



## FGCU Parents & Family Newsletter

### March 2007

**Colin Powell is to speak at our Alico Arena on 6:00pm Friday, March 23rd for our Annual University Lecture Series.**

**\*\*All tickets for the Alico Arena and FGCU campus simulcast broadcasting are sold out. Please call 941-505-7469 for tickets for the simulcast broadcasting at the Center for Performing Arts and Education in Punta Gorda in Charlotte County.**

#### Important Dates

|   |         |
|---|---------|
| Spring Break                              | 3/5-10  |
| Last day to drop without Academic Penalty | 3/23    |
| Last day of Classes                       | 4/23    |
| Finals                                    | 4/24-27 |
| Commencement                              | 4/28    |

#### Registration Dates for

##### Summer & Fall 2007 Enrollment

- 3/26 —Honor Program Students, Graduate, Athletes, Post- Baccalaureate, Seniors, Teacher Certification students
- 3/29 —Juniors
- 4/2 —Sophomores
- 4/5 —Freshmen, High School Dual Enrollment Students

##### In-Person Registration:

- 4/9 —All Degree-seeking students

Dear FGCU Parents and Family,

Spring is definitely here and the spring semester at FGCU is at its full swing. During the week of March 5th, FGCU students will be enjoying much-needed re-energizing and relaxing spring break!

We welcomed over 1200 prospective students and family during our Spring Eagle Expo held at the end of February.

It was the biggest Expo turn out yet! FGCU is truly being discovered within Florida as well as throughout the country.

We look forward to welcoming another set of new faces of FGCU students and families this summer.

Happy Spring!

Sincerely,

*Paula Machlin*

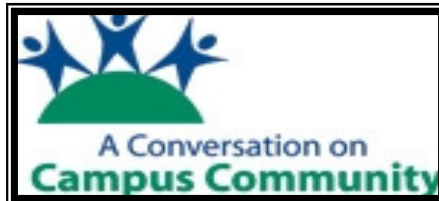
**Paula Machlin**

Coordinator of Advising and Parent Relations

Parent Office



**Paula Machlin**



***"A Conversation on Community Conversation" forums were held under the direction of Dr. Mike Rollo, the Vice-President of Student Affairs and his directors at Florida Gulf Coast University during February and March.***

***The Division of Student Affairs invited the FGCU community members (students, faculty, and staff) to come together and participate in open discussions on the FGCU campus culture. The sessions were a huge success! Data from the sessions will be collected and analyzed for future planning purposes. and re-echo our educational institute's future.***



**Introducing...  
First Year Advising  
Academic Advising Syllabus**  
<http://enrollment.fgcu.edu/advising/FreshmanSchedule.htm>

*The FGCU Parent Office would like to introduce freshmen parents to the newly developed First Year Academic Advising Syllabus. Reviewing this document and browsing through its' hyperlinks with your student will be a very helpful preview of the academic advising experience at FGCU. The syllabus features an outline of student advisement expectations, important dates, and several dynamic tutorials to help familiarize students with their navigation of the course selection and online scheduling process.*

First Year Academic Advising Syllabus  
<http://enrollment.fgcu.edu/advising/FYAsyllabus.pdf>



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## The Overwhelmed Student: How Parents Can Help

Chances are that your student has a lot on his mind this month. Midterms, the academic crunch leading up to Spring Break, getting a summer job or internship, personal “stuff”... it's a lot to handle.

Many students succumb to feelings of being overwhelmed at this time of year. For some, it's a temporary thing alleviated by talking it out with friends or family, exercising or having a good cry. Others, however, can be paralyzed by their overwhelmed feelings.

### *Stepping in to Help*

If you're concerned that your student isn't handling things well, help him break down the commitments in his life into more manageable chunks. For instance, if he has three big projects due before Spring Break, encourage him to write out steps that will lead to the completion of those projects. Tackling “create a bibliography” is much more doable than “get that whole huge 30-page paper done.”

Also, suggest that he talk things out with someone in the learning center or counseling center to help him get back on track. Being overwhelmed can be frightening and frustrating—he may just need to express his feelings so they're not bottled up, paralyzing him from moving forward. Or he may have some anxiety issues to work through so he can learn to better cope when overwhelmed feelings start grabbing hold.

Another key way to help your student get past overwhelmed feelings is to let him know that you value and love him, no matter what his accomplishments are. That way, he's not working to get good grades for your approval or taking on too many leadership positions in hopes that you'll notice. Instead, he'll be doing things for himself, turning “shoulds” into “coulds.”

### *Think Your Student is Overwhelmed?*

*If so, he/she may be...*

- *constantly feeling behind*
- *worried about how others perceive her*
- *feeling like she's letting people down*
- *not able to get a handle on her various commitments*
- *paralyzed by multi-tasking*
- *consistently disorganized*
- *not as reliable as she usually is*
- *frustrated with herself*
- *burned out*
- *tense to the point of anger and other intense emotions (crying, swearing, etc.)*
- *scattered and unfocused*



*Helping your student stay well***The Season of Sneezing.....**

'Tis the season to be sneezing! Share the following tips with your student to help prevent the onset of a cold:

- ◆ Wash your hands—often! It's the single most effective way to keep from catching a cold or spreading one to someone else
- ◆ Cover your mouth and nose when you cough or sneeze. The barrier helps keep germs contained.
- ◆ Eat a balanced diet. A healthy diet includes plenty of fruits and vegetables, balanced with the other major food groups. Sometimes a daily vitamin can offer a good supplement to a diet.

- ◆ Get sleep! Bodies need time to rest and recover—and to process all of the information learned in a given day.
- ◆ Exercise—even if it's just a little—every day. Walk up the stairs instead of taking the elevator, go for a short jog, or crank out some sit-ups and push-ups as a study break.
- ◆ Don't let stress get to you. College is a stressful time, especially near final exams. Find ways to manage the stress productively.
- ◆ Avoid sharing with people who have colds. This will greatly reduce the

risk of catching a virus.

- ◆ Unfortunately, no matter how hard your student works to maintain a healthy immune system, it's likely that he will contract a cold virus at one point or another. Therefore, in addition to being aware of healthy lifestyle strategies, he should be able to recognize primary cold and flu symptoms and know when to seek medical assistance.

**Common cold symptoms include:**

- a scratchy sore throat
- sneezing
- fatigue
- nasal drainage
- body aches
- a dry or productive cough

Colds persisting longer than two weeks or students experiencing symptoms such as a sudden fever, prominent headache or ear-ache, extreme fatigue, and severe aches and pains could indicate an infection of the respiratory system caused by the flu.

If your student sounds like he might be

coming down with a cold or flu, encourage him to visit the campus health center at the first sign of symptoms. While a cold or flu might seem like no big deal, it can be on a college campus! Your student's defenses may be down due to stress and fatigue, making it more challenging to beat the bug, plus it's easier to infect others when living in such close quarters.



**Here is a great way to support your students throughout their mid-term and final exams, and let them know you are thinking about them.**

**From-mom.com is a care package company who serves college campuses delivering various food items/care package to students.**

**Please go to the FGCU Parent Office website which has the link to From-mom.com and send a package to your favorite FGCU student!**

**<http://www.from-mom.com/fundraising/index.asp?fc=FGCU>**



## Is your student getting enough shut-eye?

### Sleep Issues Among Today's Students

Students often find themselves pushed beyond their limits. Overwhelming amounts of academic, work, personal and co-curricular responsibilities can impact their daily sleep patterns.

Many college students underestimate the need for a good night's sleep. It is very easy to fall into a pattern of poor sleeping habits yet students are often unaware that their sleep deprivation (which is usually self-inflicted) can cause them serious problems. They may be so used to being consistently sleepy that they don't realize their lack of sleep is unhealthy or abnormal.

You can help them become more knowledgeable about the role adequate sleep plays in their college success. The following quiz can help.

For some tips on helping your student get quality sleep, see page three.

Resources: National Sleep Foundation at [www.sleepfoundation.org](http://www.sleepfoundation.org); University of Michigan Health Service at [www.uhs.umich.edu/wellness/index.html](http://www.uhs.umich.edu/wellness/index.html)

#### Answer Key

- False:** Most young adults require 7-9 hours of sleep per night in order to remain healthy.
- True:** Sleep is necessary to maintain your circadian rhythms (the light-dependent 24-hour cycle that regulates body and mind), restore your body functions, and strengthen your immune system. All of these things help prepare you for the following day.

#### True or False:

- Most young adults require 6-8 hours of sleep per night.**  
T F
- Getting adequate amounts of sleep helps prepare people for the next day's challenges.**  
T F
- Eating chocolate or other sugary foods makes falling asleep more difficult.**  
T F
- Taking naps is a good way to offset getting too little sleep at night.**  
T F

3. **True:** Chocolate and other sugary foods do make falling asleep more difficult. If you are hungry close to bedtime, eat a light carbohydrate or dairy snack instead. In small quantities, eating something light can sometimes help you fall asleep. Have you heard the notion that a bottle of milk puts a baby to sleep? The same can work for adults.

4. **False:** Taking a nap is not recommended because it reduces the amount of time a person sleeps at night. If necessary, take your nap early in the day and for no more than 20-30 minutes.

5. **False:** Sleeping pills and other sleep aids actually reduce sleep quality. The U.S. Food & Drug Administration does not regulate products classified as dietary supplements

- |    |  |   |
|----|--|---|
|    | T  | F |
| 5. | <b>Sleeping pills and other sleep aids improve sleep quality.</b>  |   |
|    | T  | F |
| 6. | <b>Sleep loss is linked to an increased risk of mental illness (such as depression) and other illnesses (such as colds and flu).</b> |   |
|    | T  | F |
| 7. | <b>Trading sleep time for study time will increase your ability to be successful academically.</b>                                   |   |
|    | T  | F |

(such as melatonin). Therefore, their strength and quality are not guaranteed.

6. **True:** In college students, depression is two times more common than in the general population, affecting nearly 20% of students. Researchers believe that lack of sleep contributes to this high rate. Additionally, inadequate amounts of sleep cause increased susceptibility to illnesses such as colds and flu.
7. **False:** Many college students make the mistake of staying up late or pulling all-nighters to prepare for an exam or to complete an assignment. In reality, not getting enough sleep makes it more difficult for them to concentrate; process, analyze, and retain information; and manage stress.

### Impact of Sleep Deprivation

According to [www.sleepdeprivation.com](http://www.sleepdeprivation.com), 47 million American adults—almost a quarter of the population—do not get enough sleep. Getting enough sleep is important, as being overtired can cause:

- Moodiness
- Higher susceptibility to illness
- Lack of energy
- Stress

- Anger
- Lack of concentration
- Difficulty retaining new information

Because of these effects, lack of adequate sleep often causes students' grades to drop. Staying up late to study and then getting up early in the morning to do it again are counter-effective strategies that can become a senseless cycle.

