



TRANSITIONS

at NOVA SOUTHEASTERN UNIVERSITY



Welcome to the Fall TRANSITIONS Newsletter

This is a time of change for both you and your student. As we approach the holiday season it will become more noticeable that your son or daughter is transitioning into their new role of "College Student". This may be a smooth adjustment or a difficult adjustment for you (as well as for your student). My daughter is in college over 300 miles away and her departure from our daily lives has changed the our family interactions and had been a big adjustment for my wife and me.

Remember that we all have the same goal, to encourage and support our children so that they become successful and productive members of society. Toward that end, we must ensure that we are giving them the tools and support to become independent. This is no easy task, after spending the last 18 years totally involved and informed of their actions and activities, now we must step back and allow them to use the knowledge and wisdom we have imparted. They may stumble and fall but that is how they learned to walk and that is how they will learn to be independent.

This newsletter contains articles from many of the departments who help to support your student here at NSU. We hope this information is timely and will help you to better address some of the issues that they are facing. Please use this information to initiate a conversation about NSU and their adjustment to college.

Spend some quality time with your child during the winter break and if there is anything I can do to help you during your transition from primary caregiver to supporter and cheerleader, please feel free to contact me directly at 954-262-7015 or sullivan@nova.edu. Best wishes, for the holidays and your students' success at NSU! GO SHARKS!

Dr. Daniel Sullivan, Director, First Year and Transitional Programs

Dear NSU Parent:

Ten weeks ago was a wonderfully exciting time for your student. It was the beginning of their college career. They were brand new 'baby Sharks' here at NSU. I have had the good fortune of working in Student Affairs for 35 years now. I have literally seen thousands upon thousands of students begin their college careers. And while some things have notably changed (hair styles, dress, and technology being chief among what comes to mind first), many things have remained the same.

My experience has been that, no matter how well prepared the student, there is always a certain "angst" that goes with one's freshman year. There is a degree of "healthy questioning" that all freshmen go through. Will I fit in? Can I hack it academically? Will there be anything to do? I wonder what Mom's cooking tonight? These are simply part and parcel of that transition time between adolescence and adulthood.

Of course for some students the transition can be more daunting. NSU recognizes this and has numerous support services to assist our students including Student Counseling, Academic Support, and Career Development just to name a few. Experience has demonstrated to me that, although the University offers and publicizes these support mechanisms, students are often times reluctant to engage in asking for help.

As Dean, I encourage you to help us partner with your student, and when you sense a need for a helping hand that will allow them to fully realize their potential as a student. Certainly, if you ever have a specific concern, my door is always open and my direct phone line is 954-262-7282 or email me at bradwill@nova.edu. Of course I am always interested in knowing what is working effectively in helping your student grow as well. This kind of knowledge is helpful when it comes to applying more University resources in targeted areas.

Mrs. Williams and I have had three children go through the first year of college. And I must say that I too, even though I do this for a living, felt a certain "angst" as I watched our precious children turn that inevitable corner of life. However, if I can be of assistance, please let me know.

Dr. Brad A. Williams, Dean of Student Affairs

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THE OFFICE OF THE PRESIDENT

WELCOME MESSAGE

Hello parents and welcome to the NSU family,

It is an honor and privilege to share this valuable time in the lives of your child. We thank you for trusting in our ability to provide the type of caring and professional educational experience that the community has come to expect from Nova Southeastern University.

Today, the university and its gifted faculty offer undergraduate students more than 30 majors and 40 minors in four academic units. The students' learning experiences are also enhanced through their participation in the Honors, Dual-Admission, Study Abroad, and Clinical Explorations programs. In addition, eligible undergraduate students can join eight different honor societies.

Our campus is constantly growing and providing more and more opportunities for students to learn beyond the classroom. In October, we opened the Performance Theatre in the Performing and Visual Arts Wing of the University Center, allowing our theatre students to demonstrate their talent and hard work in a world-class facility. We also recently opened a new residence hall for graduate students, giving more students the opportunity to live and learn on campus.

The University Center continues to serve as a focal point of campus life, representing the fusion of four separate functions – the University Arena, the RexPlex fitness center, the Student Union and performing arts. It has provided a tremendous boost in integrating health and wellness into the daily lives of our students and increasing student engagement in extracurricular activities. Students are becoming more involved on campus and in the community through an array of fraternities, sororities, religious groups, service clubs and other student organizations.

The Athletics Department at NSU has seen more than its share of success and growth. The women's basketball, women's golf and women's rowing teams were all champions of the Sunshine State Conference last year. And, this past spring saw NSU field its first men's and women's track teams, giving the university 15 intercollegiate athletic programs – nine women's and six men's teams. We are equally proud of the talent our athletes display in competition and in the classroom. NSU had 41 student-athletes honored this summer by the NCAA Division II Athletics Directors Association, which recognized these students who maintain a grade point average of 3.5 or higher.

With a quality collection of academic programs, extracurricular activities, intercollegiate athletics, and state-of-the-art facilities designed to invigorate the mind, body and spirit of the student, NSU is an exhilarating environment in which undergraduate students may grow and develop, intellectually and physically. It is with great pride and enthusiasm that I welcome you and your student to NSU.

Ray Ferrero, Jr., President



important numbers

Admission	(954) 262-8000	Office of Student Insurance	(954) 262-4060
Athletics	(954) 262-8250	Radio Station—WNSU	(954) 262-8457
Bursar's Office	(954) 262-5200	Campus Recreation	(954) 262-7301
Computer Support HELP line	(954) 262-4357	Registrar	(954) 262-7255
Current Newspaper	(954) 262-8455	Res Life and Housing	(954) 262-7052
Dining Services	(954) 262-5300	Student Union and Flight Deck	(954) 262-7288
Financial Aid	(954) 262-4031	Farquhar College of Arts/Sciences Advising	(954) 262-7990
Flight Deck and Student Union	(954) 262-7288	Fischer School of Education/ Human Services Advising	(954) 262-7900
Mail Services—Goodwin	(954) 262-8875	H. Wayne Huizenga School of Business and Entrepreneurship	(954) 262-5067
Main Library	(954) 262-4949	Health Professions Division	(954) 262-1000
NSU Bookstore	(954) 262-4750	Student Medical Center	(954) 262-1262
NSU Student Counseling	(954) 262-7050		
Office of Career Development	(954) 262-7201		
Office of the Dean, Student Affairs	(954) 262-7280		



COUNSELING CENTER

So your child is a freshman at NSU? Sometimes this transition can be just as difficult for parents as it is for students. Luckily, there are several things you, as a parent, can do to help your NSU student adjust to life on campus.

First, stay interested and remain aware of your student's progress in classes. Letting them know that you care about their performance and are proud of them for achieving at a college level, can make a big difference.

Second, talk with your student about any emotional challenges they may be facing as they learn to navigate the hurdles that come along with becoming independent. Although they are learning to be adults, support and guidance from parents are still appreciated, and sometimes needed.

There may be times when your student is experiencing anxiety when dealing with the more difficult workload, or questions about their emerging adult identity. We, at NSU Student Counseling, are here to help students deal with these, as well as many other questions and concerns. When appropriate, we can refer your student to a number of offices on campus that are designed specifically to ease their transition to college life, and yours as the parent of an NSU Shark.

Roxanne Bamond, PHD and Andrea González, PHD



STUDENT DISABILITY SERVICES

Student Disability Services provides information and individualized accommodations for students with identified disabilities. To be eligible for disability-related accommodations, students must have a documented disability as defined by applicable federal and state laws. Accommodations are available to students whose disabilities include, but are not limited to:

- Attention Deficit/Hyperactivity Disorders (ADHD)
- Learning Disabilities
- Psychological Disorders
- Visual Impairments
- Hearing Impairments
- Mobility Impairments
- Chronic Health Disorders



Students are responsible for initiating the request for services. If your student had an IEP (Individualized Education Plan) or 504 Plan in high school, he or she may be eligible for assistance. A student must provide documentation that shows he/she has a current disability that impacts them in the academic environment. Student Disability Services is also available to consult with students who believe they may have a disability. All information is kept confidential.

Further information is available at www.nova.edu/disabilityservices

Arlene Giczowski, M.S. Ed, Director of Student Disability Services

STUDENT HEALTH INSURANCE WE'RE ADDING A LITTLE BLUE TO NSU



Blue Cross and Blue Shield of Florida is now the official Health insurer for the students of the Nova Southeastern University. We're committed to keeping you healthy without sacrificing affordability, choice, and quality.

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STUDENT HEALTH INSURANCE

WHO IS REQUIRED TO CARRY INSURANCE?

- Full-time day undergraduate students
- Residential Students

WHAT ARE THE PLAN HIGHLIGHTS?

- Deductibles and co-pays are waived in NSU Health Care Centers
- \$2,500 Max out of pocket
- 80/20 PPO plan
- \$150 Deductible outside of NSU health centers
- \$25/\$40 co-pays outside of NSU health centers
- \$850 Prescription Cap

WHAT IS THE COST?

- \$725 was billed during fall semester (August 1, 2008 to December 31, 2008)
- \$1,014 will be billed during winter semester (January 1, 2009 to July 31, 2009)

HOW DO I CANCEL THE STUDENT INSURANCE?

- If students carry their own adequate health coverage, they must complete an ONLINE WAIVER form www.nova.edu/smc (click on health insurance, then on waiver form).
- The fall deadline was AUGUST 31, 2008 and winter deadline is FEBRUARY 1, 2009
- Students who do not complete the online waiver form will be responsible for the health insurance fees.

For further details on Student Insurance, please visit our website www.nova.edu/smc or contact us at studenthealth@nova.edu

STUDENT MEDIATION SERVICES

Resolving Student Conflicts in the Higher Education Setting

NSU's Student Mediation Services (SMS) is a campus resource for students to learn about conflict and its management as well as a resolution process for solving their conflicts. Whether it's a roommate disagreement, argument with a fellow student, or student organization dispute, SMS offers a variety of free services including One-on-One Conflict Coaching, Mediation, and educational workshops. SMS is administered by NSU's Division of Student Affairs and staffed by trained graduate student volunteers from the School of Humanities and Social Science's Department of Conflict Analysis and Resolution.

Our services provide students with a safe and confidential environment to learn about and actively manage the occurrence of conflict in their lives. A primary purpose of the service is supporting student's independence as adults and development of individual accountability and responsibility as active members of society in preparation for their future beyond the university setting.

You can support your student's NSU experience and personal development by encouraging them to seek constructive and positive avenues for management and resolution of their conflicts by utilizing the services provided by SMS.

Contact us at studentmediation@nova.edu or 954-262-7196. Additional information is available at www.nova.edu/studentmediation/



...Be prepared for
your student
to change

STUDENT LEADERSHIP AND CIVIC ENGAGEMENT (SLCE)

"70% of student learning in college occurs outside the classroom..."

The Office of Student Leadership and Civic Engagement is committed to challenging, empowering and supporting your students by creating environments where they can develop leadership skills, gain new experiences, interact with those different from themselves, hear new ideas, serve others, and, of course, have fun while building lasting friendships. Research shows that 70% of student learning in college occurs outside the classroom. With that in mind, we offer a variety of opportunities for students to get involved, influence decisions and lead. Our mission is: Belong. Impact. Grow, and we ask students to "Think B.I.G.!"

For most students, the first year of college is demanding – academically, emotionally, and spiritually. Successfully navigating their way through the campus community, building new relationships, getting use to faculty and community expectations, and dealing with the challenges and opportunities that come with increased autonomy, provide endless opportunities for growth. We are committed to supporting students throughout their NSU experience, developing them as individuals and leaders, through a multitude of programs and experiences, recognizing their unique contributions, and helping them to feel a sense of belonging within our campus community.

Getting connected on campus will help students lay the foundation for a successful college experience. By joining a student organization, students can form connections with upperclassmen that can help them navigate their new academic and social terrain. Beyond student organizations, there are numerous groups and programs that promote connection, contribution, and growth including the Emerging Leader Certificate program, the Spiritual Life Council, the Multicultural Affairs Programming board, the Civic Engagement Board, the Student Government Association and the Student Union Board. You can support your student during this time of transition by encouraging them to get connected into the campus community. A wonderful network of student leaders, staff and faculty await them.

For further information on SLICE view our website at www.nova.edu/studentleadership/index.html

Terry Morrow, Director of Student Leadership and Civic Engagement

For information on the Division of Student Affairs view our website at www.nova.edu/cwis/studentaffairs/index.html

The Office of First Year and Transitional Programs wants you and your student to make a successful transition to NSU. Here are a few friendly tips:

- Encourage your student to get to know instructors
- Encourage your student to take initiative and responsibility
- Be prepared for your student to change
- Don't be surprised by new hairstyles, modes of dress, ways of speaking, or food choices
- Be flexible and responsive to your student
- Be a mentor to your student
- Help set realistic expectations
- Be interested in, but not judgmental about, course selections
- Don't ask a question if you really don't want to hear the answer
- Do not tell them these are the best years of their lives

SAFETY ON CAMPUS

What to do in the event of an emergency...



The safety of your son or daughter is a top priority at Nova Southeastern University and part of our safety efforts is to provide fast, effective communication in the event of an emergency. If a hurricane or severe weather threatens NSU or if any other emergency occurs on campus, the fastest and most effective way for you and your son or daughter to get critical information is on the university's website at www.nova.edu or by calling the NSU Hotline at (800) 256-5065. The website and hotline will contain information on campus closings, event cancellations and re-openings.

Please also encourage your son or daughter to register their phone number with the Campus Emergency Voice and Text Messaging Alert System, which allows NSU officials to contact students via a text message or phone call, if an emergency occurs. Students can register their Campus Emergency Alert Number – the number they can be reached in the event of an emergency – through the NSU WebSTAR system.

Another part of NSU's safety efforts, Emergency Preparedness Cards have been distributed to students. The card, which is available in the Campus Card Services office in the University Center, contains tips on what to do in specific emergency situations, phone numbers for NSU safety services, and contact information for several public agencies.

Thank you for helping us keep your student safe.

Office of Public Affairs

RESIDENTIAL LIFE AND HOUSING

"Sending your son or daughter off to college may seem more difficult than you thought it would be."

You have assisted in paying for their tuition and fees, sent them miniature versions of the comforts from home and even bought some NSU gear to show your pride of sending your student to NSU, but YOU may be still having a little separation anxiety.

At this time, your son or daughter may still be feeling the rush of adrenaline from meeting new people, taking college level classes, going to their first college sporting event and getting involved on campus; but what about you?

Sending your son or daughter off to college may seem more difficult than you thought it would be. While you are proud of your student for putting to use the many life lessons that you have taught him or her over the years and exploring the NSU community, it is possible that you may not feel as connected to them as you would like to be. Here are a few tips to continue to guide you and your son or daughter through the NSU Experience and transition to college living on-campus:

- **RECOGNITION** - With their course load, being involved in ample campus activities and so many new people to meet, **students tend to forget that you want to know what they are doing.** We strongly recommend either creating a scheduled "call home time" each week, instant messaging, utilizing email, and even text messages to stay in touch. In addition, please provide them with positive feedback for all the work they are accomplishing at NSU.
- **SUPPORT** - **Remember that you did not abandon your son or daughter when you left!** NSU has a variety of student services and knowledgeable university administrators to help your son or daughter while they are at Nova Southeastern University, from financial aid, academic services, career development, mental health counseling, and conflict coaching to live-in professional staff in each residence hall. Our staff should also be utilized as another resource.

- **IDENTITY** - **Be interested and not intrusive.** There may be times when it is hard to resist intervening; whether it be choosing a class for your student or calling the roommate to tell them to lower their radio. It is vital to remember that this is a developmental time for your student to create their own identity both as a college student and as an adult.
- **INVOLVEMENT** - **Lastly, please encourage them to get involved at NSU.** The campus has over 50 clubs and organizations, fraternities, sororities, and numerous athletics events to attend. Students who are involved on-campus are more likely to graduate and have a higher GPA than those who are not involved. The out-of-the-classroom experience is just as important as the in-the-classroom experience and the leadership skills they develop will assist in them getting a job after graduation.



UPCOMING EVENTS

Nov 3	2009 Undergrad Winter Registration Begins
Nov 7-9	South Florida International Blues Festival
Nov 9	Student Union Board (SUB) - Dolphin vs. Seahawks Football trip
Nov 11	Lucky13- It's Never 2 Early 2 Plan 4 the Future Noon-1:00pm
Nov 14-22	NSU Theater Presents - The Dining Room 7:30pm
Nov 18	Irene Zisblatt lecture and book signing 6:15pm
Nov 19	SLCE -Open Mic Night 7:00pm
Nov 26-28	No Classes- Thanksgiving Holiday
Dec 5-6	NSU Music Presents - Peace: A Holiday Concert 7:30pm
Dec 6	Last day of Classes
Dec 8-13	Final Exam Week
Jan 5	Winter Semester begins



For more information view the NSU Calendar of Events at www.nova.edu/cal/public/webevent.cgi

FIRST YEAR AND TRANSITIONAL PROGRAMS Division of Student Affairs

"We are committed to meeting the needs of new and continuing students, by helping them transition successfully into Nova Southeastern University and beyond."

For more information about this publication, email kgoler@nova.edu or call (954)262-7031



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