

The Link FSC Parent Newsletter 8/30/13

Campus Announcements:

Take a Trip to Universal Studios - Saturday, August 31 from 9 a.m. - 8 p.m.

Your student can enjoy a day at the movies. Universal Studios Orlando, home to both Universal Studios and Islands of Adventure, features favorite movie-themed attractions from Despicable Me to Harry Potter. Journey east to Orlando for a day of fun. Trip includes entrance to both parks, transportation, and meal vouchers for only \$75.00. Have your student sign up at www.flsouthern.edu/discoverfl or call the Center for Student Involvement at 863-680-4499 for more information.

Why Greek? - Each fraternity and sorority at Florida Southern College and across the nation was founded on the basis of shared values. At their core, fraternities and sororities offer the opportunity for leadership experiences that can enrich a life on campus and beyond. Your student will certainly find a home-away-from home, an opportunity to get involved and make friends, and discover a way to impact the campus and Lakeland communities through service opportunities. We ask you to encourage your students to participate in recruitment next month and to remain open minded. Fraternity and sorority life is a source of pride at Florida Southern and each chapter has something unique to offer. Please contact the Center for Student Involvement at 863-680-4499 for more information. *Amanda Blount, Center for Student Involvement*

Encourage your student to sign up here:

Fraternity Recruitment: www.flsouthern.edu/ifcrecruitment

Sorority Recruitment: www.flsouthern.edu/panrecruitment

Snacks and More – Where can your student go for a free snack, a quick question or just a friendly smile? The Student Solutions Center! We have free granola bars on Mondays; Donuts Tuesday mornings; a chance to win a gift card on Wednesdays; treats on Thursdays; and candy on Fridays. Also be sure to like us on Facebook.

Helping the United Way – FSC students will be part of a night of live music in the Be Bold event, helping support the United Way of Central Florida. The event takes place from 5:30-9 p.m., in Munn Park in Downtown Lakeland. Students can receive a free event t-shirt with a \$10 donation to United Way of Central Florida. They can also text the word engage to 80888 and show the text message to receive the t-shirt at Convo on Sept. 18. Students can visit the Center for Student Involvement in the Bandshell for more details.

Academic Reminders:

- **Monday, Sept. 2 (Labor Day)** – Students have classes
- **Wednesday, Sept. 18 – Convocation, 10:40 a.m., Branscomb**

Jeff Corwin, *Animal Planet* Host and Conservationist

Schedule of Upcoming Events:

Friday, Aug. 30

- Novelty Night, 6-9 p.m., Thrift Alumni Room

Saturday, August 31

- Universal Trip!

Universal Studios Orlando, home to both Universal Studios and Islands of Adventure, feature some of your favorite movie-themed attractions from Despicable Me to Harry Potter. Journey east to Orlando for a day of fun! The trip is \$75.00 and includes park entrance, transportation, and a meal voucher. Plan on joining the Center for Student Involvement for this trip.

Register today: www.flsouthern.edu/discoverfl0

Sunday, September 1

- Chapel, 11 a.m., Annie Pfeiffer Chapel
Don't forget the Campus Ministry Retreat is September 13 & 14 and it's totally FREE (plus you will get a cool t-shirt). You can sign up at Chapel on Sunday mornings or at any campus ministry.
- Mass, 1:30 p.m., Annie Pfeiffer Chapel
- Labor Day Picnic, 4:30-7 p.m., Mr. George's Green
- Competition 2 of the Hunger Games; followed by movie at 7:30 p.m.; Branscomb

Monday, September 2

- Classes are held on Labor Day.

Wednesday, September 4

- Academic Improvement Session, 10:40 a.m., Rogers 119; Effective Note Taking

Friday, September 6

- Dinner & A Suit, 9 p.m., The Association of Campus Entertainment is hosting Dinner and a Suit live! Dinner and a Suit is an American rock band who hail from Nashville, TN. Come out and enjoy a night of great music at the Bandshell at 9 p.m.!

Saturday, September 7

- Discover Florida Series – Tampa Aquarium
Boasted as one of the best attractions in Tampa, the Florida Aquarium is located in the Channelside District in downtown Tampa. This visit will get you up close and personal with some of the deep blue's most majestic creatures.
Sign up at www.flsouthern.edu/discoverfl
The event is free!

Sunday, September 8

- Chapel, 11 a.m., Annie Pfeiffer Chapel
Don't forget the Campus Ministry Retreat is September 13 & 14 and it's totally FREE (plus you will get a cool t-shirt). You can sign up at Chapel on Sunday mornings or at any campus ministry.
- Mass, 1:30 p.m., Annie Pfeiffer Chapel

A Look Ahead at Wynee's Bistro:

Monday – Mac & Cheese Bar/Blueberry Tart Day
Tuesday – Taco Bar/Have a Churro Day
Wednesday – Moc Chick Filet/Desserts around the World
Thursday – Stir Fry/Cheese Pizza Day
Friday – Tour of France/Honey Day
Saturday – Steak & Shrimp Night

College Terrace – Hot Roast Beef & Cheddar on Pretzel Roll
Grill Master – Mushroom Burger
Grill Master Tu – Chicken Parmesan

In the News:

[FSC Career Center Receives Award for Job Placement Efforts](#)

First-Year Advice:

Your student has officially been in class for over a week now. At this point they have a greater understanding of what is expected from them in the classroom setting and are settling into a new routine. Remind your student how important it is to start off on the right foot. Succeeding in the classroom is like running a marathon; it takes steady and consistent efforts throughout the entire process to successfully cross the finish line.

Communication is also very important during this time. Remember that your role as a parent may be shifting. Your new role is more likely to be that of a mentor, providing support, encouragement and advice. Always be an empathic listener but avoid immediately “coming to the rescue” if a problem arises. Now is the time for your student to become independent and responsible. Allowing them to solve problems for themselves will demonstrate that you have confidence in their decisions and will help them develop the skills needed to approach future life situations in a positive and appropriate manner. Continue to be a support system for your student, but remember that challenges can be a positive, learning experience. *JoEllen Tharp, Student Solutions*

Second-Year Insight:

One of the areas that may be helpful to brush up on this time of year is note taking. If your student could benefit from additional skills in this area they may wish to attend our next Academic Improvement Session - Effective Note Taking. The program is this upcoming Wednesday, Sept. 4 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:

Parents, for our December graduates this is IT! Remind them to come and prepare for their career or graduate school. We are here to assist as they plan for the future. They can stop by our office in the Thrift Bldg. (right next to the pool) or give us a call at 680-4390.

Also, if you want to know about all the events the Career Center sponsors? Become our “**friend**” on [Facebook](#), [Twitter](#) and [Pinterest](#). We let you know the **when, where** and **why** of the events, seminars and campus interview opportunities we have to offer. Find us on **Facebook**: Florida Southern College Career Center. **Twitter**: FSC Career. We will keep you up to date on what we have going on. **Connect with us!** *Xuchitl Coso, Career Center*

From the FSC Counseling Center:

FAQ: What can I do if my student is having a hard time adjusting? First, recognize that a certain amount of homesickness is normal, especially if it’s the first time your student has spent much upon away from home. After all, your student has just left behind everyone dear and everything familiar. It takes a little time to feel at home in a new place and some students need more time than others. Second, avoid overreacting to your student’s laments. It won’t help if you’re tearful or urging your student to come home. Instead, remind him or her of previous successful transitions, encourage sticking with it, and urge activity. Getting out of that residence hall room and doing something, especially with others, is one of the best ways to get through a bout of homesickness. FSC has many easily-accessible activities for students, right here on campus. Remember that homesickness nearly always resolves within a few weeks as new students make friends and develop a routine. Third, don’t worry too much. Homesickness doesn’t mean that your student won’t adjust but it might mean that a little help would speed things along. Suggest a visit to the Counseling Center if your son or daughter phones more than usual, is tearful when you talk, or in some other way seems to be struggling to adjust. We’re here to help. *Carol Ballard, Counseling Center*

From the Nina B. Hollis Wellness Center:

The new school year is off to a great start and students are encouraged to check out what’s happening at the Wellness Center and our new equipment.

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 4-45 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.

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

Classes are in full swing and students will notice a number of new exciting additions to the schedule such as SWEAT, 20/20/20, Dance it Off, and Boot Camp plus Ab Attack , along with some returning favorites such as Zumba, Indoor Cycling and Turbokick. Check out our complete schedule at:
<http://www.flsouthern.edu/wellness/documents/GroupExScheduleFall13.pdf>

Indoor Cycling

New to cycling or do you just want to improve your ride? Cycling 101 is designed for beginners and those who have been riding for awhile. Learn how to properly set your bike, proper positioning, heart rates, appropriate cadences and the style of classes. The Instructor will use the 45 minute time for a hands on learning experience. Sign up by September 1, to guarantee a spot at <https://flsouthern.wufoo.com/forms/z7g4r7/> . Students will be contacted by the instructor on which class they will be attending via e-mail. Bring your water bottle and towel and have fun!

Intramurals

Kickball Tourney, Friday September 6.
Flag Football registration due Friday, September 6.
Volleyball starts September 9.

Quit Smoking Now (QSN)

This **FREE** class begins on September 4, at 5:30pm. For additional information contact Michael McElveen at mmcelveen@flsouthern.edu

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.	Aug. 31	Tampa A (scrimmage)	Lakeland	1:30	p.m.
		Volleyball			
Sat.	Aug. 31	Tampa B (scrimmage)	Lakeland	2:40	p.m.
		Volleyball			
Sat.	Aug. 31	Saint Leo (scrimmage)	Lakeland	3:55	p.m.
		Volleyball			
Wed.	Sept. 3	St. Thomas (exhibition)	Lakeland	6 p.m.	
		M Soccer			

Fri.	Sept. 6	at Valdosta State	Valdosta, Ga.	7 p.m.
	W Soccer			
Fri.	Sept. 6	at USF Invitational	Tampa	6 p.m.
	XC			
Fri.	Sept. 6	Anderson (FSC Classic)	Lakeland	3 p.m.
	Volleyball			
Fri.	Sept. 6	Northwood (FSC Classic)	Lakeland	7:30 p.m.
	Volleyball			
Sat.	Sept. 7	Belmont Abbey (FSC Classic)	Lakeland	12:30 p.m.
	Volleyball			
Sat.	Sept. 7	Wisconsin-Parkside (FSC Classic)	Lakeland	7:30 p.m.
	Volleyball			
Sat.	Sept. 7	Warner	Barnett Field	7 p.m.
	M Soccer			
Sun.	Sept. 8	vs. North Georgia	Valdosta, Ga.	12 p.m.
	W Soccer			

Final Thoughts – Texting while walking. It can have some hazards when occurring here on campus. While walking back to my office one day, I came across a young man who had a close encounter with one of our Frank Lloyd Wright esplanades. He was engrossed in his texting and didn't look up in time to see one of the historic structures. Fortunately, only a minor bump occurred, along with a little embarrassment.

All the best – Shari
 Shari Szabo
 Associate Dean of Student Success
 Florida Southern College
 111 Lake Hollingsworth Drive
 Lakeland, FL 33801-5698