

Southern Adventist University

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Panorama Parent Newsletter

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3-2021

ePanorama March 2021

Southern Adventist University

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For Parents of Southern Adventist University Students

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PANORAMA

parent newsletter | March 2021



Southern Students Thank Health Center Personnel



Nearly 80 Southern students worked together to

Calendar

Please note that all campus events are students-only. Online programs available at southern.edu/streaming.

March

14 | Daylight Savings Time Begins

18-21 | Spring Break

20 | First Day of Spring

26 | Vespers: Student Missions

27 | Student Association Talent Show

April

2 | Vespers: Night of Worship

4 | Easter

5 | Online F21 Registration for

and goodie bags this February. Junior chemistry major Jared Freeman, who is a resident assistant in Talge Hall and a Freshman Experience mentor, came up with the idea after hearing President David Smith explain that the UHC staff were working extra-long hours to keep the campus safe.

“I had just gotten out of quarantine at the time, and I saw how hard the health center employees were working for me,” Freeman said. “The highlight of my days in quarantine was when I got to interact with the nurse who checked on me every day. So, when I heard the president’s message, I wanted to do something special for them.”

Freeman began by talking to the students living on his hall, as well as his Freshman Experience mentees, about raising money to buy flowers for the UHC staff. His girlfriend, Emily Meadows, junior nursing major, is also a Freshman Experience mentor and rallied her mentees, too. They created goodie bags filled with chocolates, lotion, tea, and lip balm, along with handmade cards to go with the flowers.

Together, the students raised nearly \$400 for the project. Freeman then called Blluum Floral and Event Design in Ooltewah to purchase the flower arrangements. Shop owner Christine Waldrop, ’92 and ’14, a Southern alum, parent of a current student, and member of the university’s Board of Trustees, was touched by Freeman’s kindness, and she donated additional flowers to the cause.

“I was blown away that a university student would want to do this,” Waldrop said. “I love seeing other people spreading kindness, especially in a time that is difficult for many people. What these students did was so personalized and intentional.”

Freeman, Meadows, and Waldrop, met at the University Health Center on Monday, February 15, to distribute the flowers and care packages.

The message included with each gift said: “We want to

9 | Online Registration for S21, S21S1, S21S2 begins

5 | Percussion Ensemble Concert

6 | Online F21 Registration for Returning Seniors

8 | Online F21 Registration for Returning Juniors

8 | Resident Hall Housing Fair

8-11 | Student Missions Exit Retreat

11 | Wind Symphony Concert

12 | Online F21 Registration for Returning Sophomores

14 | Online F21 Registration for Returning Freshmen

15 | Campus Research Day

18 | Symphony Orchestra Concert

24 | Choral Ensemble Concert

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you for the long hours that you have put in. Thank you for keeping us safe. Thank you for allowing us to be on campus through the hard work that you do. The words ‘thank you’ do

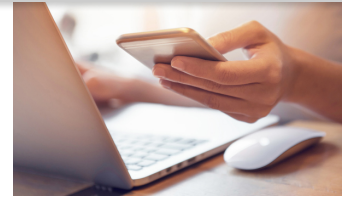


not even begin to express how much your dedication and commitment to our campus means to us. These flowers are just a small token of our appreciation. We hope you have a blessed week. – Students at SAU”

“I am so grateful for the gift and hope they all know how special they made me feel,” said UHC Receptionist Mari Oskins. “Sometimes it feels as though our work is done in vain. This has been a frustrating year for all of us, and it’s nice to know that some people understand why we are doing what needs to be done.”

“This experience has shown me that there are so many people who are helping on a daily basis who are not always appreciated,” Freeman said. “I encourage others to fill a need when they see it. Ultimately, we all want to help others, it just takes someone willing to initiate the first step.”

by Madison Reinschmidt



Mental and spiritual counselors are available virtually for all students, including those in quarantine and isolation.

Student Success Center
423.236.2782

Office of Ministry and Missions
423.236.2787

COVID-19 Resources

If you have questions about Southern's response to the coronavirus, please



southern.edu/covid19policy

The university's full COVID-19 policy

southern.edu/coronavirus

The main hub for information regarding Southern's safety features and policies that also includes a student FAQ and an archive of previous emails to students

southern.edu/care

The Covenant of Care that students and employees agree to every day

southern.edu/guest

A direct link to a symptom survey campus visitors must complete before arriving on campus and completing a temperature check

The Power of Prayer

How Parents Can Spiritually Encourage Their Students

A familiar verse in the Bible encourages parents to “Train up a child in the way he should go, and when he is old he will not depart from it,” (Proverbs 22:6, NKJV). Research indicates that there are tangible benefits for young people who are encouraged to develop a personal spiritual life.

The Institute for Family Studies reports that young adults who prayed or meditated at least

report higher levels of happiness in their 20s. Additionally, according to *US News*, people who attend religious services are almost 30% more likely to volunteer in their communities. Concerning these findings, Ying Chen, author and research



scientist from Harvard stated, “Our study shows that this can powerfully affect their health behaviors, mental health, and overall happiness and well-being.”

Joseph Khabbaz, vice president for Spiritual Life at Southern, encourages parents to continue being part of their students’ spiritual lives even in college. “Parents have some of the most significant spiritual impact on their children,” he said. “Praying for them is one powerful aspect.”

As Ellen White said in her book *Child Guidance*, “It is the duty of Christian parents, morning and evening, by earnest prayer and preserving faith, to make a hedge about their children.”

Khabbaz suggests parents pray for their students to find a deep sense of belonging through Christ-centered community, for them to experience a saving relationship with Jesus, that they may learn to trust God and turn their anxiety over to Him, and for them to embrace God’s calling in their lives. In addition to prayer, Khabbaz recommends a few other ways that parents can provide spiritual support and encouragement to their students:

- Set a daily or weekly reminder to text your student to let them know you’re praying for them.
- Text them an encouraging Bible verse and short message reminding them about God’s grace.
- Gather a few friends or family members and mail your student a care package full of treats, notes, and gift cards.
- Ask adults who have influenced your student’s life to each send a letter encouraging them and letting them know they are valued.
- If your relationship with your student is strained, ask God to show you how to fight *for* your student, not against them.
- Encourage your student to find belonging in any one of nearly 50 student-led small groups that meet for one hour each week. For more information, click [here](#).
- Encourage your student to use PathwayU to discover their purpose and calling while exploring their majors. It is free for Southern students, just click [here](#).

with different kinds of vocation while serving those in need. Southern's [Humanitarian Engagement](#) office can help students find service opportunities locally and abroad.

As a mother and counselor, Tiffany Bartell, Southern's Counseling Services coordinator, loves John 17:15: "My prayer is not that you take them out of the world but that you protect them from the evil one."

"It's a wonderful prayer for college students as we know that academic life can be challenging and there will be tests, papers, and other hurdles," she said. "As parents, though, we can ask God to keep our loved ones safe, healthy, and close to Him as they go throughout their course of study at Southern."

by Olivia Fisher

Share Your Feedback

Dear Parent,

Thank you for investing your time to read *Panorama*, where we will continue to share relevant and exciting events, stories, and other updates here at Southern.

Your thoughts and feedback are valuable! Email southernparents@southern.edu or call 423.236.2581 with your comments or questions.

Thank you!

Madison Reinschmidt, junior mass communication major
Panorama Editor