

The Nurse Parent

NKU Parents Association Newsletter

Parent of the Year Honored at Family Weekend

Over seventy families visited campus October 3-5th to celebrate Family Weekend, but one parent walked away as the 2014 Parent of the Year. Nichole Beal, a single mother of two daughters, was nominated by her daughter,, freshman Tatijhana Beal. Tatijhana wrote,

“My mom is my hero. Just like most children, my mom has been in my life my entire life; and just like most families we have been through hard times. During my eighth grade year of middle school my mom, sister and I were homeless for a year.

My mom spent the year going to C.E.T a job training service and working at the Brighton Center. Soon we got our own apartment again. For two years, we all lived uncomfortably, but my mom worked extremely hard to make sure she changed that, and she did, we had furniture in our apartment, we all slept in beds and were able to pay our bills without issue. Watching how strong my mom was and how she overcame this struggle by herself while still raising two kids, made me a strong, independent person.

Ever since I was baby my mom has been all about my education. She used to read to me every night and once I learned how to read myself she would have me read to her. My mom required me and my sister to at least finish high school because she did. She pushed me to stay focused in school, helped when I didn't understand something, and would listen when I came home excited about something new I learned. When I got to high school and she noticed how much potential I had she told me that I needed to go to college because I was smart and could make something of myself. When I opened my acceptance letter to NKU I believe she was more excited than I was. “

During the Parent of the Year Recognition Luncheon,, Nichole received a crystal award from Dr, Peter Gitau, Vice President for Student Affairs. Tatijhana received a \$250 book scholarship to the Barnes and Noble Bookstore for submitting the winning essay.



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Important Dates:

November 9-15
Celebration of Veterans

November 16-22
International Education
Week

November 26-30
Thanksgiving Holiday—
University Closed

December 5
Last Day of Classes

December 8-12
Final Exams

December 13
Commencement

December 20-Jan 4
Holiday Break—
University Closed

Congratulations, Nichole and Tatijhana!

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Notes from the Nurse Preparing for the Upcoming Cold and Flu Season

By: Betsy Hausfeld RN, MSN and NKU Parent

“It’s the Most Wonderful Time of the Year……” *cue musical accompaniment* and your student will be returning home for a nice long break. This is something you most probably have been waiting for since you dropped your child off at the dorm in August....right? Not so fast! Things get a little bit dicey when your college-age student returns to the nest. What to expect and how to prepare for their arrival?

Your child has spent four months adjusting to life on his/her own. They have been given responsibilities and freedoms like never before. Many of them have successfully navigated through this process with flying colors and will continue to build on their new found life skills. So what’s the problem you say?

HOLIDAY STRESSES:

- Students look forward to spending time with friends, they may be use to late hours and sleeping in.
- They have the new freedom of living with “adult status”.
- Time management demands for holiday shopping, working, visiting with friends, and making time for family,
- Grade expectations- theirs and yours,
- Experiencing holidays differently as an adult,
- Absence and memories of lost loved ones,
- Over-indulgences of food, alcohol and spending.

HOLIDAY STRATEGIES:

- Prepare yourself emotionally for the changes.
- Plan for balance for their visiting with friends and family obligations
- May be necessary to re-negotiate “house rules.”
- Keep healthy habits (diet, exercise, sleep and budget),
- Plan for some relaxation and fun,
- Set priorities; not everything on the list has to get done.

Prepare for new traditions!

Despite everyone’s best efforts, sometimes holidays are stressful, sad or depressing. Be sure to get professional help if necessary.

With a little planning and communication the holiday break can be an enjoyable experience for everyone. It can be a time of rekindling memories and traditions as well as embarking on new traditions for years to come.



Money-Saving Tip

Student Government Association to Award Book Grants

It’s that time of year again! Barnes and Noble have generously donated book grants at \$250 that will be given out to up to 32 NKU students for the spring 2015 semester! To be eligible, a student must complete this application in full via orgsync.

If your student is interested in applying, don’t delay! Your student can log on to orgsync and complete the [application](#).



Study Abroad—Did You Know...?

By: Rebecka Adams, Parent Advisory Board President

Scholarships are available...

NKU has over \$168,000 available per academic year for study abroad scholarships.

Most financial aid awards can be applied to a study abroad program.

Most short-term programs are tuition-free.

Studying abroad doesn't have to be expensive...

Studying abroad can be costly, but planning ahead, making a budget, shopping around for the most reasonably-priced programs, and applying for scholarships can make studying abroad very affordable.

All programs approved by the Office of Education Abroad are credit-bearing – your student can earn from 1 – 24 credit hours and depending upon the course, may earn credit towards general studies, his/her major, or an elective.

Tuition (but not fees) for most programs is waived.

Study Aboard programs occur year-round and around the world...

NKU has short-term programs that take place during spring, winter, and summer breaks as well as semester and year-long programs.

Many short-term programs are led by NKU faculty and staff.

NKU offers programs in over 40 countries and in nearly every academic discipline.

Some programs require some foreign language competency, but there are many programs conducted in English.

For more information, contact the [Office of Education Abroad](#), 859-572-6908.

Inclement Weather Policy



It's almost time for snow boots and ice scrapers, which makes this a great time to review the inclement weather policy!

Adverse weather, especially during the winter months, will not affect University operations and classes scheduled unless one or more of the following additional conditions occur:

- Campus facilities are damaged and determined unsafe.
- Essential utilities, such as heat and electrical service, are lost.
- Extremely hazardous travel conditions exist.

There is much discussion that goes on about these three conditions between the decision makers prior to making the call. But ultimately, the safety of our students, faculty, and staff is always the top priority. The university will make the best decision at that time given the best information available at the moment. Typically NKU will follow Campbell County's advisories when it comes to closings/delays.

2014-2015 Parent Advisory Board Officers Selected

This year's Parent Advisory Board has seen record growth, with 37 members serving on the board. If you have a question or concern for the Parent Advisory Board, please reach out to one of the officers listed below!

Co-Presidents—[Dana and Rebecka Adams](#)

Vice President—[Jeff Rice](#)

Secretary—[Tabitha Marshall](#)

Multicultural Representatives—[Charles](#) and [Carmen Brown](#)

The next meeting of the Parent Advisory Board will take place on Friday, January 16th, 2015, from 6-8pm in the Student Union, room 104.

Advising

Forming a strong relationship with an advisor is a great way for your student to stay ahead while in college. Advisors are excellent resources of campus knowledge and they can also be on the frontline in helping your student decide about life after college. It is not

uncommon for a student to turn to an advisor for career advice, academic counseling, or a letter of recommendation.

An advisor is a great place to turn if your student has a question and they do not know who to ask. Students can even ["Ask an Advisor"](#) a question online!

Featured Resource

Tip of the month:

As your students prepare to head home for the holidays, you want to allow them an opportunity to relax and enjoy family time. You can also use this time to get a jump start on the next academic year.

Set aside time to discuss money matters with your student. Did the budget for the fall semester work? If not, what adjustments could be made?

Also remember that you will need to file the FAFSA soon (your student will need to do this annually!)

If your student is utilizing loans to pay for college, this [budget worksheet](#) may be helpful!

Have questions? Contact [Andy Espelage](#), Financial Fitness Coordinator.

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