The Link FSC Parent Newsletter 10/11/13

Campus Announcements:

It's Arrived – Fall Break has arrived. Midterm grades will be posted over the break so encourage your student to share.

Group Advising Around the Corner – When your student returns from Fall Break, group advising quickly occurs – Wednesday, October 23. Why is this meeting important? This is where your student learns important information about his/her academic department, the experiences of peers, and other important information to help enhance the FSC experience. Your student will also schedule your individual advising appointment at this session. To help speed your process, be sure your student has cleared any holds on his/her account – business and accountability. Check the portal for information. For questions, call the Student Solutions Center 863.680.4900

Academic Reminders:

- Fall Break October 14-18
- Classes resume after Fall Break October 21
- Final Day to Add a "B" class October 22 (corrected date)
- Group Advising for Spring Semester October 23
- November 8 Final Day to drop a course without an academic penalty/Final Day to withdraw from college

Schedule of Upcoming Events: When Students Return

Sunday, October 20

Halls reopen for those students who didn't sign up to stay for Fall Break – 12 p.m.

Monday, October 21

- First Day of Classes following Fall Break
- National Association for Music Education BD's Mongolian Grill Fundraiser, 5:00-10:00 p.m., Lakeside Village

Tuesday, October 22

- Southern's Got Talent, 8:00 p.m., Branscomb Auditorium
- Who Wants to be a Graduate, 7 p.m., Dell Hall

Wednesday, Oct. 23

- Group Advising, 10:40 a.m., various locations
- Grad Fair at the FSC Bookstore
- Habitat for Humanity General Meeting, 4:00 p.m., Edge 304

SGA Senate Meeting, 5:30 p.m., Hollis Room

Thursday, Oct. 24

- Career Center's Moc Interview Day, 9:00 a.m.-4:00 p.m.
- Music Under the Stars, 7:30 p.m., L.N. Pipkin Bandshell
- Florida Lecture Series: "Florida History in the Art of Jackson Walker", 7:00 p.m.

Friday, Oct. 25

- Spooky Bingo (sponsored by the Residence Hall Association), 8:00-10:00 p.m., JR Lobby
- MSC Manhunt, 7:00 p.m., L.N. Pipkin Bandshell

Saturday, Oct. 26

- 16th Annual Hispanic Festival of Polk County
- SGA Tailgate and Red Out, 5:00 p.m., Barnett Field

Sunday, October 27

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

Sign up for the Discover Florida Series trips for Shuttle to Shopping and to see The Book of Mormon at www.flsouthern.edu/discoverfl

Still to Come

Oct. 29-How to Navigate a Career Expo

Oct. 30 - Convo (Derreck Kayongo)

Oct. 30- Mocsquerade Ball

Oct. 31- How to Navigate a Career Expo

Nov. 1 – Dedication of the Frank Lloyd Wright Visitors Center

In the News:

Florida Southern Professor Spearheads Collection of Stories

First-Year Advice:

Your student has officially reached the halfway point of their first semester at Florida Southern. It seems like yesterday that they were just arriving to campus for orientation! At this point in the semester your student will be receiving midterm grades for each class in which he or she is enrolled. Remind your student to check his or her grade report, which will be available via the portal by Wednesday, October 10th. Many first-year students are accustomed to receiving high grades, but for some, their midterm grades may come as a surprise. If a student is concerned about a grade, remind them of the many resources that FSC offers. Encourage them to set up an appointment with a professor to discuss opportunities for improvement. Talk about visiting the Student Solutions Center where they can focus on developing and improving time management and study skills. If your student is disheartened by the midterm grade report, do not let them become discouraged. There is still ample room for improvement if they are willing to put forth the time and dedication needed to achieve the desired GPA. *JoEllen Tharp, Student Solutions*

Second-Year Insight:

Please encourage your second year student to attend the program "Who wants to be a Graduate?" taking place on Tuesday, Oct. 22 at 7 p.m. in Dell Hall. It's the first Tuesday after fall break and students have the opportunity to compete and show their advising knowledge in a game show format. Food and prizes are always part of the fun. This event is strategically placed the night before the group advising, which is Wednesday, Oct. 23 at 10:40 a.m. This is the time when advisors meet with their advisees to discuss information related to planning for spring term. Students also arrange a time to meet with their faculty advisor for a one-on-one meeting. After second year-students, with 30 or more earned credit hours, have met with their advisor they may begin web registration at 8 p.m. on Nov. 18. While this process may be more familiar as a second-year student, make sure to remind your student that advisors and our office are also here to assist with any questions they may have.

Louise Johnson, Student Solutions

From the FSC Career Center:

Is your student ready for **fall break?** If they are coming home this is a great opportunity to do some *Informational Interviews*. The Career Center has an excellent handout on how to go about setting these up and even good questions to ask. *Informational Interviews* give them a chance to connect with someone in their field of study and find out more about whether it is the right choice. You can find the handout on our website: www.flsouthern.edu/career

While they're home remind them to bring back a <u>professional outfit</u> (**suit preferably**) for the upcoming "Moc" Interviews on Thursday, October 24th and the Career, Internship & Graduate School Expo on Wednesday, November 6th. They need to look outstanding © *Xuchitl Coso, Career Center*

From the FSC Counseling Center:

Carol Ballard, Counseling Center

FAQ: My student is not confiding in me as much and I'm not sure what to make of this. Also, I'm feeling kind of left out. What does it all mean? Most likely it means your child is growing up. Young adults, especially those who are close to their parents, sometimes need a little extra space to accomplish the developmental tasks of early adulthood. Independence takes practice and it's hard to achieve if there is always help and advice close at hand. You've given your child the good start of a safe and secure childhood and now he or she is ready for the next step. Your child is not flying out of the nest never to return, just moving to the edge and looking out at the big wide world. If you can see this as a healthy step in growing up it will help you to welcome it and support your child's growing independence. Relying on you a little less just means that your child is becoming more self-reliant. You can rest assured that he or she knows you're always there and will not hesitate to turn to you in times of need. This is not a rejection-it's just another stage of parenting, that amazing journey you began all those years ago when you first held your precious child in your arms.

From the Nina B. Hollis Wellness Center:

Students are encouraged to check out what's happening at the Wellness Center and our new equipment.

Water Ski Team

Congratulations to our water ski teams for finishing third overall in the 2013 Regional Championships earning them a return trip to the NCWSA Championships October 16-19, at Imperial Lakes in California. GO MOCS!

AFAA Primary Group Exercise Certification

This is for students interested in teaching a group exercise class. This certification will provide them with the basic knowledge of human anatomy and how to teach group exercise classes. Register/Sign up at: www.afaa.com. This class will be held on Saturday, October 19th from 9am-5pm.

Quit Smoking Now

This FREE 6-session tobacco cessation program developed by ex-smokers for those who want to become ex-smokers. Classes begin at FSC Wed., October 16. Contact Michael McElveen at mmcelveen@flsouthern.edu for more information.

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

We will be offering some popular Group Exercise classes over Fall Break. Check out our schedule at: http://www.flsouthern.edu/wellness/fitness/documents/fallbreak13.pdf

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.

Intramurals

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

Flag Football continues.

Softball begins October 21.

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.

FALL BREAK SCHEDULE

Wellness Center

Fri., Oct. 11 6am-9pm
Sat., Oct. 12 8am-7pm
Sun., Oct. 13 12noon-7pm
M-F, Oct. 14-18 6am-9pm
Sat., Oct. 19 8am-7pm
Sun., Oct. 20 12noon-6pm

Pool

Fri., Oct. 11-Sun., Oct. 20 12noon-4pm daily

Waterfront and Rec Room CLOSED

Sports Shorts:

| Fri. | Oct. 11 XC | at Florida State Invitational | Tallahassee | 6 p.m. | |
|----------------------|---|---|-------------------------------------|--------------------------|------|
| Fri. | Oct. 11 Volleyball | Florida Tech | Lakeland | 7 p.m. | |
| Sat. | Oct. 12 Volleyball | Barry | Lakeland | 4 p.m. | |
| Sat. | Oct. 12 M Soccer | Florida Tech | Barnett Field | 5 p.m. | |
| Sat. | Oct. 12 W Soccer | Florida Tech | Barnett Field | 7:30 | p.m. |
| Wed. | Oct. 16 M Soccer | Rollins | Barnett Field | 5 p.m. | |
| Wed. | Oct. 16 W Soccer | Rollins | Barnett Field | 7:30 | p.m. |
| Wed. | | SCF-Manatee (scrimmage) | Henley Field | 6 p.m. | |
| | | | | | |
| | Baseball | | | | |
| Fri. | Oct. 18 | Tampa | Lakeland | 3 p.m. | |
| | Oct. 18 M&W Swim | - | | • | |
| Fri. Fri. | Oct. 18 M&W Swim Oct. 18 | Tampa vs. North Alabama | Lakeland Pensacola | 3 p.m. 10:30 | a.m. |
| | Oct. 18 M&W Swim Oct. 18 Volleyball Oct. 18 | - | | • | a.m. |
| Fri. | Oct. 18 M&W Swim Oct. 18 Volleyball | vs. North Alabama | Pensacola | 10:30 | |
| Fri. Fri. | Oct. 18 M&W Swim Oct. 18 Volleyball Oct. 18 Volleyball Oct. 19 W Basketball Oct. 19 | vs. North Alabama vs. Valdosta State | Pensacola Pensacola | 10:30 5:15 | |
| Fri. Fri. Sat. | Oct. 18 M&W Swim Oct. 18 Volleyball Oct. 18 Volleyball Oct. 19 W Basketball | vs. North Alabama vs. Valdosta State at Ave Maria (scrimmage) | Pensacola Pensacola Ave Marie, Fla. | 10:30 5:15 10 a.m. | p.m. |

| Sat. | Oct. 19 | at Saint Leo | Saint Leo | 7:30 | p.m. |
|-------|-----------------------------|----------------------------------|----------------------|----------|------|
| Mon. | W Soccer Oct. 21 | at Saint Leo Invitational | Dade City | All | Day |
| Tues. | W Golf Oct. 22 W Golf | at Saint Leo Invitational | Dade City | All | Day |
| Tues. | | West Georgia | Barnett Field | 5 p.m. | |
| Tues. | Oct. 22 | Flagler | Barnett Field | 7:30 | p.m. |
| | M Soccer | | | | - |
| Wed. | Oct. 23 | Polk State College (scrimmage) | Henley Field | 6 p.m. | |
| | Baseball | | | | |
| Fri. | Oct. 25 | at Saint Leo | Saint Leo | 4 p.m. | |
| | M&W Swim | _ | | _ | |
| Fri. | Oct. 25 | Tampa | Lakeland | 7 p.m. | |
| G 4 | Volleyball | | T 1 1 1 | 10 | |
| Sat. | Oct. 26 | UCF, USF, UF Club (scrimmage) | Lakeland | 10 | a.m. |
| C - 4 | M Lacrosse | at HE Chal Diag Day (and manage) | Calmanilla | 10 | |
| Sat. | Oct. 26 | at UF Club Play Day (scrimmage) | Gainesville | 10 a.m. | |
| Cot | W Lacrosse Oct. 26 | at Stateon (sarimmaga) | Dolond Elo | 12 | n m |
| Sat. | W Basketball | at Stetson (scrimmage) | Deland, Fla. | 12 | p.m. |
| Sat. | Oct. 26 | at Sunshine State Championships | Saint Leo | 8 a.m. | |
| Sat. | XC | at Sunstinic State Championships | Saint Leo | o a.iii. | |
| Sat. | Oct. 26 | Florida Tech | Lakeland | 1 p.m. | |
| | M&W Swim | 11011000 10011 | | - P | |
| Sat. | Oct. 26 | Rollins | Lakeland | 4 p.m. | |
| | Volleyball | | | • | |
| Sat. | Oct. 26 | Lynn | Barnett Field | 5 p.m. | |
| | | • | | - | |
| | W Soccer | | | | |
| Sat. | W Soccer Oct. 26 | Lynn | Barnett Field | 7:30 | p.m. |

Final Thoughts – While our offices will be open during Fall Break, there will not be an addition of The Link next Friday. We'll see you again with an issue on Friday, Oct. 25.

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