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Power for Mind & Soul

Facilitating Students' Transition into Adulthood

Andrew Ashley, Student Association (SA) president, may be one of the most respected students on campus now, but that was not always the case.

When Ashley first arrived at Southern as a freshman, he was childish. Many nights, he stayed up until the early morning hours playing video games, talking to friends, causing him to skip classes. Ashley was more interested in goofing off and hanging out than investing time in his education.

"I wasn't really a bad kid," Ashley said, thinking back. "I was just immature."

Ashley was heading down a bad path, one he would have continued on if not for two older students who saw his true potential and offered him opportunities to lead. The roles started small—hosting an open mic and giving short devotional thoughts at vespers—but they increased in magnitude as Ashley proved himself capable of handling responsibility.

Soon, Ashley was elected chaplain of the Black Christian Union, and a year later, the once-immature boy was asked to become the Campus Ministries Sabbath School director. It was only a matter of time before Ashley, now a mentor to several students, was encouraged to run for SA president.

"I look back and I just see that the main elements that made me into the man I am today are opportunities for leadership and people seeing the potential in me that I couldn't see myself," Ashley said.

Preventing Extended Adolescence

Sociologists are finding that the youth of today are taking longer and longer to transition into adulthood. These 18-25-year-olds trapped in extended adolescence are staying in school longer, starting their professional lives later, and depending more heavily on their parents or friends.

"It's a shift in society," said Liane de Souza, Southern's Counseling Services coordinator.

Southern guards against extended adolescence by providing students like Ashley with the necessary tools and opportunities to become responsible, independent adults. Students can show their true potential by taking an active part in LifeGroups, getting

involved in a club, or stepping into one of the many leadership positions on campus.

Though growth opportunities are bountiful, there are services—such as free campus counseling and help from the First Year Advising office—to assist students who need additional help moving into adulthood.

Because it takes more than one person or program for students to make the transition into adulthood, the deans, Chaplain's Office, and Student Services directors are also working towards each student's success.

"I don't see this as a one-person thing," de Souza said. "It takes a village to raise a child; it takes a campus to raise a college student."

Despite the extended adolescence epidemic, Southern continues to produce cultivated adults like Ashley who provide an example to younger students.

"It was coming to Southern and seeing all these mature men and women who were walking in a relationship with Christ and leading," Ashley said. "That's what really motivated me!"

~by Myron Madden



Timeless Teachings

When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

1 Corinthians 13:11

Did You Know?

Southern Teaches Practical Life Skills

College is a great place to grow academically, but knowledge is nothing without practical skills. If your student is worried about life after graduation, make sure he or she knows that Southern offers classes that teach relevant skills for life in the real world.

Preparing to Meet the Firms provides students with the necessary tools to pursue internships and acquire jobs. Students polish their resumes, build their portfolios, and discuss topics such as networking and proper business etiquette. They also get a chance to hone their interviewing skills.

"In class, we do 'speed interviewing,' where about 35 human resource professionals from companies both local and abroad participate in five-minute interviews with

the students," said Lisa Kuhlman, graduate studies coordinator for the School of Business. "This activity provides students with the opportunity to polish their first impressions and removes the butterflies from the interviewing process."

Marriage and Family provides an overview of marriage and parenthood from intimate, economic, and spiritual perspectives, and prepares students to engage in this aspect of adult life.

"The course provides researched-based information about mate selection and how one's family or origin affects this process," said Stanley Stevenson, associate professor in the School of Education and Psychology. "Another focus is what makes marriage strong and healthy. These are practical and proven skills that students can use as they date."

Personal Finance teaches students basic economic principles and business terminol-



ogy to help them manage their own money. Budgeting, insurance, home ownership, and investments are among the topics covered and are vital skills to learn prior to adulthood.

These are just some of the many classes that help students succeed after graduating. Southern values the educational experience as well as real-world preparation and seeks to offer as many opportunities as possible to meet those needs.

~by Eloise Ravell

Ask The President With Gordon Bietz



Q: You watch over our children at Southern day by day, but we often forget that you are also a father. What things were you worried about when you sent your children to college and how did you bush them to grow?

I remember pushing my twins in a stroller-they had no choice as to where they went. It was my job to push and their job to enjoy the ride. As they grew up, however, they wanted ever more control over the direction of the stroller, and eventually, they were driving on their own.

My twin daughters, who both took the two-year, pre-physical therapy degree, left home at the same time-empty nest squared! On top of that, each girl continued their education at different institutions due to their boyfriends. Gina attended Andrews because she was dating a theology major, and Julie chose Loma Linda since her boyfriend was a medical student.

I was worried about them, but given the fact that they were each very self-motivated, I didn't need to do any pushing anymore.

Some children need to be pushed and some need to be slowed down. Our twin girls didn't need any pushing. They pushed themselves, and occasionally too much. The most important thing we parents should remember is to relate to our children differently depending on their needs. Pushing too much or not enough can have disastrous results, depending on the child.

As parents, we have to be honest when we push; what are we striving for? Is it for us or for them? Are we pushing so they will fulfill our dreams or so they will find their dreams? We need to help them find a way to fulfill their gifts, obtain a job they enjoy, and live a life that will contribute to the advancement of the kingdom of God.

Staff Profile:

Aubrey Wallin, Student Dean

At Southern, one of the main ingredients to keeping the residence halls running safely and smoothly are student deans and resident assistants (RA). The full-time deans and office managers in each residence hall rely heavily on these student workers to be the extended arms and hands to the students living there. For Aubrey Wallin, a school counseling graduate student, the calling to help in this area came directly from God.

"I was an RA in high school and really enjoyed it, so when the chance came to apply to work as an RA here at Southern, I decided to take advantage of the opportunity," said Wallin, a student dean in Thatcher South Hall.

Wallin worked as an RA for two years before transitioning into her current job as student dean. This is her second year in the position.

Student deans must oversee the nightly check of rooms to ensure that all residents have returned safely, answer

any questions the students might have, and assist the desk workers as needed.

"This job has helped me develop into a more responsible adult and given me the chance to grow personally, spiritually, and in many other ways," Wallin said.

Additionally, the daily interaction with students gives student deans the abil-

ity to influence and impact their lives in meaningful ways. Wallin said she feels it is her job to help students grow into adulthood by helping them take responsibility for themselves.

"College helped me grow immensely into the adult I am today, and I feel it was because I had to make sure I got on check, make sure I was accurate in my weekend leaves, and make sure I got all my worships and vespers credits on time," Wallin said.



Aubrey Wallin, student dean, assists a resident of Thatcher South Hall asking for help. Wallin's position allows her to support the students and simplify their lives at Southern.

"It's important to treat student residents as adults because this helps them view themselves in the same way."

Wallin cherishes the lessons she learned while serving as an RA and student dean, but there is one teachable moment that stands out among the rest.

"I cannot do anything without God's help," Wallin said. "He put me in this position and is able to use me to serve others."

~by Elizabeth Camps

Student Life: Senators Create Lasting Change on Campus

When students at Southern want their voices heard, they contact their senators. Student Association (SA) Senate is the middle ground between administration and the student body. Each senator represents approximately 75 students, who they contact every two weeks for input on how to improve the university.

"We're here to bring student's ideas," said SA Vice President Kamron Stock, who supervises the senators. "We're here to listen to them and voice them to the administration."

The main goal of Senate is to cause lasting change on campus that benefits the students. Some of the most recent changes include the installation of printers in the residence halls, the construction of awnings to protect students going in and out of Talge Hall from rain, and the creation

of a mobile food cart called the Snack 'N Wagon whose profits partially go towards student scholarships.

"We're not about *seeing* what needs to be done," said Senator Patricia Duvra senior business administration major. "We're about *doing* what needs to be done."

Most importantly, the senators are gatekeepers. They ensure that policies are upheld during student elections, distribute funds fairly among the clubs, and approve the student leaders' purchases to make sure that every dollar is used wisely

Because these select students hold public office, they are required to be dressed in professional attire and are held to certain standards during meetings, where regular attendance and civil discussions are expected.

"Being a senator has helped me

mature," said Michael Jensen, sophomore engineering studies major. "With this power, comes the responsibility to speak wisely and truly consider what constitutes an appropriate use of the leadership talents God has given each senator."

~ by Ashley Rich







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How have you grown since you started your journey at Southern?

- "As a freshman, I was very timid, but by becoming involved on campus, I have grown more outgoing and have developed a passion for the social scene required for my dream career as an event planner."
- -Moriah Arterberry, senior public relations major
- "Southern is continually transforming me into a responsible, faithful, friendly, loving adult. The memories I make here and the lessons I have learned will forever guide me in my career as well as my life."
- -Monnize Sobrinho, junior marketing major

- "I have definitely noticed that Southern has pushed me to excel in all areas of my life, whether it be social, academic, physical, or spiritual. Southern has focused on developing us as people and provides a holistic education."
- Marcos Giordana, international business and pre-med major
- "The biggest area of growth would be in my independence and my self-assurance. Southern has helped me slowly transition into adulthood and learn how to do things for myself."
- -Mischka Scott, senior social work major

DECEMBER

12 Christmas Concert

School of Music performs Handel's Messiah at 8 p.m. View online at southern.edu/streaming.

18 Christmas Break (18-January 11)

JANUARY

13 Intramural Basketball Begins

15 Natural History Lecture

The Biology Department's E.O. Grundset Lecture Series includes a presentation on goldenseal: its uses, history, future potential, and domestication efforts.

- 17 SA Mid-Winter Party
- 19 Community Service Day

Students volunteer around the greater Chattanooga area in honor of Martin Luther King, Jr. Day.

23 Star Watch

Faculty and staff bring powerful telescopes to science building parking lot as students and community members come out at night to view the heavens.

31 Three-On-Three Volleyball Tournament

MARK YOUR CALENDAR!

PARENT'S WEEKEND IS FEBRUARY 13-15

GROWTH THROUGH LEADERSHIP

Life-changing experiences such as these produce students who are dedicated to serving others with the skills they've been given.



Arthur Theodore, student dean in Talge Hall, ensures that everything is run smoothly within the residence hall.



Keren Pagan, AfterGlow director, makes plans for the student-led worship that takes place after vespers.

Aaron Snelgrove, a LifeGroup leader, orchestrates a discussion with members in his Bible Study group.



Kevin Christenson, producer of Studio 4109, Southern's live comedy sketch show, gives the writers feedback on their scripts.



Adam Sawyer, wellness director, keeps fit to be an example to those he promotes healthy living to.



Steven Oliveira, president of an entrepreneurial organization called Enactus, discusses the student group's latest project during a meeting.



Emmylou Drusky, editor of the university newspaper, instructs one of the designers on how to adjust a layout.