.edu/learning

Main Level Lehman Library

The Learning Center provides a broad array of quality academic support services to all students at Shippensburg University. Our goal is to help students identify and achieve their individual learning goals and to fulfill their academic potential. The Learning Center empowers students to become independent, active learners by meeting the needs of a diverse student population, providing free and accessible services in a safe and supportive atmosphere, and working collaboratively with students, faculty, staff, and administration.

The Learning Center provides students with:

- Individual and small group peer tutoring for general education and some upper level courses.
- Individual writing support for any course.
- An opportunity to complete a study skills assessment and work with a tutor on a specific study skill.
- Professional Learning Specialists who work with students with a desire to improve their learning skills.
- A large collection of study skill resources on the Learning Center’s web site.

The Learning Center is conveniently located on the right side of the Main Level of the Lehman Library. To learn more about Learning Center services, please stop by the Center, call 477-1420 or visit the web site, www.ship.edu/learning.

Academic Year Tutoring Hours:
Sunday: 5:00 PM - 9:00 PM
Monday through Thursday: 10:00 AM - 9:00 PM
### DEANS

<table>
<thead>
<tr>
<th>DEPARTMENT</th>
<th>CHAIRPERSON</th>
<th>ROOM</th>
<th>SECRETARY</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Sciences</td>
<td>Dr. James Mike</td>
<td>OM 202</td>
<td>DyAnna Stevens</td>
<td>1151 3910</td>
</tr>
<tr>
<td>Business</td>
<td>Dr. John Kooti</td>
<td>GRH 124</td>
<td>Debra Booz</td>
<td>1435</td>
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<tr>
<td>Ed./Human Services</td>
<td>Dr. James Johnson</td>
<td>SPH 352</td>
<td>Vikki Shaak</td>
<td>1373</td>
</tr>
<tr>
<td>Academic Programs &amp; Services/ Undeclared</td>
<td>Dr. Sarah Stokely</td>
<td>HH 112</td>
<td>Terry Conyers</td>
<td>1395</td>
</tr>
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### ALPHABETICAL LISTING OF UNDERGRADUATE DEPARTMENTS

<table>
<thead>
<tr>
<th>DEPARTMENT</th>
<th>CHAIRPERSON</th>
<th>ROOM</th>
<th>SECRETARY</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>Accounting &amp; Mgt. Info. Sys.</td>
<td>Dr. Mary Myers</td>
<td>GRH 328</td>
<td>Kristina Commerer</td>
<td>1436</td>
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<tr>
<td>Art</td>
<td>Mr. Steve Dolbin</td>
<td>FOB 04</td>
<td>Cathy Graham</td>
<td>1530</td>
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<tr>
<td>Biology</td>
<td>Dr. Tim Maret</td>
<td>FSC 144</td>
<td>Joan Carson</td>
<td>1401</td>
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<tr>
<td>Chemistry</td>
<td>Dr. Joe Shane</td>
<td>FSC 325</td>
<td>Sally Markee</td>
<td>1629</td>
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<tr>
<td>Comm./Journalism</td>
<td>Dr. Joe Borrell</td>
<td>RLH 112</td>
<td>Loretta Sobrito</td>
<td>1521</td>
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<tr>
<td>Computer Science</td>
<td>Dr. Carol Wellington</td>
<td>MCT 156</td>
<td>TBA</td>
<td>1178</td>
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<tr>
<td>Criminal Justice</td>
<td>Dr. Melissa Ricketts</td>
<td>SPH 323</td>
<td>Bonnie Heming</td>
<td>1557</td>
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<tr>
<td>Economics</td>
<td>Dr. Brendan Finucane</td>
<td>DHC 120</td>
<td>Vickie Byers</td>
<td>1437</td>
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<tr>
<td>Exercise Science</td>
<td>Dr. Russell Robinson</td>
<td>HG 109</td>
<td>Colleen McQueen</td>
<td>1721</td>
</tr>
<tr>
<td>English</td>
<td>Dr. Shari Horner</td>
<td>DHC 126</td>
<td>Patricia Hooper</td>
<td>1495</td>
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<tr>
<td>Finance &amp; SCM</td>
<td>Dr. Ian Langella</td>
<td>GRH 131</td>
<td>Jill Bard</td>
<td>1434</td>
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<tr>
<td>Geography/Earth Science</td>
<td>Dr. William Blewett</td>
<td>SRH 104</td>
<td>Judy Ferrell</td>
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<tr>
<td>History/Philosophy</td>
<td>Dr. Steve Burg</td>
<td>DHC 124</td>
<td>Janice Reed</td>
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<tr>
<td>Human Comm. Studies</td>
<td>Dr. Kara Laskowski</td>
<td>DHC 118</td>
<td>Tammy Myers</td>
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<tr>
<td>Interdisciplinary Arts</td>
<td>Dr. Mike Pressler</td>
<td>DHC 126</td>
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<tr>
<td>International Studies</td>
<td>Dr. Jonathon Skaff</td>
<td>CUB 221B</td>
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<td>Management/Marketing</td>
<td>Dr. William Oberman</td>
<td>GRH 224</td>
<td>Karen Kelley</td>
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<tr>
<td>Mathematics</td>
<td>Dr. Doug Ensley</td>
<td>MCT 250</td>
<td>Pam McLaughlin</td>
<td>1431</td>
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<tr>
<td>Modern Languages</td>
<td>Dr. Robert Lesman</td>
<td>RLH 109</td>
<td>Janie Olah</td>
<td>1635</td>
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<tr>
<td>Music/Theatre Arts</td>
<td>Mr. Trevor Famulare</td>
<td>PAC 220</td>
<td>Karen Reath</td>
<td>1638</td>
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<tr>
<td>Physics</td>
<td>Dr. Marc Cohen</td>
<td>FSC 215</td>
<td>Becky Fulton</td>
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<tr>
<td>Political Science</td>
<td>Dr. Curtis Berry</td>
<td>GRH 423</td>
<td>Laurie Stader</td>
<td>1718</td>
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<tr>
<td>Psychology</td>
<td>Dr. Bob Hale</td>
<td>FSC 114</td>
<td>Katrina Myers</td>
<td>1657</td>
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<tr>
<td>Social Work</td>
<td>Dr. Deb Jacobs</td>
<td>SPH 384</td>
<td>Joyce Walters</td>
<td>1717</td>
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<tr>
<td>Sociology/Anthropology</td>
<td>Dr. Barbara Denison</td>
<td>GRH 430</td>
<td>Lisa Dubbs</td>
<td>1735</td>
</tr>
<tr>
<td>Teacher Education</td>
<td>Dr. Christine Royce</td>
<td>SPH 214</td>
<td>Brandy Linn</td>
<td>1688</td>
</tr>
</tbody>
</table>
## ACADEMIC & CAREER PLANNING

### How is College Different From High School?

<table>
<thead>
<tr>
<th>PERSONAL FREEDOM IN HIGH SCHOOL</th>
<th>PERSONAL FREEDOM IN COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school is mandatory and free.</td>
<td>College is voluntary and expensive.</td>
</tr>
<tr>
<td>You count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities.</td>
<td>You will be faced with a large number of moral and ethical decisions you have not had to face previously. YOU must balance your responsibilities and set priorities.</td>
</tr>
<tr>
<td>You will usually be told what your responsibilities are and corrected if your behavior is out of line.</td>
<td>You're old enough to take responsibility for what you do and don't do, as well as for the consequences of your decisions.</td>
</tr>
</tbody>
</table>

### HIGH SCHOOL CLASSES vs. COLLEGE CLASSES

<table>
<thead>
<tr>
<th>HIGH SCHOOL CLASSES</th>
<th>COLLEGE CLASSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each day you proceed from one class directly to another.</td>
<td>You often have hours between classes; class times vary throughout the day and evening.</td>
</tr>
<tr>
<td>You spend 6 hrs/day – 30 hrs/week in class.</td>
<td>You spend 12 - 16 hrs/week in class.</td>
</tr>
<tr>
<td>Most of your classes are arranged for you.</td>
<td>In consultation with your academic advisor, you arrange your own schedule. Schedules tend to look lighter than they really are.</td>
</tr>
<tr>
<td>Teachers carefully monitor class attendance.</td>
<td>Professors may not formally take roll, but they are still likely to know whether or not you attended.</td>
</tr>
<tr>
<td>Classes generally have no more than 35.</td>
<td>Classes may number 100 students or more.</td>
</tr>
<tr>
<td>You are provided books at little or no expense.</td>
<td>You need to budget funds for textbooks and supplies which can cost more than $950 per year.*</td>
</tr>
</tbody>
</table>

### HIGH SCHOOL TEACHERS vs. COLLEGE PROFESSORS

<table>
<thead>
<tr>
<th>HIGH SCHOOL TEACHERS</th>
<th>COLLEGE PROFESSORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teachers check your completed homework.</td>
<td>Professors may not always check completed homework, but they will assume you can perform the same tasks on tests.</td>
</tr>
<tr>
<td>Teachers remind you of your incomplete work.</td>
<td>Professors may not remind you of incomplete work.</td>
</tr>
<tr>
<td>Teachers approach you if they believe you need help.</td>
<td>Professors are usually open and helpful, but most expect you to initiate contact if you need help.</td>
</tr>
<tr>
<td>Teachers are often available for conversation before, during, or after class.</td>
<td>Professors expect and want you to attend their scheduled office hours.</td>
</tr>
<tr>
<td>Teachers have been trained in teaching methods to assist in imparting knowledge to students.</td>
<td>Professors have been trained as experts in their particular areas of research.</td>
</tr>
<tr>
<td>Teachers provide you with information you missed when you were absent.</td>
<td>Professors expect you to get from classmates any notes you missed.</td>
</tr>
<tr>
<td>Teachers will often ask questions to ensure that you understand the material.</td>
<td>Professors will assume that if you don’t ask questions, you understand the material.</td>
</tr>
<tr>
<td>Teachers often write information on the board to be copied in your notes.</td>
<td>Professors may lecture nonstop, expecting you to identify important points. Good notes are a must.</td>
</tr>
<tr>
<td>Teachers often take time to remind you of assignments and due dates.</td>
<td>Professors expect you to read, save, and consult the course syllabus; the syllabus spells out exactly what is expected of you, when it is due, and how you will be graded.</td>
</tr>
</tbody>
</table>

### STUDYING IN HIGH SCHOOL vs. STUDYING IN COLLEGE

<table>
<thead>
<tr>
<th>STUDYING IN HIGH SCHOOL</th>
<th>STUDYING IN COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may study outside of class as little as 1 hour a week, and this may be last-minute preparation.</td>
<td>You need to study at least 2 to 3 hours outside of class for each hour in class.</td>
</tr>
<tr>
<td>You’re expected to read short assignments that are then discussed, and often re-taught, in class.</td>
<td>You are assigned substantial amounts of reading and writing which may not be directly addressed in class.</td>
</tr>
<tr>
<td>You will usually be told in class what you need to learn from assigned readings.</td>
<td>It’s up to you to read and understand the assigned material; lectures and assignments proceed from the assumption that you’ve already done so.</td>
</tr>
<tr>
<td>TESTS IN HIGH SCHOOL</td>
<td>TESTS IN COLLEGE</td>
</tr>
<tr>
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<td>------------------</td>
</tr>
<tr>
<td>Testing is frequent and covers small amount of material.</td>
<td>Testing is usually infrequent and may be cumulative, covering large amounts of material. You, not the professor, need to organize the material to prepare for the test. A particular course may have only 2 or 3 tests a semester.</td>
</tr>
<tr>
<td>Makeup tests are often available.</td>
<td>Makeup tests are seldom an option; if they are, you need to request them.</td>
</tr>
<tr>
<td>Teachers frequently rearrange test dates to avoid conflict with school events.</td>
<td>Professors in different courses usually schedule tests without regard to the demands of other courses or outside activities.</td>
</tr>
<tr>
<td>Teachers frequently conduct review sessions, pointing out the most important concepts.</td>
<td>Professors rarely offer review sessions, and when they do, they expect you to be an active participant, coming prepared with questions.</td>
</tr>
<tr>
<td>Mastery is usually seen as the ability to reproduce what you were taught in the form which it was presented to you, or to solve the kinds of problems you were shown how to solve.</td>
<td>Mastery is often seen as the ability to apply to new situations what you have learned or to solve new kinds of problems.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GRADES IN HIGH SCHOOL</th>
<th>GRADES IN COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades are given for most assigned work.</td>
<td>Grades may not be provided for all work.</td>
</tr>
<tr>
<td>Consistently good homework grades may help raise your overall grade if test grades are low.</td>
<td>Grades on tests and major papers usually provide most of the course grade.</td>
</tr>
<tr>
<td>Extra credit projects are often available to help you raise your grade.</td>
<td>Extra credit projects cannot, generally, be used to raise a grade in a college course.</td>
</tr>
<tr>
<td>You may graduate as long as you have passed all required courses with a grade of D or higher.</td>
<td>You may graduate only if your average in classes meets department standards – typically a 2.0 or C.</td>
</tr>
</tbody>
</table>

Information taken from the Southern Methodist University - Learning Enhancement Center website.
CAREER PLANNING: Myth vs. Fact

Myth One:
In order to succeed you must have a good idea what you want to do early in life.

Realities:
Not really. Few can predict at age 16, 18, or 22, what they will be doing ten years from now. Research indicates that 80% of this year’s first-year class will be working in jobs that haven’t even been invented yet! What planning or major can prepare you for what doesn’t exist? The best you can do is to have a preliminary goal which may be refined as you complete various stages of education or employment.

This doesn’t mean that you should avoid career planning. Having a goal or goals is helpful, even if you change them later. An old Chinese proverb says, “A long journey starts with a single step.” You need to decide the general direction in which you want to go and make your moves toward it. Then, periodically, take a look at where you are and where you want to go.

Myth Two:
By studying your interests, abilities, and values, you should be able to pinpoint the job that is just right for you.

Realities:
False. Just like the ready-made shoes from a store, jobs are only going to roughly fit your interests, abilities, and values. Even those “dream jobs” have employers who suddenly decide at 4:30 p.m. that you must work on Saturday. Park rangers like the outdoor life—but less so in the winter. Nurses like their jobs but not the evening and weekend shift.

Most of what we do in life involves compromise and that is true also of career selection. Your goal is to find the career field, the employer and the job that has the most pluses and the least minuses—as far as you are concerned.

Myth Three:
My degree is my ticket to the life I want.

Realities:
Your degree is nothing more than another label, like a major—a certificate that you fulfilled a certain number of requirements. What you can do with it depends on how good an education you’ve had—how much you’ve learned about yourself, your options, and your world.

Myth Four:
Because I have so little experience, I can’t impress employers.

Realities:
False. Employers know that at one stage in life all of us are young and lack much job experience.

Myth Five:
A degree in one field limits you to a career in that field.

Realities:
Ted Turner was a classics major. Joe Paterno holds a doctorate in English literature. C. Jeanne Bowers-Shaheen, Shippensburg University class of 1969 and former Governor of New Hampshire, was an English major.

Researchers point out that most successful people are consensus-builders, able to bring others together and inspire them. It’s likely that these leaders have not succeeded by relying just on their business skills but on their people skills. The people and information-gathering skills you acquire in a variety of non-vocational majors will serve you in any job or career.

If you have had little paid work experience, you need to demonstrate your abilities by citing academic or extracurricular activities, by impressing others together and inspire them. It’s likely that these leaders have not succeeded by relying just on their business skills but on their people skills. The people and information-gathering skills you acquire in a variety of non-vocational majors will serve you in any job or career.

Myth Six:
Most college students think a corresponding academic major exists for each specific career field, and it’s impossible to enter most career fields unless they choose that matching major for undergraduate study.

Realities:
This is not true. The relationship of college majors to career fields varies. Obviously, some career choices dictate that you choose a vocationally oriented major. If you want to be a nurse, you must major in nursing. Engineers major in engineering. Architects major in architecture. There is no other way to be certified as a nurse, engineer, or architect.

However, most career fields do not require a specific major, and people with specific majors do not have to use them in the ways most commonly expected. Most college majors do not offer specific preparation for a single type of work. Instead they educate you and help (along with your activities, work, etc.) make up the personal package that can enable you to become anything you want to be. Majors do not limit you to one type of work.


THE GENERAL EDUCATION PROGRAM (48 CREDITS)

Information on the General Education Program is available in the University Catalog. The catalog is accessible via the university website at www.ship.edu/catalog.

Part I: Required Skills and Competencies (15 Credits)

- World History I
- World History II
- Introduction to Human Communication
- Writing Intensive First Year Seminar/Advanced Placement Writing
- College-Level Mathematics [student may need to take Developmental Math course first]

Part II: Categories of Knowledge

Category A — Logic & Numbers for Rational Thinking (1 course – 3 credits)
Category B — Linguistic, Literary, Artistic & Cultural Traditions (3 courses – 9 credits)
Category C — Biological & Physical Sciences (3 courses – 9 credits)
Category D — Political, Economic & Geographic Sciences (2 courses – 6 credits)
Category E — Social & Behavioral Sciences (2 courses – 6 credits)

Part III: Additional Requirements

1. Students are required to take one diversity course to graduate. You can meet this requirement by taking a course that double counts as a diversity course and a General Education, major, or free elective course.
2. Students will demonstrate library and information technology competence in their Writing-Intensive First-Year Seminar Class.

CATEGORIES OF KNOWLEDGE

Undergraduates are required to take 11 courses for a total of 33 credit hours as indicated in the following categories:

Category A—Logic & Numbers for Rational Thinking
(1 course – 3 credit hours)

- CSC103  Overview of Computer Science
- CSC180  Microcomputer Basic
- MAT105  Mathematical for Liberal Studies
- MAT107  Mathematical Models Applied to Money
- MAT110  Fundamentals of Mathematics I
- MAT117  Applied Statistics
- MAT104A or MAT140B College Algebra
- MAT175  Pre-Calculus
- MAT181  Applied Calculus
- MAT211  Calculus I
- PHL101  Introduction to Philosophy
- PHL102  Critical Thinking
- PHL105  Ethical Theories and Problems

Special Topics in General Education, Category A

Continued on page 30.
### Category B—Linguistic, Literary, Artistic & Cultural Traditions (3 courses – 9 credit hours)

**Literature (1 course)**
- ENG243 The Art of Film
- ENG248 Introduction to Culturally Diverse Literature of the United States
- ENG250 Introduction to Literature
- FRN330 Masterpieces of French Literature
- FRN331 Masterpieces of Francophone Literature
- GER151 German Cinema
- GER320 Berlin
- GER322 Readings in German Literature
- SPN360 Masterpieces of Spanish Literature
- SPN361 Masterpieces of Spanish-American Literature

**Humanities (Select 2 from different disciplines)**
- ART101 Art Appreciation
- ART231 Art History I
- ART232 Art History II
- ART233 Art History III
- ART274 Introduction to Cultural Studio
- ART339 History of American Art
- FRN101 Beginning French I
- FRN102 Beginning French II
- FRN103 Intermediate French
- FRN150 French Civilization
- FRN202 Intermediate Conversation Through the Media
- FRN204 Ideas & Cultures From the French-Speaking World
- FRN320 French for the Professions
- GER101 Beginning German I
- GER102 Beginning German II
- GER103 Intermediate German
- GER150 German Civilization & Culture
- GER203 Intermediate German Communication
- GER204 Contemporary German Culture
- GER215 German for the Professions
- IAP111 Introduction to Interdisciplinary Arts
- MUS121 Introduction to Music
- MUS227 Opera & Music Theatre
- MUS261 World Music
- SOC370 Sociology of the Arts
- SPN101 Beginning Spanish I
- SPN102 Beginning Spanish II
- SPN103 Intermediate Spanish
- SPN150 Spanish Civilization & Culture
- SPN202 Intermediate Spanish Conversation
- SPN204 Ideas & Cultures from the Hispanic-Speaking World
- SPN330 Spanish for the Professions
- SPN385 language Aspectos de la civilizacion hispana
- THE121 Introduction to Theater

Special Topics in General Education, Category B

*Other language courses as offered may be taken in this category.

### Category C—Biological & Physical Sciences (3 courses – 9 credit hours) (Select 1 from 3 of the following disciplines*)

- BIO100 Basic Biology
- BIO142 Introduction to Ecology
- BIO145 Environmental Biology
- BIO150 Human Biology
- BIO161 Principles of Biology: Cell Structure and Function
- BIO162 Principles of Biology: Organismal Diversity
- BIO208 Field Biology
- CHM103 Chemistry: A Cultural Approach
- CHM105 Chemistry: An Observational Approach
- CHM121 Chemical Bonding
- ESS108 Conservation of Natural Resources
- ESS110 Introduction to Geology
- ESS111 Introduction to the Atmosphere
- ESS210 Physical Geology
- PHY108 Astronomy
- PHY110 Physics for Society
- PHY121 Introduction to Physics I
- PHY122 Introduction to Physics II
- PHY205 Intermediate Physics I

Special Topics in General Education, Category C

*Note: Students majoring in the biological or physical sciences are permitted to count one course from their major department toward satisfying this requirement. Natural science courses that carry one of the above courses as a prerequisite and required science courses for elementary education majors may also be counted toward this requirement.

### Category D—Political, Economic & Geographic Sciences (2 courses – 6 credit hours) (Select 1 from 2 of the following disciplines*)

- ECO101 Principles of Macroeconomics
- ECO102 Principles of Microeconomics
- ECO113 Principles of Economics
- GEO101 World Geography
- GEO103 Geography of the United States & Canada
- PLS100 U.S. Government and Politics
- PLS141 Introduction to International Politics

Special Topics in General Education, Category D

### Category E—Social & Behavioral Sciences (2 courses – 6 credit hours) (Select 1 from 2 of the following disciplines)

- ANT111 Cultural Anthropology
- DS100 Introduction to Disability Services
- ETH100 Introduction to Ethnic Studies
- ETH101 Introduction to African American Studies
- ETH102 Introduction to Latino Studies
- GEO140 Cultural Geography
- PSY101 General Psychology
- SOC101 Introduction to Sociology: Society & Diversity
- WST100 Introduction to Women's Studies

Special Topics in General Education, Category E
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<td>Extra-curricular activities planned:</td>
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Degree: ______________________________
Major: _____________________________
Advisor’s Name and office location: ______________________________________
____________________________________
I plan to meet with my advisor on (date) ___________ to discuss this plan.

I plan to go to the Career Development Center (CUB 200) on (date) _________ to explore what I might like to do, so I can make an academic plan that will get me where I want to go.

My plans for where I want to be in five years are: ___________________________

By taking the courses and participating in the activities listed to the left, I can accomplish my goals.

CATEGORY LEGEND

| Major | M |
| Major Elective | ME |
| Core | C |
| Transfer | T |
| Free Elective | FE |
| General Education | GE (A) |
| | GE (B) |
| | GE (C) |
| | GE (D) |
| | GE (E) |
| GE Skills from BSBA Worksheet | GE Skills |

(example: World History I)
# 2013-2014 Academic Calendar

## Fall Semester 2013

- **New students arrive**: Thursday, August 22
- **New student orientation**: Thursday to Sunday, August 22-25
- **Regular class schedule begins**: Monday, August 26
- **Labor Day, University closed**: Monday, September 2
- **Fall break begins**: 4:00 p.m., Friday, October 11
- **Classes resume, 8:00 a.m.**: Monday, December 2
- **Thanksgiving break begins**: 8:00 a.m., Wednesday, November 27
- **Last day of classes**: Friday, December 6
- **Undergraduate Commencement**: Friday, December 13

*The fall semester has one less Monday day/evening class, made up at the discretion of faculty.*

## Spring Semester 2014

- **New students arrive**: Friday, January 17
- **MLK Day, University Closed**: Monday, January 20
- **Regular class schedule begins**: Tuesday, January 21
- **Spring break begins, 4:00 p.m.**: Friday, March 14
- **Classes resume, 8:00 a.m.**: Monday, May 2
- **Last day of classes**: Friday, May 9
- **Final exams**: Monday to Friday, May 5-9
- **Graduate Commencement**: Friday, May 9
- **Undergraduate Commencement**: Saturday, May 10

*The fall semester has one less Monday day/evening class, made up at the discretion of faculty.*

## Summer Term III 2013

- **Session opens**: Monday, May 12
- **Memorial Day, university closed**: Monday, May 26
- **Make-up for Memorial Day**: Saturday, May 17
- **Session ends**: Friday, May 30

## Summer Term IV 2013

- **Session opens**: Monday, June 2
- **Session ends**: Thursday, July 3

## Summer Term V 2013

- **Session opens**: Monday, July 7
- **Session ends**: Thursday, August 7

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### August/September

- Students should meet with their academic advisor approximately every two to three weeks.
- Labor Day: University Closed (Sept. 2nd)

### October

- Continue meeting with academic advisor
- Take advantage of the resources available at the Learning Center: www.ship.edu/learning.
- Mid-term exams
- October 11 (after 4 pm) – 16 (at 8 am) Fall Break
- Early Warning Grades are available. These grades are provided to all first-year students.

### November

- Schedule an appointment with your academic advisor to plan spring semester classes. This appointment should be scheduled several weeks prior to the beginning of spring registration. Prior to this meeting, students should review the General Education requirements as well as review course descriptions in the Undergraduate Catalog. Students should make a list of possible courses and prepare a tentative schedule including alternative courses to bring to their meeting.
- Undeclared students should finish preliminary major exploration activities. See academic advisor to discuss how to declare a major if a decision has been made – if still undecided, continue exploration to narrow down choices and schedule next advisor meeting for the spring semester.
- November 27 (at 8 am) – December 2 (at 8 am) Thanksgiving Break

### December

- Study for finals!
- Finals December 9-13

### January

- MLK Day (Jan. 20th): University Closed
- Classes begin January 21st
- Students should schedule an appointment with their academic advisor.
- Students wanting campus housing for 2013-2014 sign housing agreement and pay deposit.
- Undeclared students should review policies and procedures to declare a major. If still undecided, continue major exploration activities as recommended by academic advisor.

### March

- Mid-term exams
- Early Warning Grades are available.
- March 14 (at 4 pm) – March 24 (at 8 am) Spring Break

### April

- Meet with academic advisor to plan fall/summer semester classes (this appointment should be scheduled several weeks prior to fall registration).

### May

- Study for finals!
- Finals May 5-9

*All dates are tentative. Please check with your academic advisor first.*