The Link FSC Parent Newsletter 9/6/13

Campus Announcements:

Academic Help Available — Peer Assisted Study Sessions are now available on campus. PASS is a valuable academic resource for your student to use. Currently help is available in <u>two biology and two chemistry classes</u>. Tutor Tables are also beginning on Tuesday and Wednesday nights from 6-9 p.m. in the lobby of the Student Solutions Center. Help is available in Math, Biology, Chemistry and Physics.

Countdown to Campus Ministries Retreat - This year's campus ministries retreat will take place on September 13 and 14 and is FREE to all students! This retreat, provided by the Chaplain's Office, is a great way for your student to get involved with FSC's student-led campus ministries and grow in the life of faith. Find our more on fscchapel.com and sign up for free at https://orgsync.com/71229/forms/78715!

In Depth – For an in depth look at everything Florida Southern, check out The Southernnews!

Preparing for Recruitment - As of September 2, 195 women have registered for sorority recruitment. Your student still has time to register at www.flsouthern.edu/panrecruitment

Events coming up include:

- Sorority Recruitment Information Session
 Wednesday, September 11, 2013 at 7pm in JR Lobby
- Rho Gamma (Recruitment Counselor) Meet and Greet Wednesday, September 18, 2013 at 7pm in JR Lobby

Like us on Facebook (FSC Sorority Recruitment) and follow us on Twitter (@FSCPanhellenic) Also, get recruitment outfit ideas on our Pinterest page (FSC Sorority Recruitment.)

Fraternity recruitment also begins the week of the 16th.

Help for Papers - Does your student need some help with papers? Pens Central Writing Lab is open and ready to help!

•	MONDAY	9:00 - 11:00
		1:10 - 4:30
•	TUESDAY	9:00 - 11:00
		1:30 - 4:30
•	WEDNESDAY	9:00 - 12:30
		1:10 - 3:10
•	THURSDAY	9:00 - 12:30
		1:30 - 4:30
•	FRIDAY	9:00 - 4:30

Sign-up sheets are posted in the Writing Lab, located in the Humanities Building. Students with appointments are assisted first. Papers up to 3 pages need 30 minutes; longer papers need an additional 30 minutes / 3 pages.

Cheerleading Tryouts – Is your student interested in being a part of the Florida Southern Cheerleaders? Encourage your student to visit the "Cheerleaders" page on the Florida Southern athletic site, print out the Tryout questionnaire and the pre-participation physical form, and go to the Lyons Conference Room in the Jenkins Field House on Monday, September 9, 6:30 p.m., for the preseason meeting. http://www.fscmocs.com/page.asp?articleID=152

School Spirit Vote!-Show your Florida Southern school spirit by voting in the PolkCollegeSports.com School Spirit Challenge, where the winning school's athletic department wins \$500! Vote as many times as you can by texting "go mocs" to *22411*, or by visiting www.polkcollegesports.com and voting in the online poll. Voting lasts until September 30, so get voting!

Listen Up Sports Fans – The SnakeBytes email publication is just one way to follow the Mocs. You also can sign up for e-scores and have Moccasin results come to your cell phone or computer. Go to the Moccasin athletics web site at www.fscmocs.com, and then click on the e-scores link to sign up. Become a fan of the Mocs on Facebook at https://www.facebook.com/fscmocs or follow us on Twitter at https://twitter.com/fsc athletics.

United Help – The Be Bold event, helping to support the United Way of Central Florida, takes place Sept. 19, 5:30-9 p.m., in Munn Park in Downtown Lakeland. FSC students can receive a free event t-shirt with a \$10 donation to United Way of Central Florida. They can also to 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:

Wednesday, Sept. 18 – Convocation, 10:40 a.m., Branscomb
 Jeff Corwin, Animal Planet Host and Conservationist

Schedule of Upcoming Events:

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 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

Monday, September 9

Tuesday, September 10

- Campus Blood Drive, 1-9 p.m., Circle Drive
- Major Madness Hints on Choosing a Major, 4 p.m., Career Center

Wednesday, September 11

- Campus Blood Drive, 10 a.m. 6 p.m., Circle Drive
- Academic Improvement Session, 10:40 a.m., Rogers 119; Studying for Success
- Major Madness Hints on Choosing a Major, 10:45 a.m., Career Center.

Thursday, September 12

• MOCS Comedy Series, Carli & Donni, 9 p.m., Bandshell

Friday, September 13

- Salsa Magic, 7 p.m., Bandshell
- Salsa Magic is an Interactive Latin Dance group that will kick off Hispanic Heritage month.
 Students will interact and learn the latest Latin dance moves as they dance with one another as well as the star of the show. Lots of fun and food. This event is hosted by SOL (Student Organization of Latinos).
- Campus Ministries Retreat

Saturday, September 14

Campus Ministries Retreat

Sunday, September 15

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

First-Year Advice:

What should you do if you have a student who, after dreaming of going way to college, now wants to come home? It is very common for new students to experience bouts of being homesick during the first three to four weeks of the semester. The idea of home cooked meals, not sharing a bathroom, and a life where everything isn't new can create a longing for comfort and familiarity. However, there are several things that you as a parent can do to help your student feel less lonely and homesick.

- 1. **Be supportive.** It is important that your student try to create a new sense of "home" at FSC. Talk to your student about what kind of clubs or organizations they would consider joining. Ask if there are any events or activities that are happening on campus this weekend. Discuss with your student how they can connect with others on campus, and make sure to follow up on how those plans went next time your student calls.
- 2. **Be reassuring.** Remind your student that this feeling is normal and is something that many students experience. For many students, simply hearing a familiar voice can help ease those feelings.
- 3. **Be encouraging.** Encourage your student to stay on campus during the weekend and to attend different events and activities. Visits home every weekend prevent a student from fully

connecting to the institution and takes away from their opportunity to participate in a new, exciting adventure.

JoEllen Tharp, Student Solutions

Second-Year Insight:

Is your student looking for a few tips to help them improve academically? If so, I hope they will attend our next Academic Improvement Session on Wednesday, September 11 at 10:40 a.m. in Rogers 119. The topic is Studying for Success, which will cover efficient ways to study and prepare for exams. It's a quick reminder of some of the essential skills for academic success.

Louise Johnson, Student Solutions

From the FSC Career Center:

Is your student undeclared? Undecided? Exploring? Discovering? Or just not sure what you want to major in? We are here to help start the decision making process. Students can join us for **Major Madness – Hints on Choosing a Major** on Tuesday, September 10, 2013 @ 4:00 p.m. or Wednesday, September 11 @ 10:45 a.m. in the Career Center.

Xuchitl Coso, Career Center

From the FSC Counseling Center:

FAQ: What Can I Do if I'm Having a Hard Time Adjusting? Last week's FAQ dealt with your student's adjustment to college. This week it's all about you. So, how are you doing? Are you adjusting well to being the parent of a college student? If so, you're entitled to give yourself a pat on the back and feel good about preparing well for this new phase of parenthood. You knew the day was coming when your child would leave home for college and you were ready. If not...well, let's think about that. What's the most difficult part? Maybe this child is your youngest or only child and you're faced with an "empty nest." Or maybe this is your eldest and it's all new territory for you. In either case, your role as parent is being redefined, something that can generate anxiety in even the most equable person. We all must adjust to life's changes but if you're struggling unduly with your part of the adjustment process, it can help to talk things over with your spouse, a close friend, your clergy-person, or a counselor. And don't forget the FSC's Parents' Organization where you'll find other parents who are feeling as you do with whom you can commiserate and parents who've made it through from whom you can get some helpful advice.

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.

Campus Wide Blood Drive

Giving Blood Is Safe, Simple & It Saves Lives! Tuesday, September 10, 1:00 pm – 9:00 pm and Wednesday, September 11, 10:00am – 6:00 pm at Circle Drive by Wynee's Bistro. FREE \$10 IKEA Gift Cards for all donors.

Help us serve you! Make an appointment online at www.fbsdonor.org and use Acct. #LFLSC

BE BOLD-Battle of the Bands Event

Looking for a FUN way to show your support for FSC and the greater Lakeland area? Thursday, September 19, 5:30-9pm, Munn Park, in downtown Lakeland. **Stay Tuned, more info to come.

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

Intramurals

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

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

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:

NEW SEASON, NEW COACH!

Come welcome new Men's Soccer head coach Ryan Sniegoski and the new-look Moccasins this Saturday at 7 p.m. as they open the 2013 season against Warner. At halftime, there will be a shootout where the winners will be awarded Florida Southern prizes!

FSC/Terrace Hotel Classic

The Moccasins volleyball team, picked to finish third in the Sunshine State Conference, begin the 2013 campaign by hosting the FSC/Terrace Hotel Classic on Friday and Saturday. Florida Southern opens the tournament with a match against Anderson University at 3 p.m. on Friday, before taking on Northwood University at 7:30 p.m. The Mocs resume play at 12:30 p.m. on Saturday against Belmont Abbey before finishing the Classic against Wisconsin-Parkside at 7:30 p.m. Show your support for the Mocs by coming down to the Jenkins Field House this Friday and Saturday!

FSC CAMPUS SHOWDOWN TENNIS TOURNAMENT

The Moccasins tennis team is hosting a one-day USTA Campus Showdown Tournament on Saturday, Sept. 21 at the Wynee Warden Tennis Center. The cost is \$10 for singles and \$10 for doubles and is open to tennis players of all ages, all levels. The tournament is a one-day short format (short set and no-ad scoring). You get to play a lot of tennis. For more information, please contact FSC Women's Tennis Coach Trish Riddell at (863) 616-6442 – office or her cell phone at (407) 492-8591. In addition, you can e-mail her for more information at priddell@flsouthern.edu. The entry deadlines are Friday, Sept. 20 at 6 p.m. for singles and 12 p.m. on Saturday, Sept. 21 for doubles.

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

Fri.	Sept. 13 Volleyball	vs. Concordia-St. Paul		Denver, CO		2 p.m.	
Fri.	Sept. 13 Volleyball	vs. Truman State		Denver, CO		5:30	p.m.
Fri.	Sept. 13 W Soccer	Incarnate Word		Barnett Field		7 p.m.	
Sat.	Sept. 14 M Soccer	Saint Leo		Barnett Field		7 p.m.	
Sat.	Sept. 14 Volleyball	vs. TBD	Denvei	r, CO	TBA		
Sat.	Sept. 14 Volleyball	vs. TBD	Denvei	r, CO	TBA		
Sat.	Sept. 14 XC	at UF/Mountain Dew Invitational		Gainesville		7:30	a.m.
Sat.	Sept. 14	at The McLaughlin		Farmington, N.Y.		All Day M Golf	
Sun.	Sept. 15	at The McLaughlin		Farmington, N.Y.		All Day M Golf	
Sun.	Sept. 15 W Soccer	West Florida		Barnett Field		1 p.m.	

Final Thoughts – Things are rockin' here at FSC! Campus life is fully underway with a variety of options for your student. Academic support opportunities are also available. It's all here at your student's fingertips. Encourage him/her to reach out and get involved, to ask for academic help, and to achieve.

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