

Oregon's Adult Learner College Line

A partnership between the state of Oregon and the US Department of Education

Ask us about resources for your education by phone Monday through Friday 9 to 9 1-877-848-4669



1-877-84U-4NOW

State of Oregon
Oregon University System
www.ous.edu

- [Eastern Oregon University](#)
- [Oregon Institute of Technology](#)
- [Oregon State University](#)
- [OSU Cascades Campus](#)
- [Portland State University](#)
- [Southern Oregon University](#)
- [University of Oregon](#)
- [Western Oregon University](#)

17 OR Community Colleges

click the link for info on skills training, associate's degrees, local learning centers, university education partnerships

Oregon Independent Colleges Association (OICA).

Private Institutions of Higher Education

For degree offerings and links to OICA member schools
click above

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Finding Your Path

Embarking on a journey such going to college, especially later in life, can seem like a daunting task. Here are some helpful hints to make your transition smoother.

Some Timely Advice for Returning Adult Students:

1) Be realistic, but aim for the stars

Don't sell yourself short—your education is worth it! And if returning to school later in life seems a little scary, it may be! But will you be further ahead in a few years if you don't go?

2) Ask for help from someone

who's been there Mentors are everywhere. Two of my instructors in college were men who had worked in the private sector for years before deciding to get master's degrees and teach at college. At first I felt rather out of place in all my classes, and these courses were the hardest: biology and computers. But because these teachers shared their life experiences freely, and they knew what I was going through as a returning adult student, I excelled in their classrooms, even though the course content was often complex.

3) Be flexible to change and embrace chaos

One of my most important college mentors was a liberal

arts major in college. Her career path eventually has led her to adult education where she works with people all day long. In her office, she has various science posters about quantum physics and chaos theory! The point is that you don't always have to be in control, and that you don't have to understand something completely to embrace it and to believe in its power!

4) You don't have to decide everything at once

Picking a college major comes easily for some people, and that's great, but don't worry if you are just not sure yet. Education is a journey, not a destination!

5) Take time for relaxation

More than ever, our busy lives can seem like they are spinning out of control. Add about 15 hours of homework a week and many hours of class time, and you might be tempted to work around the clock. Don't forget to stop and recharge with a hobby, a nice walk, time spent with friends or some quiet time with the children or the pets. Having a 'relaxation point' to look forward to when tension begins to mount, or to look back on at the beginning of a tough week can make all the difference and keep you from being a 'stressed-out student.'

The Oregon Student Assistance Commission

OSAC is celebrating 50 years in service to Oregon students. The Oregon state agency is responsible for many aspects of education:

1) State scholarship agency that helps foundations and companies in Oregon give out millions of dollars to college students each year.

2) Monitoring "diploma mills" that sell college graduation credentials.

3) ASPIRE: Access to Student assistance Programs In Reach of Everyone, where high school students are matched with trained volunteers who serve as mentors for college access and career exploration.

OSAC also has timely tip sheets for Oregon students Here's the latest

Tip Sheet #6 - Avoiding

Scholarship Scams

See all the great work that

OSAC does on its web site:
www.osac.state.or.us

Oregon's Adult Learner College Line: www.oregonopportunities.gov

Featured links to career exploration and tips on obtaining funding for education.

For Choosing College Majors and Careers, look at the OLMIS site, Oregon Labor Information Marketing System.

Here you can look at interesting vocational or professional career options, find out how

long training takes and see where schools and training facilities are located. [Click here for OLMIS](#),

Government web sites helpful for beginners

The very beginning of the college financial aid process involves filing the [Free Appli-](#)

cation for Federal Student Aid (FAFSA) online.

Go to www.fafsa.ed.gov

For questions about how college financial aid at the federal level works, use studentaid.ed.gov



“Online classes and degree programs are as varied as the terrain in Oregon”

Oregon Veterans to get increased education benefits.

Oregon's Governor Kulongoski announced in August a new federal plan that increases education benefits for military veterans who have recently served 3 years active duty. The new plan allows veterans to attend the Oregon college of their choice, regardless of the tuition costs. This plan improves upon the Montgomery Education Plan, which previously allowed veterans a \$1350 per month in education allowances. News article: <http://www.oregonlive.com>

Oregon veterans can access state benefit information and retail discounts at <http://www.oregon.gov/ODVA/>

More general information is available at <http://www.gibill.va.gov/>

Distance Education Offerings in Oregon

Most public community colleges and public and private universities have distance education degrees or extended campus offerings. Contrary to what you may have heard, online courses are not 'easier' than site based courses, and in fact they are often more rigorous.

Without a classroom environment by which to gauge your participation, instructors and professors must rely more upon your written communication and electronic submissions to evaluate your performance.

Online, your commitment to 'attend' class becomes even more important, because there are often

fewer graded projects and they may carry more weight.

With fewer chances to interact with staff and peers, students who have naturally outgoing personalities, or those who have excellent computer skills might excel. For some, it can be easy to get side-tracked or distracted if an online course has tons of reading, for example, and not much interaction.

One formula for success is to pick an online courses or degree track which offers subjects that are stimulating and interesting.

Online classes and degree programs are as varied as the terrain in Oregon. With a little planning and by asking good questions, you can build a

future using education delivered by the newest technology!

For more information about complete online degrees offered at Oregon's Community Colleges, click here:

[Online degrees](#)

For links to Oregon's public and private universities, [see page 1](#). Search the sites for distance education or online courses.



www.oregonopportunities.gov

Chat or e-mail us a question!

August Streaming Media Features

This month's issue features links to streaming media selections.

First is a **College Financial Aid** question and answer program from Oregon Public Broadcasting (OPB). OPB has hosted a call-in format television show on the subject of college financial aid each year for 15 years.

This broadcast, which features **college financial aid professionals**, originally aired in January, 2009.

The program is delivered from the OPB web site. A Question and Answer blog accompanies the program on OPB's web site. It goes more deeply into some of the complexities of the subject. <http://www.opb.org/financialaid/video.php>

Speaking of the future, our second selection is a movie trailer for the feature film **Deep Green**, which premieres in theaters on September 1, 2009. In addition to the film trailer, the website for the movie features "60 full print interviews...from some of the best environmental voices world-wide."

<http://www.deepgreenfilms.org>

Linked with Permission . Get more information on the project at matt@deepgreenfilms.org



Oregon State University's Electrical and Computer Engineering program has produced a series of video interviews on **energy research at the university's School of Engineering**.

<http://www.youtube.com/user/oregonstateuniv#play/uploads/0/YGi4YXeerYs>

Training for Careers of the Future

The environment, renewable energy and 'green' building are buzz words that you hear everywhere, especially here in the Pacific Northwest, where we are passionate about our land and water. Here, conscientious homeowners, given a choice, will often prefer builders and contractors who use renewable resources. On a larger scale, government agencies and private developers want to reduce building energy and construction costs while maximizing efficiency.

Ever since the 'bottle bill' recycling legislation of 1971, Oregon been on the leading edge of recycling and natural resources studies. Livability and green energy technology have recently become a selling points attracting new industry to Oregon. Now we are poised to lead the nation in alternative energy fields, including state-of-the-art **wind and solar power, electric auto technology and LEED (Leadership in Energy and Environmental Design)** certification.

Leading the way

Several projects prove that our state is becoming the testing ground for environmentally-friendly energy. In the Columbia River Gorge, massive wind turbines generate clean power for local cities that once depended on coal or nuclear energy. Pacific Power's web site, Traveloregon.com, features projects such as the Stabline Wind Project in eastern Oregon are helping to keep the air clean and our workers on the job.

Recently, Oregon was named one of only five states to receive a government grant to test Nissan's Leaf plug-in automobile. This is great news for the state and for the environment!

Full Story:

http://www.oregonlive.com/politics/index.ssf/2009/08/oregon_scores_millions_for_ele.html

In the construction sector, where competition for steady jobs is stiff, Oregon now has more LEED certified buildings per capita than any other state in the nation. While scientist explore new energy production, this innovative approach to saving energy through architecture will be the wave of the future.

To support these efforts and to set the groundwork for future discoveries, Oregon's colleges have innovative courses to train the workers of the future.

Columbia Gorge Community College offers a certificate and an associate's degree in Renewable Energy Technology—the first in the state.

Portland State University offers continuing education courses for professionals who are interested in learning to be LEED Certified builders, inspectors and contractors.

Oregon Institute of Technology supports energy discovery in many areas, in fact, the Klamath Falls campus is heated with geothermal energy! In a partnership with the US Department of Energy, OIT shares its research on geothermal energy with the public. The Oregon Renewable Energy Center, located at the school's headquarters in Klamath Falls, initiates energy symposia throughout the state. OIT offers a four year Renewable Energy Engineering degree at its Klamath Falls campus, and in Portland.

Oregon State University's School of Electrical Engineering and Computer Science is continually doing research with solar wind and wave energy and its storage. As part of a network of 46 university and private sector Energy Frontier Research Centers (EFRCs) in the nation funded by the US Department of Energy, OSU researchers are reaching new heights. According to

Ted Brekken, Assistant Professor, School of Electrical Engineering and Computer Science speaking of wave energy inquiry, "There are only a handful of programs in the world that are doing this kind of research."

Portland Community College's options include an Electronics Engineering Tech program where students can focus on one of four tracks: renewable energy, solar, biomedical or wireless data and communications. In addition, this year a new hybrid automobile engine aspect will be added to the Automotive Engine Technology associate's degree.

There are just a few of the many innovative programs in Oregon education. See next month's issue for more.



Speaking on wave energy:

"There are only a handful of programs in the world that are doing this kind of research."

Ted Brekken, Assistant Professor, Oregon State University School of Electrical Engineering and Computer Science

Mini Book Review: Careers

"Five of the fastest-growing career fields are health services, community and social services, computers and information services, education, and the service industry."

The Top 100: The Fastest-Growing Careers for the 21st Century. Ferguson Publishing, 2009

<http://ferguson.infobasepublishing.com/>

Ferguson Publishing's manual The Top 100 uses current Department of Labor statistics to direct potential workers toward the careers of the future.

Some great features of the book are the inclusion of industry-related webs sites, contact information for trade associations and college scholarship information.

Explore environmental education:

Many of Oregon's private colleges and universities have degree programs with an **environmental focus**. For example, Marylhurst University has Natural Resources Conservation and Environmental Studies degree programs; George Fox University offers Environmental Studies and Environmental Science degrees; Linfield College has Environmental Studies and both Reed College and Willamette University offer Environmental Science degrees.

For a list of 20 private institutions belonging to the Oregon Independent College Association (OICA), please go to www.oicanet.org.

Things People Say: There are many reasons to pursue college at any age!

Student Success Story by Debbie Porter

You may hear, “You’re too old to go to college!” as I did from a neighbor a few years back. I remember thinking then, “Thanks, Howard, that’s really helpful!” I was struggling under a heavy load of classes, work and my family obligations, (maybe it showed!) but that comment made me even more determined to get my education, something I felt I had been denied when I was younger.

You see, in the late 1960’s, I was in high school in rural Washington. When I was beginning to think about college, America was being pulled apart by horrible urban poverty and civil unrest and by a devastating foreign war.

On the nightly news, college campuses looked like very dangerous places. Not surprisingly, my parents discouraged me from planning a college education.

Soon, I got married and started a family, putting off going to college full time until 1998. That was the year I turned 44, and I wasn’t really sure what I had gotten myself into!

Because I had to work in between college terms to make ends meet, the time went by and it seemed sometimes like I was stuck in one place and not making much forward progress. With tremendous support from my family, friends and mentors, I graduated with

“Not surprisingly, my parents discouraged me from planning a college education.”

honors in 2005 with an Associate of Applied Science degree in computer applications.

When, at the age of 54, I completed my Bachelor of Science degree from Oregon State University, I was overwhelmed with gratitude and with a tremendous sense of accomplishment. I felt the freedom and a measure of hope that had eluded me.

Yes, my parents were right: college was a scary place at times, and the stress from juggling academic work and family was real. But this time the pressure came from inside myself, unlike the daily struggle that I had felt before: working at dead-end jobs for minimum wage and not knowing that there were other possibilities—those were the real sources of stress back then.

Now that I have gone out and gotten my education—the insights

and knowledge that I craved—I feel empowered, as though I can make a real difference in my neighborhood and beyond. And I am so fortunate: I get to speak with many returning adult students who are doing just that every single day.

Along the way we all are striving to make the world a better place through our actions. Because of our past, we can see the future.

Debbie Porter, editor of this newsletter, is one of four college resource operators on Oregon’s Adult Learner College Line.

If you have a college success story, or input about the Oregon Adult Learner Line newsletter, please share it with your fellow returning adult students by emailing us at

adultLearnerLine@OUS.edu

Oregon’s Award - Winning MBA

- Portland State University, Oregon State University and the University of Oregon together offer the Oregon Master of Business Administration, an MBA with a Northwest flair.
- Voted Best MBA in Oregon by US News and World Report!
- Not just for business majors, this comprehensive master’s degree is geared for the working professional and features guest lectures from Oregon’s visionaries in industry.
- Four focus areas are available:

Innovation/Entrepreneurship

Securities Analysis

Sports Business

Sustainable Business Practices

Get more info at

www.oregonmba.com



Returning to college can help you earn valuable skills to go after that big promotion!

www.oregonopportunities.gov

Call, chat or e-mail us a question!

1-877-848-4669