



## Kathy Novak

ARGOSY UNIVERSITY  
MAJOR: PSYCHOLOGY (FOCUS ON SUBSTANCE  
ABUSE AMONG PRE-TEEN ADOLESCENTS)  
AGE: 46

**Background:** I started out at a university in 1980, didn't finish my degree, got married and had three kids (22, 20 and 19), then decided to go to a

community college when my kids were older but didn't finish there, either, because I got caught up in my career. As I got older, I wanted to be able to say I finished my degree. I wanted to do it for myself, but also because the job market is changing and opportunities are changing, and I want to go in with experience and back it up with an education. A lot of companies are looking for the discipline of completing a degree. I wanted that edge.

**Why did you choose Argosy?** Location, the program, the available services, the supportive, responsive staff, and having the choice of taking a combination of online classes and courses on campus.

**What are some of the rewards?** It's fun to come back at this age and realize you can still learn, and I've met some wonderful people from all walks of life.

**What advice do you have for future adult learners?** If you want to go to school, go for it. It can't hurt to try just one class. You'll surprise yourself.

## Argosy University, Twin Cities

To succeed in today's competitive workforce, you need a solid foundation of knowledge—and the power to put it to work. And that's exactly what an Argosy University education offers. Argosy University has developed a curriculum that focuses on interpersonal skills and practical experience alongside academic learning.

Full-time, evening, and weekend classes are available, with a blended format of online and "on-ground" classes. Students can mix and match in a variety of formats. Students also like that they're valued as individuals—the school has a human scale to it.

"We're not so large that students are 'just a number,'" explains Dr. Scott Tjaden, president of Argosy's Twin Cities campus. "The focus is completely on the student. We see students basking in the glow of earning their degree. They come here and they become successful. Our students' success is a direct measure of our success."

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# Tips for Non-Traditional Students

- **MANAGE YOUR TIME EFFECTIVELY** Students need to be prepared to dedicate the time needed to learn. When taking an online course, it can be easy to procrastinate and surf the Internet instead of studying. Students need to be prepared to schedule time for their homework and studies and stick to it.
- **POLISH UP YOUR WRITING SKILLS** Whether taking online courses or face-to-face classes, communication is essential. Good written communication skills come in handy whether emailing comments for online discussions or completing a ten-page philosophy paper.
- **EMBRACE YOUR LIFE EXPERIENCES** Experience is often the best teacher. Use it to your advantage.



- **ASK FOR HELP WHEN NEEDED** When taking an online class, don't be afraid to contact your instructor with questions or concerns. The same goes for taking a class on campus. Ask when you need help. That's why your instructors are teachers. They want you to learn the material.
- **NEVER LOSE SIGHT OF YOUR GOALS** When the going gets tough, remind yourself why you decided to return to school. Post a message on the fridge for inspiration. Think of how proud you'll feel when you have that degree in your hand, and how much your life will change—for the better—in the future.