

The Link

FSC Parent Newsletter 8/23/13

Campus Announcements:

Welcome New Mocs! - A record number of new students have joined the FSC community. [Read all about it.](#)

30,000 meals and photos! – More than 300 of the newest Mocs joined together this week for the service project, Feeding Children Everywhere. Check out some of the [great photos](#) from this amazing event!

Congratulations to the Barney Barnett School of Business and Free Enterprise! – The prestigious school received a major recognition over the summer. [Read about it here.](#)

Riley is Growing Up – If your student loved Riley as a puppy, he/she will love him even more now that he is a full grown dog – well almost full grown. There's plenty of puppy love still left in him. Encourage your student to visit the FSC Counseling Center in Thrift. Feel free to follow along as Riley goes from puppy to dog on Facebook. <https://www.facebook.com/RileyAtFsc>

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.

Check it Out! – Your student can discover the many volunteer opportunities at the Annual Volunteer Fair going on at the Honeyman Pavilion (Branscomb Auditorium lobby) on Friday, August 23 from 10:00 am – 1:00 p.m. More than 25 Community Partners are on hand. Additionally, the Week of Welcome activities continues at the Simmons Center's Welcome Back BBQ on Sunday August 25 at 2 pm. Enjoy great food, games and fellowship. The Simmons Center is located on Callahan Court next to the Intramural Field.

In the News:

[Pursuing the Gordian Worm: FSC's Dr. Gabriel Langford Wins NSF Grant](#)

Academic Reminders:

- **TUESDAY – AUGUST 27 – Last day to register and adjust class schedules**
- **Monday, Sept. 2 (Labor Day) – Students have classes**

Schedule of Upcoming Events:

Friday, August 23

- Annual Volunteer Fair, 10 a.m. – 1 p.m., Honeyman Pavilion (Branscomb Auditorium lobby) Visit with more than 25 Community Partners. Enter a drawing for a chance to win great prizes.
- Price is Right, 7:30 p.m., Branscomb Auditorium, presented by Community Living, Great Prizes! (This annual Community Living program gives the FSC community a chance to participate in a re-creation of the famed game show. Just like the real show, this version features amazing prizes!

Saturday, August 24

- Hall Wars, 10:00 a.m., Barnett Field (A campus-wide field day style competition between our residence halls.)
- TuTu's Live: Kyshona Armstrong , 9:00 p.m., TuTu's (The Association of Campus Entertainment presents TuTu's Live - our coffee house series in TuTu's Café)

Sunday, August 25

- 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, Aug. 26

- Pizza from the Prez for all New Students, 9 p.m., JR Lobby

Tuesday, Aug. 27

- CSI (Center for Student Involvement) Block Party, 4 p.m., Mr. George's Green

Wednesday, Aug. 28

- Academic Improvement Session, 10:40 a.m., Rogers 119; Time Management
- Multicultural Student Council Ice Cream Social, 3 p.m., Hollis Wellness Center Pool
- Community Night, Your Residence Hall, 7 p.m.

Thursday, Aug. 29

- Career Center Open House, 2-4 p.m., Career Center
- Southern Cinema presents: Flick 'n Float, 9 p.m., Wellness Center Pool

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/discoverf10

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 p.m., Mr. George's Green

A Look Ahead at Wynee's Bistro:

Monday – Chopped Salad Bar/ Popsicle Day
Tuesday – Tour of New Orleans/ Banana Lover's Day
Wednesday – Tour of Asia/Cherry Turnover Day
Thursday – Tour of France/Lemon Day
Friday – Tour of the Caribbean/Marshmallow Day
Saturday – Steak & Shrimp Night

In the News:

[Pursuing the Gordian Worm: FSC's Dr. Gabriel Langford Wins NSF Grant](#)

First-Year Advice:

Although the first week of freshman year is an incredibly exciting time for students, it can also be overwhelming at times. Students are adjusting to a new academic expectations, new responsibilities, new roommates, and new freedoms. Making all of these adjustments at once can be challenging. As a parent, there are several things you can do to help your student successfully navigate through this transition.

Encourage your student to start strong in the classroom. Although it may be intimidating at first, visiting a professor during his or her office hours is one of the best ways to create positive relationships with faculty members. Many of these individuals will serve as mentors or references for your student in the future so it is important that your student takes the time to introduce themselves.

Lastly, remind your student that it is critical to participate outside of the classroom. Whether it is joining a student organization or attending one of the many Weeks of Welcome activities, active participation will give your student a chance to help make Florida Southern their home away from home. Emphasize the importance of taking the initiative to put themselves out there. Everyone is here for the first time and most students may be hesitant to reach out to one another but the simple act of asking a suitemate to go to an organization's meeting or grabbing a bite to eat with a new classmate could result in a lifelong friend.

Now, pat yourselves on the back. Your student has left for college and is starting the process of becoming a successful, independent young adult. And while that transition might be difficult at times, it is also something to celebrate. – *JoEllen Tharp, Student Solutions Specialist*

Second-Year Insight:

The fall is off to a busy start as students are getting settled into campus and a routine. It's a great time for them to think about how to best manage all of their commitments – academic, personal, athletic, and extracurricular just to name a few. Since this is common, we offer Time Management as our first Academic Improvement Session. The program is this upcoming Wednesday, Aug. 28 at 10:40 – 11:30 a.m. in Rogers Room 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 Specialist*

From the FSC Career Center:

Welcome back to another excellent academic year! We are excited to welcome our first year students, and hope they are getting settled into our beautiful campus. The Career Center staff has planned a variety of activities this fall to assist with major and career planning issues. We have a terrific web page full of resources. Check us out at: www.flsouthern.edu/career.

Students will have a chance to find out what is happening at the Career Center and meet our terrific staff when they attend our **Open House on Thursday, August 29, 2013** anytime between 2:00 – 4:00 p.m. They can join us for some food and prizes and learn what we are all about!

From the FSC Counseling Center:

Hello, Parents. In my weekly paragraph for the Parent's Newsletter, I'll be covering the FAQs of parenting a college student. Many of you are first-timers but even if you've "been there, done that," seeing *this* child through college is sure to include some new experiences. So let's jump right in and tackle one of the hardest issues first: how to begin letting go of this child you've carefully nurtured for 18 or more years. We're not talking about abandoning your child, just letting him or her be more responsible for everyday life choices. You've probably heard that old adage: "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." Have you ever thought about how that adage applies to parenting? We parents know we're trying to prepare our children for independent adulthood, teaching them to fish, in other words. But we've all at times had the irresistible urge to just give the kid the fish. Never mind that lifetime stuff, let's just fix things now. The college years present us with a perfect opportunity to do some letting go while our children are in a relatively safe and supportive environment. So when your son or daughter tells you about some problem situation and you find yourself about to hand over the fish, take a deep breath, and offer a fishing lesson instead. Encourage your child to seek solutions on his or her own. It won't be hard because this campus is filled with people who can answer questions, give guidance, and offer all kinds of assistance to your child. *Carol Ballard, Director of the FSC 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.

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 demos are 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.dom/forms/z7q4r7/> . 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

Volleyball and Kickball registration due Friday, August 30.

Quit Smoking Now (QSN)

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

Sports Shorts:

Fri.	Aug. 23	Hillsborough CC (scrimmage)	Tampa	6 p.m.	
		Volleyball			
Fri.	Aug.	U18 Club Team (scrimmage)	Barnett Field	7 p.m.	W
		Soccer			
Sat.	Aug. 24	Clearwater Christian (exhibition)	Barnett Field	7 p.m.	M
		Soccer			
Mon.	Aug. 26	So. Connecticut (scrimmage)	Barnett Field	7 p.m.	W Soccer
Thur.	Aug. 29	Polk State (scrimmage)	Barnett Field	7 p.m.	W Soccer
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

Final Thoughts – And so it begins...again. For those of you rejoining the parent newsletter after a summer break, I welcome you back. For those of you new to the publication, simply welcome- glad you could join us. An exciting year is ahead for your student – whether your student is returning or new to our FSC community. We are off to a great start with a campus filled with energy and enthusiasm. This newsletter is designed to give you a quick glance at campus happenings. It's for you, the parent, so let me know if there are particular things you'd like to see included. As we begin our semester, you can rest assured that your student is surrounded by outstanding faculty in the classroom and outstanding staff outside of it.

Now then, I know by this point many of you have seen The Mindset List for the Class of 2017 but I thought I would share some of my personal favorites:

- GM means food that is Genetically Modified.
- As they started to crawl, so did the news across the bottom of the television screen.
- "Dude" has never had a negative tone.
- Having a chat has seldom involved talking.
- Gaga has never been baby talk.
- They have known only two presidents.
- Rites of passage have more to do with having their own cell phone and Skype accounts than with getting a driver's license and car.
- A tablet is no longer something you take in the morning.
- Plasma has never been just a bodily fluid.
- With GPS, they have never needed directions to get someplace, just an address.
- In their first 18 years, they have watched the rise and fall of Tiger Woods and Alex Rodriquez.
- There has never been a national maximum speed on U.S. highways.
- Don Shula has always been a fine steak house.
- Their favorite feature films have always been largely, if not totally, computer generated.
- They have never really needed to go to their friend's house so they could study together.
- Kevin Bacon has always maintained six degrees of separation in the cinematic universe.
- They have always been able to plug into USB ports.
- Their parents' car CD player is soooooo ancient and embarrassing.
- They have always known that there are "five hundred, twenty five thousand, six hundred minutes" in a year.

All the best – Shari

Shari Szabo

Associate Dean of Student Success

Florida Southern College

111 Lake Hollingsworth Drive

Lakeland, FL 33801-5698