



Greetings from Parent Programs

January 2007

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Parent Tips

Tip#1: When it comes to telephone calls and visits home, it is important to be flexible. There is no hard rule of thumb. Some students may need to connect more often than others.

Tip #2: A care package from home, including food, notes and so forth, might be just the thing to brighten your child's mood.

Tip#3: Discuss the connections between alcohol, drugs and sexual assault. Emphasize that in order to make good judgments, a person should be in control. If your child goes to a party with friends, encourage him/her to leave with those same friends.

Back to School

Whether your student's first semester experience was positive or negative it's now time to return to school. Some students look forward to second semester with great anticipation. Although they may have some hesitations about saying goodbye to family and friends, they are eager to re-connect with their college friends. For others, saying good-bye is no easy task. Even if they have good feelings about their college, it can be difficult to give up the comforts of home.

Your emotional response to your student's departure may be quite similar to what happened at the beginning of the semester: conflicting feelings of sadness, loss, anxiety, pride, and excitement. For parents who have experienced some aspect of empty-nest syndrome, their child's return to school may rekindle some of those same feelings. Knowing that these feelings are appropriate can help you cope with them in a way that will not interfere with the emotional responses of your college student. Below are some strategies to help you cope.

- It is okay for you to have mixed feelings about your child's return to college. One way of coping is to acknowledge your feelings and, if necessary, talk them through
- Don't be upset if your son or daughter is really excited about going back to college. An eagerness to return to friends and roommates is not necessarily a reflection of how your child feels about home.
- When you discuss any second semester changes, remember that your son or daughter "owns" the plan. Your role is to share your expectations and provide support, not to assume responsibility for decisions and follow through. That is up to your college student.
- You may want to restate the importance of connecting with campus support systems -campus ministry, counseling, tutorial services, and others.

Let the Journey begin: A Parent's Monthly Guide to the College Experience

New Year's Resolutions: Starting Off in 2007

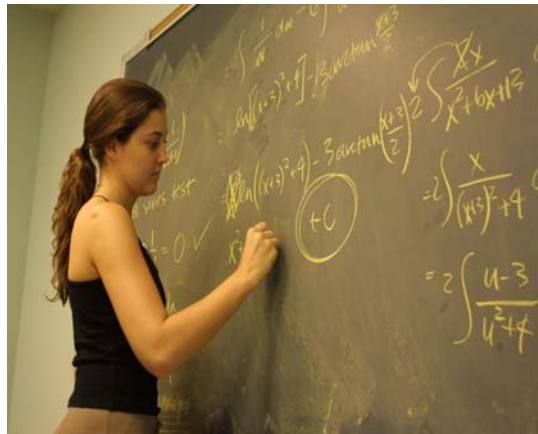
As the new year begins many students will make various resolutions to start off 2007 fresh and new. Many students may resolve to become better students. Some may want to become more involved on campus, others may want to lose weight and become fit.

Georgia Southern provides your student various resources to make these resolutions possible. In this newsletter are listings and information about resources that will help your child achieve their goals. As the parents of GSU students we want you to be aware of opportunities available to your student to help you guide and direct their decisions. Please encourage your child to take advantage of these opportunities.

Academic Success

If your student's grades were less than great, you may want to encourage them to utilize the Academic Success Center.

The Center offers support to students ranging from freshmen to graduate students. Services include workshops in time management, study skills, test preparation and computer skills, as well as peer tutoring and tutorial software. In addition, the Center also coordinates study groups for many academic subjects. You and your child can find out more information about the center by visiting their website: <http://academics.georgiasouthern.edu/success/>.



Getting Involved

If your student wants to start off the new year by making an impact in the community, encourage them to become a part of Volunteer Services. Volunteer Services seeks to provide students with opportunities to help the community through their interests and talents. Volunteer Services sponsors many events throughout the year such as Red Cross blood drives and Alternative Break Trips. Alternative Breaks offer students the opportunity to spend their Winter, Spring, and Summer breaks giving back to the community. Most recently Volunteer Services provided an alternative Winter break trip to Cumberland Island. From December 9 through December 14 students, worked with the National Park Service to clean up beaches, clear trails, and paint buildings on the island.



Over Spring Break, Volunteer Services will offer a trip to Waveland, Mississippi to provide hurricane relief work. The cost is \$65 and includes food, travel, and lodging. The deadline for this event is February 28. Alternative Breaks provide your student with an amazing opportunity to do something unconventional and special during their time off from school. Please encourage your students to visit the website at <http://students.georgiasouthern.edu/volunteer/>.

Leadership Opportunities

Your student can also become involved on campus by taking advantage of leadership classes, workshops and conferences offered through the Office of Leadership. One particular class EDGE is your student's first step in becoming an active leader on campus. EDGE is a specially designed multi-phase program to help students discover their leadership skills. Classes begin on Monday January 29 from 3:30 to 5 p.m. and will continue to meet every Monday for the next nine weeks.

In addition the Office of Student leadership is sponsoring Leadership Week: "Unleash the Leader Within You" from January 29 through February 2. Events will include: Leadership Opportunities Fair, Leadership workshops, Leadership Luncheon, etc. For more information visit their website <http://students.georgiasouthern.edu/leadership/>



Health and Fitness

Georgia Southern's new and improved Recreation Activity Center (RAC) provides the perfect facility for students to make their resolutions of health and fitness a reality. The RAC serves as the housing facility for Campus Recreation and Intramurals (CRI) and Southern Adventures. In order to provide more resources to your students, CRI has expanded the RAC facility to include an additional 120,000 square feet. This space is used to hold more weight/fitness rooms, indoor courts, indoor pools, and other specialized spaces. Students can also take advantage of special services such as personal training, massage therapy, equipment rentals, etc. Intramurals and



Club Sports are another great way your student can stay active. Divisions are offered for men, women, and co-recreational play for participants of different interests and skill level. Clubs Sports offer a more competitive environment for sports enthusiasts teams include flag football, wrestling, karate, volleyball, baseball, and many more. Please encourage your child to take advantage of this outstanding facility.

What's New at GSU

New Website

After several months of work, the new Georgia Southern website is up and running. For some time now Georgia Southern's Marketing and Communications department has been trying to update the Georgia Southern website with a new look and user friendly attributes.

In particular, the Parent Programs website has undergone a complete makeover. In addition to the new look the website has photos, helpful links, and monthly newsletters. Several new features have also been added: Question of the Month, Refer-a-Student, and, most importantly, ways you can volunteer here at Georgia Southern.

Under the heading of Volunteer you can learn about opportunities to become an involved parent. Recruitment receptions, workshops, open houses, and class presentations are all excellent ways you can become involved at your child's university. At these various events you can help with set up and check in, as well as answer anxious parent's questions and concerns. As the parent of a current Georgia Southern student you are a vital resource, and we would greatly appreciate your help. Please visit the Parent Programs website at <http://students.georgiasouthern.edu/parent/> today to learn about all the ways you can make an impact at Georgia Southern.

New Performers

GSU students are anxiously anticipating the arrival of country music superstar **Brad Paisley**. The Grammy nominated country star is set to perform at Paulson Stadium on April 27.

Tickets will sell for \$25 for students, and \$30 for non-students. Students who participated in the online WINGS survey this semester helped pick the country act for the spring concert, with Tim McGraw, Kenny Chesney, and Brad Paisley getting the most votes, said Teresa Thompson, vice president of student affairs and enrollment management.

Paisley was nominated for four Grammy's in 2006 and has had five chart-topping No. 1 hits.



“The concert should be on April 27, and we've got the contract pretty much signed. Brad Paisley is a definite, but the only real question is who he will bring with him,” said Thompson. “He's been traveling with an American Idol singer, Carrie Underwood. We're hoping she can come, but she just had another song hit number one.”

Thompson is hopeful the concert will be a big hit. “I think he is the type of singer that will draw a wide range of people from this entire area, but we chose him because this is what the students asked for, and hopefully other people will be attracted to the show too.”

Written by: Rachel McDaniel

New Exhibitions

In recognition of GSU's Centennial Celebration, the Georgia Southern Museum will open a new exhibition, "Alma Mater, Dear: 100 years of Student Life at Georgia Southern University," on January 22. Celebrate 100 years of Georgia Southern through the eyes of its always-energetic student population.

Visitors can explore two galleries of University history brought to life in five periods of clothing, scrapbooks and historical artifacts from the Museum's collection and items loaned by alumni and



New Speakers

Career Services has many great things planned this semester to help your student succeed in his/her career. One our most exciting events is the keynote speaker for our Life Planning Conference. **Martin Yate**, author of the best selling job search books, [Knock 'Em Dead](#), will provide practical advice to the students about planning for their professional job search. For more information about upcoming events, hot jobs in Georgia, and much more, please read our online newsletter located at: <http://students.georgiasouthern.edu/career/parents/index.htm> Click on the January edition of the parent's newsletter. Please contact Amy Rowell at awilliams@georgiasouthern.edu for any questions.

In addition **Rev. Bernice King**, youngest daughter of Martin Luther King Jr. and Coretta Scott King, will speak on campus January 16, for the celebration of her late father's birthday. Her presentation is at 7 p.m. in the Performing Arts Center. For more information call 912-681-0830.

New Events

Mark your calendars for Spring Family Weekend March 24. This year's events will provide fun and excitement for the entire family. Families can spend quality time together cheering on the Georgia Southern Eagles Baseball team against the Furman Paladins

Message from the PA President

To All Georgia Southern Parents,

Happy New Year from the Parents Association!

As we begin this new year, please take a few minutes to look over our new website. Go to and click on PARENTS in the left side tool bar. Take your time and browse through the site and see the great job that Vince Miller and the Parent Programs staff have done.

Thank you for being a part of the Georgia Southern family!

John T. Y. Smith
President, Parents Association