

The Norse Parent

NKU Parents Association Newsletter



NKU President Geoffrey S. Mearns shaking hands at the 2012 New Student and Parent Convocation

Photo Courtesy of Tim Duncan

Going for the Goals

Just a few weeks into the fall semester, the last thing most students are thinking about is next year... or even next month! However, we know that students who are able to break goals into manageable steps and who seek support along the way are more likely to achieve those goals. This is where a supportive family plus a success network at NKU can make all the difference. What are your students doing to ensure their classwork and co-curricular activities are moving them in the direction of their dreams?

Here are some tips to help your student move beyond simply *setting* goals and toward *realizing* their dreams.

- Talk to your student about goals for the semester, the year, and beyond. Start with shorter-term goals, and be sure to decide how you can mutually measure progress. Work together or give feedback on specific action steps and discuss who can help them meet their objectives.
- As always, be your student's biggest cheerleader, but don't stop there. Educate yourself on the services and resources available to your student so that you know where to guide your student for help.
- Encourage your student to develop relationships with faculty and staff members on-campus to form the beginning of a success network that can provide day-to-day support. If students share goals, their on-campus network is one more layer of accountability, as well as a place to share in celebrations and concerns.
- Ensure your student has a planner and/or another system of organization. Suggest that they write down an overview of what they learned and gained from each class or co-curricular activity. This way, when they look back, they have specific details to share about each of their experiences!

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Important Dates:

All Month

NKU Soccer, Volleyball and Cross Country—

[Click here to see the full NKU Athletics schedule](#)

September 10

Last day to drop a full-session course with 50% refund

September 19

2nd Tuition Payment Plan Installment Due

September 21

Last Day to Drop a 1st-Session Course with a Grade of "W"

September 28

Fall 2012 Cancellation of Classes for Nonpayment

September 29

Service on Saturday

September 2012
Volume 4, No. 2

Transitioning to College the Healthy Way

By Siobhan Ryan, Alcohol and Other Drug Counselor

“According to research summarized in a College Task Force report to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), the consequences of excessive drinking by college students are more significant, more destructive, and more costly than many parents realize. And these consequences affect students whether or not they drink” (NIAAA, 2010). For many students, especially freshman, this may be the first time that they venture away from home and have more relaxed rules with less supervision. It is usually during the first 6 weeks that students face the challenges of settling in, attending classes and establishing social networks. During this time students sometimes get caught up in “fitting in” behavior which can include abusing alcohol or other drugs. Students are very influenced by their peers and can sometimes grossly exaggerate the use of alcohol or other drugs by their peers. Northern Kentucky University is committed to providing a safe environment for personal growth and learning that supports collegiality, collaboration, and civility. Here are some tips to help you support your son/daughter become a successful student learner.

- Talk with your son/daughter about your concerns and expectations; make sure you set clear boundaries.
- Call your son/daughter frequently the first 6 weeks of college to check in on class attendance, social activities, and to inquire about roommates.
- Be familiar with campus student support services including Health, Counseling and Prevention office, Student Achievement Services, Rec Center, Student Life, and Learning Assistance Programs.
- Make sure your son/daughter understands the penalties for underage drinking and also the impact binge drinking or other drug use can have on academic, financial, physical, social, and spiritual life areas.
- Attend parent’s weekend so you can physically see how your son/daughter is coping with college.
- Be a good role model and be willing to listen to them about drug and alcohol issues.
- Discuss their experience with alcohol and drug use and help them find healthy alternatives both on and off campus.
- Tell your student to stand up for his/her rights to a safe environment. Students who do not drink can be impacted by those that do, ranging from interrupted study time to assault or property destruction.
- Don’t enable them! If you have concerns talk to your son/daughter and get help.

Additional suggestions can be found at:
<http://www.collegedrinkingprevention.gov>
<http://www.niaaa.nih.gov>

Parents who are concerned or who need additional information should contact campus or community resources.

Health, Counseling and Prevention Services
(859) 572-5650

hcp@nku.edu

University Center, room 440. Office Hours: 8:30AM—4:30PM Monday-Friday

Website: <http://hcp.nku.edu>

Interested in getting more involved as an NKU parent?

Become a member of the Parent Advisory Board!

The Parent Advisory Board is a group of NKU parents who volunteer their time to connect with the university and serve as the governing board of the Parents Association. As part of this role, parents will provide feedback to the university, act as liaisons between the university and the general parent population, and learn about important campus resources in an effort to share those resources with all parents. The Board meets no more than once per month during the school year, and no more than once per summer. Any parent or guardian of a current NKU student is welcome to nominate themselves for a position on the Board. *These parent volunteers are incredibly valuable resources to the university and to all NKU parents!*

Learn more about the Parent Advisory Board and nominate yourself TODAY online at:
<http://orientation.nku.edu/parent/pab.php>



Stay Tuned...

For more updates on Family Weekend via *The Norse Parent* (this e-newsletter), the [website](#), and our [Facebook page](#).

This year, in an effort to celebrate NKU's new Division I status, Family Weekend has been combined with Homecoming. Parents will be invited to several events throughout Homecoming Week, which runs from January 18th to the 26th. The Parent and Royal Reception will be on January 26th at 5:30pm, between the Homecoming basketball games. Other events and times coming soon!

From College to Career: Start Preparing Now!

By Lisa McElfresh, Career Advisor

Professional resume writing services may charge as much as several hundred dollars for their expertise. In fact, an Internet site that offers discount coupons for various services recently listed resume help from one service for \$65, regularly a \$225 value. It sounds like a great deal, but at the NKU Career Development Center (CDC), current NKU students and alumni can receive resume assistance for free. In fact, students may stop by the CDC to have their resumes, cover letters or other job-search materials reviewed during walk-in hours Monday-Wednesday 2:30-4pm and Thursdays from 4-5:45pm this semester.

However, the career assistance provided by the Career Development Center doesn't stop there. Career planning is a lifelong process that includes self-assessment, career and/or major exploration, occupational research, gaining career-related experience, obtaining employment, professional development, and career transition. Our career advisors are available to assist your student through each stage of his or her career development. Students may call 859-572-5680 to schedule an individual appointment with a career advisor to discuss any of the topics listed. The CDC also presents a series of campus-wide workshops on resume writing, interviewing, job search skills, and internships/co-ops during fall and spring semesters. A complete list of workshops and other career events such as job fairs can be found on the CDC website: <http://www.cdc.nku.edu>.

In addition, hundreds of businesses, industries, and non-profit organizations actively seek employees through the Career Development Center via a database called Norse Recruiting that is accessible 24/7 only to NKU students and alumni. Norse Recruiting currently houses information on more than 2500 organizations and more than 3500 contacts. Students may complete profiles, upload resumes and other job search documents, research companies, and search for and apply to jobs in the database.

Help your student begin preparing for the future now by encouraging him or her to connect with the Career Development Center located in UC 305 (above the bookstore).

Did You Know...

Fast Facts for Parents about Study Abroad

- Every NKU student in any major and minor can study abroad? We have courses abroad for nearly every major at NKU. Students receive academic credit for nearly all programs abroad.
- NKU has programs running over spring break, winter break, and summer break? Study abroad programs range anywhere from 1 week to 6 weeks. Semester long programs are available as well.
- NKU students can study in nearly every continent? We have programs in over 35 countries in the world in North America, South America, Asia, Africa, Europe, and Australia.
- NKU has scholarships specifically for study abroad opportunities? NKU students have the potential to earn up to \$2,000 to study abroad. Additional scholarships are available as well.

Contact the Office of Education Abroad, located in University Center 415, at 859.572.6908 for more information on programs, deadlines, and scholarships. Visit Education Abroad online at <http://studyabroad.nku.edu>

2012 New Student and Parent Convocation

Thanks to all those new students and parents who attended! Please check out all the pictures from the event and feel free to print your own copies at

<http://nkuconvocation.shutterfly.com/>.



Campus Recreation

Is your student fighting the famed “Freshmen (or Sophomore or Junior, etc.) 15”? Adjusting to new food options on-campus? Whether your student has generally healthy habits or not, the Campus Recreation Center is a great place for students to relieve stress, get in shape, connect to campus, and make new friends. Campus Rec offers options for all athletic and fitness levels.

Some of the programs offered include:

- Norse Fitness Classes—working out in a group setting may encourage greater accountability!
- Intramurals & Club Sports—anything from volleyball to bowling to Quidditch!
- Personal training—to help teach students proper technique and targeted exercises.

Featured Resource

Tip of the month:

Next month (October) means midterms! Yep, it’s already here!

- ♦ Before mid-term grades (just for freshmen) and mid-term exams, be sure to talk with your student about how they feel they are doing in their classes.
- ♦ If your student is struggling, encourage him or her to talk to the professor now about what he or she can do to begin to raise the grade.
- ♦ Regardless of whether or not a student is struggling, encourage students to take advantage of our Learning Assistance Programs to enhance their note-taking, time management, and study skills, as well as double-check their writing and get tutoring in almost any class.
- ♦ It is important for students to reach out early and get support before they are seriously struggling. Especially for our first-semester freshmen, digging out of a low GPA can be a multiple year challenge, and the resources are available to help them get started on the right track!

Special Thanks to our 2012 Parent Panelists:

- Sandy & Kelly Ashley
- Michele Romito
- Jennifer Ruwe
- Janet Moulton
- Mary & Jeff Chesnut
- Serena & Larry Owen
- Julie Broderson
- Jenny Rodriguez
- Jill Shelley
- Patty Farris
- Anita Adkins
- Betty Mulkey

Contact Us:

Office of New Student Orientation and Parent Programs

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Highland Heights, KY 41099
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