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Jessica Wehner
Junior

New students | International students are provided welcome from Hall Hosts

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The International Student Affairs Office runs the hall host program. International Admissions Coordinator Rachel Davis relies on the hall hosts to be a point of contact between her and the international students. She also relies on the hall hosts to make about 300 new and returning international students feel at home while they are here at Truman.

“They are there for anything,” Davis said.

“If it’s a ride to Wal-Mart or if they are homesick, the hall hosts are a big – at least initial – piece in getting them acclimated.”

The main goal, Davis said, is to integrate these students into campus life and make them feel like they are part of the Truman community.

“I obviously think that our international students bring a lot to campus,” Davis said.

“They come to us for things, but we really want them to be a part of campus. They’re great students and we want them just to be very much a part of everything.”

Junior Jessica Wehner is an off-campus hall host. Not only does she help serve the international students, but she thinks she’s getting something just as important in return.

“I find that by being a hall host you get to know more cultures and you get to see how other people have different viewpoints,” Wehner said. “You’re also becoming responsible because you’re helping out other people.”

The responsibilities of a hall host don’t end once the transition process for an international student is complete. Events and programs happen throughout the year and include both new and returning international students.

“We try to find some time to do soccer games because everyone plays soccer,” Wehner said. “Sometimes we encourage students to go ahead and cook some of their own dishes and share that with other people. There’s always the International Idol and the International Dinner.”

Even the language barrier is fun, Wehner said.

“It’s fun because you make up your own little language with them,” she said. “In this world, you’re going to come across a lot of people not from America. Just gaining that patience then and working with them to understand what they are trying to ask for. It’s also another good skill to have just in general in life.”

Rec classes pump it up



Brian O’Shaughnessy/Index

The rec center offers a variety of classes such as Butt Blaster, yoga, kickboxing, Tae Kwon Do and Core Strength. The rec center also provides opportunities for students interested in teaching classes.

BY SHANNON WALTER
Staff Reporter

Students get their hearts pumping with free classes at the Student Recreation Center all week long.

The rec center is filled with students working out, running on treadmills, using the elliptical machines, lifting weights, doing crunches, playing basketball and much more in every crevice of the two-story building next to Centennial Hall. Upstairs in the aerobics classroom, even more options are offered. Daily classes such as yoga, kickboxing, butt blaster, taekwondo, core strength and others are offered for free, helping students ward off the freshman fifteen.

Junior Evan Rioux, the rec center’s new fitness assistant, is in charge of overseeing the class schedule, training new teachers and other behind-the-scenes tasks. She said her job is helping her reach her dream after college.

“I would love to have my own

gym one day, teaching classes and running the facility,” Rioux said.

Rioux teaches cardio kickboxing and core strength twice weekly. She said she thinks offering free classes is great for students because most other schools charge for group fitness classes. She said the group classes are also a good way to motivate yourself and others to stay fit during the school year.

“Working out should be fun, and I love when I have fun and everyone else has fun in the classes I teach,” she said. “I usually tell some jokes right when I walk in.”

In addition to teaching classes for four hours a week, Rioux said she often attends several other classes.

“It’s very easy for me to come here everyday and spend my whole afternoon at the rec blowing off my homework and taking all the other classes,” she said. “I basically live at the rec.”

Rioux said her mom inspired her to teach classes at the rec

center during her freshman year. “I’ve followed my mom’s footsteps because she is [an instructor at a gym], so I have been taking her classes since I was about 10 years old,” Rioux said. “When I was 16 I became certified to teach classes at a gym at home, and I loved it.”

Senior Loren Roberts teaches butt blaster, ab blaster and pump twice weekly each. She said she started taking classes regularly her freshman year and thought it was a great way to work out, so she started teaching during her junior year.

“I was scared [of teaching] at first because it’s intimidating, but everyone coming to class is also nervous about it,” Roberts said. “Now [after two years] I love it.”

She said she thinks the classes are important because most people work out much better with an instructor pushing them through the class. Approximately 30 people rely on her to teach the class, so it also helps her work out much harder.

“I’ve met so many new people through teaching and it’s fun when people come every week,” Roberts said. “I love how rewarding it is to hear that the workout worked. Lots of people know me as ‘the ab girl.’”

Sophomore Kim Baker said she has regularly taken a few of the classes offered in the past and thinks they’re a good way to keep students on campus active. She said she has taken cardio kickboxing, cardio hip-hop and butt blaster.

“It felt a lot better to work out with someone else teaching you the workout rather than doing the elliptical on my own,” she said.

Having a set schedule of available classes is important to Baker because it is easy to work the classes into her schedule rather than relying on working out on her own every once in a while.

For more information on student instructed fitness classes and a class schedule, visit the rec center or its Web site at recreation.truman.edu.

Interested in studying abroad in

England?

The Center for International Education Abroad
presents

Jason Keeling
of Edge Hill University
Lancashire, England

September 3, 2009

4:00pm

VH1010

Gregory Lewis
of the Missouri London
Program

September 8, 2009

4:00pm

VH1010

Something to say?

Say it with Tru Rants

Sound off about what’s on your mind.
E-mail your rants to Trurants@gmail.com

See page 5 for this week’s rants!

The only rules are:
• Keep it under 40 words
• No personal attacks or profanity allowed