

The Link FSC Parent Newsletter 1/17/14

Campus Announcements:

Dr. Martin Luther King, Jr. Celebration
Monday, January 20, 2014
11:30 a.m. - Annie Pfeiffer Chapel
Evelt L. Simmons '79 will be the guest speaker
Lunch will be served

On the Road - On Wednesday, January 29, there will be a student bus to head to Winter Park to watch our Moccasins take on Rollins. Click here to sign up for the student bus:
<https://orgsync.com/70446/forms/93932>

Is Your Student Traveling? - Reminder for all Students traveling domestic and abroad, if your student is scheduled for a Junior Journey or Study Abroad Trip for Spring, Summer or Fall 2014-**He/She must attend ONE of the Student Travel Workshops** being held before the trip date. We must have a signed record of your attendance. Several dates remain:

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

- Tuesday January 21, 2014 2-3pm or 3-4pm
 - Thursday January 23, 2014 2-3pm or 3-4pm
- or
- Tuesday February 4, 2014 2-3pm or 3-4pm
 - Thursday February 6, 2014 2-3pm or 3-4pm

***Please note the sessions have a beginning and ending time they are not drop-in sessions, please choose 1 date and time to attend.**

Academic Reminders:

- **MLK Day – No Classes – January 20 (College offices are open, please see above for special MLK celebration)**
- **Spring Break – March 3-7**

Schedule of Upcoming Events:

Friday, January 17

- International Students Welcome Back Party, Simmons Multicultural Center, 5:30-7:30 p.m.
- Opening Reception- Robert Farber: Sarasota to Lakeland Bona Fide Florida “the map is not the territory” Melvin Art Gallery, 7 p.m. (exhibit through Feb. 28)

Saturday, January 18

- Shuttle to Shop, Millenia Mall, 1 p.m. (See the Center for Student Involvement)

Sunday, January 19

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

Monday, January 20

- MLK Celebration, 11:30 a.m., Annie Pfeiffer Chapel (lunch served after)

Tuesday, January 21

- Blood Drive, 1-9 p.m., Circle Drive
- SGA Week of Impact: Register here <https://orgsync.com/71123/forms/93961> or stop by the Center for Student Involvement for more info.
- How to Write a Professional Resume and Cover Letter, 3:00 p.m., Career Center

Wednesday, January 22

- Blood Drive, 10 a.m.- 6 p.m., Circle Drive
- How to Write a Professional Resume and Cover Letter, 10:45 a.m., Career Center
- SGA Week of Impact: Register here <https://orgsync.com/71123/forms/93961> or stop by the Center for Student Involvement for more info.
- Academic Improvement Session, "Learning Styles and Strategies," 10:40 a.m., Rogers 119
- SGA Presidents' Circle, 5:30 p.m., Hollis Room

Thursday, January 23

- SGA Week of Impact: Register here <https://orgsync.com/71123/forms/93961> or stop by the Center for Student Involvement for more info.
- Florida Lecture Series, Robert H. Kealing (Journalist, Writer) "Calling Me Home: Gram Parsons and the Roots of Country Rock," 7 p.m., Hollis Room
- Special Event: Haifa Symphony Orchestra of Israel, 7:30 p.m., Branscomb Auditorium (\$9 students)
- MOCS Comedy Series with James Davis, 8 p.m., Bandshell

Friday, January 24

- Gamma Phi Beta Recruitment event, 6:00-8:00 p.m., Gamma Phi Beta Chapter Room (Greek Village, first floor of Building 63)

Saturday, January 25

- Hollis Wellness Center Horseback Riding Trip (sign up in the Hollis Wellness Center)

Sunday, January 26

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

Coming Up:***Convocation – Wednesday, January 29!******In the News:***

[Derek Wallace Lands Prestigious Kennedy Center Internship](#)

First-Year Advice:

Many students worry that getting involved may cause their academics to suffer. However, studies have shown that being involved in campus life often helps students in the classroom. Being engaged in the campus community will help your student to make connections with staff and other professionals, encourage new friendships, and will help to provide a well-rounded collegiate experience. Your student will need to find the appropriate and comfortable level of involvement, but this is much easier during the spring semester now that your student has a better understanding of their time and responsibilities. Whether it means joining a new organization or accepting a leadership position within a current group, encourage your student to take advantage of the many involvement opportunities available at FSC!

JoEllen Tharp, Student Solutions

Second-Year Insight:

We all have ways we prefer to learn, especially when we approach something new. We may have some knowledge of whether we learn best through visuals, by listening carefully, or by doing a hands-on task. Also, some of us prefer to work alone while others prefer to learn in groups. This self insight is particularly important in the college environment.

Our next Academic Improvement Session focuses on this topic. After completing a self-assessment, students will learn new strategies to use based on their dominant styles for learning. By gaining a better understanding of this area, students can make the time spent studying and preparing for classes more productive. I hope you'll encourage your student to attend the learning styles session this upcoming Wednesday 1/22, at 10:40 a.m. in Rogers 119.

Louise Johnson, Student Solutions

From the FSC Career Center:

Sign-up for the spring semester's "**Moc**" **Interview Day** starts next week. Send your student by the Career Center and have them reserve a spot to **practice** interviewing skills and meet some great employers. "Moc" Interviews take place on Wednesday, February 19th from 9:00 – 4:00 and the spots fill up FAST!

Xuchitl Coso, Career Center

From the FSC Counseling Center:

Need or Want? It's easy to confuse the two, isn't it? We "need" those new shoes even though we have dozens of pairs already. We "need" a new car, a vacation, new furnishings when we tire of the old ones, the latest techno-gadgets, designer clothing, etc., etc., etc. We may use the term "need" to justify our desires but our actual needs are very few. We need air to breathe, water to drink, enough food to sustain health, and clothing and shelter sufficient to protect us from various dangers and discomforts. And sometimes, medications or medical procedures that maintain life. That's it. That's all we "need." There is a second level that we might call "necessary to maintain present circumstances." For example, if I wish to remain employed, I need some reliable means of getting to work. I can walk or take public transportation but if those choices are impractical or unreliable, I'll need the use of a vehicle. The vehicle should be reliable but nothing says it also must be expensive, luxurious, or even

very nice. A vehicle is not necessary to sustaining life but it is necessary to maintaining my chosen circumstances. Everything beyond these two levels is purely a "want." That doesn't mean we shouldn't have some of our wants. Some of life's most satisfying moments include things we want. Delicious food, a beautiful home, travel to fascinating parts of the world, time spent with loved ones—these are all things that can give us enormous pleasure and enrich our lives.

Maybe you're wondering what this has to do with parenting a college student. Just this: helping our sons and daughters understand the difference between need and want may be one of the most important lessons we ever impart. Even if we're still struggling to master this lesson ourselves, we can help our children to a happier, more secure future if we teach them to clearly differentiate between need and want and to be scrupulously honest with themselves about which is which as they make decisions. We can start by becoming good role models and eliminating the word "need" from our vocabularies unless we're talking about something necessary to maintain life. Talk with your sons and daughters about this concept and teach them to evaluate the many messages that bombard us every day, particularly those from advertisers or others motivated by self-interest. Seriously, blindingly white teeth are not a need. Their lives (and their bank accounts) will be all the better for it.

Carol Ballard, Counseling Center

From the Nina B. Hollis Wellness Center:

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

Blood Drive: Save a Life!

FSC will be hosting campus wide blood drives on Tuesday, January 21, from 1-9pm and Wednesday, January 22 from 10am-6pm at Circle Drive. All donors will receive a Long Sleeved Tee-Shirt and a wellness checkup including blood pressure, temperature, iron count and cholesterol screening. Pressed for time? Make an appointment online at www.onebloodsonor.org and use sponsor code #LFLSC. ID required at time of donation.

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

The new year brings a new commitment for many for fitness. Classes resumed Wednesday, January 8th. Check out the new Group Ex schedule at: <http://www.flsouthern.edu/FSC/media/wellness/GroupExSchedulespring2014.pdf>

FIT BINGO

Registration for this fun incentive program begins Monday, January 20. Get a Bingo stamp for each group exercise class taken. 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.

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.

Cycling Demos: Always wanted to try our indoor cycling classes or want to learn more about improving your ride? These demos are for you! Free 30 minute sessions to learn cadences, heart rate and types of rides to prep you for your next class! Registration begins on Jan. 13-Jan. 18 at the HWC front desk and classes begin on Jan. 20.

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 instructor's 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."

Basketball begins January 22

4 v 4 Flag Football registration due February 7

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.	Jan. 18	at Indian River State College	Fort Pierce	11:30	a.m.
		M&W Swim			
Sat.	Jan. 18	Florida Tech	Lakeland	5:30	p.m.
		W Basketball			
Sat.	Jan. 18	Florida Tech	Lakeland	7:30	p.m.
		M Basketball			
Wed.	Jan. 22	Tampa	Lakeland	5:30	p.m.
		W Basketball			
Wed.	Jan. 22	Tampa	Lakeland	7:30	p.m.
		M Basketball			
Sat.	Jan. 25	at Palm Beach Atlantic	West Palm Beach	2 p.m.	
		W Basketball			

Final Thoughts – Athletic rivals are always fun! If your student hasn't attended one of the many athletic events on campus, this coming week provides several opportunities. The rivalry between FSC and the University of Tampa is always a fun one, as is our rivalry with Rollins. Encourage your student to show his/her school spirit, wear FSC red and have a great time in the stands cheering FSC onto victory!

All the best – Shari
Shari Szabo
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