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Panorama

Southern Adventist University's Parent Newsletter | November 2005



Step Back, Not Out

Whether your student's move to college spanned 4 miles or 4,000 miles, chances are you'll be a little less involved in his or her life than you used to be. However, most college students appreciate when their parents show that they are still available. Although students may need their parents to be a smaller part of their lives, it's likely that they also want their parents to show an interest through phone calls, instant messages, or emails.

Staying involved without intruding is a tight line to walk, so we've done some research and discovered a few tips that might help add some balance to parents walking the high wire.

- Resist the urge to rush to your student's rescue when he or she calls home upset about a conflict, a class, or life in general. Part of the university experience is learning how to overcome problems in life, so instead provide a calm, listening ear.
- Offer advice, but present it as a suggestion, as one of many possible solutions to encourage your student to come up with his or her own creative solutions or to seek out resources on campus.

- Learn to recognize the difference between a venting session and a real, life-sized problem, and take action accordingly.
- If your student has a weakness (for example, making friends) don't ask about that problem first thing every time you talk or write. Invent new ways to learn about how he or she is doing rather than becoming a constant reminder of a negative aspect in life.
- Give advice without lecturing by keeping your responses short.

Although your student may need some space, it is important that he or she knows you are interested in both problems and triumphs and that you are easily accessible. By initiating contact in a moderate manner, paying attention to your student's specific needs and preferences, and making yourself available, you can stay in the loop without becoming intrusive.

Source: Letting Go: A Parent's Guide to Understanding the College Years, by Karen Coburn & Madge Treeger, © 1997

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Dear parents,

We're happy that you're a part of our university family! Whether you've just sent your first child to college or have years of experience under your belt, we want you to know that although your children are out of the house, they're not out of reach.

Through *Panorama*, Southern Adventist University's parent newsletter, we'll provide a glimpse into student life on our campus. Our goal is to help you understand your child's university experience and discover new opportunities and fresh viewpoints into our students' daily lives. In two issues each semester, we'll share information about campus resources, upcoming events, and a variety of news and tips to help you stay connected to our campus. We hope the newsletter will give you a chance to understand your student's world, but more importantly, we want to help you be a part of it.

God Bless,

Gordon Bietz

Campus Ministries: Outreach to the World

In September and October, Campus Ministries demonstrated the power of ministry in an overwhelming response of support to Hurricane Katrina victims.

"It was an experience I'll never forget," says Sonya Reaves, senior social work major from Texas. "All the stores in town were closed, so the people had to wait in lines an hour long to get supplies, which we handed out in a drive-through type set up. I felt privileged to be a small part of an effort where people worked together to accomplish the huge task of supplying thousands of people with the basic necessities."

During the five weeks following the hurricane, Campus Ministries and the Chaplain's Office sent several groups of more than 40 student and faculty volunteers from Southern Adventist University to the distribution center near Bass Memorial Academy. The center, located in Waveland, Mississippi at the time, became a base of disaster relief not only for the local Adventist community but for surrounding areas also affected by the hurricane.

Being able to make such an impact on the disaster relief effort was very rewarding and exciting for the students who helped out, according to Ken Rogers, chaplain at Southern.

Campus Ministries offers students a chance to make a difference not only when large-scale events occur but also on a smaller scale through more than 20 ongoing ministries, as well as through the student missionary program. By joining the outreach efforts of Campus Ministries, students can improve their university experience and learn how to let God lead in their lives, share the gospel in every-day activities, and gain skills for the "real world", says Reaves.

"We exist to make Jesus better known and loved on and off the campus," says Rogers. "Through worship services, Bible studies, community outreach, personal counseling, student missions, and many other avenues, we are able to reach people where they are and draw them closer to Him."

~Brad Lasley, sophomore business administration major from Tennessee



Did you know?

The New Writing Center

Whether your student is an aspiring journalist who wants to get published or a student who needs help with a research paper, the new Writing Center is designed to meet every student's needs. In the center's friendly, quiet atmosphere students can take advantage of a number of services, including free 30-minute tutoring sessions. Each week, teachers are brought into the loop through consultation summaries prepared by the center to facilitate communication between students and professors.

The Writing Center, located on the second floor in the library, is open from 1:30 to 9:30 p.m., Monday through Thursday and 5:30 to 9:30 p.m. on Sundays. The schedule was designed to provide help to as many students as possible, ensuring that students with late classes can receive assistance too. Students are encouraged to take advantage of this new resource by visiting the center or calling 423.236.2384 to schedule an appointment.

~Jacqui Reed, freshman communications major from Alabama

Tutoring

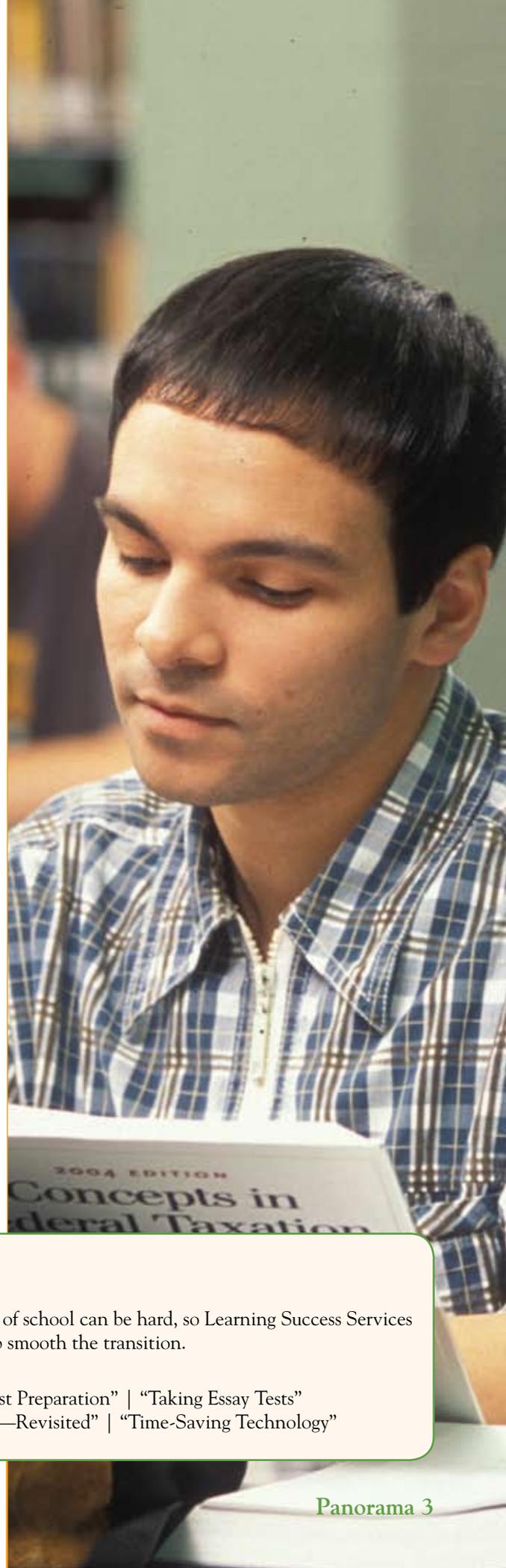
Students who need help in virtually any subject can turn to Learning Success Services, which offers tutoring in a variety of areas. Their highly qualified tutors complete a three-hour course in their specific subject and are trained to help students with learning disabilities prior to being certified for tutoring. Tutors and students typically work together on a one-on-one basis, with a maximum limit of two students per tutor.

The center also offers "Academic Power Tools", a course designed to boost students' university learning skills.

"We encourage students to take advantage of our resources online as well as at the office," says Regina Bailey, office manager at Learning Success Services. "We have many resources to help improve skills in a large number of areas."

Students can call 423.236.2838 or visit lss.southern.edu for more information.

~Brian Magsipoc, senior public relations major from Florida



School Start Seminars

The faculty and staff at Southern know that getting back into the swing of school can be hard, so Learning Success Services offered students several seminars at the beginning of the semester to help smooth the transition.

Seminars included:

"GPA—How It Is Used, How to Use It" | "Best Use of Professors" | "Test Preparation" | "Taking Essay Tests" | "Taking Tests ('Multiple Guess,' True/False, Analysis)" | "Taking Notes—Revisited" | "Time-Saving Technology"



Mindie Getty

Communicating From Afar

With the memory of dropping off my only child at an Adventist academy still fresh in my mind, it's hard to believe that she is already a junior at Southern Adventist University.

We live several thousand miles apart with a four-hour time difference, so we value any means of staying close to each other. Several times a week we send each other a quick hello using MSN Messenger, and when our schedules don't coincide, we use email to communicate. Occasionally, I try to surprise Mindie by sending a package through regular mail. Nothing fancy, but a humble box filled with her favorite cashew nuts; forgotten and left-behind items; a pair of cloud socks; or a card or letter decorated with things found around the house, like childhood stickers.

I believe one of the most powerful and important means

of communication is the spontaneous telephone call. We often call Mindie after 9 p.m. in Tennessee, when we can talk for free on her cell phone. This is the time when we share our lives for the day

I believe one of the most powerful and important means of communication is the spontaneous telephone call.

and say how much we love each other.

As parents, it is important to utilize every opportunity to stay in touch with our children. Make praying for them a priority. Better yet, when talking on the phone, end the call with a prayer. Praying together affirms our love for each other and our trust in God. It resecures our faith in God's protection and reminds us that our child is God's child and that our worries are not ours but our Heavenly Father's.

~Alfred & Key Getty, parents of Mindie Getty, junior psychology major from Alaska



David & Donnalene Beardsley

Get Involved

As I think back on the years when our two children, Doug and Stacy, were at Southern Adventist University, I realize there are many things I know now that would have been quite helpful the first few years our children were at Southern. Since we lived locally, we didn't have the long distance to separate us, but all the same it was difficult to stay informed about what was going on in their lives. Since that first semester of change, I've learned a lot about how to stay in touch with our children.

First and foremost, get involved. Visit your children as often as you can and attend whatever programs they are in as much as possible. If there are any activities you can get involved in with them, like sports or community service, make sure you do so on a regular basis. Second, get acquainted with their friends and have them over on weekend leaves or on vacations for a good meal every so often. Third, and most importantly, pray unceasingly for them, that their college experience will draw them into a deeper relationship with God, one that will last a lifetime.

~David & Donnalene Beardsley, parents of graduates Doug and Stacey Beardsley

Favorite Bible Text

"When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?"

Psalms 56:3,4 (NIV)

This is one of my very favorite Bible passages because it reflects the assurance I have in my Savior. When I face danger or adversity, I am unafraid because I know Jesus is holding me in His arms.

~Jacqui Reed, freshman communications major from Alabama



PROFESSOR PROFILE: DR. JUD LAKE

On a bright September afternoon Dr. Jud Lake, professor of religion at Southern Adventist University, took a moment to prepare for the challenge before him. It was the 47-year-old Tennessee native's eighth year competing in the 22.5-mile Sunbelt Cohutta Springs Triathlon, a popular event among many students at Southern.



Why would a religion professor with two doctorate degrees look forward to such an event? It takes just one visit to one of his classes to see that his dedication to training for the triathlon pales beside his commitment to leading students into a closer relationship with Christ. Lake's 10 years of experience as a pastor in the Gulf States Conference and eight years teaching at Southern show in his well-delivered, thought-provoking lectures. His goals to impact his students for Christ and train them to be effective servants in the church are apparent in his life as well as in his classroom.

Lake earned a ThD from the University of South Africa in 2003, a DMin from Reformed Theological Seminary in 1993, an MDiv from Andrews University in 1986 and a BA from Southern Missionary College in 1982. His courses at Southern include "Intro to Biblical Preaching" and "Adventist Heritage".

How to Get Your Student's Grades

What does the Family Educational Rights and Privacy Act (FERPA) mean in regards to your rights and privileges as the parent of a Southern Adventist University student? Observance of the act, which is designed to define the rights of parents, students and other parties regarding the student's academic record and other information, means you may not have access.

Southern, in spite of being a private university, must follow FERPA's regulations. Once students reach the college level, they are considered adults and have the right to privacy. This means most students can deny their parents access to their academic records, according to Katie Lamb, associate vice president of academic administration at Southern.

However, according to Lamb, if a Southern student is legally dependant (included on their parent's income tax form), that student's parents have a right to access academic records

without the student's consent. But, according to FERPA, parents paying tuition for non-dependant students cannot view his or her records without that student's permission.

"My suggestion is, if students want mom and dad to pay the bills, then they have to be willing to share information about their academic performance," says Lamb. "Parents can always tell them that if they pay the bills, they get the grades."

If a student chooses to allow their parents access to their grades, he or she can renew that permission each semester through the online registration system. Once parents know they have access, they can view the academic record using two methods. Just after first semester midterm exams, the Records Office sends a letter to all parents who have been granted access to their student's grades. This letter provides instructions and a password so parents can see the grades online. Should they prefer a hard copy, they can request one from the Records Office at midterms and at the end of each semester.

For more information about FERPA and Southern's policy concerning the release of academic information, visit academics.southern.edu or records.southern.edu.

Sources: Family Educational Rights and Privacy Act, academics.southern.edu, records.southern.edu



Southern Adventist University's Symphony Orchestra

For students who love to play stringed instruments, Southern Adventist University's symphony orchestra is a place where they can use and improve their talents.

Several performances and traveling tours fill each semester and attract many students to the Orchestra, but it is the love of music that keeps members coming back.

"I think most people do it because they just love to play," says Laurie Redmer Minner, associate professor of music and orchestra conductor.

Jeremy Mau, a sophomore engineering student, has played the violin for over 10 years, two of

which he spent as a member of Southern's symphony orchestra.

"It's a place where I can keep practicing violin, and I can get away from my schoolwork," says Mau. "I plan to continue playing in the orchestra as long as I can."

The 66-member orchestra practices four days a week and performs about every six weeks. The first performance of the year was Sunday, October 9 in the Collegedale Seventh-day Adventist Church.

"The most amazing thing about the orchestra is that we take all our exams in pub-

lic," says Minner. "With our performing groups, what we do in the classroom is taken straight to the public in our concerts and on tours."

This semester's tours include performances in Florida at Forest Lake Academy, Tampa First Church, and Avon Park. Next semester includes a tour to Cincinnati, Ohio. Every three years, the orchestra goes on an extended tour; last March, the group visited Europe and traveled to Italy, Spain, Switzerland, France, and Monaco.

Auditions for placement are held at the beginning of each year, and students who join make a full year's commitment. For more information about the orchestra, visit the School of Music's website at music.southern.edu.

~Missy Maracle, sophomore journalism major from North Carolina

The Cafeteria System

This year, the cafeteria expanded its hours to better accommodate students' busy schedules. If unable to get to the cafe during serving hours, students also have a choice of two small on-campus restaurants: the Campus Kitchen and KR's Place.

Every student living in the residence halls has a cafeteria minimum—the lowest amount they should spend on food each month—based on an average of \$6.75 for each day that Southern is in session. Students can keep track of their spending with receipts available upon purchase or by checking online through Access Southern.

"First and foremost, the minimum is meant to encourage students to eat healthfully on a regular basis," says Marc Grundy, associate vice president for Marketing and Enrollment Services. "The minimum also allows the cafeteria to budget its meal planning in such a way as to offer three places for our students to eat and encourages our students to eat together, promoting the social aspects of involvement in the community."

The monthly cafeteria minimum does not apply to community students.

~Brian Magsipoc, senior public relations major from Florida

CAFETERIA MEALS (Weekdays)

Meal	Time of Day
Hot Breakfast	6:30 – 8 a.m.
Continental Breakfast	6:30 – 11 a.m.
Lunch	11:30 a.m. – 1:15 p.m.
Dinner	5 – 6:30 p.m. Fri 5 – 6:15 p.m.

Weekend Schedule (Sat. & Sun.)

Cafeteria	12-1 p.m. lunch 5-6 p.m. supper
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Cafeteria Monthly Minimums

September-\$200	January-\$148
October-\$174	February-\$200
November-\$167	March-\$135
December-\$90	April-\$200

Don't Miss the Mother-Daughter Brunch with Dannah Gresh

Mark your calendar for this year's Mother-Daughter Brunch, scheduled for Sunday, February 19, 2006, in the Southern Adventist University Dining Hall. The event features guest speaker Dannah Gresh, author of *And the Bride Wore White: Seven Secrets to Sexual Purity*. Dannah has appeared on programs such as *Focus On The Family*, *700 Club*, *Family Life Today*, *Midday Connection*, and Canada's *Huntley Street*. To find out more about Dannah and her ministry, visit www.purefreedom.org. Watch for details on how to get tickets in our next issue of *Panorama*.

Favorite Quote

"Good, better, best. Never let it rest. 'Til your good is better and your better is best."

~St. Jerome.

I really like this quote because it encourages me to never give up and to always strive for the best. Even if I fall down, I have a certainty in my heart that God will help me get back up and do better than before, until I reach my full potential.

~Jaynie Medina, junior public relations major from Florida

Calendar of Events

november

- 1 residence hall joint worship
- 3 convocation: actor Richard Garey, meet the firms
- 4 student missions vespers
- 5 mission expo, Evensong
- 6 Student Association spirit week, student wellness week
- 7 online winter registration, returning students only
- 8 residence hall joint worship
- 9 donor awareness day
ACROFEST weekend
- 10 convocation: Student Wellness
- 11 Student Association pancake day, vespers
- 12 Evensong, extreme dodgeball
- 13 orchestra/organ concert
- 14 online winter registration continues
- 15 residence hall joint worship
- 17 convocation: Farooka Guahari, an Afghan woman shares her story
- 18 vespers
- 19 Evensong, co-ed volleyball tournament
- 21 PRAXIS exams
- 23 Thanksgiving break begins
- 28 classes resume
- 29 Christmas on the Promenade
- 30 chaplain's cookie contest

FINAL EXAM SCHEDULE

Exam Time	Sunday December 11	Monday December 12	Tuesday December 13	Wednesday December 14
8 a.m. to 9:50 a.m.		8 a.m. MWF 8 a.m. MTWThF	8 a.m. T Th 8 a.m. T Th	9 a.m. MWF 9 a.m. T Th
10 a.m. to 11:50 a.m.		10 a.m. MWF	9:30 a.m. T Th 10 a.m. T Th	11 a.m. MWF
12 p.m. to 1:50 p.m.	12 p.m. T Th 12:30 p.m. T Th	11 a.m. T	12 p.m. MWF	1 p.m. MWF 1 p.m. MTWThF
2 p.m. to 3:50 p.m.	English Composition	2 p.m. MW 2 p.m. MWF	2 p.m. T Th 2:30 p.m. T Th	3 p.m. MW 3:30 p.m. MW 4 p.m. M
4 p.m. to 5:50 p.m.		Speech	3 p.m. T Th 3:30 p.m. T Th	4 p.m. Th 5 p.m. T Th 5 p.m. MW

Classes that meet after 6 p.m. will be given at the regular class time during test week. It is important that students be present for their final exam. Students with circumstances that might prevent their attendance are encouraged to arrange an earlier testing date with their professor. Rescheduling a midterm or final exam is \$65 per class.



My Personal Interior Decorator

Roommates come in every size, shape, and personality. There are the motherly, the co-dependent, the excessively social, the hermits, and many others. I've enjoyed and/or disliked all types at some point of dorm life, but for me the most difficult to live with are what I call the "re-decorators."

One of my roommates, I'll call her Sophie, redecorated our room every morning. She stood in front of her closet in a blue bathrobe and pulled out a purple button-up shirt and jeans. After trying them on, she decided the outfit looked wrong and dropped the items to the floor. Repeatedly, she fished for a new outfit and continued to splatter the room with color. By the time Sophie finished, our carpet and chairs were a masterpiece of her wardrobe.

This had advantages. I couldn't see the amoeba-shaped stain from her spilled can of SpaghettiOs, plus the carpet became quite nicely cushioned. But following the dressing routine, Sophie adorned the sink with globs of hair and garnished the mirror with toothpaste and hairspray.

Being a "neat-freak," I cringed at her decorations but didn't

say a word for a whole semester. However, after Christmas vacation I'd had enough and told her tactfully that it really bothered me that I couldn't see our floor or have a clean sink. She told me she hadn't realized that her habits irritated me and soon began cleaning up her "art." A little time and communication preserved our good relationship and comfortable living.

Though adjusting to a new roommate was a test of my patience, nerves, and wit, the experience helped me learn that communication and negotiation are vital in the process of learning to live with a roommate. I found out firsthand that using those tools rather than harsh words can create a great learning experience and a cherished college memory.

~Mindy Jamieson, english major from Maryland



Melinda Jamieson and current roommates stand in front of Southern Village. Left to Right: Lindsey Coy, Sonya Reaves, Melinda Jamieson, Lori Blaisdell, Andrea Keele

Contact Us: We want to know what you think! If you have any comments, questions, or suggestions, please send them to Rebekah Bissell, editor, at rbissell@southern.edu or call 423.236.2021.

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