

# The Norse Parent

NKU Parents Association Newsletter



## Register today for Family Weekend 2011!

NKU's Family Weekend is an annual event held every fall for families to spend quality time with their students while they experience all that Northern Kentucky University has to offer. The weekend is full of family friendly events and opportunities to win prizes and awards. This year, for the first time, registration is FREE to NKU students and their families!

Some of the highlights of this year's event include:

- **Welcome Dinner** on Friday evening at 7:00pm to announce our Parent of the Year award winner and kick-off the weekend with delicious food!
- **Norse Spirit Fest** prior to an NKU Soccer double header where both the men's and women's soccer teams will play and an NKU volleyball game. Tickets for all three games will be FREE at the Norse Spirit Fest for all Family Weekend participants with a name badge.
- **Michael Miller**, a nationally recognized speaker who will have a wonderful message to share with all NKU parents.
- **NKU Theatre Event:** Family Weekend participants can purchase discounted tickets for only \$5 by mentioning Family Weekend when they call the NKU Box Office (859) 572-5464.
- **Haile Planetarium Showing of "Seven Wonders":** Tickets are FREE for Family Weekend participants. Just RSVP when you register!
- **Tours of Griffin Hall**—Come see firsthand the state of the art technology in NKU's newly constructed building.
- **Meet and Greet with the Parent Advisory Board**—All parents are welcome to attend our wine and cheese meet and greet with our current Parent Advisory Board members. Learn about the many involvement opportunities at NKU and why it's so important for YOU to get involved!
- **And so much more!**

FOR A FULL SCHEDULE AND TO REGISTER ONLINE, [CLICK HERE](#)

Registration closes Sept. 26th

### In this issue:

- Family Weekend P.1
- Become a Leader P. 2
- Early Alert Overview P.2-3
- Get Networking P.3

### Important Dates:

**All Month**  
NKU Volleyball and Soccer—[Click here to see the full NKU Athletics schedule](#)

**September 12**  
Last day to drop classes with a 50% tuition adjustment

**September 15**  
Fall 2011 Second Installment Payment Due

**September 16**  
National Hispanic Heritage Month Kick-Off

**September 26**  
Family Weekend Registration Closes

**September 30—October 2**  
Family Weekend!

September 2011  
Volume 3, No. 1

## Chutes, Ladders, Your College Student and You

By Rees Storm, Early Alert Specialist

Like the classic children’s board game, in college chutes and ladders can propel students farther from and closer to their goals. Knowing where perilous chutes and trusty ladders are along the way can help you guide your student through a successful college career. The two charts below highlight some of the chutes and ladders to be aware of. *Remember: **Student Achievement Center /Early Alert Services** will work one-on-one with students on any of these issues – be it chute or ladder!*

### The Chutes: Avoiding Semester Pitfalls, Perils and Speed Bumps

WHEN	WHAT to watch for
First day of class	Attendance– Did the student attend the first day of class?
First couple weeks of classes	Attendance and promptness – Has the student missed one or more classes? Arriving on time? Preparation – Is the student coming prepared with completed assignments/readings? Is the student demonstrating competency with NKU email and Blackboard? Books & equipment – Does the student have all of the required course materials? Life balance – Is the student managing social life, job, commuting and course obligations? Financial – 50% of balance must be paid or the student will be withdrawn from all classes. Is the student at risk or expressing financial aid concerns?*
Midterm	Academic reality check (e.g., midterm grades) – Is student surprised or disappointed by current class standing? Advising/Registration – Does the student know how and with whom to make an advising appointment? Major/career doubts or disappointments – Is the student questioning major/career choice? Financial – Is the student’s NKU balance paid off to allow course registration?*
Last couple weeks of classes	Wellness – Has the student’s physical or mental health altered? Does the student seem to be overwhelmed or shut down? Future academic plans – Has the student registered for next semester? Financial – Is student unsure about being able to afford next semester’s tuition?

\*Specific dates for financial deadlines are available on the NKU Academic Calendar website - <http://registrar.nku.edu/information/calendar.php>

(article continued on page 3)

## Greetings, Parents!

My name is Jeff Iker, you might remember me as the tall guy who played guitar at the beginning of orientation the past two summers. Part of my job is to select, train and supervise our Orientation Leader staff.

The 2012 Orientation Leaders (OLs) will guide the Class of 2016, as well as their parents and guests, through the Northern Exposure programs. The OLs receive a small stipend, many free meals, the potential for an extra food allowance, and free on-campus housing for the summer.

Previous OLs have described increased confidence in public speaking and interpersonal communication. They also display increased knowledge of campus facilities and services. Perhaps the most valuable outcomes of being an OL are the connections made with fellow OLs, new students, and various faculty, staff and administration. Without a doubt, OLs are considered among the most prestigious student leaders on campus.

Please encourage your son or daughter to consider being an OL for the summer of 2012. There will be a large banner hanging in the Student Union with information on how to apply. Thank you for your time and please e-mail me with any additional questions at [ikerj@nku.edu](mailto:ikerj@nku.edu).

With Norse Pride!

Jeff Iker

## The Ladders: What Successful Students Do to Get the Most Out of College

WHEN	WHAT do successful college students do?
1 <sup>st</sup> semester	<ul style="list-style-type: none"> <li>• Manage time and focus to make classes the primary 'job'</li> <li>• Check NKU email, BlackBoard and myNKU at least weekly</li> <li>• Exchange contact information with a student in each class</li> <li>• Make and attend advising appointments</li> </ul>
1 <sup>st</sup> year	<ul style="list-style-type: none"> <li>• Know at least one NKU employee – faculty or staff - by name and feel comfortable going to him or her with questions</li> <li>• Explore at least two possible majors</li> <li>• Join a student organization</li> <li>• Attend NKU events – athletic, fine arts, academic, social</li> </ul>
2 <sup>nd</sup> year	<ul style="list-style-type: none"> <li>• Select a major</li> <li>• Visit Career Development Office for major, career, and resume help</li> <li>• Explore Study Abroad Options for personal and professional development</li> <li>• Applying for student leadership position – resident's assistant, orientation leader, department ambassador, admissions tour guide</li> </ul>
3 <sup>rd</sup> & 4 <sup>th</sup> years	<ul style="list-style-type: none"> <li>• Assume a leadership position in a student organization</li> <li>• Pursue student research and independent project opportunities</li> <li>• Present a poster at the NKU Research and Creativity Fair</li> <li>• Explore and apply for internships/co-op and/or graduate programs</li> </ul>

**Either Chutes or Ladders...Visit the SAC!**  
*When Life Gets Sticky, SAC Makes It Sweet!*

How can a family member refer a student to **SAC/Early Alert**?

- **Website** – <http://earlyalert.nku.edu>
- **Phone** – 859 572-7527
- **Email** – earlyalert@nku.edu
- **In person** – Student Achievement Center, UC 120

## Who's in your college student's network?

By Mandy McDonough, UCAP Graduate Assistant

We've all heard the phrase, "It's who you know." For NKU students, embracing this idea can provide an endless supply of opportunity during their college experience.

Northern Kentucky University is committed to teaching its students the importance of networking and communicating. Not only are these skills invaluable as students become involved on campus and interact with faculty and staff, but they are an integral part of success in any future career. NKU students are encouraged to continually reflect on the question, "Who's in YOUR network?" so that campus connections can be both created and maintained. It's never too early for a student to begin building a network of individuals who can help them connect with campus resources and support them on their journey to graduation...and beyond!

Take some time to ask your son or daughter, "Who's in YOUR network?"

**UCAP: University Connect and Persist** | [ucap.nku.edu](http://ucap.nku.edu)



## Concerned about your student?

Health, Counseling, & Prevention Services offers group classes that focus on a variety of topics to help students who may be dealing with mental health issues ranging from depression to drug or alcohol abuse to anxiety. The classes vary in frequency and duration, depending on the topic being covered. This is a free service to students, and most do not require advance notice for the student to attend.

Current offerings include:

**Depression and You:** Tues. 2-4pm

**Understanding You, Understanding Me:** Mon. 3-4:30 pm

**PREP (Personal Responsibility Educational Program):** TBA

**CHOICES (Drug & Alcohol Abuse):** TBA

**Anxiety Buster Workshop :** 9/22/11, 3-4:30pm. RSVP to Tim Barron at [barront1@nku.edu](mailto:barront1@nku.edu)

## Featured Resource

# Tip of the month:

Encourage your student to explore the involvement opportunities on campus. At the beginning of the year, every student organization is eager to attract new members, so there are plenty of options! Engaging in the *whole* college experience from the start of a new semester will set the tone for success for the whole year and beyond. Here are some resources for you to help you discuss this topic with your student:

- ◆ All registered student organizations are listed alphabetically and by category on <http://nku.orgsync.com/>
- ◆ If your student is unsure about what kind of organization to join, suggest a general leadership or service group or a group related to his or her academic major. From there, your student is likely to connect with others who can help open the door to new opportunities.

## Did you attend New Student & Parent Convocation 2011?

Pictures from the event are now available online for printing, sharing, and saving!

[Click here to view pictures!](#)

## Contact Us:

**Office of New Student Orientation and Parent Programs**

Student Union 316,  
Nunn Drive  
Highland Heights, KY 41099  
Telephone: (859) 572-7625  
Fax: (859) 572-1960

[parents@nku.edu](mailto:parents@nku.edu)  
<http://parents.nku.edu>



[Connect with us on Facebook!](#)



**Need to unsubscribe?**  
Email [parents@nku.edu](mailto:parents@nku.edu)