

Winter 2010

PHOENIX FAMILIES

A Newsletter for Elon Phoenix Family Members

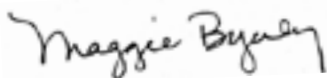
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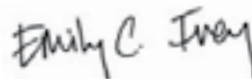
Welcome.

Parents & Families,

The fall semester is quickly coming to a close as students prepare for final exams and look forward to winter break. We hope your students' first semester at Elon has been a quality experience as they continue to grow in our community. Over the past few months you have undoubtedly received a variety of phone calls, emails, and text messages regarding the many endeavors your student has experienced. First-year students at Elon are accomplishing great things and we look forward to the contributions they will make over the next three-and-a-half years!! Best wishes for a enjoyable holiday season with your students.



Maggie Byerly
Director
Parent Programs



Emily Ivey
Director
New Student Orientation



What's Happening at Elon

Winter Holiday Festival of Light ushers in the season

Elon celebrated a traditional holiday event on Dec. 2 by filling the campus with 1,500 glowing luminaries. The Holiday Lighting Ceremony featured hot chocolate and cider, carol singing, a brass quintet, a Menorah lighting, the illumination of the area from Alamance Building to Moseley Center, and a visit from Santa and Mrs. Claus. See pictures at www.elon.edu/e-net.



Elon Athletics

Elon Volleyball finished the season with a 21-14 overall record leading them to the Regular Season Southern Conference North! Coach Mary Tendler was named SoCon Coach of the Year. The Phoenix Football team finished its regular-season with a 6-5 overall record and garnered a 5-3 record in the SoCon. Men's Basketball began conference play on Saturday with a tough loss to Wofford and will play Duke University on December 20th. Women's basketball is in the third week of their season with a 5-3 record and their next home game is against Western Carolina on December 18th. Elon Softball opens the 2011 season at home on February 12th. Additionally, the Phoenix Baseball Schedule was recently announced with an opening game against NC State on February 18th. Check out more Phoenix Athletics at www.elonphoenix.com.

CRAM Jam

Encourage your students to get rid of all their pre-exam anxiety at Cram Jam! Students can go Harden Dining Hall on Reading Day Night, Wednesday, December 8, for all of Cram Jam's activities. Students can relax with a professional massage, create their own monogram stickers, and even decorate frisbees with spin art. Sounds like a great holiday present! Elon's own Gavin Billings will be performing as well as a capella group Sweet Signatures. Breakfast food will be served by faculty and staff, including President Lambert!

WHAT: CRAM JAM
WHERE: Harden Dining Hall
WHEN: Wed. Dec. 8th, from 10 p.m.-1 a.m.

CRAM JAM is sponsored by the Resident Student Association and the Student Union Board.

Academic Calendar

Fall 2010

12.7: Classes End
12.8: Reading Day
12.9: Examinations Begin
12.14: Examinations End

Winter Term 2011

1.4: Classes Begin
1.17: University Holiday
1.24: Classes End
1.25: Examinations

Spring 2011

2.1: Classes Begin
3.21 - 3.25: Spring Break
4.25: University Holiday
5.12 - 5.17: Examinations

Into the Fall Semester

By mid-semester, students will be more comfortable navigating campus, tackling dirty laundry, and making new friends. Some challenges during this time include preparation for exams or roommate conflicts.

Academics

College is the first time most students experience total responsibility for their education. Although your student certainly has the aptitude to do well in college, he or she may not be used to accepting responsibility for completing assignments and knowing the semester due dates without reminders from instructors or parents. It is essential for students to read through all materials provided by their professors and to establish their own method for keeping up with tests and assignments. Students should be encouraged to develop a study schedule and to attend all classes. For additional academic help, students may seek academic support for advising, disability services, or peer tutoring. Visit www.elon.edu/advising for more information.



Roommates

Living with a new person is a great opportunity to recognize, accept, and adjust to individual differences. A student's relationship with a roommate will no doubt be different than the relationship they have with friends. Your student should take time to get to know a roommate and discuss common living concerns such as preferred level of cleanliness, noise level, study habits, and nighttime etiquette. Students can use the roommate agreement form from Residence Life to assist with the conversation. Ultimately, sharing a close living space with another person allows students to recognize the impact of their actions on their environment. If conflict develops, students should ask their Resident Assistant (RA) to sit in on the discussion and attempt to resolve the conflict.

Empower Your Student

Elon's faculty and staff members are empowering your student inside and outside of the classroom. If your student knows that you are supportive of their "real world" experiences they will be more likely to succeed. Your student is going to look to you for approval, so empower your student to make choices on their own, realizing they'll occasionally make mistakes.

Preparing for Final Exams

The end of the first semester can be particularly challenging as final tests and projects rapidly approach their due date. A moderate level of stress before and during an exam is useful, as it helps a student perform at their peak. Too much stress can keep a student from being able to focus at the task at hand. If your student is feeling overwhelmed by upcoming final exams, encourage students to keep in mind these tips:

- Manage time well: get plenty of sleep, find time to exercise or be active, and schedule time to study
- Focus on healthy behaviors: eat regular meals, drink water and other non-alcoholic beverages, choose healthy snacks (excessive sugar can make you drowsy), and limit caffeine (it increases anxiety)
- Study in places that have minimal distractions
- Join a study group and determine a few meeting times in advance of finals week
- Attend all review sessions offered by the professor
- Condense semester notes and use flash cards to review content
- Prioritize assignments, exams, and classes - determine what needs the most time and preparation

Home for the Holidays

Most students are eager to return home for an extended break from college. They look forward to enjoying the comforts and privacy of their old rooms, their favorite home-cooked meals, and having time for much-needed rest and reunions with old friends. Some students, however, may be sad to leave their new friends, their Elon home, as well as the excitement and freedom of college life. Remember not to take their mixed emotions about being home for the break personally; it is all a part of the college transition. Students may resist family obligations and curfews, and parents may be surprised by the amount of time (a lot or little) they see their college son or daughter. The following tips may help improve your students' time at home:

- * Acknowledge your student's habits may have changed. Talk to them about these changes ahead of the visit.
- * Prepare your family. The adjustment can be challenging for siblings who've become accustomed to the new home environment.
- * Discuss expectations for the visit. If you are planning an event that requires your students' participation, let them know ahead of time.
- * Talk to your student about "home rules" and what adjustments you can make now that they are in college. Start with the rules in place when your student left, and discuss with your student appropriate updates now that they are more independent.
- * Have your student continue daily habits as they have in college (laundry, dishes, etc). This can free you, as a parent, from taking care of every need.
- * Set aside family time to ensure you have the opportunity to hear about your students' collegiate experience!



Winter Term: Defined

A common question of Elon Students and Parents comes around this time of year: "What exactly is Winter Term and what is it like?" We asked a student to give you their perspective of Winter Term at Elon:

Winter Term is a three week period following the winter break at Elon where students have several learning options. Each student at Elon is required to fulfill an Experiential Learning component. Seeing as nearly 70% of Elon students study abroad in some capacity before they graduate, Winter Term is a time commonly used to go abroad. Some of the benefits to this is that it isn't an entire semester away and is less expensive than three months abroad.

For the rest of the students they have the option of staying on campus and taking a three hour class everyday that will fulfill a credit they need for graduation.

Students also have the option of taking this time off from school and going home or staying on-campus and working, gaining internship credit, or volunteering. Winter Term, also known as WT

or J Term, is brief break from the usual routine that is beneficial for student growth and stress management. It's a great opportunity for students to try something new and expand their knowledge!

--Brandon Curry, Senior, B.F.A. Acting

Each year Elon chooses a theme to frame various courses during Winter Term offering a special group of courses connected in theme and united by a common commitment to excellence in content and teaching. Winter Term 2011 From the Past: Through the Present: Into the Future considers the issues each of us must face as we reflect on the past and look toward the future to make a difference in today's age of rapid change. It encourages taking an engaged, informed, forward-thinking, humanistic, multidisciplinary, global approach to all we do. It equips us to work toward creating positive outcomes by contemplating possible futures, assessing probable futures and working toward best practices. There are over 30 courses which explore cutting edge material in new and imaginative ways, including team-teaching, travel, hands-on creativity, independent work, joint projects and public presentations.

Elon News Briefs

Housing Selection 2011-2012



Your student should start preparing for housing selection which begins February 2011. Students are required to live on campus their first two years, but if your student would like to live off campus he or she can apply for release through the Housing Appeal Committee. It's important to note that appeals are not guaranteed and therefore students should not sign an off-campus lease until the appeal has been granted.

Prior to selection, make sure students have paid the \$200 reservation fee to the Bursar's office so they can participate. Reservation fees can be paid beginning January 3rd. Students should begin prioritizing where they would most like to live on campus, but have alternate choices in case their first choice is not available. There are several phases of housing selection and your student will need to choose which phase best suits his/her needs. If your student would like to remain in their current assignment, online applications are available late February. For students applying for a different assignment, online applications are available first week in March for rising juniors/seniors and third week of March for rising sophomores. Housing applications are similar to class registration forms on Elon's OnTrack Website.

Beginning in January, Residence life will offer residence hall, apartment, and general housing information sessions aimed at educating students about the process; encourage your student to attend if they have any questions. Housing selection can be a stressful time for some students; the best thing they can do is be prepared by reading the materials, being aware of deadlines, and talking regularly with their group members. Make sure your student knows to ask questions if they have them, attend housing information sessions and visit the Residence Life Website for more information.

Parent Survival Tip: On-Campus Employment

One sure way to help out with college expenses is part-time work while enrolled in school. Studies at Elon and elsewhere have shown that students, including freshmen, who work on campus persist in their studies at a higher rate than students who do not work. Working on or off campus provides students both the personal satisfaction of investing in their education and an income to help cover personal expenses. During a regular academic year, over 800 students work at jobs on the Elon campus alone. Typically, students will work 10 to 20 hours per week in an on-campus office job. For more information visit www.elon.edu/e-web/students/employment.xhtml

Phi Beta Kappa

In the spring of 2010, Elon University received a charter to Phi Beta Kappa, the Nation's oldest academic society, with a formal dedication ceremony of the Eta Chapter in North Carolina. About 10 percent of U.S. colleges and universities have Phi Beta Kappa chapters. Typically, students honored with membership rank among the top 10 percent of arts and sciences majors, and have demonstrated outstanding scholarship, leadership, multicultural awareness and foreign language proficiency.



College Coffee on Phi Beta Kappa Commons

Spring Cultural Events

The Office of Cultural Programs is releasing its spring cultural calendar this February. The calendar details several events throughout the spring, which are free for students! The spring is highlighted by Honors Convocation speaker Brian Williams, anchor and managing editor of NBC Nightly News. He will moderate a panel discussion exploring complex issues that challenge people around the world. For more information visit the [cultural programs website](http://www.elon.edu/cultural) in late January.

Go Green!

Creating an environmentally sustainable campus became an institution-wide effort in 2006 when President Lambert created the Environmental Advisory Council with faculty, staff, and student representation. The Council spent most of the 2006-2007 year researching environmental sustainability, assessing Elon's current practices, and identifying opportunities to expand the University's sustainability efforts. The Council identified several campus initiatives already in place that were reducing Elon's impact on the environment such as recycling, using stormwater for irrigation, and purchasing Energy Star appliances and products.

Find out ways you and your student can go green!
<http://org.elon.edu/sustainability/ta-greenTips.html>

If you need to update your contact information as a parent or family member of an Elon student or need to be removed from our mailing list, please contact the Office of Parent Programs at 336.278.7455 or parentprograms@elon.edu.

What to Join Our Mailing List?

Did you receive our newsletter from another Elon parent and are interested in joining our email list? If so, email your contact information including your name, student's name, your email address, phone number and mailing address to parentprograms@elon.edu



Tech-knowledge-y

Things you need to know about technology

Moreover, today's college students, and many of their parents, are technologically savvy and expect their institutions to provide the latest in convenient, high-speed Internet access. Elon University uses information technology to communicate important business and academic matters with students. For example, professors often communicate with their students through email and post lecture notes, reading assignments, and other class information on Blackboard. Information regarding application deadlines, tuition and fees, financial aid, grade reports, housing contracts and bills, campus emergency announcements and directives, and even parking tickets may be communicated online to students. Parents may be surprised that this information is sent to students rather than themselves, but Elon gives the responsibility of informing parents about these matters to students even if parents are paying the bills.

College students increasingly rely on social networking to communicate with acquaintances, upload photos, support social causes, and report current activities and interests. With smartphones like the popular Blackberry and iPhone now controlling over 18% of the market, students can text message, email, navigate, download music, and surf the internet on the go. With so many forms of communication in reach, it's no surprise that online social networks have evolved to meet that need.

Some students self-report they spend too much time on Facebook and even call the site addictive, but social networking sites can support students' academic success. Students can use these networks to find others in their classes and send questions about an upcoming test or concept that is unclear. They can also form subject- or class-specific groups on Facebook to facilitate discussions, team projects, and study groups.

The following guidelines may be helpful for your student if they're linked to social networking sites such as Facebook, Twitter, or YouTube:

- Limit contact information to the basics. Don't disclose room location, cell phone numbers, etc.
- Restrict additional information by using the website's various security options.
- Don't accept connections from people you don't know.
- Be careful what you say and how you say it online. What you say or post may still be there 20 years from now.
- Think before you join a group – can the group's postings be seen as degrading a person, place, or racial/ethnic group?
- Think before you post information or a photo – will this content give an employee, friend or community member the wrong impression of who you are?
- Be aware that more and more employers are monitoring students' postings on social websites.

For more information about Elon Technology ethics, visit <http://www.elon.edu/technology/techethics/index.html>.

Article adapted from *Empowering Parents of First-Year College Students: A Guide for Success* by Mullendore and Banahan.

Contact US

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