



Power for Mind & Soul

Panorama

Southern Adventist University's Parent Newsletter | December 2008



Save the date: Parents Weekend, Feb. 13-15. Don't miss this chance to interact with your students at Southern! More information to come.

Supporting the Balancing Act

Laurie Gauthier was determined that her children's college experience would be different from hers.

"When I was in college, I was under-involved," says Gauthier, "so I encouraged my kids to take advantage of opportunities."

Gauthier's two children, Kelly, a 2006 graduate, and Brian, senior history and international studies major, were very involved. Both of them enjoyed music and joined Southern's I Cantori choir. But as classes became more challenging, Gauthier advocated balance.

"If you're stressed and you're not getting enough sleep and you're having a hard time getting your assignments done," she told them, "you might need to take another look at this."

A successful college experience means maintaining balance between study and involvement. Parents have an important role to play in helping their students find that balance.

Encourage Participation

"Studies consistently show that students who get involved in campus activities do better academically and socially," says Sarah Schupp, CEO of University Parent Media.

However, some students find it easier to get involved than others; while naturally social students will get involved on their own, Schupp says parents should gently point shy students to outside activities they enjoy.

"Parents should encourage students to get involved by talking to their students about their interests and then leading them to the school's resources," she says.

Kari Shultz, director of student life and activities at Southern, encourages reluctant students by telling them, "Get out of your rooms, quit playing those video games, and have some fun!"

Encourage Balance

However, Schupp and Shultz agree that students can become too involved. Slipping grades are one of the first indications your student is being spread too thin.

"If they're spending more time doing extracurricular activities than doing academics, which they're paying to do here, there's a problem," Shultz says.

Shultz advises limiting involvement if students are having trouble: choose one or two favorite activities and leave the rest for another year.

Gauthier says the best way for parents to help their children is to act as a "sound-ing board" for students to explore options and find balance.

"Just talk things through," Gauthier says, "Ask open-ended questions like 'What do you think is important to get involved in?' That's what college is about: learning to make your own decisions."

~By Melissa Swanson, editor

WHAT'S
INSIDE

LIBRARY
CHANGES
PG 2

WRITING
CENTER
PG 2

TONY
TRIMM
PG 3

WORSHIP
RENEWAL
PG 3

STUDENTS
SAY
PG 4



with President
Gordon Bietz



ASK THE PRESIDENT

What is there for students to do at Southern?

Without leaving campus, students can be exposed to a world of activities. Here is a brief overview of some of the options.

Cultural

From an art gallery to an archaeology museum, Southern is strewn with cultural venues and programs that expose students to art created or performed by peers as well as national and international artists.

Recreational

Besides the popular intramural program, Southern offers lots of options for students to stretch their legs. These include 10 miles of hiking trail, a ropes course, and a natural climbing wall—plus all that our new wellness center has to offer!

Intellectual

Throughout the year, lecture series provide the opportunity for students to stretch their minds. Other mind-stretching activities include participating in the annual college bowl or joining one of the campus clubs devoted to academic topics.

Social

The Student Association plans events to encourage students to mingle and have a good time throughout the year. In addition, more than 50 student clubs provide the opportunity for students to socialize with others who share similar interests.

Spiritual

Our Chaplain's Office sponsors 21 student-led ministries. These range from small Bible study groups to mission outreach clubs. This is in addition to the daily and weekly spiritual programming held on Southern's campus.

Encourage your students to get involved in what Southern has to offer. It is these out-of-the-classroom experiences that make their college experience complete.

Did You Know?

Change at McKee Library

In the past year, the McKee Library has undergone a makeover, making the area more attractive and useful to students.

The renovations gave the library eight group-study rooms which can be reserved on the library's website, library.southern.edu. Some of the study rooms are equipped with projectors and screens for practicing presentations.

"Being able to reserve the study rooms online made it easier for me and my fellow history seniors to study for our oral exam," says Jaime Myers, senior history, international studies, and English major, the first student to reserve a study room. "It was a convenient place for us to meet and have a quiet space without disturbing other students who are trying to study."

Downstairs, the renovated periodicals area features a warmly lit reading nook where students can complete class reading assignments or relax and enjoy leisurely time absorbed in their favorite magazines.

The library also offers 50 desktop computers and additional laptop computers available for checkout in the library.

"There is an emphasis on transparency," says Joe Mocnik, McKee Library director. "The library has opened itself up with information stations while also providing an adequate space for creative noise, group study, and practicing presentations."

~By Natalia Lopez-Thismon and
Suzanne Ocsai

Providing Writing Confidence

Students wanting help with essays, resumes, speeches, and much more are able to find that help at the Writing Center located in McKee Library.

"The staff is really friendly and helpful," says Paulo Tenorio, senior theology major, "but most importantly, they taught me how to write things correctly so I wouldn't make the same mistake the next time I wrote a paper."

The Writing Center's mission is to offer a relaxed but professional environment where students are taught to capitalize on their writing strengths and

how to identify and fix their weaknesses in cultivating better writing skills.

"We are an educational facility," says Debbie Higgins, English Professor and Writing Center director. "We are here to help the students learn how to write better papers and gain more writing confidence."

Many professors encourage their students to use the facility for help with papers or to take grammar contracts, tests meant to help improve grammar skills.

~By Natalia Lopez-Thismon and
Suzanne Ocsai

Favorite Bible Verse

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

(Ecc. 4:9-12, NIV)

~Submitted by Patrick Black, junior pre-physical therapy major

Editor: Melissa Swanson
Managing Editor: Lori Futcher
Advisory Panel: Vinita Sauder, chair
Kari Shultz
Ruthie Gray
Marc Grundy
Photographer: Ian Zinner



Tony Trimm Touches Students' Lives for Eternity



Many professors at Southern are involved with their students outside of class, and Tony Trimm, a biology professor, is no exception.

He plays volleyball with them in the gym, invites them over to his house for Sabbath lunch, and says that interacting with students is a highlight of his day.

In fact, because of his involvement in non-academic activities and his youthful spirit, he is often mistaken for a student.

"Yesterday I was playing table tennis with a couple of former students and one guy, he had to be new, stepped in and asked what my major was," he says. "The whole room went silent. Then the other guys started laughing. He was so embarrassed."

This ability to blend in with students makes him easy to relate to, says Arvin Tanag, a junior computer systems administration major. "He's a fun and cool guy to hang around during non-school hours," Tanag says.

Trimm's most significant memory since coming to Southern happened in Hickman Science Center, but it had nothing to do with science.

About two years ago a group of students met for a Bible study in the biology

lab every night, and they invited Trimm to join them. He enjoyed the chance to ask tough questions and have conversations with the students about things that have lasting significance.

What he didn't realize at the time was that the group was several Adventist students trying to reach out to one of their non-Adventist peers.

A year later, Trimm was surprised to have the non-Adventist student come into his office and invite him to church. He was getting baptized.

"He told me that I was part of the reason," Trimm says. "I don't think there could be any more fulfilling experience for me at Southern."

~By Emily Young

Worship Renewal

Worship on Southern's campus is a little different than it used to be. Over the summer, Southern Missionary Church, affectionately known as SMC, and the Collegedale Seventh-day Adventist Church joined to create Renewal, a student-led church service.

Renewal offers a worship service with no standard format. Every week, Renewal's worship committee, which comprises students and pastors, meets to plan the services completely from scratch. They build each service around the Bible verse and message that the speaker will present.

Services often include both contemporary and traditional aspects, but Renewal isn't focused on the style. The goal of the service is to point the audience back to the Bible.

"Renewal is an intentional approach to scripturally based worship," says Anthony Handal, senior religious education major and member of the planning committee. "The services are defined by the

text and then modeled after it."

Students have taken notice of the new way worship is planned and appreciate the focused atmosphere Renewal provides.

"I think it is a good approach that they are taking so that the services are more focused toward the themes," says Donella Smith, a junior nursing major. "You get what the service is pointing to; there's a goal."

Because Renewal is student led, there are many ways that students can get involved—through greeting guests, ushering, taking up offering, helping with the children's ministry, and much more.

"Our ultimate goal is that we don't just want Renewal to be a worship service that takes place on Sabbath," says John Nixon, Collegedale Church Pastor. "We're hoping for this worship service to open up young people to greater involvement in the ministry and mission of the church."

~By Suzanne Ocsai



Renewal opens doors for student involvement in many aspects of the church service.

Students Say

We asked students what campus place or event they would show their parents if they could. Here are their answers.

“My parents don’t live in America, but I would show my mom the archaeology museum. My mom is interested in that stuff. It would be different for her because she’s never really seen that before. I think she’d like it.”

~Nigel Francois, junior theology major

“The Gym-Masters home show is pretty fun. It’s a good show, and it’s fun for parents to come to that. It’s a good school spirit thing too, I think. Since we don’t do interscholastic sports, it’s kind of our little way of outreach.”

~Renee Mathis, senior secondary education major

“I would like to show my parents the biology trail because they enjoy taking long walks outside.”

~Kevin Quimby, sophomore accounting major

“I would take my parents to all-night softball because we like sports at our house, and I think it would be cool to show them what’s going on here.”

~Sabine Monice, freshman biology major

“I would probably show them the InTents meetings so they could see all the students worshipping together. That’s a good thing to show parents, that community on campus. ”

~Daniel Cooper, sophomore animation major

“I would like my parents to see the new wellness center, because my parents like places that provide a healthy environment, and probably KR’s, because my mom likes to cook and she likes that kind of setting. ”

~Andweena Leonce, sophomore psychobiology major

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

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PO Box 370
Collegedale
Tennessee 37315
1.800.SOUTHERN
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