



FGCU Parents & Family Newsletter

November 2007

Dear FGCU Parents and Families,

What a weekend filled with activities we've all had here during the Family Weekend and the FGCU's 10th year celebration day during the weekend of October 26!! It was very nice to see so many of you again since last summer. We hope you've had a great weekend reconnecting with your student and the FGCU families. Happy November!



Sincerely,

Paula Machlin

Paula Machlin
 Coordinator Parent Relations and Outreach

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*Happy Thanksgiving*



| Important Dates                                         |          |
|---------------------------------------------------------|----------|
| <i>Registration for Spring 08 Begins for Freshmen</i>   | 11/1     |
| <i>Registration for Spring 08 Begins for Sophomores</i> | 10/29    |
| <i>Registration for Spring 08 Begins for Juniors</i>    | 10/25    |
| <i>Registration for Spring 08 Begins for Seniors</i>    | 10/22    |
| <i>Veteran 's Day Observed (No Classes )</i>            | 11/12    |
| <i>University Day (No Classes )</i>                     | 11/21    |
| <i>Thanksgiving Break</i>                               | 11/22-25 |

## ***Seasonal Student Issues***

**There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month**

- Roommate problems/floor tension
- Academic pressures because of procrastination, workload and lack of ability
- Burnout
- Not feeling like they have the stamina to keep up the pace through finals
- Job search stress for holiday break
- Problems from increased alcohol consumption
- Lack of initiative to find new friends or activities because it seems social groups are already set up
- Concerns about going home at Thanksgiving—whether it's concern about seeing changes among old friends or how things will be with family members

## **Top 5 Ways to Keep Students Abreast of World News**

It's really tough for college students to stay in touch with news happening off campus while they are away at school. Although the Internet makes it much easier than it used to be, students often complain that they never have enough time to read the newspaper or peruse headlines. Unfortunately, in today's uncertain times, it's important that students live outside of the "college bubble."

***Help your student stay abreast of community, national and world events by:***

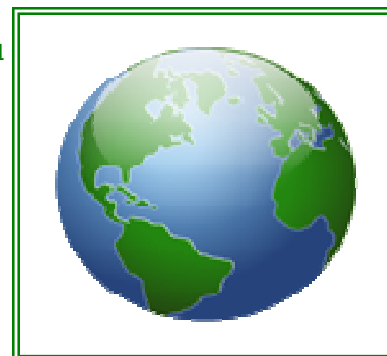
5. Clipping interesting stories from your hometown paper and sending them to your student every few weeks. Pick out stories that relate to his interests, add your own commentary and send them along. Your student will appreciate being kept in the loop about hometown happenings!

4. Sending out an email with selected clips each week. This is easier than you think. All you need to do is complete a quick search on the Internet for the top news stories of the week. Then, you can either scan the articles briefly and provide a quick synopsis with the link to the full story or just include the headline with the link. Put 3-4 stories in one email and send it along for your student to read on his own time.

3. Watching a weekly TV news show together—from afar. Select a show that fits your preferences and then make plans to watch it together each week. After the show, talk with each other via phone to share your perspectives and thoughts. If you can't do this weekly, consider watching important shows related to the upcoming Presidential campaign.

2. Tuning in to NPR. You can even do this via podcast, which would probably work even better for your student. Select several podcasts together, download them and listen, and then share your thoughts and ideas with one another.

1. Hosting a conversation dinner. Invite your student and several of her peers into your home for a home cooked meal and conversation about a global issue. Make this a formal occasion. Just be sure to pick a topic that won't get too heated! If you aren't close enough to make this happen, help your student organize a dinner to happen on campus. Send food her way (or pay for her to order in from a local restaurant). Suggest some conversation starters and let the dialogue begin!



## Is your student taking advantage of campus happenings?

### Tuning in to Campus Life

Now that your student has been in school for several weeks, it's time to take stock of his level of involvement in campus happenings. Do you get the sense that your student is taking advantage of all that college life has to offer? From academic to social to artistic to athletic, we promise that there is plenty to choose from!

#### **Some Questions to Ask**

You can gauge your student's level of involvement on campus by asking the following questions:

- What are the some of the events that have been happening on campus lately?
- Have you done anything fun in the last week?
- What kinds of events are being sponsored in your residence hall?
- Are there any major speakers or performances visiting the campus this semester?
- How are the athletic teams doing?
- Where are your favorite places to hang out on campus?
- What kinds of events are going on in the local community?
- What's the best way to find out about campus happenings?



By chatting about this topic, you'll let your student know that you care about more than just how he does academically. Participating in things outside of classes will enrich him intellectually, physically and spiritually. Encourage him to read flyers, peruse the campus newspaper and website, attend hall events, and visit the cool nooks and crannies on campus. College is all about trying new things. He's got to get out there and explore in order to reap the benefits.

### **Involvement=Academic and Personal Success**

***"Student engagement is positively related to grades and to persistence between the first and second year of college."***

- from the 2006 report from the National Survey of Student Engagement

Research shows that students who engage in campus happenings, whether it's joining an organization or attending campus events, often feel more a part of their school. They also learn to juggle more, leading to increased academic success. So, instead of warning your student away from out-of-class involvements, consider encouraging him to balance his academics with some campus happenings. His social life, his sense of belonging—and his grades—will likely thank you!



***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>***

## The Influence of Peer Drinking Behavior

It's quite likely that your student has or will come into contact with drinking behaviors this semester. Unfortunately, whether or not your student is choosing to partake, risky drinking doesn't just impact the students who are engaging in the activity.

Consider talking with your student about this "secondary drinking effect" to make sure that he is standing up for his rights as a campus community member too. It can be a tough topic, yet it's important.

Some of the ways that students may be negatively impacted by others' alcohol abuse are:

- *taking care of an intoxicated roommate or other student*
- *experiencing an unwanted sexual advance*
- *having a loud hallway on nights when intoxicated residents return*
- *getting into an argument with an intoxicated individual*
- *not getting enough uninterrupted sleep or study time*
- *having property damaged*



If your student identifies experiencing any of these situations, encourage him to talk with his RA or another staff member on campus. We want to know this information so we can address these behaviors and their community impacts.

Fortunately, most students choose to drink responsibly or not at all. It's those select few, however, who can disrupt the lives of many.

### **Learn More ...**

Visit [www.collegedrinkingprevention.gov/CollegeParents/](http://www.collegedrinkingprevention.gov/CollegeParents/) to learn more about drinking on campus.

**There are links for:**

- What Parents Need to Know About College Drinking
- College Fact Sheet for Parents
- College Alcohol Policies
- Snapshot of Drinking Consequences