The Link FSC Parent Newsletter 1/31/14

Campus Announcements:

No Convocation After All – This week's weather in the South took a toll on FSC's scheduled Convocation on Wednesday. Speaker Kyle Maynard was unable to get to Lakeland after getting caught in all of the travel delays and shutdowns.

Orientation Leader Interest Session – If your student had a great Orientation experience, he/she might want to "pay it forward" and apply to be an Orientation Leader for the new class arriving in the fall. An interest meeting takes place on Thursday, at 5:30 p.m. in the Hollis Room. Applications will be available at that meeting and then in the Student Solutions Center.

New for Your Student - Check out the New Current Students Homepage on the FSC webpage. We've created a homepage specifically for current students. It has one-click access to the most commonly used pages and services through the "Quick Links" section at the top of the page. Followed by the "Links Directory" for commonly used services and pages that students need to access all in one place. After that is the "What's Happening" section where we highlight news, events, and programs. It is located at http://www.flsouthern.edu/students Encourage your student to bookmark the page to make life easier! The link to "Current Students" can also be found under the "Info For" tab at the top of the page or the "Info For" section at the bottom of the page.

One More Time – If your student is scheduled for a Junior Journey or Study Abroad Trip for Spring, Summer or Fall 2014-<u>He/She must attend ONE of the Student Travel Workshops</u> being held before the trip date. We must have a signed record of your attendance.

Student Travel Workshops Location- Christoverson Rm 209-Please choose 1 date and 1 time

- Tuesday February 4, 2014 2-3pm or 3-4pm or
- Thursday February 6, 2014 2-3pm or 3-4pm

Academic Reminders:

- Final Day to Drop an "A Course February 5
- "A" Courses End February 26
- Advising for Fall Semester February 26
- First Day of "B" Courses February 28
- Spring Break March 3-7

Schedule of Upcoming Events:

Friday, January 31

- ACE Event
- Scholars Weekend Admissions
- Celebrate the art collection of faculty and student work for the past 17 years of Dr. and Mrs. James G. Rogers, Melvin Art Gallery, 7 p.m.

Saturday, February 1

Scholars Weekend - Admissions

Sunday, February 2

- Chapel, 11 a.m., Annie Pfeiffer Chapel
- Mass, 1:30 p.m., Annie Pfeiffer Chapel

Monday, February 3

- MocSync101 for Student Organizations, 12:00-2:00 p.m., Collegiate Room
- Phi Mu Alpha Recruitment BBQ, 6:00-8:00 p.m., Courtyard between Music/Theatre

Tuesday, February 4

- Speaking of English, The Rez and Its Damned Injuns, Genesis Castellon, 3:45 p.m., CH
 109
- Theta Chi Grill Out Recruitment Event, 4:00-6:00 p.m., Mr. George's Green
- Phi Mu Alpha Info Night, 5:30-6:30 p.m., Branscomb 204
- TuTu's Live: featuring Rising Phoenix, 8 p.m., TuTu's Cyber Cafe

Wednesday, February 5

- Academic Improvement Session: Note Taking & Note Making, 10:40 am., Rogers 119
- Discover Florida, Orlando Magic Game, 5 p.m., (See the Center for Student Involvement)
- SGA Senate, 5:30 p.m., Hollis Room
- ACE meeting, 7:00-8:00 p.m., President's Dining Room

Thursday, February 6

- Orientation Leader Interest Meeting, 5:30 p.m., Hollis Room
- Soul Food Dinner, 7 p.m., Thrift Alumni Room (Pick up your free ticket in the Simmons Center)

Friday, February 7

• Chick Fil A Friday – 8:45 a.m. Bandshell

Saturday, February 8

• Shuttle to Shop, Orlando Outlets (see the Center for Student Involvement), 1 p.m.

Sunday, February 9

- Chapel, 11 a.m., Annie Pfeiffer Chapel,
- Save a Swipe after Chapel, 12:00 p.m.
- Mass, 1:30 p.m., Annie Pfeiffer Chapel
- Valentine's Day BBQ, 3:00-4: 30 p.m., Lake Hollingsworth Volleyball Courts
- FCA Spike Ball Tournament, 3:00-5:00 p.m., Mr. George's Green

Save the date of April 2, 2014 for the Honors Celebration:

In the spirit of award season the applications for the Center for Student Involvement Honors
Celebration award packets are available TODAY! Sign into Mocsync (formally Orgsync) at
www.orgsync.com and visit your student organization portal and select forms. There you will

find all the categories and nominations forms listed for your access. The Center for Student Involvement looks forward to reading your submissions for both the Fraternity/Sorority Life award and Student Life categories. All submissions are due February 28, 2014. If you have any questions feel free to stop by the Center for Student Involvement.

Sign up for the spring 2014 Discover Florida events at www.flsouthern.edu/discoverfl

Coming Up:

A Few of My Favorite Things, Stacey McColley, clarinet – February 11 The Wedding Singer (FSC Theatre Dept.) – opens February 13 Moscow Festival Ballet – Tchaikovsky's "Romeo and Juliet" – February 25

In the News:

Casey Moulton '12 Takes the Stage at the University of Louisville

First-Year Advice:

Should your first-year student get a job? Many students may be looking to earn extra pocket money during this time, whether it is to pay for an upcoming spring break trip or help with tuition and fees. While studies have shown that students who work on campus are more likely to earn a degree, it is important to remember that each student and each situation is different. As a parent, you should help your student determine if they will be able to successfully balance work, academics, a social life, and other responsibilities. Working on campus is a wonderful way to gain professional experience and develop relationships with faculty and staff, but it is important to consider if it will affect your student's academic performance. If your student is not looking for employment, use this as an opportunity to bring up the importance of interview skills and creating resumes. It never hurts to start having these conversations now! *JoEllen Tharp, Student Solutions*

Second-Year Insight:

Many students find note taking a challenge. Added to this challenge is how to make notes into something useable for review. If your student could benefit from additional skills in this area he/she may wish to attend our next Academic Improvement Session - Note Taking & Note Making. The program is this upcoming Wednesday, Feb. 5 from 10:40 – 11:30 a.m. in Rogers 119. Students who attend will leave with practical skills which they can apply immediately. I hope you'll encourage your student to attend.

Louise Johnson, Student Solutions

From the FSC Career Center:

Career Development Grant applications are due this coming **Thursday, February 6, by 5:00 p.m.** If your student has any questions about this opportunity feel free to stop by the Career Center or email Xuchitl N. Coso at: xcoso@flsouthern.edu
Xuchitl Coso, Career Center

From the FSC Counseling Center:

Balancing Act. Here in the Counseling Center we've been seeing more than the usual numbers of students struggling with big decisions. There doesn't seem to be any common thread to the decisions themselves and they focus on such concerns as family situations, romantic relationships, deciding on or changing majors, and issues of personal growth and change. What they do seem to have in common is that these students are feeling a great deal of uncertainty about how one makes major decisions. There is probably no one best way to make such choices. Some good strategies include talking things over with trusted friends and family, drawing up lists of pros and cons, doing thorough research into available options, and praying for guidance. And seeking professional counseling assistance. If your student is facing an important decision and seems to be having difficulty in moving forward, maybe we can help. Our counselors are objective, trained, and experienced listeners who can give students the tools for good decision-making and support them through the process. Carol Ballard, Counseling Center

From the Nina B. Hollis Wellness Center:

Students are encouraged to check out what's happening at the Wellness Center.

Stress Free Zone

Students are encouraged to come by the Wellness Center on Wednesday, February 5th between 10am and 1pm for our first Stress Free Zone of the semester. Students will enjoy a FREE 10 minute chair massage, and some healthy snacks.

Volunteer Opportunities

Looking for a way to build up your resume. Volunteers are needed for various events being hosted locally this semester. If you are interested in learning more contact kandrews@flsourn.edu for details.

FREE Personal Fitness Consulting

Through our Jump Start program, our fitness staff can help students reach their health and fitness goals. We offer full fitness assessments, functional movement screenings, personalized exercise program design and instruction and nutrition education. Contact Michele Cash at mcash@flsouthern.edu or 863-680-3894 for more information or to set up an appointment http://www.flsouthern.edu/wellness/fitness/training.htm

Group Exercise

Our classes this semester are in full swing with a wide variety of classes being offered. Check out the Spring Group Ex schedule at:

http://www.flsouthern.edu/FSC/media/wellness/GroupExSchedulespring2014.pdf

FIT BINGO

Students are encouraged to sign up for this fun incentive program and get a Bingo stamp for each group exercise class taken. Five (5) Bingos win a prize and after 18 stamps participants will be placed in a raffle to win the final prize. See any instructor for details and to sign up. This program runs from now thru February 28.

New Class: Meditation and Relaxation is now on the schedule, Wednesdays at 12:15-12:45 in the Group Exercise Room. The length and type will vary each week and will focus on guided or unguided meditation practice. This is for beginners or advanced.

Adult Swim Lessons

These lessons are offered to provide one-on-one instruction to help participants reach a variety of goals. Private lessons allow participants to schedule their lessons at their and their instructors' convenience. Lessons are FREE to students and the lesson package includes 40-45 minute sessions with a Water Safety Instructor certified through the American Red Cross. Students can sign up at the front desk of the Wellness Center.

Lifeguard Training

Looking for a job? Accepting lifeguard and WSI applications for spring semester and summer! Contact Maggie Cattell at mcattell@flsouthern.edu for more details.

Intramurals

CONGRATULATIONS to the Intramural program ranked #9 in the nation by the Princeton Review for "Everybody Plays Intramural Sports.

4 v 4 Flag Football registration due February 7.

5 v 5 Basketball and Soccer continue.

Student Health 101-A Parent Perspective

http://readsh101.com/flsouthern-pp.html

We hope you'll enjoy this interactive parent's companion to our Student Health 101 newsletter.

Sports Shorts:

Sat.	Feb. 1 W Basketbal	Nova Southeastern	Lakeland	5:30	p.m.
Sat.	Feb. 1	Nova Southeastern	Lakeland	7:30	p.m.
	M Basketball				
Sat.	Feb. 1	at Central Fla. (scrimmage)	Orlando	7 p.m.	
	M Lacrosse				
Sat.	Feb. 1	West Florida (DH)	Henley Field	1 p.m.	
	Baseball				
Sat.	Feb. 1	at Kiawah Island Intercollegiate	Kiawah Island, S.C.	All	Day
	W Golf	_			
Sun.	Feb. 2	at Kiawah Island Intercollegiate	Kiawah Island, S.C.	All	Day
	W Golf	C			•
Sun.	Feb. 2	at Jacksonville (scrimmage)	Jacksonville	1 p.m.	
	M Lacrosse	`			

Sun.	Feb. 2 Baseball	West Florida	Henley Field	1 p.m.	
Mon.	Feb. 3 W Tennis	Hillsborough CC (scrimmage)	Lakeland	4 p.m.	
Tues.	Feb. 4 Baseball	at Florida Tech	Melbourne	6 p.m.	
Wed.	Feb. 5 W Basketball	at Barry	Miami Shores	5:30	p.m.
Wed.	Feb. 5 M Basketball	at Barry	Miami Shores	7:30	p.m.
Wed.	Feb. 5 W Tennis	Fla. State College (Scrimmage)	Lakeland	3 p.m.	
Fri.	Feb. 7 W Tennis	at Rollins	Winter Park	3:30	p.m.
Fri.	Feb. 7 Softball	vs. Shorter	Clearwater	4:30	p.m.
Fri.	Feb. 7 Softball	vs. Palm Beach Atlantic	Clearwater	7 p.m.	
Fri.	Feb. 7 Baseball	at Catawba	Salisbury, N.C.	6 p.m.	
Sat.	Feb. 8 Baseball	at Catawba (DH)	Salisbury, N.C.	1 p.m.	
Sat.	Feb. 8 Softball	vs. Valdosta State	Clearwater	1:30	p.m.
Sat.	Feb. 8 Softball	vs. Colorado Christian	Clearwater	4 p.m.	
Sat.	Feb. 8	Lynn	Lakeland	5:30	p.m.
Sat.	W Basketball Feb. 8 M Basketball	Lynn	Lakeland	7:30	p.m.
Sat.	Feb. 8	at Pfeiffer	Misenheimer, N.C.	12	p.m.
Sun.	M Lacrosse Feb. 9 Softball	vs. Flagler	Clearwater	12:30	p.m.

Final Thoughts – While we didn't have the "fun" associated with the snow that occurred in the South this week, Lakeland has been visited by the white, fluffy stuff at least a couple of times. Our students this week have been on a roller coaster of temperatures – from the high 70s into the 40s and then expected back again this weekend in the 70s. Make sure you're buckled up, it's going to be a bumpy ride!!!

All the best – Shari Shari Szabo Associate Dean of Student Success Florida Southern College 111 Lake Hollingsworth Drive