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Maintaining Healthy Relationships



E.J. Fernandez, junior nursing major, says if he hadn't moved to Southern he would have never met the amazing life-long friends he's made. Yet even with the joy that comes with letting these new people into his life, there is a trade off—he had to leave his family back home.

"[My parents] were sad about me leaving," E.J. says. "But they are both amazingly supportive. They understand the importance of having the highest possible education in today's world."

While attending Southern, E.J. has learned to appreciate the sacrifices his parents made for him. Keeping that in mind, he's successfully faced many ups and downs and now can happily say that both mom and dad trust him more than ever.

"We see many things the same way now. They've let me, for the most part, be my own man," E.J. says. "I thank God for them because they've raised me in such a way that, although their opinions matter, they know I need to encounter God myself."

Just like it was for E.J.'s parents, it may be hard to see your student leave for the first time. But it's important to accept this change. In order to maintain a healthy relationship with their students, the First Year Experience team (see page 2) suggests parents do the following:

Give them appropriate space.

Students face countless responsibilities once they enter college. By giving them appropriate space, students learn the importance of following through on their commitments. Many times this is true for more than just schoolwork, especially if

they have jobs or are involved in student organizations.

Let them reach their own goals.

Feeling accomplished is great—even more so when you've succeeded on your own. If parents constantly take over for their students, they will never become self-sufficient. Instead, parents should make a conscious effort to allow students to set and reach their own goals.

"They've raised me in such a way that, although their opinions matter, they know I need to encounter God myself."

Keep their busy schedules in mind.

Students learn from the start how demanding college life can be, and that they need to manage their time in order to get everything done. Parents, don't get offended if your students aren't able to call on a daily basis. Instead, try using more efficient modes of communication such as text messaging or emailing.

Embrace their growing independence.

When it's time for students to tackle their own responsibilities, they realize how much their parents have worked and sacrificed for them. At this point they will take what they've learned and, for the most part, fend for themselves. Embrace this change; not only will your students grow and mature in this natural stage of life, but your relationship will also evolve.

~by Ingrid Hernandez



Q&A

With President
Gordon Bietz

ASK THE PRESIDENT

My two children live in the dorms at Southern right now. What other living arrangements are available as they get older and learn to take on additional 'adult' responsibilities of independent living?

Southern's undergraduate students are expected to live on campus. Freshmen and sophomores are required to stay in Talge and Thatcher residence halls unless they live with their parents. Beyond that we have several options you and your children can consider as they become upperclassmen and, potentially, graduate students! In fact, we're already working on plans to accommodate another record-breaking enrollment this time next year as more and more students attend Southern.

Southern Village

Southern Village, located across from the Collegedale Church on College Drive, offers two-bedroom and three-bedroom apartments for juniors and seniors. All units include full kitchen, washer/dryer, and wireless Internet. We added two new Southern Village buildings this year ("Cedar" and "Birch"), bringing the total number of apartments in this area up to 80.

Stateside Apartments

Married students, graduate students, and non-traditional undergraduates (those age 24 and up) can merge the benefits of independent and campus life in our Stateside Apartments. Ten units in the "Virginia" building were renovated just this past summer. Each of these 54 apartments on or near University Drive includes a full kitchen and laundry facilities on site.

Spalding Cove

Spalding Cove townhomes, situated beside the popular Greenway walking trail that adjoins campus, include garage, full kitchen (including dishwasher), and washer/dryer. Extra furnishings are available for an additional monthly charge. Married students, graduate students, and non-traditional undergraduates make up the residents in these 28 townhomes.

Off-Campus Housing

Students may request to live off campus if they are 21 years old, have earned 94 credit hours, and are graduating with a baccalaureate degree within two semesters. There is a formal application process necessary before this can happen.

To learn more about any of the options mentioned above, just head to our website: www.southern.edu/housing.

Did You Know?

First Year Experience Encourages Success

For many students, stepping onto a college campus for the first time is like stepping into a new world. First Year Experience (FYE) was developed to help students map out the new territory and chart the path to success.

The program has been running for four years and emphasizes the importance of having a strong support system.

"You need to have a go-to person," says FYE coordinator Renita Klischies. "Find that someone. My goal is that everyone could have someone notice if they're struggling and help them."

All first-year students are assigned a mentor who has been at Southern for at least one year. Mentors have one-on-one meetings with their mentees as well as worship time together in small groups.

Another aspect of FYE is Southern Connections, a general education class for first-year students. The purpose of this class is to develop critical and creative thinking skills and to connect with the professors within their chosen major.

Parents can also contribute to their student's success, even from far away, says Klischies. It is important for parents to ask important questions: "Is my student getting enough sleep?" "Is my student going to class?" "How is he/she adjusting socially?"

If students are struggling with adjusting to college life or classes, counseling and tutoring are available on campus through Counseling and Testing and Learning Support Services, both located in Lynwood Hall.

If you have concerns about your student and want to speak with someone, please call Learning Support Services at 423.236.2838.

~by Sarah Crowder

Calendar of Events

October	1 All-Night Softball	20-23 Midterm Break
	9 Symphony Orchestra Concert	27-30 Alumni Homecoming Weekend
	13 Meet the Firms	
	14-15 I Cantori Tour	29 Southern Shuffle
	16 Wind Symphony Concert	30 SA Fall Festival
November	3-6 Wind Symphony Tour	13 Organ/Symphony Orchestra Concert
	5 3-On-3 Basketball Tournament	
	8 Online Winter Registration Begins	14-18 SA Spirit Week
		23-27 Thanksgiving Break
	12 Extreme Dodgeball	29 Christmas on the Promenade

Favorite Bible Verse

"He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the LORD is the key to this treasure."

Isaiah 33:6

~Submitted by Heather Young, junior nursing major

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Faculty Profile: Jim Wampler

Ask Student Success Center Director Jim Wampler, Psy.D, about his interests and he won't immediately point to his shelves lined with medieval castles and knights, or the beach pictures up on his wall, or even the numerous brain models on his desk.

Instead, he'll smile genuinely and talk about his family, saying they're the most important people in his life. He'll say that he's been married for 32 years, and talk about his



three kids who are all grown up and pursuing degrees.

Then he will very excitedly talk about his work. Wampler has been working at Southern Adventist University for 18 years, even before the Student Success Center developed from simply Counseling into six areas—Career Services, Counseling and Testing, Disability Support Services, First Year Experience, International Student Services, and Learning Support Services— all with the common goal of “helping students succeed personally and academically,” says Wampler.

Wampler oversees these six areas and is responsible for Testing Services. If a student needs to take an ACT, CLEP, Career or Self-Exploration, Diagnostic, or Certification test, Wampler is the person to see. He looks forward to advising and guiding students on the next phase of their lives after test results come in.

“Sometimes when they come in they're in tears and it makes you feel good to see them

leave smiling,” he says.

Wampler was motivated into his field of study by his academy Bible teacher, Gerald Kovalsky. To this day, Wampler holds Kovalsky in high regards and hopes to have a similar impact on the students he counsels. To that end, one of his fondest memories is when he was chosen to be a groomsman at a student's wedding.

Wampler's passion for his work is evident as he enthusiastically speaks about the Student Success Center and all the plans they have for growth. This year the center hired four Social Work graduate students, “whose sole job is to make sure students aren't falling through the cracks,” Wampler says. At the first sign that a student may be having trouble, these “graduate case managers” will be there to guide the student to whatever service is needed.

According to Wampler, the bottom line is simple: “We want to see students succeed. Why else would we be here?” ~by Raquel Levy

Student Life: Youth Experiencing Salvation

Youth Experiencing Salvation, better known as YES Ministries, resurfaced in the 2009-10 school year as a ministry based out of Enrollment Services.

The goal of the ministry is to allow public/private school Adventist youth the opportunity to see what Southern students are really about. The ministry also provides Southern students with a chance to minister to other youth and share their faith.



Student Life – YES Ministries

The ministry has been run by Ruben Covarrubias, an enrollment counselor here at Southern since 2009-10.

“We have found that more and more Adventist youth are attending public schools and this ministry is a great way for Southern to not only reach out to them spiritually, but also to dispel any rumors they might have heard about Southern,” says Covarrubias.

The ministry is primarily a Southern Union Conference initiative, taking YES groups to 15-20 events each year in a variety of states, including Florida, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

Abner Sanchez, junior liberal arts major, is a team leader for YES Ministries. His job is to help find Southern students who want to lend their talents to YES Ministries. These gifted students help out by singing, giving worship thoughts, or playing an instrument.

“I really like being a part of YES because I look at it as being a combination of both recruiting and evangelism,” says Abner.

Enrollment Services just hired Southern alum Rick Anderson Jr. to be the new director of YES Ministries. He was formerly pastor for Worship and Creative Arts at New Hope Adventist Church in Washington, DC.

Ken Rogers, '78, originally started YES Ministries in 1993 as a task force initiative. The goal of the ministry at the time was to give Adventist students the tools to lead small groups. The original team included also Tom Goddard, Destiny Drama Company Director here at Southern.

“I am very happy to see that this program has been brought back to reach out to our Adventist kids that aren't in our [Adventist] schools,” says Goddard.

YES Ministries kicks off the new school year at the end of September by traveling to Alabama for a Gulf States Conference youth rally.

Those who are interested in having YES Ministries come to their church or youth event should contact Enrollment Services at 423.236.2835. ~by Charles Cammack

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Students Say

We asked students what methods they use to keep their parents updated.

"We do texting and phone calls, along with the occasional email, about every other day."

~Andy Wildaman, junior general management major

"I talk to them about every other day at the beginning of the year, but it slows down to about once a week at the end of the semester."

~Hannah Schafer, sophomore public relations major

"I hit up each parent via cellular device at least once a day."

~Janelle Billingsy, junior social work major

"We talk on either Skype or Facetime [iPhone] every other day."

~Wendell Thomas, freshman allied health major

"I live at home, so I get to see them every day, but I also text them during the day when I have questions."

~Nathan Lewis, senior mass communication major

"I talk to my parents on the phone multiple times a day and play Millionaire on Facebook with my mom."

~Camille Blackburn, sophomore nursing major

"I call my parents every other day and we try to Skype, but it always fails. My parents are too technologically challenged."

~Marcella Archilla, junior fine arts major

"I talk to my parents every day. In fact, my mom likes to 'spam text' me until I text back."

~Jennie Camps, junior nursing major