# Nontraditional & Commuter Student Handbook

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A Little about Lyndon State College…

Lyndon State College prides itself in providing a unique college experience to its students. It offers small classes, a dedicated faculty, a technology-rich environment, a constantly evolving and growing curriculum, and a choice of distinctive majors.

It does all this in a location that is both inspiring and peaceful, surrounded by breathtaking scenery.

The staff and faculty at LSC have a deep understanding of the special obstacles facing nontraditional students; they work hard to help these students meet their unusual challenges and succeed in their chosen fields of study.

Who is a Nontraditional Student?

At Lyndon State College, you are considered nontraditional if you fit one or more of the following descriptions:

- You are three or more years older than traditional classmates (for example, a 21-year-old freshman).
- You are married.
- You are a parent of dependent children.
- You are a veteran.

As a nontraditional student, you are an important part of the diversity that makes LSC a rich and interesting academic institution.

Although it may surprise you, Lyndon State’s definition of nontraditional encompasses more than age. In fact, using the criteria listed above, there are many students of traditional age-18-22-who are considered nontraditional.

Statistics have shown that nearly 90% of nontraditional students applying to LSC have had some prior college experience. However, even if you have not attended college yet, many of the issues covered in this booklet may help you, too.
Part I
Becoming a Lyndon Student

Lay a foundation

- Stop in and meet Vinnie Maloney, Director of Admissions 626-6431, in the Admissions Office. Be sure to ask about transfer credits if you have completed college coursework elsewhere.

- Transferring to Lyndon? You will meet with Nora Vasquez, Transfer Coordinator, 626-6409 in Vail 351, to see which of your incoming classes will satisfy requirements at LSC.

- Check page 6 and the glossary in the back of this booklet for information about Assessment of Prior Learning (this course is offered only through CCV), Course Challenges and the CLEP Exam program. These might help you earn college credits outside the classroom and shorten your journey to a college degree or certificate.

- Credits for the five colleges: Lyndon, Johnson, VTC, CCV and Castleton are reciprocal and not counted as transfer credits.

- Have confidence. Being a nontraditional learner with extra life experiences often gives you an edge in class and the respect of your teachers.

- Consider how you’ll obtain computer access while you are off campus. If you are in need of a computer, LSC partners with Dell to offer special computer prices. Visit oit.lyndonstate.edu to check it out!

- The Academic Support and Advising Resource Centers are available for preliminary advising help, located in LAC 325, by emailing AcademicSupport@lyndonstate.edu and by calling 626-6210.

Members of the Lyndon community and their family participate in a parade through Lyndonville.
Part II
Financial Planning – Decision Making

The Student Services Center, Vail 348, 626-6396, houses the Business, Financial Aid and Registrar’s offices.

Financial Aid

The financial aid staff can assist you in filling out forms, answer questions about aid and supply you with information that will smooth the processes of obtaining aid. Detailed financial aid information is available online at www.lyndonstate.edu/financialaid

- Complete the MFP (My Financial Plan) and return it to Student Services as soon as possible.

- Create your FSA ID, and use it to complete the FAFSA (Free Application for Federal Student Aid) online at www.fafsa.ed.org. You will need your income tax information and possibly your parents’ if you are under the age of 24.

- Meet with a financial aid counselor in the Student Services Center. They may have many ideas to offer for funding your education, including payment plans.

- If you are a Vermont resident, fill out a VSAC application either online at www.vsac.org or a paper application can be sent to you if you call 800-642-3177.

- If you are not a Vermont resident, inquire what aid your home state might offer while attending LSC.

- Check with the company for which you work. Ask if they offer any support to nontraditional students returning to school.

- Check with large corporations near you that are involved in the field that relates to your degree work. Sometimes they offer special help for nontraditional students.

- Check online and research scholarships. There are literally thousands of websites dedicated to offering scholarships. Many are not awarded each year due to lack of applications.

- If you work online, be sure to print out a full copy of your work or applications for reference and safe keeping.

- Make sure you understand the differences among scholarships, grants, and loans.

- Your borrowing capabilities increase as your class standing advances. You can borrow more money as a sophomore (30-59 credits) than you could as a freshman. You can borrow even more as an upperclassman (over 60 credits.)
• Keep receipts of payments for your education—money orders, cancelled checks, cash receipts—in a secure place. This is helpful for tax season.

• Know when a grant, scholarship, or loan application must be renewed. Most, including the FAFSA (Free Application for Federal Student Aid), require annual renewal.

• Understand that some scholarships are awarded per semester, some per year. Some are based on a degree plan and are renewable as long as you maintain enrollment. A missed deadline could result in the loss of funding. Thank you notes are appropriate if and when you receive a scholarship.

• Be aware that most basic grants are available only until you have earned a bachelor’s degree. Plan accordingly. The Pell Grant is only available for 12 semesters, or more if prorated for less than full-time attendance. Other grants will have similar limits.

Part III
As You Apply for Admission

The staff in the Admissions Office, Vail 308, 626-6413, has worked very hard to streamline the application process for you. They are aware of the age variance and the cultural and background diversity of the students who want to come to LSC. There are a few things you can prepare ahead of time that will make your application easier and less complicated.

Regarding Previous College Credit:

*If you have earned an Associate in Arts (AA) you will not be expected to meet LSC’s General Education Unit degree requirements. If you have earned an Associate in Science (AS) you credits will be matched on a 1:1 transferability basis.*

You will need various bits of information handy such as your parents’ names and addresses, your employment record, any awards or honors you may have received, information about your extra-curricular activities and/or your sports record. If you never attended college or are transferring less than 15 college credits you may need a personal recommendation from someone who is not a family member such as an instructor, guidance counselor, employer, or minister. An application fee may also be required. In addition, if you are an international student, you will need to submit your recent TOEFL scores and Alien Registration Number.
If you apply online, you will get an email acknowledging your application. Then, no matter how you applied, you will get a letter in the mail about the status of your application, whether accepted, or denied and the reason(s) why.

**Look Into Special Programs**

LSC has programs designed especially to help you, a nontraditional student, to progress toward your educational goals. Contact Admissions at 626-6413 or Career Services at 626-6441.

**CLEP**—The College Level Examination Program makes it possible to satisfy the College Skills Requirements and earn basic credits using what you already know. These are national tests which are recognized at LSC. Qualifying scores can enable you to earn actual credits, skip some introductory or general courses, and move on to those relevant to your chosen field.

**The APL**—Assessment of Prior Learning Program is a statewide program, offered by the Vermont State Colleges. It is a semester-long course designed to help nontraditional students apply for college credit based on their experiences in life, on the job, or in military training. During this course, you provide documented proof of college-level knowledge in particular areas and find experts in these fields who can attest to your knowledge. You create a portfolio, and appropriate credits are awarded by an independent panel. More information is available at [www.ccv.edu/apl](http://www.ccv.edu/apl).

**Course Challenge** - You can request a maximum of 9 college course credits for previous, specific, non-classroom learning experience. You must submit evidence that you have mastered the outcomes of a course by other means and have a faculty member evaluate the materials. The credits awarded by challenge are treated as transfer credits.

Occasionally, **departmental waivers** of course requirements can be given as a result of an exam or demonstration of prior knowledge. These waivers do not count toward total credits required for your graduation.

Keep a copy of every waiver and approval/denial, and be sure to check your Program Evaluation once a waiver has been approved.

**Part IV**

**As You Register for Classes**

As part of the orientation SOAR (Student Orientation and Registration) program, you will meet with an advisor from the department of your chosen major. He or she will discuss degree requirements with you, explain placement test results and transcript evaluations, and help you register for appropriate courses for your program of study. Credits for the five colleges: Lyndon, Johnson, VTC, CCV and Castleton are reciprocal and not counted as transfer credits. If a course is not offered at Lyndon, you can attend any of the above colleges while attending Lyndon.

The staff in the Advising Resource & Academic Support Centers, LAC 324 & 325, can also assist you in successfully understanding the process.
Your First Year at Lyndon State

As a new student at Lyndon State, it will be important for you to take advantage of the many activities that have been designed to help you through your first year. These programs, events, activities have components specifically designed for nontraditional students and will help ensure your successful transition.

Check your LSC mailbox and email regularly. These are the official communication vehicles at LSC. You may also rent a locker from Student Services. The lockers are located across from the mailboxes on the first floor of Vail.

SOAR – the Orientation Program is a continuation of the orientation process to Lyndon State. A special condensed version of Orientation has been planned specifically for our nontraditional students. In this one day program, you will take care of a number of necessary tasks such as picking up your student ID, receiving your campus mailbox number and key, and getting your parking permit to name a few. You will also participate in a variety of sessions addressing academic and social tips, resources, and reminders.

Convocation – This is a special and symbolic ceremony, much like graduation at the end of your collegiate journey, which takes place on the first Thursday of the semester. It is the time for the faculty and staff of LSC to welcome you into the academic community.

Part V
Living the College Life

Academic Considerations

If you try to attend school full time, remember that the graduation requirement for a Bachelor’s degree is 122 credits. This cannot be satisfied in eight semesters by taking only the minimum 12 credits per semester to qualify as full time. Do the math. Attending at this rate would keep you in school more than five years. Try to blend lighter courses with the more difficult ones throughout your plan.
You should meet with your advisor at least once mid-semester to review your progress; then meet again toward the end of each semester to plan for the next and register for classes. Academic Support staff are also available to help with pre-advising so your time with your advisor is more streamlined.

Look to your program evaluation to find your advisor’s name and email address. Staff in the Advising Resource Center (LAC 324) and the Academic Support Center (LAC 325) can give you extra assistance with advising.

When meeting with your advisor be sure and ask for extra time due the fact that you are a non-traditional student.

Before the start of your first semester of attendance, you should have an evaluation of how the Transfer Coordinator, extension 6409, applied any previous credit you may have transferred to your LSC degree program evaluation. Go to Web Services and print out a copy of your latest program evaluation and take it with you to your advisor.

Go to www.webservices.vsc.edu to access your Program Evaluation, Transcript, FERPA, and lots of other information.

Review the evaluation of transfer credit (if any) determined by LSC’s Transfer Coordinator.

- Refer to your student catalog for these comparisons.
- If you think that an adjustment should be made, your advisor may be able to assist you, or you can make an appointment with the Transfer Coordinator located in the Student Services Center to discuss your concerns.
- Be prepared to submit written documentation to show why you believe this adjustment should be made.

Prove how you think credits you earned elsewhere should be transferred to LSC by supplying the following:

- Statements from your professors
- Syllabi of the courses from the time you took them
- Written descriptions of the courses from a handbook
- Graded work that you submitted. Be persistent!

Get it in writing and keep a copy!

- If you are told by anyone that you do not have to take a required course—for any reason: prior learning experience, prior coursework, personal proficiency, testing or work you have done as an adult—ask for this assurance in writing. Have it signed, dated, and submitted to the Registrar.

- If you are given permission to do anything out of the ordinary such as fill an apprenticeship or make a portfolio presentation to satisfy major course requirements, in lieu of regular coursework, get this permission in writing before you begin. You must also clear that permission with the Registrar before it is finalized.

- Make sure that any learning contract specifies in writing, how much work you will have to do—in what quality and in quantity (size of papers, hours expended)—in return for how much credit you will receive and at what level—for example, General Education or senior-level credit.

- Ask what support you can expect from LSC while you do any of this work and if books or materials will be supplied.
*An important note - The Student Services Center is open during the summer, try to take care of any matters before fall term begins.

Seize the day!

- Make use of the time you are enrolled at LSC to attend its social, cultural and entertainment events.
- Check your email and Lyndon’s portal for the listings of upcoming events.
- Take advantage of the great student discounts and/or free tickets offered by local organizations such as Catamount Arts and through LSC’s Student Activities Office.
- Bring family member to some of the activities here; it will make them part of your school experience and encourage them to support you while you pursue your goals.
- The LSC pool and fitness center are for your use-free to all students. The general public can use the pool at certain hours for a nominal fee.
- Join a club of interest to you. You’ll find a list of activities and organizations on LSC’s [website](http://example.com). Take advantage of trips they provide. Some allow you to bring family members for a fee.
- [Intramural](http://intramural.com) sports are open to all—consider adding your talents to one of the LSC intramural teams.
- Find study partners. Two dedicated students often study much better together than they could alone.
- Make use of the many study corners LSC has when you have to be on campus between classes. The Learning Commons includes all three floors of the Samuel Read Hall Library, Advising Resource Center (ARC), and Academic Support. There are quiet areas and more social areas, depending on your preference.
- There are many study areas in the library, even small conference rooms for group study. There are comfy chairs in the library too, for that well-deserved power nap!
- The Peer Leader Resource Lounge is located between the theater lobby and the athletics corridor. Peer Leaders staff this room daily so you can pop in to ask questions, or relax on their comfy couch!
- You may also use any empty classroom until the next class comes in. This is great if you are part of a study group that meets regularly. Sometimes, the room that your class was just held in will be available.
- Consider being part of student government or work on the student newspaper, *The Critic*. Help the voice of nontraditional students to be heard in places where they will matter.
- Get to know at least one person in each major office in the college by name. Stop by and talk to him/her once in awhile so that you have a “human” resource when you need help.
- Plan for computer problems. Don’t wait until the last day to print out a paper. Consider saving your work in multiple forms and locations (hard copy, desk top, cloud service, USB, etc.)
• Ask for help when you first feel a need for it. Whether it is social, educational or emotional, there is usually someone who can lend an ear and help you find answers to your questions and solutions to your problems. The Academic Support Center, (LAC 325) is available to guide you through the answer or, if we don’t know it, we will help you to find it.

Support Services

If you find you are having academic difficulties, don’t be afraid to ask for help. There are many services available at Lyndon State College tailored to meet the needs of almost any student who is having ongoing difficulties or just needs a little extra assistance once in awhile. They include:

**The Academic Support Center** - This center offers the help that you need with test-taking, time management, tutoring, and academic coaching. They are located in LAC 325, by calling 802-626-6210, or by emailing AcademicSupport@lyndonstate.edu They provide these through three main programs:

• **Student Academic Development**, Drop-in tutoring help is available to all students. Hours are posted in the Writing Center (LAC 325) indicating when tutors in writing and other subjects will be available. Students can drop in for help whenever there is a tutor on duty, or make an appointment for tutoring at a time convenient to student and tutor. Tutoring in courses not listed is available on request. ESL services are also available by appointment.

• **Academic Coaching** is an ongoing, proactive partnership with students that focuses on developing cognitive and non-cognitive skills. The goals of academic coaching are to provide students proper direction and resources so they become independent learners, take responsibility for their efforts, improve their effectiveness, and consciously create their own outcomes. This will be accomplished by creating a welcoming environment in which we can build rapport through active listening, setting goals, and providing evaluation and feedback. The coaches will employ diverse specialties to meet students’ needs including math, writing, learning differences, resource development and advising.

• **Services for Students with Disabilities**, Extensive support services are available to students with documented disabilities. Students who utilize these special resources usually experience greater academic success. LSC observes provisions of Section 504 of the Rehabilitation Act of 1973 and the appropriate sections of the Americans with Disabilities Act of 1990 (ADA).

**Academic Advisors** – An advisor is assigned to every student during enrollment. Usually this is a professor from the department of your chosen major. If you do not declare a major initially you will be assigned an advisor. Later, your advisor may change when you declare your degree course. Stop in and visit with your advisor occasionally. If you have a good rapport with your advisor, discussing an occasional problem won’t be as stressful.

**Student Services Center**, (including Financial Aid, the Registrar, and Business) Vail 348, 626-6396. All of the financial transactions of LSC are managed here. The staff handles tuition, fees, housing, and insurance payments.

**Career Services** LAC 323, 626-6441 - This office assists students and alumni with the process of career development. Their focus is to inform and empower students and alumni by linking them with career information, employment openings, graduate programs and experiential learning opportunities.
**Department Heads** - The chairperson of each academic department in LSC can answer most of your questions about that department. They are dedicated and very willing to help nontraditional learners with special concerns.

**Health Services** – Brown House, 626-6440 - Lyndon's campus health service is supervised by a physician. The staff provides assessment and treatment of routine health matters, conducts educational programs on health-related issues and makes referrals to local practitioners or to the Northeastern Vermont Regional Hospital in St. Johnsbury, as well as counseling services. Don’t hesitate to contact them for health information and advice, extension 6440. Emergency services are available 24 hours a day at Northeastern Vermont Regional Hospital.

**IT** - (Informational Technology), LAC 213 & the Info Desk on 3rd floor of LAC, 626-6456 – IT Services provides high quality computer-related services for our learning community. IT is located on the second floor of the library. The staff in IT can loan you audio/video/computer equipment for your class work, presentations, etc. They are very helpful in teaching you how to use the equipment, too. All that is usually required is your school ID to register your name for the time the equipment is requested.

**Advising Resource Center** - LAC 325, 626-4860. If you are looking for hands-on assistance in course selection, scheduling, and using the online registration system or other tips related to advising at Lyndon, like how to make the most of meetings with your faculty advisor, we can help. The Center offers one-on-one help and take-away resources like charts for mapping your semester, a list of faculty advisor offices, general education checklists, graduation standards information, and more. Additional resources for student veterans are also available here

**Veterans Club** - LAC 342, 626-6208. The group provides support and valuable information for all veterans and their dependents attending LSC, and is actively involved in volunteer efforts. The LSC Student Veterans Club is an active member of Student Veterans of America (SVA), and has a growing chapter of the LSC Veterans Auxiliary, so anybody can get involved. Weekly semester meetings are held on Thursdays from 12:30-1:30 in LAC 342.

**Samuel Read Hall Library**

**Library**, LAC, 626-6366 - The Samuel Read Hall Library provides a wealth of information and research materials. They sponsor many online research databases, as well as special in-house resources such as the Vermont Collection, which is focused on materials related to Vermont and the Northeast Kingdom. The library boasts the following materials and services:

- Highly qualified staff members who will assist you with finding and securing the materials you need, including the interlibrary loan program.
• 100,000 volumes, over 16,000 periodical subscriptions, and 3,600 audiovisual items.

• A juvenile collections room.

• The IMC (Instructional Materials Center) which has curriculum materials, including textbooks, games and software primarily for students doing practice teaching.

• A computer lab, available for general use whenever scheduled instruction is not taking place.

• Viewing stations for DVDs and videos.

• Many up-to-date movies you can borrow with no fee. You may take these movies home and watch them with your family.

• Reserved class materials.

• Online resources available on the library’s website.

• Three floors of space available for studying, relaxing between classes, and meeting space for study groups.

You will have access to almost anything the library offers, so don't be afraid to ask the librarians - they are really great and love to help! For your convenience, the times for the library are posted on the entry doors. The library is open extra hours at mid-semester and semester-end, close to exam times. Remember, your student ID is also your library card.

Stevens Dining Hall/ Hornet’s Snack Bar – Commuter meal tickets are available in several package sizes and are useable in both the dining hall and the snack bar.

Computer Technology – Part of College Life:

Log-In Access Codes for Moodle, Web Services and Email are the same. Your User Name is your 3 initials & the month & date of birth + a zero (5 digits). Initially your Password is your 3 initials & last 4 digits of your Social Security number. (Example: Jane L. Smith, DOB 04/23/1985, SSN 123-45-6789 = jls04230 username and jls6789). You then can change your password.

Moodle - This is an online feature at Lyndon. It is a website available for use only by registered students and faculty of LSC. www.portal.vsc.edu

You can log on from any computer that is hooked to the Internet. Often professors make use of the discussion and homework posting possibilities of this feature. This is often ideal for the nontraditional learner as less time is spent in the classroom, and participation is at the convenience of the student.

Email - All students at LSC are given an email address and are expected to check their mail on a frequent, if not daily, basis. As one of the most often-used means of communication you need to be comfortable with using your email. It is accessible off campus.
Web Services is a tool for current students and faculty to access course availability and academic information at LSC, via the Internet. All Vermont State Colleges course offerings are available through this site. You can search the current semester class schedule using the public link. When attending LSC, you can log into the 'Web Services for Students' area and find academic information including unofficial transcripts, grades, schedules, program evaluations, and test scores. www.webservices.vsc.edu

Career Services – You can look for a job, either on or off campus, as well as internships. Go to the Career Services site on www.lyndonstate.edu/careers and search the Jobs/Internship Database. You can also make an appointment with the Director of Career Services to revise or create your resume, get interview tips and help with a search for graduate school. Careers@lyndonstate.edu

More tools for your Progress

Bookstore – Located on the second floor of Vail, the bookstore handles new and used books and most supplies you need for classes. Advertisements by students for last semester’s used books can be found on bulletin boards. You are eligible to charge your bookstore academic purchases if a) you are eligible to receive financial aid in the form of a refund that will cover cost of books, OR b) you are enrolled in a payment plan for tuition and other charges on your student account, OR c) you have set up a payment plan to cover the cost of books. Check with Student Services in Vail 348 to make sure you are cleared to charge books to your student account.

C.A.B. (Campus Activities Board) 626-6363 - This club plans, facilitates, and implements social, cultural, and educational activities for the enrichment of the Lyndon State College community and the surrounding community. CAB programming emphasizes a well-rounded and balanced series of events and activities.

Mail Room, Vail 109, 626-6473 - You are issued a campus mailbox number and key during move-in day. Check your mailbox regularly. If you are waiting for date sensitive material from the Registrar or Financial Aid this is where it is usually sent during ongoing semesters. Student activities information can be found in both your email and also in your mailbox. Packages can be picked up in Vail 354.

Nontraditional Programming – We offer 3-4 programs each semester specifically for nontraditional and commuter students. Keep an eye on the Portal for announcements.

Identifying with other nontraditional students can help you exchange ideas and create a circle of friends with similar interests and lifestyles. You may find yourself taking part in off-campus family-friendly events. This makes campus life more flexible and productive for all non-traditional learners.

Part VI
Close to the Finish Line

Reaching your Goals

When you figure that you have about two semesters left, start planning for graduation.
This is the time to check in with your advisor and obtain an official degree audit. Make sure that you have satisfied all degree or certificate requirements and graduation standards so far

Helpful Tips:

- If a course has been waived for you, find out if you will get actual credit for the course, if it will count in your total number of credit hours required for graduation. If not, you will have to substitute another course to accumulate those hours.

- Remember, 12 credits is considered full time, but if you only take 12 each semester, you will need more than five years to complete the required 122 for graduation. If you are going part time, be patient, it will just take a little longer.

- Don’t wait until your last year in college to figure these things out; unless you want to be add another semester or more to your education!

Glossary of Terms:

Add/Drop Dates- Dates by which time courses must be added to receive credit, or dropped to not be charged or receive a failing grade.

APL – Assessment of Prior Learning –An intensive course designed to provide, by means of a semester course and written documentation and recommendations, course credit for education gained outside of the classroom.

Moodle - Moodle is the interactive posting site for students and teachers in a particular course. Instructors may use this site for assignment posting, test preparation, homework review and/or correction and general class announcements. Each instructor tells his or her class to what degree Moodle will be used.

CLEP- College Level Examination Program—exams. These are tests which are recognized at LSC and at more than 2,900 other colleges and universities in the United States. Qualifying scores can enable you to skip introductory or general courses and move on to those relevant to your chosen field.

Co-Requisite- A course that must be taken at the same time as another course.

Course Challenge- A means by which you submit evidence that you have mastered the outcomes of a course by other means. The materials are evaluated by a faculty member.

FAFSA- Free Application for Federal Student Aid. This is the basic application for any Federal or State financial aid for students in the US. It must be renewed every year.

GPA- Grade Point Average

Peer Leader- Peer Leaders are upperclassmen who are here to help you navigate the campus and college networks. You can find them in the Peer Leader Lounge between the theater lobby and athletic corridor or in Rita Bole. Every new student to LSC is assigned a Peer Leader for your first year.
Portal - This page links to Moodle, where your online, hybrid, and some traditional classes will post class information. You can also use this site to register for classes, check your program evaluation, and accept financial aid. Services on the right-hand side of the page can also be accessed via Web services. Go to www.portal.vsc.edu

PIN - Personal Identification Number. A number chosen by you to keep computer documents private, your email safe, and your access to the Portal. (FAFSA also assigns a PIN number if you apply online. This must be kept available and secure, as it is used from year to year.)

Prerequisite - A course or requirement that must be satisfied before registering for certain courses. Some may be waved (without credit) or satisfied (for credit) by department permission or qualifying scores on CLEP exams.

SID - Student Identification. This is assigned to you when your application is processed. It will be the same as long as you attend Lyndon State College, and is typically 6-7 numbers long.

VSAC - Vermont Student Assistance Corporation - Major Vermont—based structure to help Vermont residents with financial needs in college.

WEB SERVICES - This online site found on the Portal also provides search tools to choose classes, monitor class status (full or open to more students), student test scores, grades, degree audits, schedules. All students have access by using the same log-in information as your email and the Portal. Go to www.webservices.vsc.edu. *Occasionally the Portal goes down, but you can still access your information by accessing it through Webservices!