

Parent Connection

A Student Affairs Division Newsletter
Southern Polytechnic State University



Vol. 6, Issue 1



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The Welcome Mat is out and we're ready for you to become a part of SPSU. Take advantage of all of the activities during "**Welcome Week.**"

There's something for everyone so get out of your dorm or apartment and meet other students, faculty, and staff on campus. You might actually see someone you know who is also here at SPSU and if not, what a great way to make new friends.

A Message from the Dean of Students

Greetings---from one parent of a college student to another! I often feel like I am a surrogate parent to your student which is a role I actually enjoy. It is gratifying to help a student solve a problem or deal with an issue and I hope that my daughters receive the same assistance on their campuses.

It is the first day of fall semester classes and the campus is buzzing. We expect excellent participation in our Welcome Week activities as we try to get students quickly engaged with campus life. We expect our enrollment to exceed 5000 for the first time and parking spaces are certainly at a premium. The good news is that our first parking deck will open in October which will provide over 800 much needed parking spaces. Construction continues on our Engineering Technology Center which will open fall '10 as well as our new 700 bed suite-style residence hall. The west side of our campus is truly being transformed by over \$100 million dollars of new construction.

I sincerely hope that your student will adjust well to college life. It is a major life transition----new surroundings (especially if they are living on campus), tougher classes, and a vast array of activities, options, & personalities from literally around the world. Please let me know if I may assist you or them with this adjustment or with any difficulty they may be encountering. My e-mail address is bb@spsu.edu and my direct phone line is 678-915-4102.

As I said during Orientation, please try not to be a "helicopter parent" by hovering over your student's every move & providing for their every need. Students benefit greatly from developing their own problem solving skills and by learning to become more independent.

Best wishes for a great year!

Barry Birckhead
Dean of Students

Key Dates

Classes Begin	Aug. 24
Fall Add-Drop Deadline	Aug. 27
Fall Fee Payment Deadline	Aug. 27
Labor Day (University Closed)	Sept. 7
Last Day To Withdraw With a "W"	Oct. 13
Thanksgiving Holiday	Nov. 25-27
Last Day Of Class	Dec. 10
Finals	Dec. 12-16
Spring Semester Classes Begin	Jan. 11, 2010

Wise Words From Dr. Ron Koger . . .

Hello to all SPSU Parents!

If this is your first child in college it can be very emotional. Do you remember the first day you left your child at Day-care? It was emotional and so is College.

Here are some tips I shared with you at Orientation, but they may be more meaningful now!

1. *How often should you touch base with your child? Expect more calls at the start fewer later. Email and/or snail mail but don't expect an immediate response. They may not tell you they want contact, but they appreciate it.*
2. *How should you respond when your child calls with a problem? The vast majority of these calls the student can handle themselves. They can ask their RA's, their advisor, the Dean of Students, the V.P. of Student and Enrollment Services. You have my business card. When the student solves the problem they gain the empowerment that goes with it.*
3. *Should I turn his bedroom into a Den? Leave the room as is, at least at the beginning. Everyone needs a home base in this world to feel safe and secure. Plus they may move back home?*
4. *Should you expect their grades to mirror their high school grades? NO. College courses are a lot more difficult and the competition is greater. Expect the worst performance to be first semester. They have not learned how to be good college students yet.*
5. *You should expect a commuting student to spend additional time on campus the longer they are here. The course work at SPSU will require a lot of team activity and becoming more involved in campus will get the student to feel as an integral part of the campus.*

KEY PHONE NUMBERS

SPSU General Information	(678) 915-7778
ATTIC	(678) 915-7361
Bookstore	(678) 915-7355
Business Office	(678) 915-7216
Career & Counseling Center	(678) 915-7391
Financial Aid	(678) 915-7290
Library	(678) 915-7276
Registrar	(678) 915-1999
Residence Life	(678) 915-7335
Tutoring Center	(678) 915-3052

Success Tip # 1

Sticking to a regular routine helps both your body and your mind know when it's time to be on task. Set your schedule at the start of the semester and stay with it. The reward will show up in your academics, your physical and mental health, plus you'll still have time to do things with your friends!

SPSU MEN'S SOCCER

DATE	DAY	TIME	OPPONENT
Aug 22	Anderson College, 1 -- 1 Tie (Exhibition)		
Sept 12	Sat	4pm	Lincoln Memorial
Sept 26	Sat	4pm	Emmanuel College
Sept 30	Wed	6pm	Treveca Nazarene
Oct 7	Wed	4pm	Auburn-Montgomery
Oct 10	Sat	4pm	Faulkner University
Oct 17	Sat	3pm	Bryan College
Oct 21	Wed	4pm	Southern Wesleyan
Oct 28	Wed	2pm	Reinhardt College
Oct 31	Sat	3pm	Thomas University

SPSU SOUTHERN POLYTECHNIC STATE UNIVERSITY
Career & Counseling Center
 1100 South Marietta Parkway
 Joe Mack Wilson Student Center
 Room 243
 Marietta, GA 30060
 (678) 915-7391 (Office)
 (678) 915-7161 (Fax)
<http://www.spsu.edu/cccenter/>



How Is Counseling At The SPSU Career & Counseling Center Different From The High School Guidance Counselor?

As your son or daughter enter SPSU, it is important to understand the difference between our Career & Counseling Center and their high school guidance counselors. Most high school guidance counselors primarily work with students to assist them with class schedules and testing. Very few of them are able to provide counseling services due to the sheer number of students within the school. Likewise, some school systems do not allow counselors to provide "counseling" instead leaving this function to be handled by a psychologist or social worker who is spread between many schools.

At SPSU, the Career and Counseling Center (CCC) is able to provide academic, career, and personal counseling services to currently enrolled students. We also provide career services related to finding a job while in school or at graduation. We provide these services on a one-to-one basis and for some areas skillshops are available for students to attend.

So what is the difference between academic, career, and personal counseling? The easiest way to explain it is this:

Academic counseling entails working with students on their study skills, time management, and testing anxiety.

Students needing assistance with their class schedules are encouraged to talk with their advisor in their program of study.

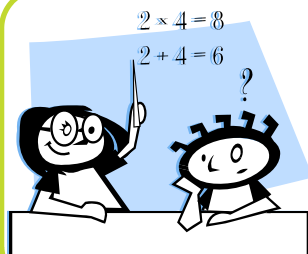
Career counseling entails a number of different services. We assist students in choosing the Major that is right for them. Through the use of assessments and one-to-one interviews, students are provided information that will assist them in making a career

choice they will enjoy. We also provide all of the necessary skills to become efficient in finding work in their field of study. Whether it is for a co-op/internship position or for a position at graduation, we can assist them in putting together a resume, teaching them interviewing skills, showing them how to go about an effective job search, educating them on the in's and out's of career fairs, learning how to dress for success and negotiating salary offers. These services too are provided in a skillshop format, but many students have one of the staff work with them individually to help them be better prepared for the job search process.

Personal counseling provided through our center is done using a wellness model. This entails a process of self discovery and growth in which you learn to make better decisions, develop confidence, and improve your interpersonal relationships with family, friends, and significant others. Counseling can also help you in making choices for your emotional, intellectual, physical, and spiritual well-being. Most people, at one time or another, benefit from counseling. Common areas students may need assistance with are: personal growth, relationship issues, stress & anxiety reduction, depression & grieving, addictions, social skills, eating disorders, and sexual issues.

So as you can see, the CCC does many things high school counselors are either not allowed to do or are not trained to handle. Our professionally trained staff all have at least a Master's degree in the field of counseling and many are specialized in areas most needed by students. We hope you will encourage your student to utilize our services as they have the need.

- **Remember, if your student comes to see us we can't talk with you directly without their written consent, we can't even acknowledge if they've come to the CCC; it's the law all clients are protected under called HIPAA.**



Success Tip # 2

FREE tutoring is available at the Tutoring Center (Howell Hall - Basement Level). It's up to you to seek the help when the problem arises. Don't wait until the last minute to get help that is readily available.



**Supporting Students
Leads To Success**

*Past issues of
The Parent Connection
are on the web at:*

http://www.spsu.edu/cccenter/Parent_Connection.html

Dear Parents and Families,

Southern Polytechnic State University understands that the college experience extends far beyond academics, with the social development skills practiced during these years providing the foundation for future success. Students are faced with many challenges during their college years including exposure to alcohol and drugs. Our dedicated team of educators and college health professionals is always looking for innovative ways to enhance our comprehensive alcohol and drug strategy.

This year, **SPSU** is pleased to offer MyStudentBody®, a comprehensive program that delivers reliable college health information to students with customizable content across each campus. Developed through work with college students and nationally renowned experts, MyStudentBody tackles the most relevant health issues on college campuses today, including alcohol, drugs, sexual health, nutrition, stress, and tobacco. The MyStudentBody comprehensive program provides students with valuable information, and aims to improve your student's daily life and all around health.

What does this mean for your student?

MyStudentBody features online courses about alcohol, drugs, nutrition, stress, and tobacco use prevention that are used in schools nationwide. Providing online education through a flexible interactive design, the MyStudentBody courses teach students about alcohol, drugs and other addictive substances. The goal of the course is to increase students' knowledge, decrease harmful behaviors, and provide information to help students make good decisions.

What does this mean for you?

Students rely on their parents for support and guidance throughout their college career. MyStudentBody-Parent gives you information about how you can help your student face challenges related to alcohol and drugs head on. We encourage you to visit MyStudentBody-Parent for practical suggestions and strategies to ease the transition to school. Video conversations, interactive tools, and school specific information will help you feel more confident while talking with your student. You can access the program by going to <http://www.mystudentbody.com> and creating an account using **spsuparent** as the **school code**.

We are happy to provide this service to you and your students. Please feel free to share any questions or comments that you may have with regard to our on-campus alcohol and drug policy and practices. Together we will help your student succeed!

Sincerely,

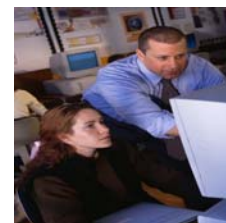
Kellie Blosser, M.Ed.
Assistant Director Recreational Sports- Programs

Jamal Murray, M.A., LAPC
Counselor, Career and Counseling Center



Welcome Week 2009

Sat., Aug. 22	6pm 9pm 11am – 11pm	SPSU Men's Soccer vs. Anderson University Movie Night – Between the Residence Halls Student Center Game Room Open
Sun., Aug. 23	1pm – 5pm 5pm – 7pm 6pm – 7:30pm 7:30pm – 10pm	Air Brush T-Shirts – Community Center Campus Picnic – Community Center Fraternity Round Robin – Between the Residence Halls All Greek Block Party – Between the Residence Halls
Mon., Aug. 24	8am – 11am 11am – 1pm 4pm – 6pm TBA	Info Tables @ The Globe and Bldg "J" Promo Day @ The Globe Info Tables @ The Globe and Bldg "J" Welcome Week Blast
Tues., Aug. 25	8am – 11am 11am – 1pm Noon 4pm–6pm 6pm 8pm	Info Tables @ The Globe and Bldg "J" Vendor Fair @ The Globe Stroll Off @ The Globe Info Tables @ The Globe and Bldg "J" Pool Party @ The Rec. Center Pool Panhellenic Meet & Greet – Community Center
Wed., Aug. 26	8am – 11am 11am – 1pm 6pm	Info Tables @ The Globe and Bldg "J" Student Organization & Resource Fair @ The Globe 3rd Annual SPSU Live Fall Concert – Between the Residence Halls
Thur., Aug. 27	4pm–8pm	Banana Splits & Inflatables – Between the Residence Halls
Fri., Aug. 28	7pm	Texas Hold 'Em Tourney – Student Center Atrium



Success Tip #3

Talk to your professor from the first day of class, that way if you have any difficulty later in the semester you will already be more than a name on a piece of paper.

While some professors can be intimidating, remember they are just people in the profession of teaching.

If you are still having difficulty making that connection, come see one of the counselors in the Career & Counseling Center. We'll be glad to work with you to start the communication between you and the professor