Southern Adventist University

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Panorama Parent Newsletter

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Southern Adventist University

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Sylvia and Marlon Abarca’s daughter Amalia, a freshman nursing major, thought her world was going down. She had just received a poor grade on one of her Anatomy and Physiology tests and was starting to stress about getting into the nursing program. The Abarcas understood their daughter’s anxiety, but they also knew that it was only one test. “They saw the long-term picture and told me to wait it out,” says Amalia, “and in the end, I got the grade that I wanted.”

For a parent, a student’s exam anxiety can be stressful as well. You want your student to do well, but what your student needs most is reassurance that things are not falling apart.

Here are some tips for helping your student achieve academic success.

**Get to know the catalog.**
Becoming familiar with your student’s academic requirements as outlined in the catalog can save you and your student time and money and help ensure that graduation stays on schedule.

“Many parents are not aware that the catalog is something they should peruse,” says Debbie Yohn, author of *Parenting College Students: 27 Winning Strategies for Success*. “It gives so much information about the college itself that it gives you some great insight. It is a great reference book.”

Parents can find the catalog on Southern’s website under the new students tab.

**Encourage tutoring.**
Southern’s Learning Success Center offers free tutoring to any student who needs help with a class.

**Suggest a meeting with the adviser/professor.**
Advisers and professors are there to help your student succeed. Many professors post their office hours outside their door and encourage students to set appointments with them, especially if struggling with a class.

**Offer to study with your student.**
If you’re good at a subject your student is taking, offer to help when it’s time to study. Even if you live hundreds of miles away, what help you can offer either over the phone or through email can help make a difference.

“My dad goes through my math problems with me over the phone,” says Alesis Bragg, freshman nursing major. “It lets me know he cares about what’s going on in my life.”

**Offer spiritual support.**
Praying with your student or sharing an uplifting Bible promise is one of the best ways to help calm nerves.

“My mom texted me a verse that I had read earlier about not being anxious because God cares for you,” says Andres Palacios, freshman nursing major. “It just reminded me that God was in control.”

College, by nature, is meant to provide students with eustress, a positive form of stress that’s associated with feelings of motivation and excitement; but invariably students will also face varying levels of distress. When your student calls home with anxiety over a test or exam, take time to listen and encourage, knowing that this too will pass.

~By Suzanne Ocsai, editor
**Favorite Bible Verse**

“Casting all your care upon him; for he careth for you” (1 Peter 5:7).

—Submitted by Andres Palacios, freshman nursing major

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**Final Exam Schedule**

<table>
<thead>
<tr>
<th>TIME</th>
<th>SUNDAY December 13</th>
<th>MONDAY December 14</th>
<th>TUESDAY December 15</th>
<th>WEDNESDAY December 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m. to 9:50 a.m.</td>
<td>8 a.m. MWF</td>
<td>8 a.m. T Th</td>
<td>9 a.m. MWF</td>
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<tr>
<td>10 a.m. to 11:50 a.m.</td>
<td>10 a.m. MWF</td>
<td>9:30 a.m. T Th</td>
<td>11 a.m. MWF</td>
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<tr>
<td>12 p.m. to 1:50 p.m.</td>
<td>12 p.m. T Th</td>
<td>10 a.m. T Th</td>
<td>11 a.m. MWF</td>
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<tr>
<td>2 p.m. to 3:50 p.m.</td>
<td>English Composition</td>
<td>2 p.m. MWF</td>
<td>2 p.m. MWF</td>
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<tr>
<td>4 p.m. to 5:50 p.m.</td>
<td>1 p.m. T Th</td>
<td>Speech</td>
<td>3 p.m. T Th</td>
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**Calendar of Events**

<table>
<thead>
<tr>
<th>December</th>
<th>January</th>
<th>February</th>
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<tbody>
<tr>
<td>13 Semester exams (13-16)</td>
<td>9 Mid-Winter Party</td>
<td>7 SA Super Bowl party</td>
</tr>
<tr>
<td>14 Book buy back (14-17)</td>
<td>15 DEEP Exchange Weekend (15-17)</td>
<td>11 SA Election Speeches</td>
</tr>
<tr>
<td>15 Last day to make up winter '09 incompletes</td>
<td>16 4th Annual Cardboard Boat Race</td>
<td>12 Mother/Daughter Weekend (12-14)</td>
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<td>15 Rho Iota Induction</td>
<td>18 Community Service Day</td>
<td>13 Pops Concert</td>
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<td></td>
<td>19 Summer Camp Recruiting (19-20)</td>
<td>14 Mother/Daughter Banquet</td>
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<td>15 School of Nursing Dedication</td>
<td>18 Health Career Fair</td>
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<td></td>
<td>16 Winter Commencement</td>
<td>18 Meet the Firms</td>
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<td>17 Christmas break (17 to January 4)</td>
<td>19 Star Watch</td>
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<td></td>
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<td>21 Southern 6 Trail Race</td>
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<td></td>
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<td>26 Spring Break (26 to March 7)</td>
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*Ask the President*

**Why is the food plan set up the way it is?**

Our Food Services department provides an important part of the living-learning environment at Southern, giving students the opportunity to:

- eat well-balanced meals, fueling their brains for learning
- eat in a social environment, forming lifelong friendships
- use the time they would spend preparing their own food or driving off campus for food to study or participate in extracurricular activities

In order to provide this service, Southern needs a predictable income to pay for the food and personnel, which is accomplished through each semester’s $975 minimum food plan expenses (an amount that equals about $7.50 per day or 10 meals per week).

One thing that has been looked at carefully by several student groups is whether Southern’s *a la carte* plan is advantageous compared to a flat-rate plan offered by many universities. When students learn that flat-rate plans offered by other universities offer less options and charge more money (a comparable flat-rate plan for 10 meals can cost around $2,400), they are usually convinced that they have a pretty good deal at Southern.

With Southern’s *a la carte* plan, students:

- have the opportunity to choose from four on-campus eateries without being penalized
- may select prepared food and/or boxed food to take back to their rooms
- can socialize with friends over lunch even when choosing not to eat
- are less tempted to overeat as one might do trying to get their money’s worth from a flat-rate plan
- may still choose to eat off campus for about half their meals if they want and still be able to meet their minimum balance

To learn more about the food options your students have on campus, visit www.southern.edu/food.
The Bible Workers’ Club, which focuses on evangelizing by giving Bible studies at peoples’ homes, is growing on campus and in the community. Last year, the club comprised about 95 students; this year that number has grown to more than 160.

Ezequiel Vasquez, Bible Workers’ Club president, is amazed at the improvement in those numbers. “More students are interested in spreading the gospel,” says Vasquez.

This year, the club decided to collaborate with other mission-oriented clubs around campus, giving Bible studies to individuals who are impacted by other student ministries. Vasquez is excited about the students responding to all of the opportunities and about the impact being made. “People in the community are wanting Bible studies,” says Vasquez. “One person told me that when our club goes to his neighborhood, everything is more calm.”

The Bible Workers’ Club is making an impact not only on community members but also in the lives of students. Bible studies are also conducted on campus, helping students’ knowledge of biblical truths grow stronger. “We catch the momentum of a spiritual high that a student may have from a special program,” says Vasquez. “We try to help the students maintain it and motivate them to share their exuberance with others.”

The efforts of the Bible Workers’ Club have produced results, with baptisms in the community as a testament. The club concentrates on not only attracting new members but also motivating active members.

Many of the community members who have been baptized have taken it upon themselves to keep spreading the gospel. One young woman who got baptized through the Bible Workers’ Club says that the best part about being in ministry is doing ministry.

Vasquez and the officers are ecstatic about the Bible Workers’ Club’s progress and aim to do better and greater things. “This club’s model is becoming a prototype for other Adventist universities,” says Vasquez. “We will keep working to do the Lord’s work.”

“I love sharing with students the things about this discipline that has changed me,” says Hasel. “It has made life more meaningful.”

Since coming to Southern in 1998, Hasel has led 13 archaeological digs. Last summer he and his wife, Giselle, an art history professor, led a joint religion and art history study tour through Europe and Turkey.

“Events, stories, and places in the Bible come to life in a new way as students travel on Middle East study tours or attend archaeological excavations,” says Hasel. “Participants never read their Bibles the same way again.”

Josh McGraw, a junior chemistry and archaeology major, says, “I loved the hard work and the excitement of finding ancient artifacts. It was hard to shake the fact that David may have fought Goliath so close by.”

From a young age, Michael Hasel, director of the Institute of Archaeology and professor of Near Eastern Studies and Archaeology at Southern Adventist University, was fascinated with the lands of the Bible. His father, an Old Testament professor at Andrews University, would bring back pictures from his trips to share with the family. As an ac-
We asked students to tell us about their family traditions. Here is what they said.

“My favorite is unwrapping presents on Christmas Eve. My dad usually reads the Nativity story and then we unwrap all our presents. That’s something I’ve always liked.”~ Angela Kiele, sophomore graphic design major

“My family and I always sit around the table and tell what we are thankful for. I think that us sharing those times is really important, because there is family who have traveled far and that you don’t see often.”~ Tawanna Howard, freshman psychology major

“My mom always puts out our stockings; she tries to be sneaky like Santa Claus, but we always catch her!”~ Ryan Johnson, junior construction management major

“We’ll find something in our house that was someone’s previous gift that they didn’t use the whole year and regift it to them. We usually do this to my dad because he is the least aware and gets excited by the gift again.”~ Theodore Brown, junior film major

“On Christmas day, my family and I drive to Colorado for 26 hours straight with seven of us in a van!”~ Brittany Weis, sophomore physical therapy major

“We always open one present on Christmas Eve. Then on Christmas morning we wake up at 3 a.m. to open the rest. In the past, our parents would wake us up. Now we wake them up!”~ Kenny Anderson, freshman computer science major

“At Thanksgiving, we always have a mix of different types of food, everything that my family likes to make.”~ Adam Hernandez, sophomore biochemistry major
As the cool winds begin to blow across the valley and the trees surrounding Southern Adventist University start to decorate the ground in crimson, gold, and chocolate chroma, another wind starts to tug at the hearts of students. Southern is committed to providing spiritually uplifting and inspiring programming to direct the minds of its students to the source of true wisdom. And through InTents (a weeklong revival-style tent meeting) and the South East Youth Conference (a student-led and initiated conference) students are brought back to their life source. Share in the blessing students received this autumn as they lifted their hearts toward heaven and renewed their commitments to Christ.

InTents

Each autumn, InTents is held on the lawn outside Mabel Wood Hall, Southern’s School of Music.

Devoted, a student vocal group, led InTents attendees in songs of praise and worship before Wednesday night’s meeting.

Professors from the School of Religion comprised the InTents speakers list. Here, Jud Lake speaks to students about making right choices.

Destiny Drama Company performed a pantomime from the I Am a Disciple Tour at the beginning of Thursday night’s meeting.
This year SEYC and DEEP (Diversity Educational Exchange Program) Sabbath coincided, bringing Oakwood University students to campus, many of whom took part in the worship service on stage.

SEYC programming brought inspirational speakers from near and far, a film producer from California, a history instructor from Southern, a pastor from Michigan, and many more.

Sabastian Braxton, director of STRIDE and SEYC’s main speaker, addressed students on the importance of being faithful Christians. “The urgency in his voice caught my attention,” says Cristina Hernandez, senior public relations major.

Three presidents: Antwan Knight, president of Oakwood’s United Student Movement; Jeff Tatarchuk, president of SEYC; and Bradford Wise, Southern’s Student Association president welcome attendees to SEYC’s church service.

Luther Whiting, sophomore international business major, spoke about Noshaq, the nonprofit he established in Afghanistan this past summer.

Siblings Shannon, junior outdoor leadership major, and Michael Taylor, sophomore international studies major, performed the song “Grace” at an evening convocation.

The Aeolians, a choir from Oakwood University, performed for SEYC’s church service.