



Connecting SDSU to students across South Dakota, all over the United States and around the globe

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Awards and Recognition

Excellence in Online Program Award

The Excellence in Online Program Award was given to online Master of Mass Communication program at the Celebration of Faculty Excellence banquet held on February 20, 2018. The banquet recognized 30 faculty members, scientists and researchers at the event for outstanding teaching, research and service.

Excellence in Online Teaching

Dr. Rocky Dailey was awarded for Excellence in Online Teaching. SDSU Continuing and Distance Education recognizes outstanding online teaching which includes imaginative teaching approaches, quality of course materials and instructional strategies, learner satisfaction and effective learning outcomes.

"I love hearing from my online students that they could not have gotten their master's degree any other way. These students are achieving a lifelong dream in many cases, and their time and location has made seeking and advanced degree challenging. Getting them all the way through the program and defense successfully is the most rewarding part of teaching in an online degree program," - Dr. Rocky Dailey.

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New Online Courses

SDSU is offering additional Natural Science courses online for Summer 2018 and Fall 2018: Astronomy I, Astronomy II and General Biology I. All three of these courses will meet the System General Education Goal 6 for Natural Sciences.

Astronomy I - PHYS 185 + L *Summer 2018*

Have you ever wondered what it might be like to visit or even live on other planets? Space probes have visited every planet in our solar system and discovered a solar system composed of interesting and surprising objects, most very different than our own planet. Astronomy I offers you the opportunity to explore the nature and origin of our solar system, how we interpret the heavens from our Earth-based perspective (moon phases, seasons, constellations) and develop an understanding of a variety of astronomical tools used to understand our planetary neighborhood.



Astronomy II - PHYS 187 + L *Summer 2018*

Ever look up into the sky and wonder about the nature of stars and our place in the universe? Astronomy II offers you the opportunity to explore the life cycles of stars (nebula, white dwarfs, neutron stars and black holes), the origin and evolution of the universe (Big Bang, dark matter, dark energy), the composition of the universe and the tools astronomers use to explore these phenomenon.



General Biology I and Lab - BIO 151 + L *Fall 2018*

Interactive lecture videos will guide you through the basic concepts of biology as you investigate cutting-edge research developments. Through homework assignments, discussions, and exams, you will learn to think like a scientist and develop biology expertise to help you understand scientific breakthroughs involving cancer and other prevalent diseases. You will even perform amazing, hands-on biology lab activities in the comfort of your own home! This is the first course in the introductory biology series for students preparing for advanced college level courses in life sciences. Come join us this fall - everyone should know the secrets of life!



Orientation for Online Learners

The office of Continuing and Distance Education launched its Orientation for Online Learners prior to the Spring 2018 semester. The Orientation is to help students better prepare for the online classroom and their academic career. All students enrolled in SDSU online courses will have access to the SDSU Orientation for Online Learners in their D2L Sandbox. Participation in the Orientation is optional and is not required at this time; however, we strongly encourage students to take time to explore the various content modules.

- Before Classes Begin
- Connecting with SDSU
- SDSU Accounts
- Skills for Success
- Student Resources
- Graduation and Beyond

We have also incorporated resources for specific to graduate, GPIDEA/AG*IDEA, and Dual Credit Students and Veteran's Resources.

Our hope is to provide students new to online learning at SDSU the opportunity to become familiar with SDSU, the course management system, and resources available to you as you navigate your academic career. While some modules may not be as relevant for veteran online learners, there is a wealth of information that you may find useful as you progress in your program towards graduation.

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Faculty Spotlight

Lisa Madsen is an online instructor for the Department of English at SDState that has the opportunity to share past and present literature with her students. The most rewarding aspect of being an online instructor for Madsen is being able to bring students together through education, especially students who wouldn't have access to this education were it not for online courses.

Her courses center around the discussion of personal experiences, perspectives and interpretations of literature. Madsen hopes that this discussion fosters growth in critical thinking, collaboration, confidence, voice and writing.

"My students develop an ability to critically evaluate the language all around them in their lives—whether at school or work or play, or in a novel or in cyberspace or at a family dinner. My students learn that every communicative event is filled with important choices which they can learn to master."



Lisa Madsen

Sleep Challenge

Healthy sleep habits can make a big difference in your quality of life; it is important for success in your college studies and for your family and work life! Having healthy sleep habits is often referred to as having good sleep hygiene. Try to keep the following sleep practices on a consistent basis:

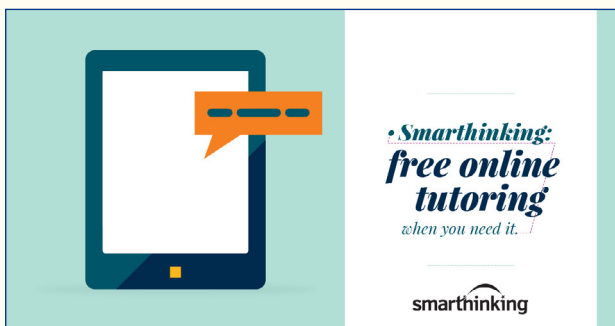
- #1 Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.
- #2 Practice a relaxing routine activity right before bedtime.
- #3 If you have trouble sleeping, avoid taking naps.
- #4 Exercise daily, especially vigorous activity, but even light exercise is better than nothing.
- #5 Design your sleep environment to establish the conditions you need for sleep.
- #6 Sleep on a comfortable mattress and pillows.
- #7 Avoid bright light in the evening and expose yourself to sunlight in the morning to keep your circadian rhythms in check.
- #8 Avoid caffeine, alcohol, cigarettes and heavy meals in the evening.
- #9 Avoid electronics one or two hours before bed.
- #10 It is best to take work materials, computers and televisions out of the sleeping environment.

If you're still having trouble sleeping, don't hesitate to speak with your doctor or a sleep professional.

For more information, visit:

<https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips/page/0/1>

NEED HELP?



Free tutoring is available in a wide-range of subjects to support SDSU online students and courses.

smarthinking.com

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