

The Norse Parent

NKU Parents Association Newsletter

NKU NORTHERN
KENTUCKY
UNIVERSITY



In this issue:

[VictorFest P. 1](#)

[Healthy Decisions P. 2](#)

[Broaden Your Experience P.3](#)

[Financial Fitness P. 4](#)

VictorFest Set to Engage New Students

August at NKU is a time of excitement and celebration as we welcome new members to the Norse Family! This is also the time for your student to get involved on campus. VictorFest, which runs from Saturday, August 16, through Saturday, August 23rd, is designed to help your students transition to NKU.

This year's schedule has something for everyone. The week kicks off with an opening concert and features a hypnotist, a comedienne, athletic events, community service opportunities and tons of *free food!*

There's even an event specifically for parents!



**Parents' Conversation
with the Dean
3:30 p.m. to 4:30 p.m.
Residential Village and
Callahan Hall
Sponsored by the Dean of
Students Office**

Please encourage your students to take advantage of the events offered this week. This is a great chance for them to start the school year off by becoming active and engaged with the NKU community.

Click [here](#) for the complete VictorFest schedule!

Important Dates:

All Month

NKU Soccer, Volleyball
and Cross Country—
[Click here to see the full
NKU Athletics schedule](#)

August 15

Family Weekend
registration begins

August 16

Move-In Day

August 18

First Day of Classes
Tuition and Fees Due

August 25

Last day to drop a class
with 100% tuition
adjustment

September 1

Labor Day—University
closed/No Classes

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Parents, Your Job is Not Finished Yet!

By Siobhan Ryan-Perry MSW, LCSW, CADC: Alcohol and Other Drug Counselor, HCSW

Northern Kentucky University is excited to welcome our students back for another successful academic year...especially our new incoming freshmen.

We know the students are excited, but we also know parents are just as excited and want their child to be happy, healthy and successful. At NKU, we want every student to be safe, engaged and empowered to make healthy decisions. According to the National Student Clearinghouse Research Center, over 18 million students are set to begin college this fall. College is an exciting time for students and parents, but it can also be a deadly time for students who fall prey to alcohol or other drug related activities.

Alcohol and other drug issues are real, and they are not isolated to college campuses. Monitoring the Future revealed data from a 2012 study that indicates 42 percent of high school seniors reported having had alcohol (more than just a few sips) within the past 30 days. The impact of alcohol and other drug use can be devastating to a student's future and can impact more than college success. However, the impacts of success are evident in the fact that each year thousands of students fail to progress to their sophomore year, because of issues related to alcohol and other drug use and misuse. The first six weeks of college life are an extremely high-risk time for first year students, that makes the consistent and supportive communication from parents key to ensuring a successful transition to college. NKU is committed to providing "a supportive, student-centered educational environment that promotes academic success, global awareness, and timely graduation" (Strategic plan; NKU Fuel the Fame). We know that most college students make responsible decisions overall, but we recognize that for some, the absence of parents along with the desire to fit into a new environment can sometimes lead even the most educated students to make risky choices.

Here are suggestions you, as parents, can do to help your son/daughter be successful:

Have an open and honest conversation about alcohol and other drugs. Explain your concerns and ask about their experiences to date.

Don't judge- express concern but listen to what they have to say.

Ask questions about their classes, roommates, new friends, program involvement and show that you want to know about their new life at college.

Encourage them to get involved in activities and take advantage of all the supportive services available on campus.

Help them find ways to say NO! Talk about the risks associated with binge drinking and the reasons not to drink or use other drugs. Be familiar with the legal and University consequences.

Let them know that you care and want to help. If you are concerned at all, get help.

If you need further assistance or have questions you can contact

[Health, Counseling and Student Wellness](#), UC 440, 859-572-5650.

<http://www.collegedrinkingprevention.gov>

<http://www.niaaa.nih.gov>

Special Thanks to our 2014 Parent Panelists:

- Rebecka Adams
- Carla Hargus
- Amanda Jones
- Tabitha Marshall
- Janet Moulton
- Jeff Rice
- Michele Romito
- Jennifer Ruwe

Mark Your Calendars!

Parent Advisory Board Meeting

Friday, September 12th
6pm-8pm
VSU 302



Open Your Home—Enhance Your Experience

By Tabitha Marshall, Parent Advisory Board Member and mother to a sophomore NKU student

NKU has many opportunities for students to experience life abroad, but did you know that NKU also offers opportunities for families of NKU to gain a reverse experience? The Office of Education Abroad not only sends out students, but takes in exchange students. During the months of August and September, NKU will be hosting 12 students from Japan for 3 weeks. Their course is an intense one, however the one part of this course that the students eagerly look forward to is the Homestay Weekend. The students will be assigned to an NKU family who will take them in for the weekend so that they can experience a realistic American family and their lifestyle. Becoming a host family for a weekend will give each member of your family insight into life outside the USA, as the exchange students will need your assistance to adjust to life in your home. They will also share their lifestyle overseas. Stereotypes that have been learned about the other countries and cultures through media and news can be shattered. Your family might even begin to think more seriously about NKU's Study Abroad program as you interact with your guest. I took a student in last year and we had a remarkable time! Small things like grocery shopping turned out to be an amazing site seeing tour for our student. She appreciated the Cincinnati Art Museum and was pleased to see that America had deep, distinctive art history, not always displayed through media. She enjoyed her stay so much with our family that she requested to stay another weekend and brought an additional student. My daughter and I now have an open invitation to come to Japan and be hosted by her family! The Education Abroad Office at NKU will be happy to take your request to host a student this September. Please reach out and sign up!

Welcome to the Family!

The sixth annual Family Weekend is scheduled for October 3-5 and includes a variety of activities. This is a great opportunity for you to connect with your student and share in their NKU experience. It's fun for the whole family!

Events include:

Norse Family Bingo
Delta Gamma 5K
Planetarium Shows
NKU Sporting Events

Meet and Greet
Pancakes for Philanthropy
Family Funfest
Movie on the Big Screen

For more information or to register, visit us [online!](#)



*Success is a
Team Effort!*

Are you the parent of a first-time freshman or a student entering their second year at NKU? Please encourage your student to look for an email invitation to complete the MAP-Works survey—they will receive the invite on September 3 and have until September 24th to complete it.

After they access the MAP-Works [website](#), they will simply login with their NKU username and password. The survey will take only about 15 minutes to complete—time well spent!

After taking the survey, students will have access to a customized and relevant report that includes strategies for success to make the most of their college experience! This personalized report will provide valuable information related to creating a success network and achieving at NKU. Thank you for your support in helping your student take advantage of this unique opportunity!

Financial Literacy at NKU

For many students, college is the time to learn how to manage personal finances. NKU is making it a priority to provide educational opportunities and support for your students as they explore the topic of financial literacy.

This fall, NKU is offering a class, *FLC 101-Pathways to Financial Success*, designed to help your students learn money management skills. This is just one step your student can take to help get on the right track to being financially savvy. Students can also schedule time to meet with the [financial fitness coordinator](#) to discuss financial concerns.

You can help your student too! Start by staying informed! For example, this [article](#) highlights four changes to student loans that may affect your student. Use articles such as this to start a conversation with your student about his or her financial future. Now is the perfect time to develop smart financial habits!

The Lending Library

Want a quick way to save a bit of money on books? Have your student visit the [University Connect & Persist](#) office located in the University Center to explore the Lending Library.

The Lending Library allows students to borrow one textbook per semester. Students who borrow a book meet with a UCAP Coordinator

for a financial and academic wellness check as well. Please note that books for every course are not available, so students will want to visit UCAP early to get the best selection. Students should take a copy of their course schedules with them when they go to check out a book.

Featured Resource

Tip of the month:

Remember the mantra from new student orientation? *Advise, Guide, but Don't Decide!* Now is the time to put that to action!

- ◆ Now is the time for new beginnings.
- ◆ Allow your student the room to grow while still offering the support they will inevitably need.
- ◆ Encourage your student to seek out learning experiences, both inside and outside of the classroom.
- ◆ Know that August is full of mixed emotions, and that's completely normal. Whether this is your student's first semester or final semester, coming back to school after the summer can be a big adjustment.

Contact Us:

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