

The Link FSC Parent Newsletter 1/10/14

Campus Announcements:

Welcome Back – We are happy to have both our returning students and our new students who are joining us for the first time this semester here at FSC. Lots of great things will be happening this semester. Stay tuned.

Is Your Student Traveling? - Reminder for all Students traveling domestic and abroad, if your student is scheduled for a Junior Journey or Study Abroad Trip for Spring, Summer or Fall 2014-**He/She must attend ONE of the Student Travel Workshops** being held before the trip date. We must have a signed record of your attendance. Several dates are available

Student Travel Workshops Location- Christoverson Rm 209-Please choose 1 date and 1 time

- Tuesday January 14, 2014 at 2-3pm or 3-4pm
 - Thursday January 16, 2014 at 2-3pm or 3-4pm
 - Tuesday January 21, 2014 2-3pm or 3-4pm
 - Thursday January 23, 2014 2-3pm or 3-4pm
- or
- Tuesday February 4, 2014 2-3pm or 3-4pm
 - Thursday February 6, 2014 2-3pm or 3-4pm

***Please note the sessions have a beginning and ending time they are not drop-in sessions, please choose 1 date and time to attend.**

Keeping Well – As our students have returned from the holiday break, more than likely some cold and flu germs have come with them. Here are some tips to share with your student from our Student Health Center:

- Receive your flu injection prior to the flu season
- Obtain adequate sleep
- Supply your body with nutritious food during meal time
- Do not drink from the same container with another person
- Frequent washing of hands with soap and warm water
- Symptoms may include the following: Fever of 100 degrees or more, body aches, tiredness, cough.
- Tylenol or Ibuprofen may be taken to relieve symptoms unless allergic to either medication; warm soup such as chicken noodle is soothing and nutritious; make sure there is adequate water intake; obtain rest and sleep.
- Flu and the common cold have similar symptoms, but, the flu symptoms are more intense. People with colds are more likely to have a stuffy and/or runny nose. Over the counter cold/flu medication may be obtained to receive comfort from any of the above symptoms.

Back in the Swing of Things – After a long break at home, sometimes students may get a little homesick for their pets. If your student is missing Fido, encourage them to visit Riley on campus in the Counseling Center. Petting and visiting times are:

Monday /Wednesday ~ 3:30-4:30 p.m.

Tuesday/Thursday ~ 3-4 p.m.

Friday ~ 2-3 p.m.
Riley loves company!

1st Convo of the Spring Semester – Mark your Calendars! January 29 is the first Convocation of the spring semester, featuring Kyle Maynard, 10:40 a.m., Branscomb. This is a required event for your student.

Coming Up – The First Shuttle to Shop of the semester will take your student to the upscale Mall at Millenia in Orlando with a dazzling selection of more than 150 stores and restaurants. The trip is Saturday, January 18, 1-5 p.m. See the Center for Student Involvement for more information.

Academic Improvement Sessions Begin – Encourage your student to start his/her semester off right with the first academic improvement session of the spring, Wednesday, January 15, 10:40-11:30 a.m., Rogers 119.

Academic Reminders:

- **Final Day to Register, Add a course, change a course to Pass/Fail or Audit– January 14**
- **Tutor Tables begin Tuesday, January 14, (Tuesdays and Wednesdays, 6-9 p.m., Student Solutions Center)**
- **MLK Day – No Classes – January 20 (college is open)**
- **Spring Break – March 3-7**

Schedule of Upcoming Events:

Friday, January 10

- Rave at the Roux, 10 p.m., Roux Library

Saturday, January 11

- Welcome Back Party, 9 p.m., Simmons Center

Sunday, January 12

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

Monday, January 13

Tuesday, January 14

- Final Day to Register, Add a course, change a course to Pass/Fail or Audit

Wednesday, January 15

- Academic Improvement Session, “Time Management,” Rogers 119, 10:40-11:30 a.m.

Thursday, January 16

- Tampa Bay Lightning Hockey Game (see Center for Student Involvement for information)

Friday, January 17

- International Students Welcome Back Party, Simmons Multicultural Center, 5:30-7:30 p.m.
- Opening Reception- Robert Farber: Sarasota to Lakeland Bona Fide Florida “the map is not the territory” Melvin Art Gallery, 7 p.m. (exhibit through Feb. 28)

Saturday, January 18

- Shuttle to Shop, Millenia Mall, 1 p.m. (See the Center for Student Involvement)

Sunday, January 19

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

Coming up!

- Discover Florida Series
January 16: Tampa Bay Lightning Game
January 18: Shuttle to Shop, Millenia Mall
Encourage your student to Register here: www.flsouthern.edu/discoverfl

In the News:

[Barnett School Receives Charter for Beta Gamma Sigma](#)
[Winter Graduates Urged to Have Pluck, Passion, and Compassion](#)

First-Year Advice:

You and your first-year student have survived the transitional first semester of college. Encourage your student to take a moment to reflect on what he or she learned last semester, and use that knowledge to prepare for the spring. A new semester often means a fresh start. Your student will have new classes, new professors, and they need to make sure they start off on the right foot. This means visiting professors during office hours, creating a study schedule for the semester, and most importantly, getting organized. Encourage them to review all syllabi, making note of exam dates and other important assignments. Having an idea of what the entire semester entails can help your student see and remember what they must do to be successful. Remember, the second semester is a wonderful time for your student to make a fresh start, or take their collegiate experience to the next level!

JoEllen Tharp, Student Solutions

Second-Year Insight:

It's great to have students back on campus as we begin the new calendar year. Each new semester offers students a chance to begin again. It's a great time to think about how they can best manage all of their commitments – academic, personal, athletic, and extracurricular just to name a few. If guidance in managing those many commitments would be helpful, I hope you'll encourage your student to attend our next Academic Improvement Session. The program is this upcoming Wednesday, January 15 from 10:40 – 11:30 a.m. in Rogers 119. Students leave with practical time management tips which they can apply immediately.

Louise Johnson, Student Solutions

From the FSC Career Center:

The Career Center is here to assist your student with all of their career development needs. From career and major planning, to guiding them through the graduate school process we are happy to help. Have them stop by the **Career Center** (First floor of the Thrift Bldg.) or give us a call at 863-680-4390 to make an appointment with one of our friendly Career Counselors. We are open Monday-Friday from 8:00 a.m. – 5:00 p.m. and by appointment.

Xuchitl Coso, Career Center

From the FSC Counseling Center:

Starting Over. It's a new year and a new semester. Whatever the outcome of last year or fall semester, we've all been given the gift of a fresh start. With that gift, however, comes the responsibility to use the fresh start to good advantage. If your student didn't have the most successful fall semester and wants to have a better spring term, remind him or her of the many services available at FSC to support positive change. The Counseling Center and the Student Solutions Center are excellent places to begin. We have loads of ideas and resources that can make a real difference to any student who truly wants a fresh start and is prepared to act to make it happen.

Carol Ballard, Counseling Center

From the Nina B. Hollis Wellness Center:

Classes are back in session and students are encouraged to check out what's happening at the Wellness Center.

Susan G. Komen Breast Cancer Awareness Events coming up this month

Lakeside Reflections- A Community Event

Lake Mirror Amphitheater

Friday, January 10, 6:00pm

FREE Admittance

Lotus Memorial Flowers for purchase (\$20)

LIVE ENTERTAINMENT- Jill's Cash Box

For more event info, call 603-4715

Susan G. Komen 5K & 10K Race (Race starts at Tiger Town)

Saturday, January 18

Click on link below for more information

[http://suncoast.info-](http://suncoast.info-komen.org/site/TR/RacefortheCure/SPB_FloridaSuncoastAffiliate?fr_id=3785&pg=entry)

[komen.org/site/TR/RacefortheCure/SPB_FloridaSuncoastAffiliate?fr_id=3785&pg=entry](http://suncoast.info-komen.org/site/TR/RacefortheCure/SPB_FloridaSuncoastAffiliate?fr_id=3785&pg=entry)

Outdoor Recreation

Registration for the Horseback Riding Trip opened January 8th at the HWC Front Desk. This trip is scheduled for Saturday, January 25. A \$10 refundable deposit is required at the time of registration to reserve your spot. Spaces are limited. Transportation is provided.

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

The new year brings a new commitment for many for fitness. Classes resumed Wednesday, January 8th. Check out the new Group Ex schedule at:
<http://www.flsouthern.edu/FSC/media/wellness/GroupExSchedulespring2014.pdf>

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.

Cycling Demos: Always wanted to try our indoor cycling classes or want to learn more about improving your ride? These demos are for you! Free 30 minute sessions to learn cadences, heart rate and types of rides to prep you for your next class! Registration begins on Jan. 13-Jan. 18 at the HWC front desk and classes begin on Jan. 20.

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."

Soccer registration due January 10.

5 v 5 Basketball registration due January 17.

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. Jan. 10 Emory University
Swim**

Lakeland

4 p.m.

M&W

Sat.	Jan. 11	Nova Southeastern	Lakeland	2 p.m.	M&W
Swim					
Sat.	Jan. 11	Polk County All-Stars (Exhibition)	Lakeland		12 p.m. M
Tennis					
			<i>(Grasslands)</i>		
Sat.	Jan. 11	at Lynn	Boca Raton	2 p.m.	W
Basketball					
Sat.	Jan. 11	at Lynn	Boca Raton	4 p.m.	M
Basketball					
Wed.	Jan. 15	at Saint Leo	Saint Leo	5:30	p.m.
W Basketball					
Wed.	Jan. 15	at Saint Leo	Saint Leo	7:30	p.m.
M Basketball					
Sat.	Jan. 18	at Indian River State College	Fort Pierce	11:30	a.m.
M&W Swim					
Sat.	Jan. 18	Florida Tech	Lakeland	5:30	p.m.
W Basketball					
Sat.	Jan. 18	Florida Tech	Lakeland	7:30	p.m.
M Basketball					
Wed.	Jan. 22	Tampa	Lakeland	5:30	p.m.
W Basketball					
Wed.	Jan. 22	Tampa	Lakeland	7:30	p.m.
M Basketball					
Sat.	Jan. 25	at Palm Beach Atlantic	West Palm Beach	2 p.m.	
W Basketball					

Final Thoughts – Even though we started off this semester with a few of the coldest days in Florida so far, things have warmed up and everyone is raring to go as we begin the second semester. Please let us know how we can help your student have his/her best semester yet!

All the best – Shari
Shari Szabo
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