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Power for Mind & Soul

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

	- A				
	Exam Time	MONDAY December 12	TUESDAY December 13	WEDNESDAY December 14	THURSDAY December 15
T C					
chedule	8 a.m. to 9 a.m.	English Composition Basic Writing	8:00 M W F 8:30 M T W T F	8:00 T Th 8:30 T Th	12:00 T Th 12:30 T Th
4	10 a.m. to 11:50 a.m.	10:00 M W F	9:30 T Th 10:00 T Th	9:00 M W F 9:00 T Th	1:00 T Th
C		11:00 T	12:00 M W F	11:00 M W F	4:00 T Th 5:00 T Th 5:00 M W
Mex	2 p.m. to 3:50 pm	2:00 M W F 2:00 M W	2:00 T Th 2:30 T Th	1:00 M W F	BIOL 102
X	4 pm to 5:50 pm	Speech	3:00 T Th 3:30 T Th	3:00 M W F 3:30 M W 4:00 M	

December 2016



Power for Mind & Sou

New Year, New Motives

A new year with a new semester is quickly approaching. With that new year comes new challenges and resolutions. Many students have goals for next year including financial success, academic understanding, and social awareness. Regardless of ease or difficulty level, these goals can be reached with the support of others. Families especially can help students make these goals more practical and achievable, while providing support from home.

Cristy Pratt, assistant professor for the School of Education and Psychology, said, "When we take those goals and work on them as a family unit, they become a larger family goal, and we are more likely to accomplish them."

While working as a family on your child's goals, it's also vitally important that your child take personal responsibility for them. Emily King, mental health counselor for Southern, explained that it is important for students to establish independence as they set personal goals.

As a parent, there are many ways to best support your student. By being actively involved in helping your child make decisions for their career and their future, you are aiding in their success.



Parents can:

- Spend time with your children over the phone and inquire how they are doing.
- Take them to lunch or plan an intentional activity over the weekend.
- Promote their success through discovering and caring for their needs.
- Pray for them and with them.
- Send care packages and fund miscellaneous needs.

As the New Year rolls around, keep in mind that your child's goals for 2017 are entirely possible. With the help of family and friends, they are even more capable of achieving success.





Luke 2:14

Student Missions:

Preparing students who are ready to serve

As students embark on a year of missionary service, feelings of worry alongside adventure set in. Their next two semesters will be spent serving others, enhancing their spiritual growth and maturity, and immersing themselves into a new culture.

Southern's Student Missions program designated the first week of November to spreading the word of mission service and explaining the process of applying to serve around the world.

Since the start of the program in 1967, more than 2,300 students have accepted the call to be a missionary for a year. This year, 60 more students are serving, spread out to countries such as Peru, Bolivia, Cambodia, India, New Zealand, and Zambia.

Southern encourages students to serve. Generally students accept a call after their sophomore year and before graduating. Once a student has chosen to serve, the Student Missions program begins to prepare the soon-to-be missionaries through orientation classes, retreats, and special Vespers programs dedicating them and their service. A \$1,500 scholarship is given to each student upon completion of his or her mission work.

Student missionaries are given a large variety of responsibilities and are provided with opportunities befitting any interest group or major, including serving as teachers, orphanage-care providers, church planters, medical mission workers, filmmakers, and school deans.

Currently serving as an administrative assistant for Ambassadors Medical Outreach and Relief in Pucallpa, Peru, Selena Zamudio, junior marketing major, has discovered the importance of her work and the challenges she has faced.

"It is a part of my responsibility to go out during the week with the pastors to do house visits and pray with the locals," Zamudio said. "Praying on my own time is actually what gets me through my day. This experience has taught me to put all of my trust in God."

Parents of student missionaries can

be comforted knowing their student is safe in the hands of Southern's Student Missions program. Teresa Zamudio, mother of Selena, expressed that she admires Southern for the opportunity it has provided for her daughter.

"It gives me peace to know that my child is traveling and living with a trusted group," Teresa said.

She thanks Southern for the opportunity for her daughter to learn to be more conscientious about the needs of others around her while forming a sense of humility from her mission experience.

From long-term mission trips to lasting services around the local community, student missions continues to be an invaluable addition to Southern's Godfocused academics.

~ Oksana Wetmore









Did You Know?

Rescheduling Exams

As this semester draws to a close, your student is beginning to prepare for final examinations. These tests will be taken on the last week of school, December 12-15.

Southern encourages students and their parents to take the exam schedule into consideration when planning transportation home for the holidays, as rescheduling an exam incurs a \$100 fee per class due to time, expense, fairness, and test-security concerns.

Although there is an exam schedule already set in place, in some cases rescheduling exceptions can be made, including if the reason involves an illness verified by the Student Health Center or a physician, or a death in the immediate family. Also, if students have four or more tests taking place on one day, or have

three consecutive exams, they may petition to take one at a different time at no additional cost.

Students should see the associate vice president for academic administration, Volker Henning, as soon as possible for a request form if they need to reschedule.

In preparation for a final, it is advised that students get a good night's sleep, make healthy food choices, and drink plenty of water. Even though this may be a stressful time, studying with friends, taking breaks, and being mindful of one's health are all recommended to help make the week go smoothly. Students should also take advantage of the free tutoring offered in the Student Success Center and visit their professors for additional instruction.

DECEMBER CALENDAR

- 1 Begin purchasing textbooks for winter semester
- 2 Kirsten Wolcott Memorial 5K Run
- 3 Wind Symphony Christmas Concert
- Student Association Christmas Party
- 10 School of Music Christmas Concert
- 12-15 Semester Exams
- 16-1/8 Christmas Break

Meet The SA President An Interview With Moses Maier



Q: What are you majoring in here at Southern?

A: I major in business finance. This is my third major. I started off as a global policy and service studies major, which was fantastic, but for various reasons moved on to accounting. I then realized it was my least favorite thing I've done in my whole life, so I went to finance.

Q: What do you do in your free time?

A: Long boarding, as well as hiking with friends, rock climbing, intramurals, and playing in praise bands. Sometimes I do presidential duties; those are fun, too.

Q: What is your favorite part of your job as Student Association president?

A: Meeting people. There's a lot of people you can interact with, connect with, and see how they can have a better experience at Southern.

Q: What is your favorite holiday memory?

A: Sitting around a tree in Canada, warm inside and family all around. Just the classics.



Q: What is the true meaning of Christmas? A: Absolutely giving. That is what Jesus did; He gave His life, and He gave us life.

Q: What is your favorite Christmas carol?

A: "The First Noel." The melody is one that sings to the soul and gives calm to the end of a tumultuous year.

Q: What is your favorite thing about the Christmas season?

A: The rest that can be found in fellowship and giving. That is my favorite part.





HOMECOMING WEEKEND 2016











































