



Power for Mind & Soul

# Panorama

Southern Adventist University's Parent Newsletter | December 2009

## Achieving Academic Success

Sylvia and Marlon Abarca's daughter Amalia, a freshman nursing major, thought her world was going down. She had just received a poor grade on one of her Anatomy and Physiology tests and was starting to stress about getting into the nursing program. The Abarcas understood their daughter's anxiety, but they also knew that it was only one test.

"They saw the long-term picture and told me to wait it out," says Amalia, "and in the end, I got the grade that I wanted."

For a parent, a student's exam anxiety can be stressful as well. You want your student to do well, but what your student needs most is reassurance that things are not falling apart.

Here are some tips for helping your student achieve academic success.

### Get to know the catalog.

Becoming familiar with your student's academic requirements as outlined in the catalog can save you and your student time and money and help ensure that graduation stays on schedule.

"Many parents are not aware that the catalog is something they should peruse," says Debbie Yohn, author of *Parenting College Students: 27 Winning Strategies for Success*. "It gives so much information about the college itself that it gives you some great insight. It is a great reference book."

Parents can find the catalog on Southern's website under the new students tab.

### Encourage tutoring.

Southern's Learning Success Center offers free tutoring to any student who needs help with a class.

### Suggest a meeting with the adviser/ professor.

Advisers and professors are there to help your student succeed. Many professors post their office hours outside their door and encourage students to set appointments with them, especially if struggling with a class.

### Offer to study with your student.

If you're good at a subject your student is taking, offer to help when it's time to study. Even if you live hundreds of miles away, what help you can offer either over the phone or through email can help make a difference.

"My dad goes through my math problems with me over the phone," says Alesis Bragg, freshman nursing major. "It lets me know he cares about what's going on in my life."

### Offer spiritual support.

Praying with your student or sharing an uplifting Bible promise is one of the best ways to help calm nerves.

"My mom texted me a verse that I had read earlier about not being anxious because God cares for you," says Andres Palacios, freshman nursing major. "It just reminded me that God was in control."

College, by nature, is meant to provide students with eustress, a positive form of stress that's associated with feelings of motivation and excitement; but invariably students will also face varying levels of distress. When your student calls home with anxiety over a test or exam, take time to listen and encourage, knowing that this too will pass.

~By Suzanne Ocsai, editor

## Save the Date

Mother/Daughter Weekend is February 12-14. Mothers, don't miss this opportunity to spend quality time with your daughters.

WHAT'S  
INSIDE

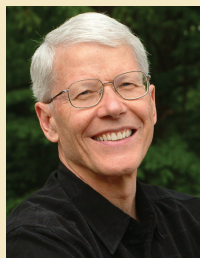
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# Q&A

with President Gordon Bietz

## ASK THE PRESIDENT

### Why is the food plan set up the way it is?

Our Food Services department provides an important part of the living-learning environment at Southern, giving students the opportunity to:

- eat well-balanced meals, fueling their brains for learning
- eat in a social environment, forming lifelong friendships
- use the time they would spend preparing their own food or driving off campus for food to study or participate in extracurricular activities

In order to provide this service, Southern needs a predictable income to pay for the food and personnel, which is accomplished through each semester's \$975 minimum food plan expenses (an amount that equals about \$7.50 per day or 10 meals per week).

One thing that has been looked at carefully by several student groups is whether Southern's *a la carte* plan is advantageous compared to a flat-rate plan offered by many universities. When students learn that flat-rate plans offered by other universities offer less options and charge more money (a comparable flat-rate plan for 10 meals can cost around \$2,400), they are usually convinced that they have a pretty good deal at Southern.

With Southern's *a la carte* plan, students:

- have the opportunity to choose from four on-campus eateries without being penalized
- may select prepared food and/or boxed food to take back to their rooms
- can socialize with friends over lunch even when choosing not to eat
- are less tempted to overeat as one might do trying to get their money's worth from a flat-rate plan

• may still choose to eat off campus for about half their meals if they want and still be able to meet their minimum balance

To learn more about the food options your students have on campus, visit

[www.southern.edu/food](http://www.southern.edu/food).

## Did You Know?

### Final Exam Schedule

| TIME                     | SUNDAY<br>December 13           | MONDAY<br>December 14       | TUESDAY<br>December 15         | WEDNESDAY<br>December 16                |
|--------------------------|---------------------------------|-----------------------------|--------------------------------|---|
| 8 a.m.<br>to 9:50 a.m.   |                                 | 8 a.m. MWF<br>8 a.m. MTWThF | 8 a.m. T Th<br>8:30 a.m. T Th  | 9 a.m. MWF<br>9 a.m. T Th               |
| 10 a.m.<br>to 11:50 a.m. |                                 | 10 a.m. MWF                 | 9:30 a.m. T Th<br>10 a.m. T Th | 11 a.m. MWF                             |
| 12 p.m.<br>to 1:50 p.m.  | 12 p.m. T Th<br>12:30 p.m. T Th | 11 a.m. T                   | 12 a.m. MWF                    | 11 a.m. MWF<br>1 p.m. MTWThF            |
| 2 p.m.<br>to 3:50 p.m.   | English<br>Composition          | 2 p.m. MW<br>2 p.m. MWF     | 2 p.m. T Th<br>2:30 p.m. T Th  | 3 p.m. MWF<br>3:30 p.m. MW<br>4 p.m. M  |
| 4 p.m.<br>to 5:50 p.m.   | 1 p.m. T Th                     | Speech                      | 3 p.m. T Th<br>3:30 p.m. T Th  | 4 p.m. T Th<br>5 p.m. T Th<br>5 p.m. MW |

### Calendar of Events

|          |    |  |    |                                   |
|----------|----|--|----|-----------------------------------|
| December | 13 | Semester exams (13-16)                     | 15 | School of Nursing Dedication      |
|          | 14 | Book buy back (14-17)                      | 16 | Winter Commencement               |
|          | 15 | Last day to make up winter '09 incompletes | 17 | Christmas break (17 to January 4) |
|          | 15 | Rho Iota Induction                         |    |                                   |
|          |    |  |    |                                   |
| January  | 9  | Mid-Winter Party                           | 21 | PreviewSouthern 103 (21-22)       |
|          | 15 | DEEP Exchange Weekend (15-17)              | 25 | Student Week of Prayer (25-29)    |
|          | 16 | 4th Annual Cardboard Boat Race             | 30 | Warren Miller Ski Movie           |
|          | 18 | Community Service Day                      | 31 | Symphony Concerto Concert         |
|          | 19 | Summer Camp Recruiting (19-20)             |    |                                   |
| February | 7  | SA Super Bowl party                        | 18 | Health Career Fair                |
|          | 11 | SA Election Speeches                       | 18 | Meet the Firms                    |
|          | 12 | Mother/Daughter Weekend (12-14)            | 19 | Star Watch                        |
|          | 13 | Pops Concert                               | 21 | Southern 6 Trail Race             |
|          | 14 | Mother/Daughter Banquet                    | 26 | Spring Break (26 to March 7)      |
|          |    |  |    |                                   |
|          |    |  |    |                                   |

### Favorite Bible Verse

"Casting all your care upon him; for he careth for you" (1 Peter 5:7).

~Submitted by Andres Palacios, freshman nursing major

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# Michael Hasel: Digging for Truth



From a young age, Michael Hasel, director of the Institute of Archaeology and professor of Near Eastern Studies and Archaeology at Southern Adventist University, was fascinated with the lands of the Bible. His father, an Old Testament professor at Andrews University, would bring back pictures from his trips to share with the family. As an acad-

emy student, Hasel was later captivated by the cultures and experiences of the Middle East while on a tour with his father.

Finally, after a particularly enthusiastic and passionate lecture from a university professor who had deciphered an ancient language, Hasel decided to take action and learn more about the field that captured his imagination. He started by volunteering in a local museum and continued his interest in archaeology through his undergraduate, master's, and doctorat studies. He longed to share his enthusiasm for the ancient Biblical world with young people. Just as he was inspired by a professor, Hasel hoped that his experience and knowledge of this field would spark interest in students.

Today, Hasel instills in his students the same appreciation for the history and stories of the Bible and helps make it real for them inside and out of the classroom.

"I love sharing with students the things about this discipline that has changed me," says Hasel. "It has made life more meaningful."

Since coming to Southern in 1998, Hasel has led 13 archaeological digs. Last summer he and his wife, Giselle, an art history professor, led a joint religion and art history study tour through Europe and Turkey.

"Events, stories, and places in the Bible come to life in a new way as students travel on Middle East study tours or attend archaeological excavations," says Hasel. "Participants never read their Bibles the same way again."

Josh McGraw, a junior chemistry and archaeology major, says, "I loved the hard work and the excitement of finding ancient artifacts. It was hard to shake the fact that David may have fought Goliath so close by."

*~By Manuela Asaftei*

## Bible Workers' Club Spreads the Word

The Bible Workers' Club, which focuses on evangelizing by giving Bible studies at peoples' homes, is growing on campus and in the community.

Last year, the club comprised about 95 students; this year that number has grown to more than 160.

Ezequiel Vasquez, Bible Workers' Club president, is amazed at the improvement in those numbers.

"More students are interested in spreading the gospel," says Vasquez.

This year, the club decided to collaborate with other mission-oriented clubs around campus, giving Bible studies to individuals who are impacted by other student ministries.

Vasquez is excited about the students responding to all of the opportunities and about the impact being made.

"People in the community are wanting Bible studies," says Vasquez. "One person told me that when our club goes to his neighborhood, everything is more calm."

The Bible Workers' Club is making an impact not only on community members

but also in the lives of students. Bible studies are also conducted on campus, helping students' knowledge of biblical truths grow stronger.

"We catch the momentum of a spiritual high that a student may have from a special program," says Vasquez. "We try to help the students maintain it and motivate them to share their exuberance with others."

The efforts of the Bible Workers' Club have produced results, with baptisms in the community as a testament. The club concentrates on not only attracting new members but also motivating active members.

Many of the community members who have been baptized have taken it upon themselves to keep spreading the gospel. One young woman who got baptized through the Bible Workers' Club says that the best part about being in ministry is doing ministry.

Vasquez and the officers are ecstatic about the Bible Workers' Club's progress and aim to do better and greater things.

"This club's model is becoming a prototype for other Adventist universities," says Vasquez. "We will keep working to do the Lord's work."

*~By Cristina Hernandez-Persia*



Ezequiel Vasquez talks with a student at the Bible Workers' Club booth during the South East Youth Conference.

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## Students Say

We asked students to tell us about their family traditions. Here is what they said.

"My favorite is unwrapping presents on Christmas Eve. My dad usually reads the Nativity story and then we unwrap all our presents. That's something I've always liked."

~Angela Kiele, sophomore graphic design major

"My family and I always sit around the table and tell what we are thankful for. I think that us sharing those times is really important, because there is family who have traveled far and that you don't see often."

~Tawanna Howard, freshman psychology major

"My mom always puts out our stockings; she tries to be sneaky like Santa Claus, but we always catch her!"

~Ryan Johnson, junior construction management major

"My family and I usually go on a mission trip to Mexico with our church at Christmas time."

~Chad Mejeur, junior pastoral care major

"We'll find something in our house that was someone's previous gift that they didn't use the whole year and regift it to them. We usually do this to my dad because he is the least aware and gets excited by the gift again."

~Theodore Brown, junior film major

"On Christmas day, my family and I drive to Colorado for 26 hours straight with seven of us in a van!"

~Brittany Weis, sophomore physical therapy major

"We always open one present on Christmas Eve. Then on Christmas morning we wake up at 3 a.m. to open the rest. In the past, our parents would wake us up. Now we wake them up!"

~Kenny Anderson, freshman computer science major

"At Thanksgiving, we always have a mix of different types of food, everything that my family likes to make."

~Adam Hernandez, sophomore biochemistry major



# Spiritual Intensives

As the cool winds begin to blow across the valley and the trees surrounding Southern Adventist University start to decorate the ground in crimson, gold, and chocolate chroma, another wind starts to tug at the hearts of students. Southern is committed to providing spiritually uplifting and inspiring programming to direct the minds of its students to the source of true wisdom. And through InTents (a weeklong revival-style tent meeting) and the South East Youth Conference (a student-led and initiated conference) students are brought back to their life source. Share in the blessing students received this autumn as they lifted their hearts toward heaven and renewed their commitments to Christ.



## InTents

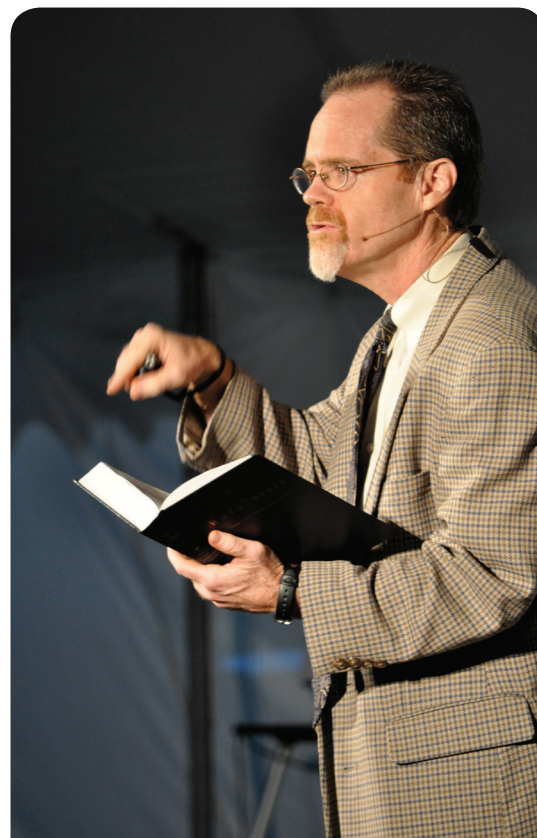
Each autumn, InTents is held on the lawn outside Mabel Wood Hall, Southern's School of Music.



Devoted, a student vocal group, led InTents attendees in songs of praise and worship before Wednesday night's meeting.



Destiny Drama Company performed a pantomime from the I Am a Disciple Tour at the beginning of Thursday night's meeting.



Professors from the School of Religion comprised the InTents speakers list. Here, Jud Lake speaks to students about making right choices.





SEYC programming brought inspirational speakers from near and far, a film producer from California, a history instructor from Southern, a pastor from Michigan, and many more.



Sabastian Braxton, director of STRIDE and SEYC's main speaker, addressed students on the importance of being faithful Christians. "The urgency in his voice caught my attention," says Cristina Hernandez, senior public relations major.



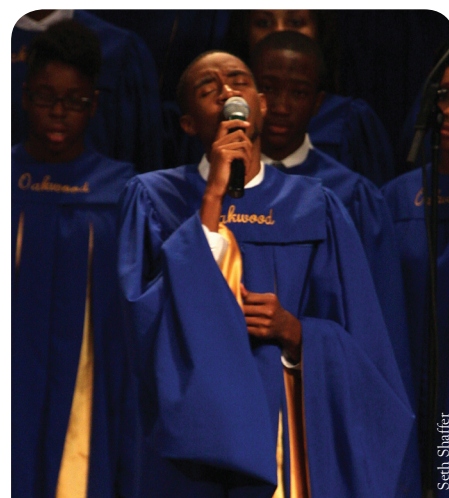
Three presidents: Antwan Knight, president of Oakwood's United Student Movement; Jeff Tatarchuk, president of SEYC; and Bradford Wise, Southern's Student Association president welcome attendees to SEYC's church service.



Luther Whiting, sophomore international business major, spoke about Noshag, the nonprofit he established in Afghanistan this past summer.



Siblings Shannon, junior outdoor leadership major, and Michael Taylor, sophomore international studies major, performed the song "Grace" at an evening convocation.



The Aeolians, a choir from Oakwood University, performed for SEYC's church service.