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Help Your Student Manage Stress

To describe Nicole Ley, senior health science major, as an active person might be an understatement.

She and her family participate in all sorts of water sports, go on regular ski trips, snowboard together, and even go horseback riding. Not to mention her dad has encouraged her to practice gymnastics since she was a toddler. In fact, Nicole was involved with Gym-Masters, Southern's own acrobatic team, for two years and found it well worth her investment of time.

"[Gymnastics] did take up time," she said, "but it's a good outlet for stress and it's a team sport, so you get the social aspect."

Besides gymnastics, Nicole has been part of several other sports teams. And though it's been hard balancing all the varied aspects of her college life, her parents have modeled the benefits of having sports as stress relievers.

"It's always been busy juggling school, work, and extracurricular activities," she said, "but my parents have been supportive anytime I've needed them."

Though Nicole is still dealing with stressful situations this year, she has found one particularly strong defense against becoming completely overwhelmed.

"The best thing I can do is manage my time," she said.

While college students learn to manage time on their own, there are certain things parents can do to help them manage their stress. *College: What Parents Need to Know* (Farber, 2010) advises parents to:

Recommend on-campus support. There are people right on campus students can go to for advice. If their stress is related to a class, recommend they talk to the professor or their advisor. If it's deciding on a major, Southern offers career counseling. If it's related to living in the residence halls, suggest they visit their RA or a dean.

Encourage a healthy lifestyle. Making time for healthy habits can be difficult when everything else seems to be in hyper mode. Parents should remind their students that exercising regularly, eating well-balanced meals, and getting sufficient sleep will help prevent sicknesses when the particularly stressful times come.

Suggest extracurricular activities. Though school is their primary responsibility, sometimes students just need a break. That's when extracurriculars become handy. Intramurals, campus ministries, and student organizations can make for a great stress reliever and a fun escape.

Learn to listen. When students call their parents about being stressed, they usually just want a listening ear. Let them talk everything out; listen attentively and let them express how they feel. You'll be surprised to find they feel much better after they've let it all out.

~by Ingrid Hernandez



Q&A

With President
Gordon Bietz

ASK THE PRESIDENT

I know my daughter is getting a solid education at Southern, but I also want to make sure she learns the value of service before entering the “real world.” What on-campus ministries can help with this?

At least 500 students play a role in one or more activities designed to build the kind of quality character you described. In the broadest sense, our ministries—too numerous to list here—are divided into three categories:

Outreach Ministries

Outreach ministries are our most popular type of group service project, and as the name implies, these organizations are all about getting students out of their zip code (and sometimes out of their comfort zones)! Many of these efforts involve going into downtown Chattanooga and witnessing through service, whether it's the homeless ministry of Hungry 4 Jesus, Bible studies at Patten Towers, or the Hispanic evangelism of Metamorphosis.

Wellness Ministries

Wellness ministries are very similar to what you might recognize in your own church's Health & Temperance program. Students plan health expos, package and deliver “get well” gift bags, and there's even a hugs ministry. No medical experience is required for most roles within this category; certainly not the hugs ministry, anyway.

Worship Ministries

Worship ministries are great for our budding teachers, preachers, and musicians. Sabbath school leadership opportunities are available in the residence halls and Student Center while the Renewal service, held at 11:45 a.m. in the Collegedale Church's sanctuary, is a chance for our students to plan and present the main worship experience.

Outside of those categories there are two other ministries I want to quickly mention.

Destiny Drama Company is Southern's theatrical ministry. For 30 years they've witnessed through sketches and plays.

LifeGroups is our newest on-campus ministry. There are 10 student LifeGroups and 25 volunteer leaders that meet at different times, in locations all over campus, studying various topics. We want to nurture a communal, devotional spirit here at Southern.

If you have additional questions about these or other opportunities, please contact The Chaplain's Office at 423.236.2787.

Did You Know?

Biology Trail Gets A Makeover

Almost 90 years ago, the terrain that we now know as the Biology Trail was nothing but pasture and a few houses. Today, outdoor enthusiasts enjoy 11 miles of new paths for hiking, running, and mountain biking on this system of trails that leads from the bottom of the valley to an overlook area atop the ridge.

Ten years ago the Biology Department planned a way to bring together all the loops and ultimately make a more organized trail. The older paths were a result of people coming through and logging the pastures nearly a century ago. Erosion lowered the quality of the trails, prompting community members to partner with the Southern and fix the problem.

Friends of White Oak Mountain, a volunteer organization helped with the project. They raised more than \$25,000 to build new paths and install new signage. Special machinery was used to help the trails shed water and prevent further erosion. Sixteen directional signs have also been added to help make the trails more user-friendly.

Keith Snyder, chair of the Biology Department, noted that “the renovations and expansions have made the Biology Trail, arguably, the best trail in the area.”

~by Caitlin Foster and Charles Cammack

CALENDAR OF EVENTS

December		January	
2	Kirsten Wolcott 5K Run <i>Students run in remembrance of the Southern student missionary</i>	10	Classes Begin
3	Wind Symphony Concert <i>Symphony performs Christmas favorites for the holiday season</i>	13-15	DEEP Exchange Weekend <i>Southern and Oakwood students enjoy a weekend of fellowship</i>
4	SA Christmas Party <i>Students gather to decorate christmas and watch a classic movie</i>	13-16	I Cantori Tour
11-14	Semester Exams	14	Cardboard Boat Competition <i>Student teams compete to build and navigate the best cardboard boat</i>
14	Winter Commencement	16	Community Service Day <i>Students celebrate Martin Luther King, Jr. Day by serving the community</i>
15	Christmas Break Begins	21	SA Mid-Winter Party <i>Student Association hosts a competition in the lles P.E. center</i>
		29	Symphony Orchestra Concert

Favorite Bible Verse

“You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you into judgment.”

Ecclesiastes 11:9

~Barby Kulakov, sophomore journalism major

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Staff Profile: Kevin Kibble, Assistant Chaplain

Kevin Kibble, assistant chaplain at Southern Adventist University, wants every student on campus to see (or hear) glimpses of Christ and challenges himself to help make that a reality.

“My hunch is that if I let Christ live through me, this could happen on any given day through conversations on the Promenade, or in the café ... anywhere we accidentally bump into each other.”

Kibble has been at Southern for six years and much has changed since he first arrived. But his focus and goal remain constant: help students develop spiritually through creation of a nurturing environment on campus. Outreach efforts and small group Bible studies are two of the primary means Kibble uses to jumpstart students’ interest in growing their relationship with Christ. Other aspects of his ministry involve preparing students for baptism, teaching a religion class, and helping young couples get ready for marriage.



Without the continued involvement of parents on these fronts, Kibble’s job would be more difficult. He suggests that the most effective thing parents can do at this point to help their child mature is to be a good listener.

“When a student comes in my office, I’ve found that the less I say the more they think it was a great talk,” Kibble says.

But for those who struggle maintaining a parental distance while their child wades through murky emotional and spiritual waters, Kibble offers advice from years spent watching college students transition into adulthood.

“I want parents to know that what happens to their student is not a mandate on their parenting skills,” Kibble says. “Know that you’ve done your part. Jesus has used you and will continue to be with your child through the teachers, pastors, and deans here at Southern.”

Parents are encouraged to stop by the Chaplain’s Office during their visits to Southern. For more information visit the website southern.edu/chaplain or contact 423.236.2787.

~by Sarah Crowder

Student Life: Wellness Committee

When the academic year gets tough, the Student Wellness Committee gets to work. Comprised entirely of students, the committee’s job is to plan campus-wide programs that encourage students to seek health in all areas of life.

Student Wellness Emphasis Week, which takes place every fall semester around November, is dedicated to promoting health, relieving stress, and giving back to the community. This year the week was filled with free massages, blood drives, and alcohol awareness day. It ended with an extreme dodgeball tournament where students competed in teams for prizes.

This year’s committee leader, Keolani Dingilius, junior nursing major, has plans for the rest of the year that will emphasize wholeness in the physical, mental, social, and spiritual dimensions of life.

“The message we want to give students is that Jesus Christ has the power to give them wholeness,” Keolani said. “I’ve seen people overcome even the strongest addictions with God’s power; He has power over anything students struggle with.”

This theme was inspired by Matthew 14:35-36 (KJV): “And when the men of that place recognized Him, they sent out into all that surrounding region, brought to Him all who were sick, and begged Him that they might only touch the hem of His garment. And as many as touched it were made perfectly well.”

The committee will host various health expos as well as work on ideas like a hug ministry and “get well soon” gift bags. Next semester, the committee plans to create wellness groups, students meeting together on a regular basis, praying for each other, and building community.

“The goal is to create a safe place for students to share burdens and empower each other,” Keolani said.

The Student Wellness Committee isn’t focusing on helping just students achieve wholeness, the goal extends to the local community as well. That is why the committee is teaming up with the Nursing Club, the Pre-Dentistry Club, and a popular student outreach ministry called “West Side 4 Jesus” to provide health education to citizens of a



low-income downtown Chattanooga neighborhood.

The collaboration will result in three-week evangelistic meetings and various health expos where the student clubs will give free health assessments and tips to the neighborhood.

“Why do we need to achieve wholeness?” Keolani asked. “So we can have a better relationship with Christ and others. But we can’t do it without God. We achieve wholeness by Christ and for Christ.”

~by Raquel Levy

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Students Say

We asked students what was the best advice their parents gave them about managing stress.

“Take 20-30 minutes out of your day to relax and do nothing.”

~Melissa Krizan, senior international studies and management major

“My parents tell me to pray; to let go and let God.”

~Krista Mattison, senior missions and social work major

“Wake up early and eat some fruit or go on a nice walk.”

~Daryell Cushman, sophomore health science and allied health major

“My parents always had us do exercise. They’d say, ‘Anytime you’re stressed, just run it off.’ They taught us that exercise was a stress reliever.”

~Luke Francois, junior allied health and corporate/community wellness management major

“My parents told me that if I was stressed, I should make sure I hadn’t taken on more than I could handle.”

~McKenzie Smartt, sophomore nursing major

“Make sure you get things done ahead of time.”

~Tamara Naja, junior nursing and outdoor emergency services major

