May Student Health 101 and Parent Perspective
As a service to PSU families, we are providing an online subscription to Student Health 101 for both your student and you. Student Health 101 is a monthly health and wellness magazine just for PSU students and their families. Each issue contains valuable information that will help your student make better decisions and can help you gain a better understanding of the health and wellness challenges that face today’s students.

Each month, students receive the latest issue of Student Health 101 via email. Please take a few minutes to read the issues each month, as we believe that they can be a valuable resource for you and your family.


You’re also invited to read the accompanying Student Health 101 issue for our students, available at http://readsh101.com/pdx.html.

The May issue has some great articles including:
- 7 Ways to Make the Most of Any Job or Internship
- Budget for a Life on Your Own
- Body Art: Making a Statement Safely
- Prescription Drug Abuse
- A Guide to Women’s Health Concerns
- And much more…

If you missed them, here are some highlights from recent Student Health 101 issues:
- Work out routines and stress management: http://readsh101.com/pdx.html?id=4e7fc26c
- Paper writing and healthy habits: http://readsh101.com/pdx.html?id=5ab2abed

You can read all prior issues at http://readsh101.com/a/pdx.html.

Tips from the Undergraduate Advising & Support Center (UASC)
It’s time for students to register for summer and fall terms! Summer registration for all students began May 1, and fall registration for freshmen begins on May 25. Remember that freshmen are required to meet with an adviser prior to registering for fall term.

Now is a good time for students to see their academic adviser. For more information on how students can make an appointment with their advisers, visit http://www.pdx.edu/advising/.

Academic advisers can assist students with the following:
- Selection and scheduling of courses
- Exploration of personal, career, and academic goals
- Selection of major, general education option, and degree type
- Understanding University policies and regulations
- Information about and referral to University resources and services
University Housing
With the dramatic growth in residential housing, Portland State University has expanded options for students looking to make strong social, academic, and community connections. These options have contributed to higher GPA’s, more credits earned, and higher retention rates for participating students. First year students have one of three choices when living in our First Year Experience (FYE) program:

1: FYE Living Learning Communities (LLCs)
The University has two living learning programs that are being offered for next year within the larger FYE program: Global Leadership and Sustainability. More information about these programs is available at www.pdx.edu/housing/fye. If you have additional questions, contact Christina Shafer (cshafer@pdx.edu) or Christopher Carey (ccarey@pdx.edu). You may also contact the Office of Residence Life at 503-725-2450.

2: Themed Housing Communities
Based on interest and availability, University Housing will be hosting themed floors where students with similar needs or interests will be housed together within the FYE program. These communities do not require participation, but encourage students to make connections around Health and Wellness; Cultural Diversity and Awareness; Quiet (for students seeking a quiet study environment); Substance & Tobacco Free; and Science, Tech, Engineering, & Math (STEM) majors. More information about these communities is available at www.pdx.edu/housing/fye (at the bottom of the page).

3: First Year Experience
All first year students wishing to live on campus will be placed in the FYE program housed in Ondine and Broadway halls. All first year residents in these communities are required to have a meal plan. The FYE program supports first year students as they acclimate to PSU, both socially and academically.

ENCOURAGE YOUR STUDENT TO SUBMIT AN APPLICATION TODAY. Students who submit their contract before May 25 will participate in the first round of assignments for fall term 2011. To fill out a University Housing contract, students can visit www.pdx.edu/housing. We offer housing tours daily of the Broadway and Ondine residence halls; no appointments are needed, and tours meet at 1:30pm in the Housing Office, Broadway Building room 210.

PSU Dining
Dining Services offers a full menu of choices. Whether your student is eating on campus every day or just a few times a week, they could be saving money with a meal plan. Excellent service, variety, and convenient locations make our dining very enjoyable. Check out meal plans, hours, locations, and more at http://www.pdx.edu/dining.

Win a NOOK color™ e-reader from Barnes & Noble!
Students can sign up early for their fall 2011 meal plan and be eligible to win a NOOK color™ e-reader pad. One lucky Viking will win! The reader features 7-inch color touch screen, over two million titles, games, and Wi-Fi web surfing. Your student can sign up today in Smith room 260, call us at 503-725-8990, or visit www.pdx.edu/dining.
Productions from the Department of Theatre and Film this Spring

HAMLET, The First Quarto by William Shakespeare
Since its rediscovery in 1823, the Q1 has proven puzzling to many. Half the length of the “canonical” versions of the Second Quarto (1604) and first Folio (1623) and significantly different in some of the most familiar speeches, the Q1 has often been labeled the “bad quarto” and therefore marginalized and too often ignored. However, recent scholarship has “rediscovered” the Q1 yet again, and new thinking is reassessing not only the claims of it being a touring version and that it reflects Elizabethan performance practice, but also that its deeper language structures reveal a keen intelligence behind the edits and scene arrangements. As the editors of the third edition of the Arden Hamlet assess the Q1, “[This] is not the canonical Hamlet: it is a refreshing experience for actors and audiences who have become jaded with the longer texts; everything is at once familiar and oddly alien… It is Hamlet, but not as we know it.”

Direction by Karin Magaldi; Designs by Bruce Keller and Margaret Chapman
Preview Thursday, May 19
Performs Friday, May 20 through Saturday, May 28 in Lincoln Performance Hall at 7:30 p.m.: Wednesday through Saturday performances; and 2:00 p.m. on Sunday, May 22

Join us for a Stimulating Weekend with Shakespeare!
On Saturday, May 21, attend a production of the rarely seen First Quarto of Hamlet and join us for a Saturday series of lectures and discussions about the play. Speakers will include Dr. Jonathan Walker from the English department at PSU, who will address apocryphal Shakespeare; Karin Magaldi, the director of Hamlet, who will speak about the production differences with the “usual” performance text; a graduate student panel speaking to production issues; and a special Q & A with the director and actors in the production.

WHITE NIGHTS
Dostoevsky's Short Story, adapted by Carolyn Holzman
Direction and design by Carolyn Holzman
Performs Friday, June 3 through Sunday, June 5, in Lincoln Studio Theatre at 7:30 p.m.: Friday and Saturday; and 2:00 p.m. on Saturday and Sunday

SPRING CHOREOGRAPHY CLASS PERFORMANCE
Lincoln Performance Hall, June 7 and 8, 7:30 p.m. Admission: Free.

More information at www.pdx.edu/theater/performance-season