



PARENTS ASSOCIATION

Parents Association Meeting March 20, 2010

The first meeting of 2010 will be held on **March 20, 2010** from **1:00 - 3:00pm** in **Student Union, Room 302**.

Any parent of an NKU student is welcome to attend this meeting. However, it is required that persons who wish to attend **RSVP by 4:30 p.m. on Wednesday, March 17, 2010**. **RSVP to Hannah Centers at centersh1@nku.edu or (859) 572-7625**.

The agenda for this meeting is to discuss the formation of a Parent Advisory Council, Parents Association bylaws and mission statement, volunteer opportunities, feedback from the parents in attendance regarding Family Weekend and Parent Orientation, and to plan a social activity.

NKU's Parents Association was formed to give parents of NKU students a voice in programming and to provide an appropriate outlet for parent concerns and feedback. I hope you will be able to join us during NKU's annual Homecoming for this meeting.

Parents who attend the meeting will receive a full lunch and parking validation.



Photo by Tim Sofranko, NKU Senior Photographer

TIP OF THE MONTH

Help your student avoid the spring semester slump.

Students return from Spring Break to sunshine and only a few weeks left before summer. Encourage your student to stay focused on his or her studies after break to avoid a sudden decline in their grades.

Dates & Events:

March 8 - March 12

Spring Break

No Classes/NKU Open

(Several campus offices have reduced hours, including Campus Recreation and the All Card Office, during Spring Break-encourage your student to check with the office before coming to campus)

March 17

7:00 p.m.

Latin American Film Series:
Spring 2010

Otto Budig Theatre, University Ctr
No reservations required

March 20

1:00-3:00 p.m.

Parents Association Meeting
Student Union, Room 302
RSVP Required
(Lunch provided)

March 25-27, March 30-31

Top Girls/Omnium Gatherum (in rep)

NKU's Corbett Theatre
(All show times are 8:00 pm)

April 1

Priority Registration Begins

Remind your student to sign up for an advising appointment with his or her advisor

For athletic events, visit <http://nkunorse.com>

YOU COULD SAVE A LIFE!

BY ROBIN BADING

A 2004 survey conducted by the American College Health Association found that...

- At some point, nearly half of all students find themselves feeling so depressed they have trouble functioning; that translates to over 7000 of our students at NKU.
- 15% of college students meet the clinical criteria for depression.
- 10% of students have considered attempting suicide. Sadly, that equals over 1400 of our NKU students.

Given these statistics, it's likely that you will cross the path of at least one of these students. You could be the key to saving that student's life.

QPR is a suicide prevention program intended to teach participants the warning signs leading to suicidal behavior and to give them skills to act vigorously to prevent a possible tragedy. QPR is

being implemented on university campuses all across the country. NKU Counseling Services staff has been teaching QPR to the NKU community for the past few years. The more people we train, the fewer cracks there will be for students to fall through. The more lives we could save.

NKU Counseling Services staff will be offering QPR training Tuesday **March 9th from 10-11:30 pm**, Wednesday, **March 10th from 6-7:30 pm** and **Thursday, March 11th from 1-2:30 pm**. Email Robin at badingr1@nku.edu with your name and session choice. Space is limited. Parents are welcome to attend, but you must RSVP for a session. If you have questions regarding training content, feel free to contact Dr. Sween at 572-5650.

Don't forget that QPR may also help you to save the life of a friend, family member, or other loved one. **YOU COULD SAVE A LIFE!**

SUMMER STUDY ABROAD

BY BETH LORENZ

Summer is the perfect time for students to explore their education even further than the classroom. NKU students have the opportunity to take courses overseas and earn credit toward their degree.

Students who participate in study abroad opportunities gain invaluable skills such as gaining a better understanding of international issues and events, increasing adaptability to new and uncertain situations, develop a sense of direction for a future career, and even become a better candidate in the job market.

The Office of Education Abroad has summer study abroad opportunities through two consortiums. The Cooperative Center for Study Abroad (CCSA) sends students to English speaking countries such as Australia, England, India, Ireland, and Scotland. The Kentucky Institute for International Studies (KIIS) sends students to non-English speaking countries such as Argentina, Costa Rica, Greece, France, Spain, and many more. Language is not required for these programs.

Deadlines for these programs are in February, but it is never too early to start planning ahead for these programs for summer 2011. Students will have the opportunity of a lifetime while earning credit toward their degree. Generous International Study Scholarships are also available through the Office of Education Abroad. Contact the office at 859-572-6908 for more information.

For more information on the programs available through the Office of Education Abroad, visit the website at <http://studyabroad.nku.edu>.



Photo from Office of Education Abroad

MARCH IS NATIONAL NUTRITION MONTH!

BY MAGGIE GOUGH

National Nutrition month focuses on the importance of forming excellent eating and physical activity habits as well as developing knowledgeable food choices. Wellness is more than being aware of the importance of health. Wellness is a lifestyle— finding motivation to integrate wellness into your daily life, encouraging yourself to maintain a healthy outlook, and forming life-long healthy habits.

According to www.eatright.org/nmm, in March of 1973 nutrition was focused on as a week-long event promoting healthy lifestyles. Seven years later, "National Nutrition Week" became a month-long observance in order to meet public demand for sound nutrition information to be made more accessible.

NKU's Wellness Office's offers several key initiatives and resources that are available to students 24/7! We encourage you to check out these resources and share them with your student!

Healthy Monday

Healthy Monday is a concept designed to present students with opportunities to start and sustain healthy behaviors, intentions, actions and initiatives. 52 opportunities to be exact! Chronic illnesses such as heart disease, stroke, diabetes and cancer cause 70% of all deaths in the US. But they are all preventable! So what are we waiting for? NKU Wellness offers a Healthy Monday initiative for everyone.

Healthy Monday Matters

Every Monday a new video is posted on the front page of the wellness website!

Healthy Monday Moments

This is a student video production. A new video

is posted every Monday on the student wellness page as well as on [facebook.com/NKUwellness!](https://www.facebook.com/NKUwellness)

Quit Monday

There are 52 Mondays a year to start a smoke-free lifestyle. Smoking cessation groups are available on campus for students.

Meatless Monday Matters

Choosing to go meatless for one day a week lowers the risk of heart related illness by 15%! The Northern Fare Food Court in the Student Union offers meatless options on Mondays as well as other dining locations on campus. Visit the wellness website to learn how to make your own meatless Monday meals at home.

Healthy Monday Motivator

Students can elect to receive an email each Monday with an encouraging message from NKU Wellness. Included in the message is a sidebar with upcoming Wellness events that might interest you.

To learn more about Healthy Monday visit www.Wellness.NKU.edu and HealthyMonday.org

Health Raiser

The goal of the Health Raiser initiative is to reward those who are motivated to change their lifestyle or habits for improved health. We encourage students, faculty, and staff to share their commitment to health in hopes of spreading inspiration to others.

Students can submit their health raiser stories at www.wellness.nku.edu. Each month one student will win a \$10 gift card. On the last Monday before final exams, all submissions will be posted in the Student Union lobby.

MARCH IS NATIONAL NUTRITION MONTH! (CONTINUED FROM PAGE 3)

Healthy U

Healthy U is a system of healthy food criteria designed by Wellness dietitians in order to offer students affordable dining options that are clearly defined as healthy. Healthy U options are more balanced and nutritious than other dining options because they contain less fat and more fiber. Choosing Healthy U is an easy step that your student can take toward a healthier lifestyle.



Healthy U selections contain **less than 30% calories from total fat, less than 10% calories from saturated fat**, and at least **two** grams of fiber.



Healthy U meals, denoted by the Healthy U icon with a red check mark, also contain **less than 30% calories from total fat and less than 10% calories from saturated fat**, but contain at least **five** grams of fiber.

Wellness Resources and Encouragement

The NKU Wellness Office supports student wellness by providing students with access to comprehensive, exciting, and educational resources on campus. The best way to achieve this outreach is to offer updated information constantly through resources students are already using.

Facebook and Twitter

Integrating wellness into your life and the lives of those around you is easy when you are surrounded with continuous encouragement and information to make better, healthier choices. Visit the wellness page on the social networking website Facebook at facebook.com/nkuwellness or on Twitter at twitter.com/nkuwellness.

Community Garden at NKU

The Northern Kentucky Community Garden will not only provide the community with an opportunity to grow healthy, sustainable food, but also act as a catalyst for community learning. It will encourage engagement between community organizations, students groups, families, and individuals.

The Wellness Center at NKU

Our mission is to build and support an overall campus culture that is not only conducive for promoting and encouraging healthy lifestyle behaviors, but also one that fosters employee and student engagement.

We believe that if a student feels good about him/herself and feels good about what they are doing at NKU, they will in turn be happier, healthier, safer, and more productive.

We encourage everyone to take an active role in caring for themselves, their students, and their environment. Valuing “whole” people, valuing health. Welcome to the essence of a healthy campus.

To learn more about the Wellness Center or it's initiatives, contact (859) 572-6668 or visit <http://wellness.nku.edu>.



Photo by Tim Sofranko, NKU Senior Photographer

SPRING BREAK SAFETY: TIPS TO KEEP YOUR STUDENTS SAFE

BY NKU POLICE CHIEF, HAROLD TODD

Make sure your student's Spring Break is a relaxing escape from the semester, as opposed to a dangerous nightmare! Here are some important precautions to ensure your student's safety.

Spring Break is a quintessential part of the college experience, and it can be one of the highlights of your college career-- if you're careful. Here are some safety precautions and tips to help college (and high school) students have a fabulous Spring Break.

Property Safety

Be aware that there are lots of people out there who see students on Spring Break as easy targets for theft. Don't prove them correct. When traveling, here are some precautions your student should always take with his or her valuables.

- Take as few valuables with you on your trip as possible,
- Book hotels that give you access to a safe. Lock up anything of value. Do not leave money or valuables around your room.
- Always lock your hotel room door.
- If you are traveling abroad, keep your passport in a secure location at all times.
- Watch out for scam artists who try to rip off students. Avoid high pressure sales pitches, and never go off to a secluded location with someone who wants to sell you something.
- If your student's cell phone or credit cards are stolen, report this immediately to the companies so they can cancel your service.
- When booking your trip, watch out for Spring Break travel package scams.

Physical Safety

High profile cases such as Natalee Holloway-- a high school student who disappeared during her Spring Break trip to Aruba-- are uncommon. However, sexual violence and other violent acts during Spring Break are not. Neither are accidents. Use common sense and follow these simple safety tips.

- Always stay in the proximity of at least one friend, and preferably two or three. Adhere strictly to this "buddy system" and do not leave with someone other than your buddies. Be sure to choose buddies you can trust.
- Do not leave with strangers, even if it seems like a good idea at the time. Always err on the side of caution and trust your instincts.
- Watch your drink very carefully! Be aware of "date rape" drugs that people may try to sneak into your drink. Never accept a drink from a stranger or let someone else hold your drink.
- Never go to an isolated place with a stranger or someone you do not fully trust.
- Carry a cell phone with you in case of an emergency.
- Carry your identification and important medical information on your person in case of an emergency.

Alcohol Safety

If you're going to drink during Spring Break, it's very important that you take precautions. Drunk college students are seen as a target for both theft and rape, so do not underestimate the way to take these reasonable precautions.

- Binge drinking is a big part of the Spring Break experience for many students-- and it's what gets students into trouble the most. The safest approach is to not binge drink and to know your limit with alcohol. If you do drink excessively, *always* use the buddy system and lots of common sense.
- Make sure you know the signs and symptoms of alcohol poisoning.
- Do not drink and drive, ever. You know better.
- Be aware of all local laws and regulations involving alcohol, especially if you are travelling abroad. A night in a foreign jail was probably not on your itinerary.
- Intoxication greatly increases a woman's chance of being raped. If you drink, always rely on the buddy system and be very careful. As stated above, always keep an eye on your drink.

Additional Spring Break Safety Tips

- Use common sense when it comes to sun exposure. Always use sunscreen with at least an SPF of 15 (higher if you have fair skin), and be sure to wear sunscreen even if it's cloudy. Wear hats and good sunglasses
- Use common sense when it comes to swimming and water safety. Never swim alone, and avoid swimming when no lifeguard is present. Do not drink when swimming or operating a boat.
- Drink lots of water! Don't rely on alcoholic or carbonated beverages to quench your thirst, as these drinks can actually make you more dehydrated. If the local drinking water is questionable, make sure you have an abundant supply of bottled water.
- If you're going to be sexually active with strangers, for gosh sakes, wear a condom if you'd like to avoid a souvenir that requires a hefty dose of medication.

SAVE THE DATE: FAMILY WEEKEND 2010

The third annual NKU Family Weekend is scheduled for October 8, 2010 - October 10, 2010.

Mark your calendars for this fall event that features campus trivia, dinner with NKU administrators and staff, a student talent show, family competitions, planetarium shows, and much more!

Family Weekend offers family fun for all ages. From young children to the young at heart, this event

offers something for everyone in your family!

Registration opens this summer. Watch the Parents Association newsletter in August 2010 for complete registration information and the 2010 schedule of events.

To learn more about Family Weekend, visit <http://orientation.nku.edu/parent/familyweekend.php>. You can also contact Hannah

PRIORITY REGISTRATION BEGINS APRIL 1ST

BY BETH VASQUEZ

Priority Registration for Summer and Fall 2010 will begin on April 1, 2010 for current students. This is the designated registration period for students who are currently enrolled.

Registration dates and times are determined by the student's total of earned credit hours. Registering early increases their chances of getting the class schedule they want.

If required to meet with their advisors, students are encouraged to schedule their advising appointment early so they are ready to register when their registration window opens.

Priority Registration dates and times can be found online at <http://registrar.nku.edu/registration/prioritieschedule.php>

Contact Us:

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