

Parent Connection

A Student Affairs Division Newsletter

Volume 4, Issue 3

2007-2008 Academic Year

May 2008

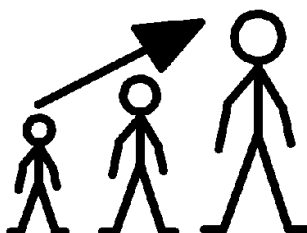
Planning The Summer Transition

Courtesy of PaperClip Communications

The approaching summertime can provide challenges for students and their families, especially if they've been away from one another this year. Here are some questions your student may ask as you work together to make the summer transition smoother and much more pleasant:

Expectations:

- What are your expectations for curfew?
- What are your expectations for my going to bed/getting up in the morning?
- What am I allowed to do/not allowed to do that is different than before I left for college?
- How can I contribute to the daily "home" operations?



Finances:

- How much money do I need to save this summer?
- How many hours a week do you expect me to be working?
- Will I get an allowance?
- What are you expecting me to pay for, as far as my expenses go, over the summer?

Family Responsibilities:

- Are there specific "chores" you are expecting me to complete?
- Are there any new family obligations/traditions I should be aware of?
- What dates can I put on my calendar now (i.e. brother's graduation, aunt's baby shower, etc.) so I can try to schedule work and social obligations accordingly?

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Family Summer Fun

Remember the times your family got together just to have fun. In the craziness of our busy work, school, and social schedules, the summer weeks can quickly pass us by. Before you realize it, the summer is over and it's time to send your student off to college again.



Take time now to carve out some quality time together. It doesn't have to be anything fancy or expensive. Could be something as simple as a night spent on the back porch talking and watching fire flies or a trip to a state park or local museum. Just pick a few things that you think all will enjoy and have some fun as a family!

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**SPORTS
CORNER**

Coach Griffin has once again gotten his team to the District 13 Regionals held this year in Cleveland, TN. The Hornets enter regionals with a record of 38-15 and a national ranking at #24 taking on #8 University of Mobile in the first round..

The Hornets finished 3rd in the SSAC behind Lee and Auburn-Montgomery.

BASEBALL



Junior pitcher Mark Doll (9-0) received the SSAC Conference Pitcher of the Year award. Sophomore centerfielder Josh Grooms made 1st Team All Conference, plus received a Gold Glove award for his defensive work in center field. 2nd Team All Conference honors went to Tom Bradley (P), Daniel Griffin (SS), Rick McRae (3rd), and Ryan Pearson(1st). Nine players were recognized on the SSAC All Academic Team as well, something Coach Griffin stresses with all of his players; education first, sports second.

BASKETBALL

WOMEN'S

Coach Teymer and the Lady Hornets repeated last seasons 18 wins and finished 5th in the SSAC Conference, going to the conference tournament for the 2nd straight year.

Coach Teymer and Coach Doss will have their work cut out for them this coming season having to replace 4 seniors, 3 of whom were regular starters for the season. Both post players and the point guard must be replaced but knowing Coach he will have that covered by the time next season tips-off. Seven freshmen gained valuable experience this season which will pay big dividends in the seasons to follow.



MEN'S

Coach Jones and the Runnin Hornets suffered through a disappointing season. Academic ineligibility and injuries took their toll on the squad for the 2nd straight year. The 2007-2008 campaign saw the Hornets finishing 6th in the always tough SSAC with a 7-11 record and 13-17 record overall. While the Hornets were in most games until the end, the lack of depth at some key positions put the Hornets into a late season 7 game losing streak.

Coach Jones and Coach St. Clair have already been on the road looking at some key pieces to fill the gaps for next seasons schedule.

SOCCER

In the summer of 2006, Coach Kom Momeni was hired to begin the quest to field a Men's Soccer team for the 2007 season. His hard work over the next 16 months became evident as the team played like no first-year team and surprised many opponents, finishing 8-8-2. In a season with games against five ranked opponents, 6 of the 8 losses were by one goal and the worst loss was a 3-0 game against Auburn-Montgomery.

To show how much the squad played like a team, one need only look at their #18 national ranking in Assists Per Game.



This team statistic contributed heavily to one players national recognition in three offensive categories. Mamadou "Footy" Danso finished #2 in the country in Shots on Goal and Shots Per Game and #5 in Game Winning Goals per game which was the direct result of his unselfish teammates.

Coach Momeni has already signed 18 players for the fall season so the campus will be excited to see what the 2nd season brings. If it's anything like this past season, the boys will be more than ready for the competition.

Planning The Summer Transition *(Continued from page 1)*

Transportation:

- Will I have access to a car?
- If I will have access to a car, what will I be responsible for regarding maintenance, insurance, and gas?
- If I don't have access to a car, how will we work out my getting to work and / or other obligations?

Shared Space:

- Do I still have my own bedroom (remaining as I left it)?
- Should I plan to do my own laundry? If not, what can I do to limit any impact?



- Are you expecting me to be at family meals?
- Where can I store my stuff?

Visitors:

- Can I have friends over?
- Can I have friends overnight?
- Am I allowed to throw any parties?
- What are we/are we not allowed to do?

Although some of these questions sound basic, they can be the cause of a great deal of strife when emotions are running high. Talking through the transition ahead of time can alleviate big problems in the long run.

Family Summer Fun *(Continued from page 1)*

Here are some ideas to get you started:

- Volunteer at a local shelter for a morning. A soup kitchen, an animal adoption center, whatever! You'll feel good about helping and your family will learn something too.
- Make ice cream sodas, serve them up in cool glasses, and then take a walk together.

- Pick a book and read it together. The latest Harry Potter book comes out in July!
- Attend a local Memorial Day or Fourth of July parade together.
- Visit a local historical site like Kennesaw Mountain Battlefield, Chickamauga, the National Cemetery in Marietta, the Etowah Mounds, etc.
- Cook a meal together. Make it

Sunday Brunch or an evening meal. It doesn't matter, it's the time shared that's important.

- Pick a project to work on throughout the summer. Something like organizing old family photos, decorating travel mugs, making holiday ornaments.

There are so many different things that can be done but remember to keep it simple, and have meaningful family time together!

Other Transitions To Discuss

Your student may not be spending all or part of the summer at home due to an internship, volunteer opportunity, working back at school, and more. Talk about this transition, too, as it may be a different situation for all of you this summer.

- How will you stay in touch?
- Will you travel or will they travel for a visit?

- Are there any important family gatherings for your student to factor into their schedule?
- How will you handle finances? Transportation? Food? Housing?

These are but a sample of the things that can come up so take some time to sort through anything that can make the summer a time to enjoy with your student back home.



**Don't forget to renew
your lease for next
academic year.
Space is going fast!!!**

Making Students Responsible For Their Health

Students often get caught up in their busy lives and forget to make appointments for the dentist, doctor or other medical professional. Sometimes accidents happen and your student may not have the information needed for the treatment.

To help them, create a medical file that contains the following:

- A list of vaccinations
- Allergies to medications, foods, etc.
- Medications they are taking
- Dates of last doctor visits
- Contact information including websites, addresses, and phone numbers of medical personnel
- Health insurance numbers
- Any other details that could be helpful to know

You won't do this forever, yet giving them a file with all the details allows them to take stock of their medical history — and to take responsibility for what they have to do next as they take steps into adulthood.

Networking Timetable For College Students

Many students think finding a job will be an easy task and are often ill prepared for the work that is required to be successful. Part-time work, summer employment, even jobs after graduation, many students wait much too late to start the process, getting frustrated very quickly when they realize that finding a job is a job itself. So how are others finding the types of positions they want, at the companies they want, when they want to work? **Networking, today's replacement for classified advertisements !**

Networking has been around for a long time, but about ten years ago companies quit relying on advertisements in newspapers as their primary source of hiring employees. Instead they started using their internal network of employees to assist them with finding qualified people, who would fit in with the corporate culture. Today, as many as 85% of available positions have been filled via networking. Companies often provide financial incentives to their current employees as a means to help fill vacant positions, so networking looks to be more than a trend and more of a standard for finding employment and filling open positions.

So the questions often comes up, "When should students network? Where should they network? How should they network?"

- 1) **When To Network?** — Students should start networking as soon as possible. By the end of the freshmen year most students will have a greater understanding of their career choice so they will be able to make the best use of the time they put forth networking. Others may still be evaluating different careers and the networking process can often provide opportunities to help them decide. Students often utilize the summer to start this process since they don't take classes or they take reduced loads so there is more time available to focus their efforts. Bottom-line, don't wait until you need the job to start the networking process. Start the process today and continue to build your network as you progress through college and beyond.
- 2) **Where Should I Network?** — Anywhere and everywhere you interact with people. Classmates, alumni, professors, professional organizations, church, neighbors, social settings, community events, parents employment, etc. There are virtually an unlimited number of places to network. To help get

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**SOUTHERN
POLYTECHNIC**
STATE UNIVERSITY

Career and Counseling Center

1100 S. Marietta Parkway
Student Center, Room 243
Marietta, GA 30060

Phone: 678.915.7391
Fax 678.915.7161
<http://www.spsu.edu/cccenter/>

Questions or suggestions to make the
Parent Connection better?

Email: ParentConnection@spsu.edu

We'd love to hear from you.

Networking Timetable *Continued from page 4*

things started sit down and see how many names you can write down that could be part of your network. If you can get to 200 the 1st time through you have made excellent progress, but even if you don't you have started the process of developing your network. When we go through this exercise, we often begin to realize we know more people than we acknowledge. Enlist parents and friends to help compile names, as they may be able to recall people who can be beneficial to your career search.

Look to volunteer, actively participate in events where you can network with people in your field or where you can make contacts that may lead to opportunities to aid your search. If students are already working in a part-time job, establish relationships with your boss and co-workers. You never know who can be the one to help you make the connection.

Once you have your list compiled and begin to use your network, keep in regular contact with them so they know what your current status is. With email, it makes this step much easier, especially if you set up your network in the address book of your email service. Typically twice a month should be sufficient except for those who you may use as a reference. For them, weekly communication may be more appropriate, as they need to know more about your day to day activity.

- 3) **How should they network?** — Next, you should make a list of the companies you'd like to work for and start reviewing your network to see who might be able to help you become a know commodity. If you can't find someone in your network, another easy way to get the inside track at a company is to embark on a series of informational interviews to line up that critical internship or co-op position. **What are informational interviews?** Quite simply they are interviews where the student is interviewing the company to gain a greater insight to their business, with the intent of being able to get in front of someone and talk face to face. Should the opportunity arise, it provides an avenue to promote yourself. This less invasive method of getting inside a company to talk with someone is highly productive, that is if you do it the right way. Remember the approach is to be able to talk face to face with a company representative and at the same time be able to examine the company as a potential place of employment.

From the list of companies you have developed, target 8 or 10 of them to see if you can line up informational interviews. As a student there are many different ways to get in front of someone, the easiest being a "class project" asking for 20 minutes of someone's time to gain a greater understanding of the company and how they utilize people in your field of study. Come prepared with questions that will provide you with information about the company, their industry, products, their competition, career potential, etc.

Treat this like an actual interview by dressing professionally, bringing along copies of your resume to leave with the individual before you leave their office. Consider creating a "networking card", a business card that has your contact information so you will have something tangible to hand out besides your resume. These networking cards typically provide address, phone number, major, anticipated graduation date, anything relevant to what your needs are at the present time. There are a number of places on the internet where you can have these cards made up for nothing more than the cost of postage. A good investment for your career.

If you have not worked in your field, set the wheels in motion with a co-op or internship search before the end of your sophomore year so you can begin to gain practical experience. The earlier you begin the process, the more experience you will have prior to graduation, which can mean \$\$\$\$ in your pocket compared to your classmates who only took classes and have no experience.