

FLU SEASON REMINDER

BY ROBIN BADING, HEALTH, COUNSELING & PREVENTION SERVICES

Getting a flu vaccine is the single best way to protect against the flu and the CDC is recommending that everyone 6 months and older be vaccinated this year. Flu seasons are unpredictable and can start early or run late, and the flu vaccine provides protection that lasts through a full flu season. Getting a flu vaccine is easy, and it is the first and most important step you can take in protecting yourself and your loved ones from flu.

NKU's Health, Counseling, & Prevention Services will be offering the flu vaccine to students beginning in mid-October. The vaccine will be available on a walk-in basis during our regular office hours (Monday through Friday, 8:30 a.m. to 4:00 p.m.) for a fee of \$20 (cash or check only). Health, Counseling & Prevention Services is located in room 440 in the University Center.



FALL BREAK AND THANKSGIVING CLOSINGS

The semester is quickly approaching the mid point and with that comes midterm exams, fall break and the holiday season. As a parent, it is important to discuss how you and your student will spend the upcoming breaks from classes. Some students elect to stay on campus or in their off campus apartments. Other students plan to return home to visits with family and friends.

Remember to discuss when and where your student will be spending their breaks. Fall break is October 18th and 19th. Thanksgiving break is November 24th through November 26th. We encourage you to begin your conversations with your student now.

IMPORTANT DATES & EVENTS

October 6

Family Weekend Registration Deadline

October 8 - 10

Family Weekend
Pre-registration required

October 11

Columbus Day
NKU open, classes held

October 11

Freshmen and advisors can access
midterm grades

October 12

7:00 p.m.

Book Connection Conversation
Featuring Dan Gediman
Student Union Ballroom

October 18-19

Fall Break
NKU open, no classes

October 28 - November 7

Rocky Horror Show
Corbett Theatre, NKU Campus
Show times are 8:00 p.m.
(Except Sunday at 3:00 p.m.)

For Norse Athletic Schedules visit
www.nkunorse.com

NKU SOCCER BACK ON CAMPUS

BY CHRIS HAFLING, ASSISTANT ATHLETIC DIRECTOR FOR MARKETING AND PROMOTION

The NKU men's and women's soccer programs have returned to campus for the 2010 season! After several years off campus, the Norse opened the NKU Soccer Stadium on September 3rd to a crowd of over 700. Attendance in this first season back on campus has been strong, with the Norse on pace to have one of the Top 10 attendance figures in all of NCAA Division II soccer.

The NKU Soccer Stadium, one of the premier facilities at all levels of collegiate soccer, is located adjacent to The Bank of Kentucky Center. The stadium seats 1,000 and holds locker rooms for the two NKU teams, two visiting teams, and officials. The stadium also includes the NKU coaches' offices and the Founders Room, an exclusive lounge area overlooking the field.

While the stadium is impressive, the NKU soccer teams are just as exciting. Heading into play on October 1st, the Norse women are 6-1-1 and the men are 6-0-2. Don't miss your chance to see the new NKU

Soccer Stadium and the NKU soccer teams on **October 15th (Women at 5:00 PM / Men at 7:30 PM) and October 17th for Senior Day (Women at Noon / Men at 2:30 PM).**

Click [here](#) to view photos and a virtual tour of the NKU Soccer Stadium.



Photo by Tim Sofranko, NKU Senior Photographer

EARLY ALERT AND THE SIGNS OF A STRUGGLING STUDENT

BY REES STORM, EARLY ALERT

While issues and concerns may crop up at any time, there are critical periods within a semester when students can struggle with an obstacle to their persistence. Early Alert will work with students on any of these issues. The first check point is ask your student if he or she attended the first day of classes.

The second check point is to measure your students adjustment during the first three weeks of the fall semester. Ask if your student is missing more than one class. You should also ask if your student has all his or her books and equipment and if he or she can complete all assignments. Life balance is another area to watch. Observe how your student is balancing social activities, work, commuting or residential living, and other time management issues. Parents should also look at their student's financial management. If there is a tuition balance or financial worries that could also be a cause of concern.

Midterm is the third check point. Determine if your student is surprised or disappointed by his or her performance during midterm exams. Ask your student if he or she knows how, with whom and when

to make an advising and registration appointment to schedule his or her classes for the spring semester.

Thanksgiving break is the fourth check point. Observe if your student has gotten behind or seems overwhelmed by their class workload.

The end of the fall semester is the final fall check point. Ask if your student has registered for the spring semester and if he or she knows how the spring semester bills will be paid.

If at any point your student exhibits academic career doubts or disappointments or if he or she shows financial concerns, you should consider a referral to Early Alert.

Parents, professors, staff and student peers can all refer a student to an Early Alert specialist. To make a referral, either call (859) 572-7527 or send an e-mail to earlyalert@nku.edu. Students can also refer themselves by visiting the Student Achievement Center in University Center room 120. To learn more, visit <http://earlyalert.nku.edu>.

LAST CHANCE TO REGISTER FOR THE ANNUAL NKU FAMILY WEEKEND

Family Weekend is an annual tradition on NKU's campus. Students are encouraged to invite their entire family to campus to enjoy all that NKU has to offer.

This year's event will not disappoint! Families will have a plethora of options to choose from throughout the weekend. The complete schedule of events is available online.

All participants must register to participate in the weekend's activities, including students and young children whose participation does not require a fee. A Family Weekend name badge will be required for many of the weekend's activities and during all meals.

Registration is available online, through postal mail or in person with cash, check or money order. We are unable to accept credit card payments for Family Weekend. **The registration deadline is October 6th.**

Registration Fees:

Free = Students and children 6 years-old and younger
\$15/person = children 7-12 years old
\$25/person = parents, grandparents, and children and guests 13 years-old and older.



A limited number of need-based financial waivers are available and will be given on a case by case basis. If you feel you qualify, contact Hannah Centers at centersh1@nku.edu or (859) 572-7625 for more information.

To learn more about Family Weekend, visit our website online at <http://orientation.nku.edu/parent/familyweekend.php>, e-mail parents@nku.edu or call (859) 572-1967.

ATHLETIC EVENTS ON CAMPUS FOR FAMILIES

BY CHRIS HAFLING, ASSISTANT ATHLETIC DIRECTOR FOR MARKETING AND PROMOTION

DIG PINK:

The NKU volleyball team will host its annual Dig Pink match on **Friday, October 22nd at 7:00 PM vs. Indianapolis**. Proceeds from the match will benefit breast cancer research. Be sure to come out to Regents Hall and support the Norse and breast cancer awareness with exciting raffles, prizes, and games!

HALLOWEEN HOOPLA:

NKU Athletics will host Halloween Hoopla on **Monday, October 25th at 6:00 PM**. Adults and children alike are encouraged to visit The Bank of Kentucky Center for a completely **FREE** evening of trick-or-treating, games, and inflatables. Meet all of the NKU athletic teams, enjoy free food and drink, and have a great time with the Norse at Halloween Hoopla!

BECOME A FAN OF THE PARENTS ASSOCIATION ON FACEBOOK

Ever want to connect with a parent from your hometown who also has an NKU student or get answers to your questions from other NKU parents just like you? Now you can!

The Parents Association now has a Facebook page. The page is new, so don't be discouraged if you are one of the first to join! Encourage other NKU parents you know to join as well. This is a great forum for parents to network and share stories.

The page will be updated regularly with important dates and information specifically for parents and our Parent Advisory Board members will lead discussions throughout the year. [Like NKU Parents Association by clicking here!](#)



For questions or concerns, contact Hannah Centers at centersh1@nku.edu or (859) 572-7625.

UNIVERSITY HOUSING TO HOST ANNUAL NORSE-O-WEEN

BY RICH KANE AND LISA McELFRESH, UNIVERSITY HOUSING

University Housing will host the annual Norse-o-ween event on **Tuesday, October 26, 6:00—8:00 PM** for the campus and the Northern Kentucky and Greater Cincinnati communities.

The leaves changing colors, a light jacket is nice in the evenings and apple cider showing up in the grocery stores are just a few of the signs that remind us that fall is here. In the Office of University Housing, fall is a special time for another reason, Norse-o-ween.

Annually, we invite the community to come visit the residential facilities for our annual fall festival designed for young children. At last year's event, we saw Hannah Montanas, super heroes, animals, and even a gum ball machine trick-or-treating. Children can play games, win prizes, eat snacks and make crafts. Favorites include ghost making, pin the nose on the pumpkin, plinko, cookie decorating and button making.

This year's event will take place in Callahan Hall located on Martha Layne Collins Blvd and is designed for the young and young at heart.

If you have students living on campus, encourage them to give back to the community through this program. If you have youngsters at home or in the neighborhood, bring them to Norse-o-ween for some guaranteed fall fun and chance to use their costumes one more time!

For more information about Norse-o-ween or University Housing, contact Lisa McElfresh at (859)-448-8927 or Rich Kane at kaner1@nku.edu.



Directions to Callahan Hall

- From US27/Alexandria Pike turn into Martha Lane Collins Blvd
- Go through the first stop light.
- Callahan Hall is the First Building on the right after the stop light.
- For parking, pass the building and take the second drive to right.



Photos provided by University Housing

TIP OF THE MONTH

Discuss midterms and class registration with your student.

- Ask your student how he or she performed on midterm exams. Freshman can view their midterm grades online at myNKU beginning October 11th. Faculty have until October 25th to submit grades. So, encourage your student check back if their grades are not all posted on October 11th.
- Encourage your student to schedule an advising appointment with an advisor. Many students will need to meet with an advisor prior to registering for spring semester courses.

Contact Us:

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Office of New Student Orientation
and Parent Programs
Student Union 317, Nunn Drive
Highland Heights, KY 41099

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