

The Link

FSC Parent Newsletter 9/20/13

Campus Announcements:

Animal Planet Host and Conservationist at FSC – Jeff Corwin spoke to Florida Southern students Wednesday morning at the first Convocation of the academic year. Additionally, Corwin did a presentation in the afternoon for FSC classes and students from area elementary schools. [Be sure to check out all the photos.](#) A reminder, if your student missed Convo, three more opportunities for an encore are available. Convo is a mandatory attendance event.

Beloved Teacher and Artist Robert MacDonald Dies – The Florida Southern College recently lost a legend. Click on the link to read more about the amazing talents of this artist-in-residence.

Show Time – The talented students of the FSC theatre department take to the stage next week with *On the Razzle*. When their boss goes out of town for the day, two country grocery store clerks close up shop and escape to the big city of Vienna for an adventure they won't soon forget! Based on the play that also inspired *Hello Dolly*, this production is a fast-paced farce complete with slapstick shenanigans, mistaken identities, misdirected orders and romantic complications, all combined with trademark Tom Stoppard wit and wordplay. See the calendar below for show times. Performances continue the following week.

October Fun – Is your student staying for Fall Break? If so, make sure they check out several of the fun trip options available including a trip to Miami through the Center for Student Involvement or the Zip Lining Adventure through the Nina B. Hollis Wellness Center. Both trips have limited access.

Junior Journey Info – If your student is scheduled for a Junior Journey Trip for Fall 2013, **ONE of the Student Travel Workshops** listed below must be attended. If your student is unable to attend any of the dates below, an individual appointment will need to be scheduled with the Student Travel Office by emailing bmcarthur@flsouthern.edu

Student Travel Workshops **Location- Edge Hall 223**

- Tuesday September 24, 2013 at 2pm
- Wednesday September 25, 2013 at 2pm or
- Wednesday October 2, 2013, 2pm

Avoiding the Flu – A reminder that flu shots are available for students October 7th and 8th from 8 a.m. – 5 p.m. at the Student Health Center. Cost is \$10.00 and will be billed to their student account. No appointment needed.

Academic Reminders:

- **Convo Encores**

Sept. 24, 2 p.m. & 5:15 p.m., Branscomb 202

Sept. 25, 10:40 a.m., Rogers Auditorium

- **“A” Courses end – October 8**
- **Fall Break – October 14-18**

Schedule of Upcoming Events:

Friday, September 20

- Fonchen Lord – A Retrospective; Opening Reception, 7 p.m., Melvin Art Gallery; a retrospective exhibition of works from the late artist Fonchen Lord who lived in Lakeland between 1949 and 1993. Her works have been exhibited in major galleries and are on display at several college campuses, including Florida Southern and Harvard.
- FSC Athletics Hall of Fame, 7 p.m., Jenkins Field House

Saturday, September 21

- Fraternity Bid Day, 10 a.m., Greek Village
- Shuttle to Shop (to the Westfield Mall in Brandon), 1 p.m. – 5 p.m., departing from Circle Drive – This mall hosts more than 158 stores and over 30 unique dining options.

Sunday, September 22

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

Monday, September 23

- Kick Off Party for Sorority Recruitment

Tuesday, September 24

- Sorority Recruitment Begins
- Convo Encore, 2 p.m. & 5:15 p.m., Branscomb 202
- See athletic schedule below

Wednesday, September 25

- Academic Improvement Session, 10:40 a.m., Rogers 119; Reading with Purpose
- Convo Encore, 10:40 a.m., Rogers Auditorium

Thursday, September 26

- Law School Caravan, 10 am. to 1 p.m., Honeyman Pavilion
- Florida Lecture Series, T.D. Allman (Journalist, Writer) “Finding Florida”
- FSC Theatre Department presents *On the Razzle* 7:30 pm., Buckner Theatre; free with student ID

Friday, September 27

- FSC Theatre Department presents *On the Razzle* 7:30 pm., Buckner Theatre; free with student ID

Saturday, September 28

- Sorority Bid Day, 11 a.m.; Bids in Ordway; Celebration in Greek Quad
- FSC Theatre Department presents *On the Razzle* 7:30 pm., Buckner Theatre; free with student ID

Sunday, September 29

- Chapel, 11 a.m., Annie Pfeiffer Chapel

- Mass, 1:30 p.m., Annie Pfeiffer Chapel
- FSC Theatre Department presents *On the Razzle* 2:30 pm., Buckner Theatre; free with student ID

In the News:

[Matt Cicanese '12 Reveals the Wonders of Science Through His Lens](#)

First-Year Advice:

For many college students, living in a residence hall and having a roommate can be a wonderful experience. However, conflicts can occur as students learn to work and live with one another in a shared space. Offer a sympathetic and supportive ear, but don't try to solve the problem for your student. Encourage your son or daughter to communicate with their roommate in an attempt to resolve an issue. Remind them that, in most cases, they must be willing to compromise to reach a solution. If your student has tried to address but is not successful, point them in the direction of their resident advisor (RA). An RA can serve as a mediator and can help both parties reach an agreement. Conflict is unfortunate, but it is necessary for growth. Learning to negotiate and handle disagreements in a mature manner will help your student deal with other challenges that may arise in group projects or even when interacting with coworkers in the professional arena.

JoEllen Tharp, Student Solutions

Second-Year Insight:

Reading a text book requires a different skill set than reading a novel. If your student could benefit from additional skills in this area, they may wish to attend our next Academic Improvement Session – Reading with Purpose. The program is this upcoming Wednesday, Sept. 25 from 10:40 – 11:30 a.m. in Rogers 119. I hope you'll encourage your student to attend.

Louise Johnson, Student Solutions

From the FSC Career Center:

The Caravan is coming! The Caravan is coming! What is the **Law School Caravan?** It is 40 of the top law schools in the US **right here on our campus!** Not interested in law? How about just talking to an admissions counselor who can share their insight into many of their programs? This is a great opportunity to exchange information with top recruiters and learn more about the graduate school process. Student should put this event on the calendar for **Thursday, September 26, 2010** from **10-12 in the Honeyman Pavilion** (the lobby of Branscomb Auditorium) – Don't miss it!

Is your student thinking about graduate school? We will be hosting an informative event: **Preparing for Graduate School** on Tuesday, September 24 @ 4:00 p.m. or Wednesday, September 25 @ 10:45 a.m. in the Career Center.

Xuchitl Coso, Career Center

From the FSC Counseling Center:

FAQ: My student had an "accountability meeting." What does this mean?

Should I be concerned? FSC does not have a Discipline Department or a Judicial Office; instead we have a Student Accountability System based on the values of our Cornerstone Code of Conduct. (You can read all about the Cornerstone here: <http://www.flsouthern.edu/KCMS/Student-Life/Cornerstone.aspx>.) Accountability differs from disciplinary and judicial approaches in being educative rather than punitive. An accountability meeting is intended to help students understand that, as part of the campus community, their choices affect others and that any individual's poor choices can harm the entire community. The student may receive a fine or other consequence and will be encouraged to avoid any repetition of the Cornerstone Code violation. That's what an accountability meeting is. So should you be concerned? It's certainly something for your student to take seriously and to learn from.

And it's understandable that you may be feeling disappointed and wondering what went wrong. I'm sure you've had many conversations with your child about responsibility, family expectations and values, drugs, alcohol, sex, and so forth. Be assured that these talks and the example you have set have had a powerful influence. Still, young people will make mistakes. So, while you may well be concerned to learn that your student has been required to attend an accountability meeting, you can help by:

1. Keeping things in perspective. Students who've done something foolish nearly always go on to lead meaningful lives. It's not the end of the world.
2. Remembering that sometimes we learn best in the "school of hard knocks." Getting into minor trouble at school may actually be useful if it helps your student sort out priorities.
3. Keeping an atmosphere of open communication so that your student can talk with you about the incident and benefit from your guidance.

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.

Outdoor Recreation

If your student is planning on being around for Fall Break they may be interested in an upcoming trip.

Registration will begin September 23rd for our Zip Line the Canyons Tour on October 17. Registration is \$40 for this trip (50% of the regular price) and includes transportation to and from the Ocala National Forest, admission and two meals. This trip is limited to 7 students so participation will be on a first come first served basis.

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>

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.

Water Group Exercise Class

Something new: In-Water Moonlight Yoga, 7:30pm, September 26.

Lap Swim Hours

11am – 3pm, W/W/F

11am-1pm, T/TH

12noon-6pm, Sat/Sun

Intramurals

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

Flag Football and Volleyball continue.

Tennis registration due Friday, September 27.

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.	Sept. 20	FSC Sports Hall of Fall Banquet	Jenkins Field House	7 p.m.	
	All Sports				
Fri.	Sept. 20	at Jim Ryun Invitational	Lakeland	6 p.m.	
	XC				
			<i>(Holloway Park)</i>		
Sat.	Sept. 21	at Daytona St. Lady Falcon Invite	Daytona Beach	All	Day
	W Golf				
Sat.	Sept. 21	at Lynn	Boca Raton	1 p.m.	
	W Soccer				
Sat.	Sept. 21	at Lynn	Boca Raton	3:30	p.m.
	M Soccer				
Sat.	Sept. 21	vs. Cedarville	Saint Leo	9 a.m.	
	Volleyball				
Sat.	Sept. 21	vs. S.D. School of Mines	Saint Leo	3 p.m.	
	Volleyball				
Sun.	Sept. 22	at Daytona St. Lady Falcon Invite	Daytona Beach	All	Day
	W Golf				

Tue.	Sept. 24	Webber International	Barnett Field	5 p.m.	
	W Soccer				
Tues.	Sept. 24	Saint Leo	Lakeland	7 p.m.	
	Volleyball				
Tues.	Sept. 24	Flagler	Barnett Field	7:30	p.m.
	M Soccer				
Fri.	Sept. 27	at Lynn	Boca Raton	7 p.m.	
	Volleyball				
Fri.	Sept. 27	at UT Pre Regional Meet	Dover	6 p.m.	
	XC				
Fri.	Sept. 27	at All-Florida Invitational	Gainesville	All	Day
	M&W Swim				
Fri.	Sept. 27	ITA Fall Regionals	Pensacola	All	Day
	M&W Tennis				
Sat.	Sept. 28	at All-Florida Invitational	Gainesville	All	Day
	M&W Swim				
Sat.	Sept. 28	at Lady Bearcat Invitational	Hilton Head, S.C.	All	Day
	W Golf				
Sat.	Sept. 28	at Nova Southeastern	Davie	4 p.m.	
	Volleyball				
Sat.	Sept. 28	Tampa	Barnett Field	5 p.m.	
	W Soccer				
Sat.	Sept. 28	Tampa	Barnett Field	7:30	p.m.
	M Soccer				
Sat.	Sept. 28	ITA Fall Regionals	Pensacola	All	Day
	M&W Tennis				
Sat.	Sept. 28	at Saint Leo (fall scrimmage)	Wesley Chapel	12	p.m.
	W Lacrosse				
Sun.	Sept. 29	ITA Fall Regionals	Pensacola	All	Day
	M&W Tennis				
Sun.	Sept. 29	at Lady Bearcat Invitational	Hilton Head, S.C.	All	Day
	W Golf				
Sun.	Sept. 29	at All-Florida Invitational	Gainesville	All	Day
	M&W Swim				

Final Thoughts – What to recognize your student’s birthday while they are at FSC? Thought I’d pass along this great option from one of our campus clubs.

Will this be your student’s first birthday away from home?

**Let us help them celebrate with a homemade cake and birthday card
from Phi Eta Sigma Freshman Honor Society!**

To have a cake delivered to your freshman on his/her birthday, simply fill out the order form below and mail it to Phi Eta Sigma with a payment of \$12.

Phi Eta Sigma is a National Honor Society that recognizes academic excellence among freshmen in institutions of higher learning. We want to ensure the freshmen of FSC receive the support they need to academically succeed. Our birthday cakes are one simple way of showing them we care.

Birthday Cake Order Form

Order forms must be mailed two weeks prior to the cake delivery date (recipient's birthday).

Please mail your order form with your payment of \$12 to:

Phi Eta Sigma
The Bandshell
111 Lake Hollingsworth Drive
Lakeland, FL 33801

Checks should be made out to Florida Southern College.

If you have any questions or concerns, please email us at phietasigma@flsouthern.edu

NAME: _____ PHONE: (____) _____

Name of recipient: _____

Recipient's birthday: _____ Recipient's Hall: _____

Recipient's Cell: (____) _____

Please Circle a Cake Flavor:

1. Classic Yellow 2. Red Velvet 3. Dark Chocolate Fudge

Please Circle a Frosting Flavor:

1. Chocolate 2. Vanilla

If you would like a personalized birthday message to be delivered with the cake, please write your message below:

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