



# 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 has transitioned 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 daughters are in college over 300 miles away and their departure from our daily lives has changed our family dynamics and has been an adjustment for my wife and me.

Please 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 decision makers. 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 support your student at NSU. We hope this information is timely and will help you to discuss some of the issues that they are facing. Please use this information to initiate a conversation about NSU and their adjustment to college.

I hope you have an opportunity to spend some quality time with your child during the winter break. 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](mailto: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

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Dear NSU Parent:

Twelve 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 37 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), some 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 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 if 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](mailto: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 I can be of assistance, please let me know.

— Dr. Brad A. Williams, Dean of Student Affairs

# 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 entire faculty, administration and staff are dedicated to providing your student with the resources and knowledge that create a stimulating learning and living environment on campus, and prepare your student for an ever-changing world.

NSU's athletic programs are also reaching new heights, as the women's golf team recently won its second consecutive NCAA Division II national championship. One member of the team also won the first individual title in NSU women's golf history, and we hope it will be the start of many more to come. And all this success has not come at the expense of academics—for the past seven years, the cumulative grade point average for our student athletes has been above 3.0. Our 17 NCAA Division II athletic teams give us a lot of reasons to show our Shark pride, and I encourage your student to support their classmates in competition.

Our campus is constantly growing and providing more and more opportunities for students to learn beyond the classroom. The Performance Theatre in the Performing and Visual Arts Wing of the Don Taft University Center allows our theatre students to demonstrate their talent and hard work in a world-class facility. Our residence halls are bustling with activity as students in the halls live and learn together. And the Don Taft University Center continues to serve as a focal point of campus life, representing the fusion of four separate functions—The Arena, the RecPlex fitness center, the Student Activities, and performing arts. It integrates health and wellness into the daily lives of our students and increases 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, intramural sports, and other student organizations.

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.

I feel immense pride in the more than 8,300 degrees conferred each year at NSU and in the vital role that NSU has played in the professional accomplishments of our students and alumni, and their impact on society.

So it is with great enthusiasm that I welcome you and your student to the NSU family.

**Ray Ferrero, Jr., J.D., Chancellor**



## 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) 262-3380	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) 262-4600	Health Professions Division	(954) 262-1000
NSU Bookstore	(954) 262-4750	Student Medical Center	(954) 262-1262
NSU Student Counseling	(954) 424-6915		
Office of Career Development	(954) 262-7201		
Office of the Dean, Student Affairs	(954) 262-7280		



# COUNSELING CENTER

COLLEGE IS AN EXCITING, TRANSFORMATIVE TIME... But along with these changes often come a variety of challenges and concerns that are new to many students. Stress, anxiety, and a range of other emotions are normal reactions to the demanding programs and college life. Sometimes, these emotions become difficult to deal with alone, and it is often helpful to talk to someone or to reach out and ask for help. Student counseling provides the opportunity for students to benefit from working on personal issues with experienced professionals.

As a parent, first we suggest you 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 an adult, support and guidance from parents are still appreciated, and sometimes needed.



## Hours of Operation and Contact information:

Monday	9:00 a.m.–5:00 p.m.
Tuesday	9:00 a.m.–8:00 p.m.
Wednesday	9:00 a.m.–8:00 p.m.
Thursday	9:00 a.m.–5:00 p.m.
Friday	9:00 a.m.–5:00 p.m.

Phone: (954) 424-6911  
Fax: (954) 424-6915

## 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](http://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.

## 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?

- \$747 was billed during fall semester (August 1, 2010 to December 31, 2010)
- \$1,046 will be billed during winter semester (January 1, 2011 to July 31, 2011)

### How do I cancel the student insurance?

- If students carry their own adequate health coverage, they must complete an **ONLINE WAIVER** form at [www.nova.edu/insurancewaiver](http://www.nova.edu/insurancewaiver).
- The fall deadline was **AUGUST 30, 2010**, and the winter deadline is **JANUARY 30, 2011**.
- 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 [www.nova.edu/wellness](http://www.nova.edu/wellness), or email [studenthealth@nova.edu](mailto:studenthealth@nova.edu).

# STUDENT MEDIATION SERVICES

## *Resolving Student Conflicts in the Higher Education Setting*

NSU Student Mediation Services (SMS) is a campus resource for students to learn about conflict and its management, as well as to obtain resolution assistance 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 the NSU 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 to actively manage the occurrence of conflict in their lives. A primary purpose of the service is supporting students' 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.

For more information, please contact us at [studentmediation@nova.edu](mailto:studentmediation@nova.edu) or (954) 262-7196. You can also find additional information about SMS at [www.nova.edu/studentmediation/](http://www.nova.edu/studentmediation/).



## ...Be prepared for your student to change

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.
- Encourage your student to get involved on campus.

# 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 learn 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: **B**elong. **I**mpact. **G**row, 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 used 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 group, 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 Events and Activities Board. You can support your student during this time of transition by encouraging her or him to get connected to the campus community. A wonderful network of student leaders, staff and faculty await them.

— Terry Morrow, Director of Student Leadership and Civic Engagement

**Our mission:**

**B**elong. **I**mpact. **G**row. We ask students to "Think **B.I.G.**!"

# GET CONNECTED TO NSU

## NSU Goes Social

Nova Southeastern University has a lot of friends—more than 8,100—and that number is growing daily. That's how many people are linked as "fans" to NSU's Facebook page so they can learn what's happening on campus, online.



NSU is tweeting, chatting, and posting on cyberspace's popular social networking sites to stay connected with students, faculty and friends. NSU's presence on Facebook, Twitter, MySpace, LinkedIn, Flickr, and YouTube draws in users from across campus and around the world.

NSU's pages include posts about academics and sports programs, upcoming guest speakers and panel discussions, and photos and videos of past events.

Want to keep track of all the activities on campus available to your student? Then join in the conversations by signing up to NSU's social networking pages. Just visit [www.nova.edu/social](http://www.nova.edu/social) for links to all of NSU's official social networking pages.

By Office of Public Affairs



### Flu updates

NSU is working to prevent the spread of seasonal and H1N1 flu strains on campus. For updates and resources, visit [www.nova.edu/flu](http://www.nova.edu/flu).

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

In the event of severe weather or other emergencies, visit the university's Web site at [www.nova.edu](http://www.nova.edu) or call the NSU Hotline at (800) 256-5065 for information on campus closings, event cancellations and re-openings.



## 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 academic experience and the leadership skills they develop will assist in them getting a job after graduation.



# UPCOMING EVENTS



- Nov 3 ..... Chancellor Ferrero’s Student Town Hall Meeting,  
12:15 p.m., DonTaft University Center
- Nov 3 ..... Distinguished Speakers Series with Spike Lee,  
7:00 p.m., The Arena at Don Taft University Center
- Nov 11–13 ..... Homecoming
- Nov 16 ..... Tools for Success: Career Exploration,  
12:10 p.m.–12:50 p.m.,  
Rosenthal Student Center, Room 200
- Nov 17 ..... Workshop Wednesdays:  
What is the best way to search for a job?,  
Noon–1:00p.m., Alvin Sherman Library 4036
- Nov 17 ..... Tools for Success: Keys to Financial Planning,  
5:00 p.m.–5:50 p.m., ASA 104
- Nov 21 ..... Out of the Darkness Walk/Run,  
7:00 a.m.–noon
- Nov 23 ..... Tools for Success: Wellness  
12:10 p.m.–12:50 p.m.,  
Rosenthal Student Center, Room 200
- Nov 25–26 ..... No Classes—Thanksgiving Holiday
- Nov 30 ..... Tools for Success: Effects of Alcohol,  
12:10 p.m.–12:50 p.m.  
Rosenthal Student Center, Room 200
- Dec 1 ..... Workshop Wednesdays:  
How can I use social networking to market myself?,  
Noon-1:00p.m., Alvin Sherman Library 4036
- Dec 1 ..... Tools for Success: Career Exploration,  
5:00 p.m.–5:50 p.m. , ASA 104
- Dec 6 ..... Crunch Brunch
- Dec 6–11 ..... Final Exam Week.
- Dec 24–Jan 2 ..... University Closed
- Jan 10 ..... Winter Semester begins

For more information on upcoming events, please visit:  
[www.nova.edu/cal/public/webevent.cgi](http://www.nova.edu/cal/public/webevent.cgi)

