The Link FSC Parent Newsletter 2/14/14

Campus Announcements:

FSC Baseball vs. Detroit Tigers – Yes, that's correct. Our FSC Mocs head to "the show" and take on the major leaguers here in our own backyard! Game time is 1:05 p.m. on Tuesday, February 25. Encourage your student to stop by the Center for Student Involvement at the Bandshell for more info.

Add Moc Bucks to your Student's FSC ID card - FSC is pleased to announce a new option for students, families and friends to deposit funds directly on your student's FSC ID card into Moc Bucks via the internet. Note that there is a $1 convenience fee for each on-line deposit. Your student can continue to visit the business office to add funds, if so desired. This option also includes the capability for your student to send you an email when he/she is in need of some funds.

Spring Break Countdown (Spring Break – Friday, February 28th – Sunday, March 9th) – Your student probably has the countdown to Spring Break down to the very second. Here's the scoop if your student is residential: Spring Break is free of charge to remain in the residential buildings for any duration of the break. In order to stay, all residential students must sign up by Monday, February 24, 2014, via our online registration form. Anyone who signs up after the proposed date will be charged $75 to their student account. *All residential communities close on Friday, February 28th by 5pm for all residents who did not sign up to remain on campus. Halls reopen at noon on Sunday, March 9th.*

Orientation Leader Applications Still Available – Applications are still available in the Student Solutions Center if your student is interested in becoming an Orientation Leader.

Group Advising Reminder – Group Advising will be held before Spring Break on Wednesday, February 26, at 10:40 a.m. Posters are around campus with information. First-Year students have received a helpful reminder card in the mail and will receive a reminder email next week.

Time for Some Music - A Faculty Showcase: Edition 2014 will be presented by the Festival of Fine Arts in Branscomb Auditorium on **Monday, February 17 at 7:30 pm.** Featuring members of FSC's distinguished music faculty, this year's performance will highlight the areas of solo and collaborative repertoire. On the collaborative side, the Hollingsworth Trio (Paula Parsché, Michael Sedloff, and Mark Thielen), the newly formed FSC Faculty Brass Quintet (Brian Brink, Larry Burke, Paul Butcher, Don McLaurin, and Richard Sparrow), and the FSC Jazz Faculty Collective (Paul Butcher, Valerie Gillespie, Ian Goodman, and Jay Mueller) will showcase a wide variety of music for these genres. In contrast, solo and duo repertoire will include performances by new piano faculty member, Fen-Fang Chen, baritone John Thomasson, and pianist Paula Parsché. *Admission is free to the college community.**

Academic Reminders:

- **"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, February 14

- Valentine's Day
- Valentine's Day Recognition, Pi Kappa Alpha, 11 a.m., Badcock Garden & JR/Spivey
- 4X4 Flag Football Tournament
- FSC Theatre Dept. presents Wedding Singer, 7:30 p.m., Buckner Theatre

Saturday, February 15

- Beta Beta Beta's Lake Clean-up, 9 a.m., Southern Landing
- ISA Game Night, 6-9 p.m., Fannin Center
- Black History Month, Hair Fashion Show, 7 p.m., Thrift Alumni Room
- FSC Theatre Dept. presents Wedding Singer, 7:30 p.m., Buckner Theatre

Sunday, February 16

- Chapel, 11 a.m., Annie Pfeiffer Chapel
- Mass, 1:30 p.m., Annie Pfeiffer Chapel
- FSC Theatre Dept. presents Wedding Singer, 2:30 p.m., Buckner Theatre

Monday, February 17

- A Music Faculty Showcase, Edition 2014, 7:30 p.m., Branscomb Auditorium
- ROTC Golf Tournament Penny Wars, Outside the Terrace Café

Tuesday, February 18

- ROTC Golf Tournament Penny Wars, Outside the Terrace Café
- Gamma Phi Beta Glow Run, 7:00 p.m., Southern Landing
- Pi Kappa Phi Recruitment Event (Glow Nerf War), 7:00-10:00 p.m., Thrift Alumni Room
- Black History Month Open Mic Night, 7 p.m., Eleanor Searle Drawing Room, JR

Wednesday, February 19

- ROTC Golf Tournament Penny Wars, Outside the Terrace Café
- SGA Election Packets are available through MocSync. Contact SGA at sga@flsouthern.edu for more info.
- Career Center "Moc" Interview Day, 9:00 a.m.-4:00 p.m., Career Center
- Academic Improvement Session, Studying for Success, 10:40 a.m., R119
- Pi Kappa Phi Recruitment Event/Tailgate, 6:00-9:00 p.m. (location-TBD, check campus flyers for more information)
- Gamma Phi Beta Crescent Classic, 7:00 p.m., outside the Center for Student Involvement

Thursday, February 20

- ROTC Golf Tournament Penny Wars, Outside the Terrace Café
- Zeta Tau Alpha Pink Lemonade Corner, 8:30-10:00 a.m., Badcock Garden
- Pi Kappa Phi Recruitment Event, 6:00-8:00 p.m., Rogers Auditorium
- Florida Lecture Series, Leslie Kemp Poole presents "Marjorie Rawlings and 'The Year of the Yearling," 7 p.m., Hollis Room
- Gamma Phi Beta Moon Ball, 7:00-9:00 p.m., Mr. George's Green
- FSC Theatre Dept. presents Wedding Singer, 7:30 p.m., Buckner Theatre
- Beta Beta Beta Big Bang Theory Night, 8:00 p.m., Polk Science 155

Friday, February 21

- Scholars Weekend – Admissions
- FSC Theatre Dept. presents Wedding Singer, 7:30 p.m., Buckner Theatre
- Laser Tag sponsored by ACE, 9:00-11:00 p.m., Greek Quad
- Sigma Chi Bonfire, 10:00 p.m., Greek Quad
- Sigma Alpha Epsilon Scholars Weekend Cookout, 11:00 p.m., Greek Quad

Saturday, February 22

- Scholars Weekend – Admissions
- FSC Theatre Dept. presents Wedding Singer, 7:30 p.m., Buckner Theatre

Sunday, February 23

- Chapel and Save-a-Swipe, 11 a.m., Annie Pfeiffer Chapel
- Mass, 1:30 p.m., Annie Pfeiffer Chapel
- FSC Theatre Dept. presents Wedding Singer, 2:30 p.m., Buckner Theatre

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

What's Happening at Wynee's and beyond:
Monday – Caesar Salad Bar
Tuesday – Nacho Bar
Wednesday – International Omelet Bar
Thursday – Burger Bar; Design Your Own Pizza or Portobello Mushroom
Friday – Chuck Wagon Bar
Saturday – Steak & Shrimp

Grill Master Center – Slaw Burger
College Terrace Café – Balsamic Chicken BLT; Veggie-Packed Pita Pocket

Coming Up:
Moscow Festival Ballet – Tchaikovsky's "Romeo and Juliet" – February 25

In the News:
Christie Bassett '07 Named Polk County Teacher of the Year

First-Year Advice:
Happy Valentine's Day! With that being said, I think today is the perfect time to talk about relationships. Not romantic relationships, but the student-parent relationship. Parenting during college can be challenging as parents must often walk a fine line between pushing and supporting. It is important to remember that the goal of parenting, particularly at this stage, is to produce an independent and functioning adult. Think of yourself as an advisor or mentor. Your purpose is to provide lots of support, encouragement, and when needed, accountability. There will be appropriate times for weighing in on your student's life issues, and when a student wants your advice, they will ask for it. Although this may mean watching your student stumble at times, it's important that they learn the key adult skills needed to manage their own life. You have invested a lot of time, energy, and money into your student over the years, so it is only natural to want the most out of your investment. However, always keep in mind that your actions during this time will determine whether your student will enter their adult lives dragging their feet or prepped and ready for success.
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, February 19, 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:
"Moc" Interview Day is this coming Wednesday, February 19th. As a reminder, students should be at the Career Center at least 10 minutes prior to their interview time. Students should be dressed professionally and have a resume ready, as this could be a great connection for a future internship or full-time job.
Xuchitl Coso, Career Center

From the FSC Counseling Center:

Now's the Time. Organizing a busy life is a bit like juggling. It takes practice and constant attention; lose focus and something gets dropped. Anyone can juggle for a second but keeping all the balls in the air over a sustained period can be extraordinarily taxing. If your student is showing signs of Juggling Fatigue such as exhaustion, loss of focus, or wishing for the semester to end, it may be time for a little extra help and support. Some of that can come from you, maybe in the form of encouraging emails, phone calls, mail, and care packages. Some can come from our counselors here in the Counseling Center. We're very good at helping students find ways to either keep the balls in the air or discard a few of them to make the task a little more manageable. Your support and ours can really help. The truly crucial ingredient, of course, is your student's own best efforts. What's the difference between try and triumph? A little umph. We're here to help your student succeed.
Carol Ballard, Counseling Center

From the Nina B. Hollis Wellness Center:

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

Volunteer Opportunities:

Homecoming 5K
Homecoming Run Volunteers Saturday, March 15 Contact Kelly at kandrews@flsouthern.edu

Polk County School Board Events
PCSB Health Fair Events Saturday, March 1 (Haines City) and Saturday, April 26 (Lakeland) Contact Kelly at kandrews@flsouthern.edu

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
It's not too late for students to sign up for this fun incentive program. They will earn 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.
February 14-15, 4v4 Flag Football Tourney
Floor Hockey and Ultimate Frisbee due Friday, February 21
Soccer and 5v5 basketball 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:

Fri.	**Feb. 14 Baseball**	**Albany State**	**Henley Field**	**6 p.m.**	
Sat.	**Feb. 15 Baseball**	**Albany State (DH)**	**Henley Field**	**1 p.m.**	
Sat.	Feb. 15 W Tennis	at Barry	Miami Shores	10 a.m.	
Sat.	Feb. 15 W Basketball	at Florida Tech	Melbourne	2 p.m.	
Sat.	Feb. 15 M Basketball	at Florida Tech	Melbourne	4 p.m.	
Sun.	**Feb. 16 M Lacrosse**	**New York Tech**	**Bryant Stadium**	**12**	**p.m.**
Mon.	**Feb. 17 W Golf**	**at FSC Lady Moc Classic**	**Lakeland** *(Grasslands)*	**All**	**Day**
Tues.	**Feb. 18 W Golf**	**at FSC Lady Moc Classic**	**Lakeland** *(Grasslands)*	**All**	**Day**
Tues.	**Feb. 18 M&W Tennis**	**Eckerd**	**Lakeland**	**3 p.m.**	
Tues.	Feb. 18 Softball	at Flagler (DH)	St. Augustine	5 p.m.	

Wed.	**Feb. 19 M Tennis**	**Rollins**	**Lakeland**	**3 p.m.**	
Wed.	**Feb. 19 W Basketball**	**Saint Leo**	**Lakeland**	**5:30**	**p.m.**
Wed.	**Feb. 19 M Basketball**	**Saint Leo**	**Lakeland**	**7:30**	**p.m.**
Wed.	Feb. 19 Baseball	at Saint Leo	Saint Leo	6 p.m.	
Wed.	Feb. 19 M&W Swim	at SSC Championships	Orlando	All	Day
Thurs.	**Feb. 20 W Tennis**	**Lynn**	**Lakeland**	**2 p.m.**	
Thurs.	Feb. 20 M&W Swim	at SSC Championships	Orlando	All	Day
Fri.	Feb. 21 M&W Track	at ERAU Indoor/Outdoor Challenge	Daytona Beach	All	Day
Fri.	**Feb. 21 Softball**	**Western Ontario (DH)**	**Barnett Field**	**5 p.m.**	
Fri.	Feb. 21 M&W Swim	at SSC Championships	Orlando	All	Day
Fri.	**Feb. 21 Baseball**	**Claflin**	**Henley Field**	**6 p.m.**	
Fri.	**Feb. 21 M Lacrosse**	**Limestone**	**Bryant Stadium**	**7 p.m.**	
Sat.	**Feb. 22 Baseball**	**Claflin (DH)**	**Henley Field**	**1 p.m.**	
Sat.	Feb. 22 M&W Swim	at SSC Championships	Orlando	All	Day
Sat.	Feb. 22 M&W Track	at ERAU Indoor/Outdoor Challenge	Daytona Beach	All	Day
Sat.	Feb. 22 M Basketball	at Palm Beach Atlantic	West Palm Beach	7 p.m.	

Final Thoughts – Feel the love. Sure it's Valentine's Day and everyone is talking about being in love or being loved on this day in particular. But at FSC, I truly believe your student is loved year round. Your student is loved because we care about success, both in and out of the classroom. Each of us – faculty and staff – shows it in a variety of ways. So today we celebrate the commitment to your student, and to you – the parent. That's what makes FSC a special place.

All the best – Shari

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