The Norse Parent

NKU Parents Association Newsletter

Family Weekend is right around the corner and registration for this year's event is now open! This is a great opportunity for you to re-connect with your student and share in his or new NKU experience.

Events include:

"Meet and Greet" with the Parent Advisory Board

Bingo Night with the Presidential Ambassadors

Athletic Events

Phi Sig Pancakes for Philanthropy

Planetarium Showings

Parent of the Year Luncheon

Family FunFest—with music and games

Movie Night featuring "E.T." on the Big Screen (at the Digitorium)

"Wake Me Up Before You Go-Go" Farewell Brunch

And so much more!

Participants will also have an opportunity to win a 40" Samsung HD TV!

Please check out the complete schedule and register today! Registration will remain open until September 29, 2014 at 4pm.

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Important Dates:

All Month
NKU Soccer, Volleyball , Tennis and Cross Country—Click here to see the full NKU Athletics schedule

September 18
2nd Fall Tuition Payment Plan Payment Due

September 24
Career Fair

September 28
Greek Week Begins

September 29
Family Weekend Registration Closes

Fall Cancellation for Non-Payment

October 3
Family Weekend Begins

September 2014
Volume 6, No. 2

Notes *from the* Nurse
Preparing for the Upcoming Cold and Flu Season

By: Betsy Hausfeld RN, MSN and NKU Parent

Prevention is always the key, especially for college students, so they will not miss out on important classroom/study time and social activities.

Have your student get a **flu vaccination** as early as possible, hopefully in late September or early October. The vaccine requires 2-3 weeks for development of antibodies to the influenza virus. Flu vaccines are available in the Health, Counseling and Student Wellness office (Room 440 in the University Center*). No appointment is needed.*

Stress the importance of frequent **hand washing**. This is the number one way to prevent illness.

Encourage healthy diet, vitamins and plenty of rest.

You might want to help prepare your child in the event of a viral illness by having some useful items on hand for emergency use. This helps when illness strikes and it is difficult to go to the store.

Over-the-counter medications (OTC):

Acetaminophen (Tylenol) and Ibuprofen (Advil) for pain and fever reducing

Nasal decongestants (Sudafed) to reduce head congestion and post-nasal drip

Cough Medicine (Delsym or Robitussin)

Combination medications (Nyquil or Dayquil)

Throat lozenges or spray (Cepacol) to ease sore throats

Clear liquids: broth/soups, sports drinks, soft drinks, water. **Encourage lots of fluids** during the illness

Thermometer

Tissues

Hand sanitizer

It is important to remember colds and influenza are caused by viruses. Antibiotics will not improve your student's illness. OTC medications can help with symptoms, but there is **NO cure**.

<u>Symptoms of a cold</u>

Gradual onset
- Runny or stuffy nose
- Sore throat
- Sneezing
- Slight fever or none at all
- Cough
- Headache or body aches
- Mild tiredness

<u>Symptoms of the flu</u>

Sudden onset of symptoms ("I feel like I got run over by a truck")
- Dry, hacking cough
- Fever or chills
- Sore throat
- Muscle or body aches
- Headache
- Stuffy and runny nose
- Profound fatigue (may last two to three weeks)

cOld Or FlU?

EXCITING NEWS!

Health, Counseling and Student Wellness- located in University Center #440 is now offering woman's health services, sexually transmitted illness testing and birth control services. Many of these services are covered by insurance plans or we have reasonable rates if you do not have insurance. Call 572-5650 today to make an appointment.

FLU VACCINES AVAILABLE

Influenza season is coming soon! Influenza ("the flu") can cause serious illness and lost time from classes, jobs or other activities. Please help prevent the spread of the flu on our campus by getting the Influenza vaccination. Most major health insurance companies cover the cost of the vaccine. For those without health insurance, the cost of the vaccine is $20. These vaccines are available at the Health, Counseling and Student Wellness office, located in University Center 440. The office is open 8:30 am – 4:00 pm and no appointment is needed to get an influenza vaccine.

PARENT UNIVERSITY- Surviving Your Student's College Experience

Parents of students with disabilities are invited to the first "Parent U" event of the academic year on Thursday, October 2nd at 5:30pm in Student Union 324. Dr. Benjamin Anderson, the Director of Disability Programs & Services, will be teaching parents how to best navigate through their students' college experience. Issues such as teaching self-advocacy, fostering accountability for schoolwork completion, and knowing when to intervene, will be discussed. In addition, Dr. Anderson will be discussing Disability Programs & Services' recent move and the department's new emphasis on "disability as diversity". Please RSVP by emailing Laura Dektas.

The Path to a Career Begins Now

By : Shirl Short, Associate Director, Career Services

Encourage your student to attend one or more of the upcoming fall career fairs if he or she is graduating within the next year or seeking a spring or summer 2015 co-op/internship. The fairs and their target audiences are:

Career Connections (Business-related opportunities): Wed., September 24, 3-6 pm; SU Ballroom (All majors welcome)

Meet the Firms (Accounting): Wed., September 24, 3-6 pm; SU 108 & 109 (Accounting majors only.

STEM & Nonprofit/Government Career Fair: Wed., October 1, 3-6 pm; SU Ballroom (All majors welcome)

Training Sessions for the Career Fairs to teach students how to network with employers, to create a strategy for approaching a career fair, and to learn what to wear and bring to the event will be held on Tues., September 16 (4:30-5:30 p.m. in SU 105); Wed., September 17 (from 12-1 p.m. and 5-6 p.m. in SU 105); and Mon. September 29 (4-5 p.m. in SU 105).

Students are expected to dress professionally and bring copies of their resumes and their ALL CARDs. Visit the Career Services website and visit "Fall Career Fairs" for detailed information, including a directory of participating employers.

P&G Offers Internships for Students

If your NKU student is thinking about doing a co-op, encourage them to consider Procter & Gamble's SuccessWay Co-op program. P&G offers a wide range of career opportunities, from Marketing to Finance to Human Resources and much more. A co-op at P&G is able to work in a project-oriented environment that values leadership & collaboration, as well as leverage their education and gain valuable corporate experience. To learn more visit P&G online!

Depression Awareness

By : Siobhan Ryan Perry MSW, LCSW, CADC

With the recent death of Robin Williams, the spotlight is again on mental health, especially depression and suicide. According to the Center for Disease Control (CDC, 2011), the number of Americans that die by suicide each year has remained steady; however over 30,000 people die every year by suicide. As our students settle into the new semester, many of them struggle to adjust to their new routines and schedules, the class workloads and for many freshmen, just trying to decipher the acronyms for the different buildings can be overwhelming. Adjusting to the multiple demands of college, whether you are a freshman or even a seasoned student can be challenging, and for many, it can bring about depression and sadness. Depression is a serious mental disorder that someone can't just "get over", and left untreated can lead to more serious issues. So, as a parent how can you tell if it's just normal adjustment or if it's something more serious like depression?

In fact, while nearly all mental disorders have the potential to increase the risk for suicide, studies show that the most common disorders among people who die by suicide are major depression and other mood disorders, substance use disorders, schizophrenia and personality disorders (Bertolote & Fleischmann, 2002). Suicide is the third leading cause of death for 15-24 year olds and many young adults still do not seek counseling or talk with their doctor or parents about the possible symptoms of depression. Parents and family members play a vital role in early detection. Here are some signs for parents to watch out for:

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior, or running away
- Drug and alcohol use
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Loss of interest in pleasurable activities
- Not tolerating praise or rewards (abstracted from AACAP Teen Suicide Fact Sheet)

At NKU, our goal is to provide a safe and supportive environment that promotes health and wellness for all students. We strive to work together with parents as partners to help students not only be academically successful but emotionally prepared for the journey of life. Our professional staff at Health, Counseling and Student Wellness are equipped to answers questions, offer resources and provide counseling for your students.

For more information, support and resources, contact:

Health, Counseling and Student Wellness (859) 572-5650

Upcoming events related to mental health:

QPR-Questions, Persuade, Refer Sept 23 & Nov 12, 2014

Welcome 2014-2015 Parent Advisory Board Members

Amanda Jones
Amy French
Anne Voller
Audrey Triana
Barb Witschger
Bobbie Johnson
Cara Jackson
Carmen Colon-Brown
Charles Brown
Chris Meader
Christina Parian
Christopher Neglia
Cindie Fox
Crystal Brammer
Debbie Drake
Deirdre Kinter
DJ NeCamp
Donna Fossett
Elisha Murphy
Elizabeth Stine
Heidi Bale
Jane Fischer
Jeff Rice
Jody Gibbs
Joe Campbell
Kathleen Campbell
Kayleen Platt
Kim McMahon
Kim Wolking
Laura Burger
Lisa Rauch
Lori Owen
Lori Pendygraft
Maggie Prather
Marina Branch
Martha Hyatt
Matthew Lemme
Rebecka Adams
Sandy Lathon
Serena Owen
Sheila Dawson
Suzie Morrison
Tabitha Marshall
Teresa Gayhart
Tiffany Lawrence-Glenn
Tracy Cormican
Tricia Hutchison
Veda Blevins

Campus Recreation Update

Fall Programs are Here!

We kicked off Fall Programs at Campus Rec with our Annual Rock & Jock Event, where more than 450 participants showed up. Over 5,000 students participated in Campus Rec programs during the first week of classes. Norse Fitness classes have started and are offering 26 classes a week for free! Flag Football, the largest Intramural Sport of the year is coming up! Games start on Sunday, Sept. 7 at the New IM Field Complex. For more information on Campus Recreation, please go to the Campus Rec website.

Construction

The renovation & expansion of the NKU Campus Recreation Center is in full swing and making good progress. The renovation & expansion project will more than double the amount of recreational space available on campus. When completed, the 186,000 square foot, state of the art recreation facility will create an additional 100 student jobs and serve as another hub for student engagement on campus. The Campus Recreation Center will remain open throughout the aggressive 15-month construction process to continue to serve the recreational needs of the NKU community.

Features of the new building include:

- New natatorium with 8 lane competition pool, dive well, active shallow water area
- 6 Basketball courts
- 17,000 square feet of weight/fitness space
- 3 Multi purpose rooms
- 2 Racquetball courts
- MAC Gym for indoor soccer and floor hockey
- Bouldering wall
- New locker rooms and sauna
- Lounge and study areas
- Outdoor courtyard
- LEED Silver facility

Contact Us:

Office of New Student Orientation and Parent Programs
Student Union 316,
Nunn Drive
Highland Heights, KY 41099
Telephone: (859) 572-7625
Fax: (859) 572-1960
parents@nku.edu
parents.nku.edu

NKU™ PARENTS ASSOCIATION

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