



Power for Mind & Soul

Panorama

Southern Adventist University's Parent Newsletter | February 2011

Staying Motivated

Every other Thursday, sophomore nursing major Caitlin Schwarz has a nursing test. As is her custom, Caitlin calls her mother for some last-minute tips and words of encouragement. And once the test is over, she'll call again to let her mom know how she did.

Caitlin's mom is a nurse, and having a daughter who is following in her footsteps is a source of pride for her. Conversations between mother and daughter usually revolve around the material, the field, and the exams. For Caitlin's birthday, her mom gave her a copy of *Mosby's Medical Dictionary*, a great source of information for students going into the medical field.

Caitlin's mom isn't just there for her when it comes to nursing. Caitlin is able to go to her mom about anything. Immediately after any stressful situation, she calls her mom and goes through the problem with her. Sometimes her mom talks through the situation with a different point of view, and sometimes she just listens. Either way, she's Caitlin's supporter.

"I consider my mom my best friend," says Caitlin. "I tell her everything."

Caitlin's mom knows the importance of supporting her daughter in each aspect of her life. Here are some ways you can help hold up your student through college.

Offer support.

Students need to know their parents are there for them. When all they can see are deadlines or bills and all they can feel is stress, your encouragement and love will help them push through.

Help choose the right major.

Nothing can be less motivating for students than having to sit through classes that don't interest them. If they are struggling to remain engaged in core classes for their chosen major, they might be in the wrong field. If your student is struggling to stay motivated, help the student discover where his or her true passion lies.

Focus on the value.

While success is possible for those who don't finish college, not obtaining a formal education might hinder your student from advancing in the future. Many of the world's most successful people—including former presidents, popular news anchors, and even actors—hold college degrees. A college degree is valuable in almost any field your student is considering.

Suggest a reward system.

Humans are motivated by what we want. Help your students set up a system that will reward them for milestones met. For example, if your student earns an A in a tough class, suggest a massage. Short-term rewards can help as well. If your student spent an hour studying for a big test, suggest taking a 10-minute break to do something fun.

Students rely on parents' encouragement more than parents know. When things are going poorly, students need parents to reassure them that things will get better. Students should be able to rely on their parents for support even when things aren't working out as planned.

~by Ingrid Hernandez and Suzanne Ocsai, Editors

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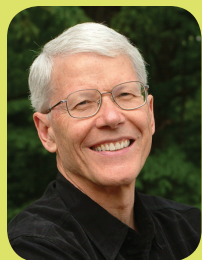
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Q&A

With President
Gordon Bietz

ASK THE PRESIDENT

I know Southern offers scholarships for freshmen, but what about returning students?

If your student maintains high grades and participates in extracurricular activities, he or she may be able to qualify for at least one of the following scholarships for returning students.

STAR Scholarship

Returning students with a minimum GPA of at least 3.4 can earn between \$1,500 and \$2,500 in scholarship money.

Departmental Scholarships

Many of Southern's schools and departments have department-specific scholarships for students who meet certain criteria. (Sometimes this criteria is performance-based, and sometimes it includes a need-based element.)

Performance Scholarship

Students who participate in the School of Music choirs, orchestra, or wind symphony receive scholarships, as do those who perform with Destiny Drama Company or the Gym-Masters.

Southern Scholars Honors Program Scholarship

Students who participate in Southern's honors program—including challenging interdisciplinary coursework—earn scholarships for each year in the program.

Student Missionary/Task Force Scholarship

Students who spend an academic year as a student missionary or task force worker will receive a \$1,500 scholarship upon returning to Southern.

Summer Camp Scholarship

Students who spend their summers working at an Adventist conference-sponsored summer camp can earn a matching scholarship of as much as \$1,800.

The Literature Evangelism Scholarship

Students spending their summers as literature evangelists can earn a matching scholarship of as much as \$2,000.

If your student would like more information about any of these scholarships, have your student talk to his or her student finance counselor.

Did You Know?

FAFSA Deadline Reminder: File by March 31

Because Southern's endowment grants are on a first-come first-served basis, the university recommends filling out the FAFSA no later than March 31 in order to receive the maximum amount of aid for your student. The online form takes about an hour to fill out. It helps to have the following information ready:

- The Social Security numbers of both yourself and your student
- Your student's driver's license number
- Your student's Alien Registration Number, if he or she is not a U.S. citizen
- Your student's federal tax information or tax returns
- Records of untaxed income for both yourself and your student
- Information on cash, savings and checking account balances, investments (including real estate but not including the home in which you or your student lives), and business and farm assets for both you and your student.

Southern's associate vice president for Marketing and Enrollment Services, Marc Grundy, says that filling out the FAFSA as early as possible puts you and your student ahead of thousands of others.

"You can't wait around," says Grundy. "When you wait to file the FAFSA, you're letting another student take the money you need and deserve."

You can file your FAFSA online at fafsa.ed.gov.

~by Jarod Keith

Calendar of Events

March	10	Encounters Weekend	24-26	Preview Southern
	12	SA Talent Show	26	Gym-Masters Home Show
	13	Symphony Orchestra Concert	27	Gym-Masters Home Show
	16-19	Campus Ministries Convention		Matinee
	19	Asian Night	28-29	Online registration opens for returning sophomores
	22-23	Online registration opens for returning seniors	30-31	Online registration opens for returning freshmen
	24-25	Online registration opens for returning juniors	31	Wind Symphony Tour Begins
			31	FAFSA Priority Deadline

Favorite Bible Verse

"For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." (2 Corinthians 4:6).

~Submitted by April McNulty, junior social work major

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Nurse Educator Touches Lives

The paintbrush slides across the canvas, leaving behind a stripe of green pigment. Another dip into the gooey emerald liquid and the paintbrush is back on the canvas as Dana Krause, '80 and '82, associate professor in the School of Nursing, works with a student on a painting that will be given to a local shelter.



Dana Krause lives a life ministering to others as both a nurse educator and artist.

Before they are done, the student picks a favorite verse to add to the nature scene the two have just worked on.

Krause started what she calls Scripture art six years ago as a way to share art with others in the community. She purchases canvas, paints, and paintbrushes and then works with a variety of people including students, teachers, and community members on artwork to be donated.

Krause has donated Scripture art paintings to homeless shelters, hospitals, doctors' offices, and other places where people go in search of an encouraging lift. There are approximately 300 hangings in various places in the Chattanooga area.

The same creative and adventurous spirit that has made Scripture art a success is what initially prompted Krause to accept a nursing job here at Southern.

"At first, I was reluctant, because academia is totally different from the work field. I also

had a considerable fear of speaking in front of groups," says Krause. "But I do have a pretty adventuresome spirit, and thought I might give it a try for a very short time."

That short time has lengthened into 19 years.

"I found that I enjoyed being a part of a student's success," says Krause. "Where else can you see someone learn, grow, and make decisions to change the world and know that you did your best to help them along the way?"

Today, with the new Florida Hospital Hall completed (see below), Krause continues her love of touching the lives around her in even greater ways.

In both the art and nursing worlds, Krause has found a way to positively touch the lives of those around her with her adventurous and caring spirit.

~by John Shoemaker and Suzanne Ocsai

A New Home For Nurses

Southern's new nursing building, Florida Hospital Hall, opened January 8 with a special ceremony on the K.R. Davis Promenade. The new facility is enabling the School of Nursing to accept more students than ever. As a pre-nursing student, freshman Jonika Freeman sees the opening of the new building as the reason her chances of getting into the nursing program have increased.



Florida Hospital Hall, designed by Southern Architect Fred Turner, displays Southern's signature white columns.

"It's intimidating because I know there's probably tons of nursing students with high GPAs," says Jonika. "It makes me feel better knowing there's a better chance for me to get in because of the extra space."

An Equipped Facility

Fred Turner, Southern's corporate architect, designed the building with a contemporary feel. The building has a state-of-the-art learning center, complete with all the technology and tools needed to prepare student nurses for a life of service.

Students are now using the building's new learning resource center. The learning resource center is an important meeting place for nursing students; not only are classes occasionally held there, but it's also used for research, testing, and review. Florida Hospital Hall's learning resource center is comprised of two computer labs: one is a testing lab with 36 computers, and the other has 31 computers primarily used for homework and practice tests.

Real-World Experiences for Students

Sara Hernandez, junior nursing major, says the most exciting thing about the new nursing building is that it has a larger learning resource center and simulation lab in the same place.

Simulations are certainly an exciting and valuable part of Sara's nursing education; a little more space for the lab is allowing for a more comfortable, efficient environment.

Labs are stocked with laptop computers with *Electronic Medical Records* (EMR) software, a program used by healthcare professionals in the medical office. Students are able to use the EMR software to chart records in a database.

A Reason for Excitement

Molly Gibb, junior nursing major, is especially glad she had the opportunity to be here now.

"Florida Hospital Hall is beautiful!" says Molly. "It's gorgeous, and it makes me proud of the field I've chosen."

~by Ingrid Hernandez

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Students Say

We asked students what food they enjoyed most at home. Here are their answers:

"My favorite food to eat at home is bread with peanut butter and fresh applesauce. It's not too sweet. It's just simple and tasty."

~Leonel Macias, senior mass communications major

"My mom fixes macaroni and cheese, and I really enjoy that—and sweet potatoes. Man, I love sweet potatoes!"

~Theodore Brown, senior film production major

"I like potatoes, sauerkraut, and hotdogs. We call it *Würst*. It's just what I was raised on eating."

~Michael Lambert, sophomore biology major

"Roti and curry. It's delicious. There's nothing more to say. It's something that my family makes. It's a cultural dish from Trinidad."

~T.J. Griffith, junior psychology major

"I love my mom's spaghetti. She makes her own vegetarian meatballs with pecans and oatmeal."

~Mallory Mixon, sophomore public relations major

"My mom buys all-natural Tostitos® tortilla chips, kettle corn, candied yams, and hot chocolate when I come home. She always makes sure there's hot chocolate in the house. But my favorite dish of hers is macaroni and cheese."

~Tiffani Caldwell, freshman journalism major

"My favorite food at home is *Jollof*, because my mom doesn't make that much, and when she does I really appreciate it."

~Salomey Agyemang, freshman biology major

"My favorite food that my mom makes is *Golubtsy*. It's warm and steaming and smells really good. It also takes a long time to make, so you know it's made with love."

~Evgeny Chirshev, sophomore biology major