

Parent Times

A newsletter for Adrian College parents

Fall 2009

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2010 Yearbook

A publication from the
Office of Student Life

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Avoid the Flu

I would like to introduce myself; I am Dawn Marsh RN, the new Director of the Student Health Center and full time clinical nurse here at Adrian College. I come with a strong hospital experience. It my pleasure to be here at Adrian College to help care for your son or daughter while they are away from home. Please feel free to contact me with questions and concerns at dmarsh@adrian.edu.

With the flu season just around the corner I would like to take this opportunity to talk a little about the flu season. Many campuses across the US are already experiencing positive flu cases of both swine flu and seasonal flu. Here at Adrian College we have had no positive flu cases. We have taken measures here to educate and decrease risk of students and faculty acquiring the flu. There has been great media attention over the last weeks in anticipation of this flu season. It is not known the full extent of how severe this flu season will be, but our hope is that through education and vaccination we will have little to no cases of flu here at Adrian College. The following are some great tips in preventing the flu.

- Encourage your son/daughter to be proactive.
- Good hand washing-20 sec and frequently. Alcohol based hand sanitizer is adequate when water is not available.
- Cover you cough and sneeze. Remember the flu is spread by droplets

released with coughs and sneezes.

- Maintain healthy lifestyle, diet, exercise, rest.
- Clean frequently touched surfaces with disinfectant wipes-computers, door handles, game controllers, phones. Virus can live on hard surfaces for 2-8hrs.
- Get vaccinated.
- Learn more from www.flu.gov
- Don't spread the flu. If you have flu-like symptoms stay home and call the health center or after hours utilize the Adrian College web. CDC recommends you stay in self isolation until 24 hrs free of fever without taking fever reducing medicine.
- If you have a medical condition it is important to call your physician or go to the health center.

Adrian College will make the seasonal flu vaccination available to all students starting Oct. 12, and we are providing a Free Swine Flu vaccination clinic on Oct. 19.

Adrian College will be implementing hand sanitizer dispensers across campus.

Any questions please feel free to contact the Health Center at 517-265-5161, ext. 4214.

Family Weekend 2009

Friday October 16 – Sunday October 18



Fall 2009 is finally settled in and Adrian College would like to invite parents, siblings, and other family members to join our students for Family Weekend 2009. This year's Family Weekend promises to be a great time for all ages. The Merillat Fitness Center will be filled with activities, including: carnival games, caricature artists, face painting, cider, doughnuts, pumpkin decorating, and an inflatable obstacle course. Come and cheer for your Adrian College Bulldog football team as we face the Albion College Britons on Saturday, October 17, at 1:00pm in the Performance Stadium.

You can find the full Family Weekend schedule at: http://www.adrian.edu/student_life/office/family_weekend.php

Co-Curricular Transcripts Now Available

The Co-Curricular Transcripts (CCT) have been designed to enhance the marketability of Adrian College students by encouraging their participation in leadership activities, student organizations, community service and/or intramural sports. For every activity that a student is involved in during their Adrian College career they may record it through the College database. The purpose of this is to have the students take the initiative to document their activities. The students will be able to indicate what they are involved in, when they were involved, and any leadership roles they held.

Students are able to get an official CCT by going through the Student Activities Office to send with a resume or for future advancements. The Adrian College mission states "Through active and creative learning in a supportive community, students are challenged to achieve excellence in their academic, personal, and professional lives". The CCT showcases the "out of class" learning and development which helps lead to the students' success.

Homesickness Happens

Sometimes we forget what it was like when we went away to college or left home for the first time. We forget how much we missed the sights, sounds, smells and comforts of home; or, how knowing people in the neighborhood or high school, helped us navigate smoothly through our days. You may now be faced with a son or daughter who is exhibiting the signs of homesickness such as; receiving weepy daily phone calls begging you to let them withdraw from school, their returning home every free weekend and a reluctance to return to school that Sunday night or Monday morning. Homesickness is not unusual for college students and can be experienced at mild, moderate or extreme levels. This desire to be home with family may be experienced at anytime during the first year and the beginning of his or her second year. Some contributing factors to this discomfort your son or daughter may be experiencing are:

- The distance between home and school
- Lifestyle differences
- An anticlimactic feeling upon finally arriving here after perhaps years of anticipation
- Not feeling academically prepared for the challenges of college
- Financial issues that seem insurmountable
- The decision to come to this college or any college may not have been their own.

It is important to continue to know your student and remember that students differ in the amount of time it takes to adjust. You can be helpful to your son or daughter by:

- Believing that their pain and discomfort is real
- Encouraging them to make new friends and participate in campus activities
- Supporting them in a choice to join a club or organization that reflects their interest or passion
- Reminding them of their need for balance in work and play
- Reviewing with them their particularized need for eating nutritionally and getting adequate sleep
- Knowing that for some it is not yet the time for them to be away from home and that seeking a local alternative maybe necessary

Every year we see students, who initially felt they could not stay here, become connected to the college through a combination of friendships, academics, participation in organizations, connections with faculty and staff, complete their course of study and graduate. Hang in there it gets better.

Live Better. Live Greek.

Runouts Welcome New Members



Caine Student Center was exhilarating last Friday, October 2nd as the men's fraternities prepared to welcome new members into their organizations. Each organization performed a choreographed routine showing their talent and enthusiasm. Support for the Greek system here at Adrian College shined through as members of the community packed the balcony and other areas in an attempt to view

and applaud each routine. The second half of the event revealed 62 new members running out to chapters for which they signed bids last week.

The women's sororities have also grown after their runouts, which occurred on September 13th. The sororities' new members are currently learning important details regarding their new chapters before being initiated in the upcoming weeks. Embracing our motto, "Live Better. Live Greek.," the fraternities and sororities welcome and encourage the new members to build new relationships, connect with the campus and grow both as Greek brothers or sisters and as A.C. Bulldogs.

On Sale Now: Yearbook Ads and 2010 Yearbooks!

Yearbook recognition advertisements for seniors are a great way to commemorate all the achievements and important milestones your student has reached throughout their time at Adrian College. You can go online and have fun creating your own personal, heartfelt message to your student.

Yearbook advertisements can also be a great way to advertise your business. Business advertisements can also be completed online.

You can access this online yearbook ad program by going to: www.jostenadservice.com OR You can access the mail order form by going to: <http://www.adrian.edu/parents/YearBookPDF.pdf>.

Prices for the 2010 yearbook (distributed in fall 2010) are: \$250 for a full page, \$175 for a half page, \$100 for a quarter page, and \$50 for an eighth of a page.

2010 yearbooks are being sold now for \$40 each! This is a pre-sale special available only through 2009. Yearbooks can be purchased on-line by going to: <http://www.jostens.com/yearbook/sell.asp> and then clicking on "Buy Your Yearbook Online" on the left-hand side of the page. Yearbooks are a great gift for your student! Seniors receive a yearbook free complimentary of Student Life.

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