



Power for Mind & Soul

Panorama

Southern Adventist University's Parent Newsletter | APRIL 2009

Summer Transitions



When Abner and Claudia Dorval's daughter Rose-Merlyn, sophomore broadcast journalism major, came home after her freshman year at college, the family went through a new transition.

At college, Rose-Merlyn was used to planning her schedule without consulting her parents. But when she arrived home for the summer, the Dorvals wanted to know where she was going, wondered why she stayed out so late with friends on the weekend, and wished she'd spend more time with them.

Like Rose-Merlyn, students returning home from college have been used to making their own decisions and are now re-entering an atmosphere that is associated with childhood.

Though the transition was challenging at first, they chose to embrace the independent woman Rose-Merlyn was becoming and found creative ways to strengthen their relationship with her.

"I ran a 5k while at school, and when I went home my dad asked if I wanted to go running," says Rose-Merlyn. "It was great to run with my dad, and it reminded me of being at school."

Here are some other ways parents can help make the transition home easier.

Set expectations.

"One of the biggest adjustments will be to your expectations," writes Dave Veerman in his book *Letting Them Go*. "It would be helpful to communicate ahead of time. Be ready to compromise and to adjust your expectations, schedules, and rules; (including curfew, visitors, meals, responsibilities, and interactions with the family)."

Crear family time.

"Plan some family time. Maybe a family trip and have them help make the plans. Maybe even plan a family reunion," says Debi Yohn, author of *Parenting College Students: 27 Winning Strategies for Success*. "You will not have this luxury once they are on their own and employed."

Volunteer together.

"Volunteer at a shelter to make and serve a meal," says Yohn. "Ask the young adult if they have some ideas. It is a very bonding experience."

Notice new interests.

Students will explore many new interests while at school, and when parents also take notice a new hobby or pastime, it shows students they really care.

While Rose-Merlyn was at college, she developed a love for French films. She was surprised when her mom went out of her way to purchase one online for her.

"It was really special and meant a lot because she didn't have to do that for me," says Rose-Merlyn.

No matter what the summer brings, remember the most important part is that parents reconnect with their students at the stage they are in right now.

"The key to reconnecting," says Claudia Dorval, "is communication. Get to know what they think and what they are feeling."

~By Suzanne Ocsai, editor

WHAT'S
INSIDE

CALENDAR OF
EVENTS
PG 2

FINAL EXAM
SCHEDULE
PG 2

GISELLE
HASEL
PG 3

STUDENT
MISSIONS 101
PG 3

STUDENTS
SAY
PG 4



with President
Gordon Bietz



ASK THE PRESIDENT

What do I need to know before coming to graduation?

This spring's commencement ceremony will be held at the Chattanooga Convention Center. We anticipate that this location's plentiful parking and weather-proof space for after-graduation gathering will lead to an enjoyable experience for your family as you celebrate a significant milestone. Because of the spaciousness of this location, tickets will not be required for graduation. Seating will be on a first-come, first-served basis. For more information on the convention center, go to www.chattconvention.org (click on the "contact" button for directions).

Here at Southern, the commencement ceremony is preceded by a weekend of on-campus celebratory activities. Below is a condensed version of the schedule to help you plan the weekend in advance.

Friday

5:30 p.m. Social Work Pinning
8 p.m. Consecration

Sabbath

10 a.m. Sabbath School
11:30 a.m. Baccalaureate
4 p.m. Education/Psychology
Dedication
7 p.m. Nursing Dedication

Sunday

9:30 a.m. Commencement

As you plan your trip to Collegedale, I invite you to use our website to help you find hotels, restaurants, transportation, and more. To access this information, go to www.southern.edu/parents and click on "plan a visit."

You'll probably want to plan to eat some of your meals on campus. These can be paid for in several ways:

- your student's ID card
- cash, check, or credit card
- a prepaid gift card purchased from the Campus Card desk

Should you have more questions or need to request special accommodations, please contact Southern's graduation coordinator, Tricia Foster, at 423.236.2805 or tfoster@southern.edu.

Did You Know?

Calendar of Events

May	1	Graduation Weekend (1-3)	August	21	SmartStart & third Summer Sessions Ends
	3	Commencement		23	We-Haul Parents' Seminar
	4	First Summer Session Begins		24	President's Prayer Breakfast Academic Departments/ Schools Orientation and Registration
June	27	Georgia-Cumberland Camp Meeting (27-30)		27	Department/Schools Welcome Parties
	1	Second Session Begins			
	11	PreviewSouthern			
July	26	Parents' Day We-Haul			
	27	SmartStart & third Summer Sessions Begin New Student Residence Hall Orientation			
	30	New Student Convocation			

Final Exam Schedule

TIME	SUNDAY April 26	MONDAY April 27	TUESDAY April 28	WEDNESDAY April 29
8 a.m. to 9:50 a.m.		8 a.m. T Th 8:30 a.m. T Th	9 a.m. MWF 9 a.m. T Th	8 a.m. MWF 8 a.m. MTWThF
10 a.m. to 11:50 a.m.		9:30 a.m. T Th 10 a.m. T Th	11 a.m. MWF	10 a.m. MWF
12 p.m. to 1:50 p.m.	12 p.m. T Th 12:30 p.m. T Th	12 a.m. MWF	11 p.m. MWF 1 p.m. MTWThF	11 a.m. Tu
2 p.m. to 3:50 p.m.	English Composition	2 p.m. T Th 2:30 p.m. T Th	3 p.m. MWF 3:30 p.m. MW 4 p.m. M	2 p.m. MW 2 p.m. MWF
4 p.m. to 5:50 p.m.	1 p.m. T Th	3 p.m. T Th 3:30 p.m. T Th	4 p.m. T Th 5 p.m. T Th 5 p.m. MW	Speech

Favorite Bible Verse

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future"
(Jeremiah 29:11, NIV).

~Submitted by Ashley Taylor, senior liberal arts education major

Editor:
Managing Editor:
Advisory Panel:

Photographer:

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Lori Fletcher
Vinita Sauder, chair
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Ruthie Gray
Marc Grundy
Buddy Summitt



Giselle Hasel: Molding Artistic Students



Giselle Hasel has a passion for art that she loves to share with students through art history classes and tours.

Giselle Hasel, assistant professor in the School of Visual Art and Design, loves the contact she is able to have with students.

"I enjoy the possibilities that I have to inspire students to love Jesus and trust

Him more," Hasel says.

But Hasel didn't start out in the classroom upon arriving at Southern in 1998 when her husband, Michael Hasel, became a religion professor. At first, her main role was mom to their two daughters, Daniella and Sarah. She soon added the role of graduate student and design director and coordinator for the Lynn H. Wood Archaeological Museum, and in 2007 she became a professor.

As any good professor does, Hasel not only inspires her students while in the classroom but outside it as well. Through coordinating exhibits for the Brock Hall art gallery, museum internships for art history minors, and art experience tours for interested students, Hasel displays her dedication to enhancing students' lives.

Laurel McPherson, sophomore piano performance major, who attended the New York City art tour with Hasel in

November 2008, says, "We learn the book smarts in the classroom, but going on the tour turns the information we learn into something real that we can see and touch."

Currently, the Hasels are preparing to lead a Religion and Art History Study Tour together through Europe and Turkey this summer. It will be the first joint tour between the schools of Religion and Visual Art and Design.

"I want to motivate students to unite their artistic voices with God's creative and artistic voice," says Hasel, "and to realize the endless possibilities that this God-with-man art combination might have in the world today."

~By Manuela Asaftei

Student Missions 101

The student missions (SM) program at Southern Adventist University started in the late 1960s, with the first missionary going to Panama. Since then, the program has grown, and almost 2,000 students have dedicated a part of their college experience to serve either in the United States or abroad.

The SM office coordinates mission sites with Adventist Frontier Missions, Outpost Centers International, Hesaidgo.net, and more. Students interested in becoming missionaries have opportunities to look through postings from these sites and find a place that fits their skills and interests.

"Students interested in the program need to listen to what God is telling them to do," says Gayle Moore, student missions coordinator. "His timing is perfect, and I encourage the students to pray and follow His leading."

There are several SM events sprinkled throughout the year to raise awareness

of mission opportunities such as SM emphasis week, missions booth expo, and a special SM vespers.

Students who decide to become SMs are enrolled in the Student Missions Orientation class during the last eight weeks of the winter semester and can choose to have the classwork apply toward 12 elective credit hours while abroad in order to defer any loans.

Southern also offers a spring exit and fall re-entry retreat to help SMs with the cultural and environmental transitioning period. The retreats feature inspirational speakers, small group sessions, networking with other SMs, and counseling.

"My mission experience was one of the biggest things that has impacted my life," says Crystal Kablanow, sophomore nursing major and Southern's Missions Club president. "You can't go and not come back changed."

For additional information visit www.southern.edu/studentmissions.

~By Manuela Asaftei



Manuela Asaftei enjoyed working with children on the island of Chuuk during her time as a student missionary.

Students Say

"I came home as a surprise, and I only told my dad. My mom and my sister didn't know, so they were incredibly delighted to have me surprise them at the door Friday night. The next day we spent time together visiting the National Aquarium in Washington, D.C. and the National Museum of American History."

~Kim Benfield, junior allied health major

"I don't get to see my family very regularly, so it was great to spend time with them in Gatlinburg. Even though it was really cold and snowing, we got to enjoy the heated pool together."

~Alyssa Zambrano, freshman nursing major

"I enjoyed spending more quality time with my parents over spring break. I don't get that time with them if I go home for the weekends or for a short trip, so I really enjoyed that quality time with them."

~Jenessa King, sophomore biology major

"I enjoyed going on a picnic with my parents in the Appalachian Mountains as well as making popcorn on the stove and banana smoothies."

~Heather Glass, senior nursing major

"My mom, grandma, and I went to visit someone at the nursing home. While we were there, God opened the door so that we could sing for the residents and give them *Steps to Christ* books."

~Elise Harboldt, junior nursing major

"While many people went to the beach or down to the tropics for spring break, my destination was the complete opposite in terms of temperature. I got to go on a snowboarding trip to western Maryland with my family for four days. Getting to spend time with them on the slopes was great because I got to enjoy my favorite sport with some of my favorite people."

~Zach Goldstein, sophomore animation major

Contact Us: We want to know what you think! If you have any comments, questions, or suggestions, please call Suzanne Ocsai at 423.236.2582 or send an email to southernparents@southern.edu.

PO Box 370
Collegedale
Tennessee 37315
1.800.SOUTHERN
www.southern.edu

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