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TAX SEASON IS UPON US...

Filing taxes is a real-world wake up call. As a student, do you know when to file a tax return and what deductions and credits are available to you?

1. **What if you attend school outside your home state?**

Your federal tax return should be filed with the IRS based on your permanent address. State taxes are different stories and you need to check your local state tax code to determine if you must file a return.

2. **Do you have to pay taxes on a scholarship?**

You do not have to pay taxes if the scholarship is used to cover the cost of tuition and required fees. Money used to pay for housing, travel, and research is taxable and should be included with wages on the W-2.

3. **Are there any tax breaks?**

The American Opportunity Tax Credit is good for the first two years of college and can be claimed twice per student. This tax savings offers up to \$1,500 in savings.

4. **When is my tax return due and what records do I keep?**

Federal returns are due April 15, state deadlines vary. You should keep all your receipts for tuition and books, scholarship information, financial aid, and any proof of enrollment.

5. **Can your parents claim you on their Income Tax returns?**

They will need to contact the Internal Revenue Service to determine if they can claim you as a dependent on their tax return. If they claim you as a dependent on their federal return, they will also claim you as a dependent on their Illinois return.

SIU Campus Resources

[SIU Police](#)

618-453-3771

[Parking Division](#)

618-453-5369

[Counseling Center](#)

618-453-5371

[Wellness Center](#)

618-536-4441

Student Health Services

618-453-3311

[Night Safety Transit](#)

618-453-2212

Carbondale Resources

[Carbondale Police](#)

618-457-3200

[Memorial Hospital](#)

618-549-0721



Services Provided

[Crime Prevention & Programs](#)

[Report Suspicious Activity](#)

[Campus Emergency](#)

[Response Guide](#)

[Campus Map](#)

[Parking Map](#)

[FOIA Request Form](#)

[SIU Campus Crime Report](#)

[Safety Awareness Facts and Educations](#)

SPRING BREAK 2024

Spring break is a time for students to relax and escape the everyday grind of college, but it has also become notorious for traveling to party spots and engaging in risky behaviors. Make this year's spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy. Remember you can be held responsible at SIU for what happens on Spring Break.

Residence Halls will close Saturday, March 9th at 12:00pm and reopen Sunday, March 17th at 9:00am.

Don't put yourself at risk by following a few simple suggestions:

- Follow the local laws of your destination.
- Be aware of your surroundings, do not travel alone and avoid dark, isolated or questionable areas.
- Always keep hotel and balcony doors locked.
- For security and fire safety reasons, choose a hotel room between the 2nd and 6th floors.
- Check to see if your health insurance coverage is valid out of state or out of the country.
- Remember to bring prescriptions in their original labeled containers with your name.
- Decide as a group what your plans are: If you leave as a group, come home as a group. **DON'T LEAVE ANYONE BEHIND!!**
- Designate a driver before going out, or put money aside for a cab.

If you become the victim of a crime, contact the local police to report the incident and get immediate help.

March Calendar

March 7th-9th
Men's Baseball vs. Houston Christian

March 8th-10th
Women's Softball vs. Loyola/ Green Bay

March 8th- 16th
Spring Break
NO CLASSES

March 15th-17th
Men's Baseball vs. Jacksonville State

March 15th-17th
Women's Softball vs. Drake University

March 19th-20th
Men's Baseball vs. Arkansas State

March 29th-31st
Women's Softball vs Northern Iowa





Additional Resources

[Office of Equity and Compliance](#)

618-453-4807

[Dean of Students](#)

618-453-2461

[Student Rights and Responsibilities](#)

618-536-2338

[Saluki Cares](#)

618-536-2338

[Veteran Services](#)

618-453-1335

[The Clinical Center](#)

618-453-2361

Meet An Officer



PO Michael Ferraro

Mental Health: Depression and Resources Available

College can be an exciting time. It can also be overwhelming and stressful. College students are faced with difficult to handle situations in regards to academics, finances, and relationships. The most common conditions that college students face is depression. Be supportive of friends and family who are experiencing a mental health condition and assist them with getting professional help. If these conditions are left untreated, they can become debilitating and worse for a college student over time. If you or a friend is experiencing any of the symptoms described here or other conditions that affect your day to day life, take action now. The following information is not a substitute for treatment, but resources and assistance that can help to identify signs and symptoms of depression and anxiety disorders.

Depression is the number one reason students drop out of school and can lead to other illnesses and suicide if left untreated. Depression wears many faces among college students with nearly 44% of college students reporting have experienced some level of depression in 2021. ([Association for University and College Counseling Center Directors](#)) Depression is a common but serious illness that leaves a person feeling discouraged, helpless, detached from the world, and interferes with life, making it difficult to attend school, work, study, sleep and eat.

Symptoms are different from person to person and are caused by a chemical imbalance in the brain. For this reason symptoms emerge differently in everyone, but there are similarities that can be seen in a person suffering from depression. Symptoms may include: feelings of sadness, change in appetite, slowed speech or thinking, loss of interest in activities or social events, sleeplessness, loss of energy, feelings of guilt or anger, trouble concentrating, or thoughts of dying, death, and suicide.

Everyone faces some of the above symptoms, but that may not mean you or a friend is depressed. If these symptoms are becoming regular or several of the symptoms are occurring at the same time, it is time to seek assistance.

If you or someone you know is experiencing any of the above symptoms, please contact Counseling and Psychological services (CAPS) at the SIU Student Health Center. CAPS provides crisis walk-in counseling, therapy groups, and individual and couples counseling. Appointments can be made by calling 618-453-5371 or in person at their office located in room 253 of the Student Health Center. More information about CAPS, additional self help resources, parents resources, and faculty resources can be found at the [Counseling and Psychological Services](#) website.

ECLIPSE 2024



Why it's a big deal

SIU and Carbondale are near the point of longest duration not only for the April 8, 2024 eclipse, but also was for the August 21, 2017 eclipse, making Southern Illinois the "Eclipse Crossroads of America" and providing a unique opportunity to observe and study both eclipses from the same location. The two eclipse paths intersect just south of the SIU campus around Cedar Lake.

Viewing sites on campus

The entire campus is open for eclipse viewing on Monday, April 8, 2024. We will welcome guests for a guided experience at Saluki Stadium; amateur photographers and astronomers will be able to set up their equipment in the practice field just south of the stadium; and scientists and researchers will watch from a designated "dark site" observation spot near University Farms west of campus.

Carbondale eclipse timeline

Visibility starts at 12:43 p.m., with totality being reached at 1:59 p.m. Central time. Carbondale is on the center-line of the path of totality and will see 4 minutes and 9 seconds of totality for eclipse 2024, nearly double what was seen in 2017. The sun will begin to reappear from behind the moon at 2:03:24 p.m. It will take about 90 minutes for the moon to clear the sun.

The total solar eclipse is defined by contact times, C1 thru C4. Times listed are for Saluki Stadium local time.

Start of the partial phase, (C1): 12:43:00 p.m. At this time, the moon starts to cover the sun. This continues for about 90 minutes. At this time you can only look at the sun using special solar filters or solar safety glasses (Eclipse glasses)

Start of the total eclipse, (C2): 1:59:16 p.m. The moon totally covers the sun, blocking all direct sunlight. The sky darkens quickly and the solar corona (the atmosphere of the sun) is visible. You can observe totality directly, no special filters required. Planets and stars will also be visible.

End of the total eclipse (C3): 2:03:24 p.m. At this time, the sun will start to reappear and go through a second partial phase as the moon slowly moves out from in front of the sun. This phase lasts for approximately 90 minutes. Protective solar filters and solar safety glasses are required at this time to look at the sun.

End of the partial eclipse (C4): 3:18:10 p.m. Show's over. The sun is back.