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Successful completion of the VUB Program, veteran participants are not only familiar with the services and resources that would be available to them as college students, but more importantly they possess a renewed confidence in their academic abilities — a vital asset that is necessary for success in college.

Women's Services

The Institute for Women's Studies and Services is committed to the empowerment of women through education. To help students have a positive college experience, women's services provides referrals to campus and community resources, information about scholarships, assistance with the process of entering Metro State College, advocacy services for students dealing with harassment or discrimination, and programs and events that focus on issues of particular concern to women. The institute houses a small library with a variety of books and other resource materials on women's experiences, histories and contributions to society. Call 303-556-8441 or stop by 1033 Ninth Street Park for more information.

Writing Center

The Writing Center staff of composition instructors and trained writing tutors is committed to working with students in developing their writing abilities. Tutors help students identify problem areas and provide instruction on how to eliminate them. Through one-on-one instruction, tutors teach students to generate, organize, and develop ideas; to revise and edit with confidence; and to handle issues of format and documentation. For more information contact the Writing Center at 303-556-6070.

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The Office of Student Life offers students a wide range of services and programs designed to enhance classroom experiences and encourage campus involvement. These co-curricular programs include educational, cultural, recreational and social interaction as well as unique opportunities for leadership development. To learn more about these services, visit our offices located in the Tivoli Student Union, Room 311 or call 303-556-3559. The Web site is www.mscd.edu/~studlife.

In addition, the Office of Student Life also administers the following programs:

Student Affairs Board (SAB) - The Student Affairs Board enables students to have continuous representation in the use and allocation of their student affairs fees. The SAB is comprised of student government representatives, faculty senate representatives and administrative representatives.

Student Problem Action Network (SPAN) - The SPAN Program is a network of volunteer advisors who help students resolve problems they may be experiencing with faculty, staff or other students in the Metro State classroom or workplace. Advisors are there to: help sort out the facts in a given situation, identify specific issues and concerns, recognize the perspective of others involved in a situation, articulate options for resolution, formulate strategies for resolving the situation, help navigate campus systems and advise the student on how to implement the chosen strategy.

Outstanding Student and Who's Who Awards - The Office of Student Life partners with academic departments and hosts the annual college-wide Outstanding Student Awards and the selection of nominees for Who's Who in American Universities and Colleges.

Judicial Affairs

The responsibility of the Office of Judicial Affairs is to administer the discipline system for Metro State. Metro State's Standards of Conduct clearly state the College's expectations for student behavior. For additional information, refer to the *Student Handbook* or visit the Tivoli, Room 311. Information is also available on our Web site at: www.mscd.edu/~judicial.

Student Activities

Tivoli Student Union (TV) 305, (303) 556-2595, studentactivities.mscd.edu

The Office of Student Activities enriches students' college experiences by helping them "Get Involved & Learn More" about campus life through dynamic activities such as events, co-curricular opportunities, student organizations, leadership education and Metro COOL.

Programs, events and co-curricular opportunities help to stimulate, educate, challenge and entertain the student body. Through co-sponsorships with other universities, student organizations and academic departments, Student Activities facilitates bringing prominent national and local figures and stimulating experiences to the students. Specific programs include the following:

Distinguished Lecture Series

This series hosts locally, regionally and internationally recognized speakers who inspire students to think critically about current issues and events.

Student Organization Services

Metro Student Organizations provide a variety of programs that are stimulating and invigorating — enhancing students' co-curricular and extracurricular experiences. Student Organization Services can assist in helping students find the right organization or in creating a new one. We have more than 100 registered student organizations at Metro State.

Leadership

Join other students in exploring leadership through workshops, seminars, speakers and conferences. These programs are designed to give you tools to create change in your community. Over 300 students participate in one of our leadership programs each year.

Metro COOL

Metro COOL is a campus-wide program offering ongoing and one-time volunteer opportunities. Students can match up with local agencies looking for volunteers with our online database through the Student Activities Web site. Metro COOL also sponsors monthly service events designed to make immediate impact on a community while connecting Metro students to one another. Make an impact on your community today!

Student Technological Services

Student Technological Services is on the front line creating interactive, technologically stimulating and highly dynamic digital media. Through our efforts, the campus broadcasts events live across the Internet. By archiving videos of campus events for future release and Internet viewing, we are able to provide a wider outreach to those who are interested in campus archives. Student Technological Services also maintains and develops an online Discussion Forum for campus involvement, and creates interactive resource CDs and DVDs for a full service online activities office.

Laptop Lease

This exciting program provides students with an opportunity to lease an Apple™ laptop for a semester at an affordable price. These laptops are the latest in technology, offering the ability to compute anywhere on campus via Wi-Fi access. Enjoy the ability to write your term paper at home or under the old oak tree in the park.

Student Government Assembly

Metropolitan State College Student Government Assembly is an elected body that exists to represent and act in the interests of the students. Student Government Assembly (SGA) works to create opportunities for student involvement and success through its programs, and works to sustain and improve them each year. The SGA includes three additional elected representatives: the Board of Trustees Student Representative and the two representatives to the Student Advisory Committee to the Auraria Board (SACAB). Together the assembly works to ensure that students' voices are heard and represented in all levels of the College's administration. The SGA offices are located in the Tivoli 307, phone number 303-556-3312. Our Web site is www.mscd.edu/~sga.

Student Media

The Office of Student Media, located in Tivoli 313, produces a variety of student-operated media designed to keep the campus informed and entertained. The office's diverse staff of students produces a weekly newspaper, *The Metropolitan*; a weekly video newscast, *The Met Report*; a Web-based radio station, *Met Radio*; an annual literary and arts magazine, *Metrosphere*; and the annual *Student Handbook*.

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The Metropolitan offers students the opportunity to explore such fields as reporting, photography, Web page design, graphic arts, marketing and advertising through work experience. *The Metropolitan* and its Web site, *The Met Online* (www.mscd.edu/~themet), are produced entirely by Metro State students and are published weekly during the fall and spring and monthly during the summer.

The Emmy Award-winning *Met Report* can be seen weekly on Comcast Channel 54 or on the Internet at metreport.mscd.edu. The newscast keeps students informed on campus happenings and Denver news.

Met Radio offers diverse, student-produced programming through its Webcast at metradio.mscd.edu or at FM 88.3 in the Tivoli.

Metrosphere, Metro State's annual literary and arts magazine, is published each spring and features poetry, fiction, non-fiction, art and photography. Submissions for the student-produced magazine are accepted during the fall semester. Copies are distributed free to students and are available in Tivoli 313. *Metrosphere* can be found online at www.mscd.edu/~msphere.

The Student Handbook is a complete guide to navigating Metro State. Published each year, the handbook offers information on everything from e-mail accounts to financial aid, as well as a section on academic and campus policies. It also is online at: handbook.mscd.edu.

Students interested in working for the Office of Student Media should visit Tivoli 313 and fill out an application, or call 303-556-2507.

Campus Recreation

The Campus Recreation at Auraria program is among the most affordable ways that students have found to enjoy themselves, and it is among the best recreation programs offered in Colorado. The program is composed of the Drop-In Program (informal recreation), Intramurals, Outdoor Adventure, Personal Training, and the Physically Challenged Program. Student membership is free with a current, validated student ID.

The Drop-in Program provides group and individual activities for students, faculty, staff, alumni and guests. Facilities include three basketball courts, 6 tennis courts, volleyball courts, a 25-yard indoor pool, two handball/racquetball courts, one squash court, a fitness center, a dance studio, and a climbing wall. In addition, Campus Recreation offers a myriad of group fitness classes in step, hi-hop, muscle sculpting, cardio salsa, indoor cycling, abs & back, water fitness and more. The Drop-in Program also offers a new instructional component, Get Fit Clinics, which consists of a variety of noncredit instructional workshops, clinics and seminars. Check the Drop-in Program schedule in Room 108 of the Physical Education Building or call 303-556-3210 for a listing of available times.

The Intramural Program consists of individual and team activities open to all students, faculty and staff members. The emphasis of the program is on participation, sportsmanship and social interaction. Whenever possible, competitive and recreational divisions are offered to ensure participation for all ability levels. Activities include flag football, basketball, floor hockey, volleyball, dodge ball and racquetball leagues, as well as tennis tournaments.

Outdoor Adventure provides the opportunity to experience the beauty and challenge of nature through organized trips. The program provides outdoor recreational experiences emphasizing skill acquisition, social interaction, environmental awareness, and safety. Some of the many adventures offered are biking, canoeing, cross-country skiing, downhill skiing, family-fun outings, hiking, ice climbing, kayaking/rafting, naturalist outings, rock climbing, indoor climbing, and sailing. The program also provides rental equipment, including camping and hiking gear, canoes, and cross-country skis. The office is located in the basement of the Events Center.

The Physically Challenged Program offers a variety of sporting, recreational, and fitness opportunities for students with physical or learning limitations. The adaptive programs/services encompass one-on-one or group sessions that assist in using the recreation equipment and facilities. Information on planned group activities or individual help sessions is available in the Events Center, Room 108, 303-556-3210.

Intercollegiate Athletics

The Intercollegiate Athletics program plays an integral role in campus life at The Metropolitan State College of Denver. Metro State offers 12 intercollegiate sports programs: baseball, men's basketball, women's basketball, men's cross country, women's cross country, men's soccer, women's soccer, men's swimming and diving, women's swimming and diving, men's tennis, women's tennis and women's volleyball.

The teams, nicknamed the Roadrunners, compete at the Division II level of the National Collegiate Athletic Association (NCAA). The Roadrunners are members of the 14-member Rocky Mountain Athletic Conference (RMAC), which was founded in 1909 and features modest-sized schools with limited athletic budgets.

Scholarships are available for each of the 12 intercollegiate sports. They are distributed by individual coaches on the basis of merit, athletic ability and team needs. Scholarships are awarded on a yearly basis. The Intercollegiate Athletics Office is located in the Administration Building, Suite 560RR, 303-556-8300.

ALTERNATIVE CREDIT OPTIONS

Credit for Prior Learning

Successful completion of national examinations, departmental examinations, or a prior learning portfolio, or assessment of nonaccredited training programs through published guides may be used to award credit or may permit placement in advanced courses. A student may earn up to 60 semester hours of credit toward degree requirements using prior learning credit options. This credit will be posted to the student's record after the completion of 8 semester hours of residency credit at Metro State. Prior learning credit may not be used toward the last 12 semester hours of a degree program, does not substitute for residency requirements, and cannot be used to challenge prerequisite courses for courses already completed. Students are advised that letter grades are not assigned for such credit, and some institutions may not accept transfer credits that do not include letter grades. Additional information is available from the offices indicated in each section below.

Advanced Placement Examinations

Students who have performed satisfactorily in special college-level courses while in high school, and who have passed appropriate Advanced Placement (AP) examinations conducted by the College Entrance Examination Board may have official scores submitted directly to the Office of Admissions for consideration for college credit. This office, in consultation with the appropriate department chair, determines the amount and nature of the credit and/or advanced placement granted. AP credit is awarded after the completion of 8 credit hours at Metro State (see following chart). Students should contact www.collegeboard.com or 888-225-5427 to request official AP scores; Metro State's AP code is 4505.

COURSE CREDIT AWARDS FOR ADVANCED PLACEMENT EXAMS

AP SCORE	2	3	4	5
Biology		BIO 1080-3 & BIO 1090-1	BIO 1080-3 & BIO 1090-1	BIO 1080-3 & BIO 1090-1
Chemistry		CHE 1800-4	CHE 1800-4 CHE 1810-4 CHE 1850-2	CHE 1800-4 CHE 1810-4 CHE 1850-2
Computer Science (A)			CS 1050-4	CS 1050-4
Computer Science (AB)		CS 1050-4	CS 1050-4 CS 2050-4	CS 1050-4 CS 2050-4
Economics (Macro)		ECO 2010-3	ECO 2010-3	ECO 2010-3
Economics (Micro)		ECO 2020-3	ECO 2020-3	ECO 2020-3