

The Norse Parent

NKU Parents Association Newsletter

Parents Wanted!

By Michele Romito, Parent Advisory Board Member

Interested in sharing more of your college student's life? Do you want to get involved, but are short on time? Volunteer on the parent panel during summer orientation! It's the perfect way to get involved at NKU.



It's easy because you share only what you know or experienced during your student's first years of college. You will be amazed at how helpful your insights and experience can be for other parents. I found it so rewarding to help others by just being myself and sharing some of my personal experiences. There's no prep work or homework either!

You will also learn from other parents and learn more about NKU, the campus, and staff. Orientation concludes with a complimentary dinner and the volunteer experience provides an opportunity to establish fellowship with really great people.

The parent panel is a favorite of orientation parents. According to Ashley Grimes, Coordinator of Parent and Family Programs, "We never expected the parent panel to be such a hit. It's obvious that the peer to peer sharing has really filled a need for new parents and helped them with the college transition."

If you are interested in serving as a parent panelist but feel you might need a little more information prior to your first orientation, don't worry! You can attend an optional information session to get additional information on what the parents are hearing throughout the day at orientation, as well as learn more about the many resources available to NKU students and their families. You might learn about a service that could be really helpful to you or your student!

Consider volunteering for the parent panel. You can volunteer for one panel or several throughout the summer. Contact Ashley Grimes for more information at parents@nku.edu.

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Important Dates:

All Month

NKU Athletics—[Click here to see a full schedule](#)

March 5—10

Spring Break—No Classes

March 14

Second Session Classes Begin

March 15

Continuing Student Scholarship Deadline

March 26

Last day for freshmen to access midterm grades.

Last day to drop a course with a grade of W.

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Parent Advisory Board **Spotlight**

*Ever wondered what the Parent Advisory Board does? Learn more about the value of the PAB from this month's spotlight member, **Julie B.**:*

NorseParent: *What is your role on the Parent Advisory Board?*

Julie B.: My husband and I volunteered to serve as reps for the Freshmen Class. Our job is to bring the perspectives of a freshman, as well as a freshman parent, to the Board.

NP: *Why did you decide to become involved with the Parent Advisory Board?*

JB: I wanted to keep a strong connection to our student, the first of our children to attend college. But we agreed that through the parent advisory board, we could make our own friends and our own contribution, without being too involved in our student's budding independence.

NP: *What have been your biggest struggles in supporting your student in his/her transition to college and adulthood?*

JB: The biggest struggle I have had is trusting that my student is managing her time well so she can succeed academically, as well as socially. Giving her space to fail, should that happen, is also a challenge. I've try to remember my own college years. The distance from my original safety net of family and friends actually helped me grow up and learn my own way and this is what my student needs from me. Space, with support when necessary.

NP: *What advice would you give to other parents?*

JB: I'm not sure I feel qualified to give anyone advice. It's a tough transition. A few simple things have worked for me:

1. Be ready to listen and encourage when my student wants to talk
2. Welcome her new friends into our lives.
3. Stay connected with an occasional text or FB message but let the student initiate more contact.
4. Make short visits to get a sense of her world.
5. Be ready for anything and keep praying!

If you are interested in getting involved with the Parent Advisory Board or serving as a parent volunteer, email parents@nku.edu.

Have a freshman student?

Remind them to check their mid-term grades before March 26th!

Students can check grades at <http://myнку.nku.edu>. If your student is struggling in a course, encourage him or her to schedule a time to meet with the instructor. Learning Assistance Programs (<http://lap.nku.edu>) has resources for academic tutoring, time management skills, study skills, and note taking skills, as well as a writing center and a math center. Encourage your student to utilize these resources now to help improve grades before the end of the semester!

P&G Co-op Opportunity for NKU Students

If your NKU student hasn't thought about doing a co-op, encourage them to consider **Procter &**

Gamble's SuccessWay Co-op Program. P&G offers a wide range of career opportunities. From

Marketing and Finance, to Human Resources and Consumer Market Knowledge. Learn more here:

<http://www.pgsuccessway.com/>



Save the Date for
**Family
Weekend**
2012

October 5 - 7

Health, Counseling, and Prevention Services

You may have heard that certain communicable diseases have been on the rise around the country. In an effort to proactively protect our community at NKU, policies have been developed, and our Health, Counseling, and Prevention Services have adapted. In times of good health or illness, here are a few services offered through HCP:

- Flu vaccines
- TB tests
- Free women's vitamins
- Allergy shots
- An Alcohol Education Program
- Limited number of Tdap vaccines for whooping cough
- Physical Exams

Featured Resource

Tip of the month:

Even if the weather doesn't agree, it is nearly the official start of spring. After a hopefully restful and fun spring break, students may find it hard to concentrate. Help them refocus with these helpful tips:

- Encourage your student to dust off his or her planner or create a calendar to keep track of end-of-the-semester tasks.
- Remember that the end of the year also brings many events for student organizations to celebrate their success! These commitments are important for students to keep in mind as they plan out the rest of the semester.
- Remind your student to build some free time into the calendars, too! Balance is key to sustained motivation and fulfillment!

Don't Forget...

The deadline to apply for summer or fall 2012 graduation is April 9th. Encourage your student to go to <http://registrar.nku.edu/students/graduation.php> to be sure all steps are completed to finalize the application process.

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
<http://parents.nku.edu>



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