



Family and Friends Newsletter



Family & Friends of LCSC Students

We appreciate your feedback. Please take a couple minutes to fill out the Online Survey and let us know how we are doing. We will address your questions and concerns in the next issue! www.lcsc.edu/osl/FamilyFriends/FFSurvey/ffsurvey.asp.

Our winner for the December Drawing is:
Matt Simaske
Fill out our survey to enter your student into the next drawing!

A Note from the Registrar

-Final grades for the Fall 2011 semester will be available to students via WarriorWeb on December 20. Take this opportunity to discuss your student's academic performance during their Fall term of enrollment.

-Your student should now be enrolled for Spring term classes, which will begin on January 17. Registration began November 14 and will continue through the fifth day of Spring term, which is January 23. Students have the first five days of Spring term to drop/add classes via WarriorWeb. Beginning on the sixth day of classes, students are required to have faculty and division chair signatures to add classes.

-If your student has not registered for Spring classes, encourage him/her to do so as soon as possible. Classes fill

up very quickly and most sections will be closed as we get closer to the beginning of the Spring term.

-Students who did not complete the required pre-requisites for courses in which they are enrolled for Spring term will be dis-enrolled from these Spring term classes.

-The last day to withdraw from Fall semester classes has now passed (November 4th). Students who drop courses after this date will earn F grades on their transcripts (as opposed to W grades for withdrawing). F grades can result in academic and/or financial aid suspension. If your student missed this important date, send them to their advisor to discuss the petition process. Students cannot simply stop attending a class; they must complete

the paperwork to formally withdraw or an F grade will be assigned.

-Registration for Summer 2012 and Fall 2012 will begin on April 9, 2012.

-Students who intend to graduate at the end of Spring 2012 should have submitted an application for graduation along with their Degree Audit and all applicable signatures before October 1, 2011. If students have not submitted their graduation paperwork, they still can. When received, the Office of Admission/Registrar will review the student's application and then send him/her an email to their LCMail account.

-Students who are graduating Spring 2012 should visit www.lcsc.edu/graduation for information on commencement and graduation requirements.

Important Dates for Students

Student Counseling Services

Free confidential, personal counseling for LCSC students. Some of the student concerns that can be addressed in counseling include, but are not limited to: stress management, test anxiety, life transitions, and depression.

Counseling Services are located in Reid Hall, room #111, 208-792-2211.

Dec 12-15—Final Exam Period

Dec 20— Final grades posted to WarriorWeb

Dec 19-Jan 16 — Winter Break

SPRING 2012

Jan 13—New Student Orientation

Jan 16—Civil Rights Day (campus closed)

Jan 17—Classes Begin

Jan 23—Last Day to add/drop classes online, waive health insurance, 5pm

Jan 24—Instructor's signature required to add class(es)

Jan 30—Last Day to drop without 'W' grade on transcript

Feb 20— Presidents Day (campus closed)

Mar 1—Financial Aid priority deadline.

Mar 5-9—Native American Awareness Week

Mar 12-16—Spring Break



Lewis-Clark State College

connecting learning to life



The First Semester is Over! Now What?



Now that your student has a semester of college under his or her belt, it is a great time to reflect on the successes, failures, stumbling blocks and achievements they have experienced so far. For many students, the freshman year of college can be very challenging. They are learning to navigate the system of higher education, developing study skills for college level course work, making new friends, exploring major and career options and often living away from home for the first time. This is all a huge adjustment and can take time for many students to get it figured out.

In order for your student to get the most out of his or her college education, it is important to take some time to reflect on how the first semester went and how the next semester can be better. Success and failure are both part of the growing process and learning from

the process can help your student have a positive and successful college experience. These are a few questions you can ask your student in order to help him or her reflect on their experience at Lewis-Clark State College so far.

- In which classes did you experience your greatest success? Why do you think you did well in those classes?
- In which classes did you struggle the most? Why do you think those classes were more difficult for you?
- Have you decided on a major yet? If so, why did you choose this major? If not, have you taken classes that might lead you toward making a decision? Have you spoken with your advisor about possible interests?
- Did you take advantage of student support services such as the writing center, math lab, etc?

If not, how might you fit the use of these services into your next semester?

- Did you participate in extra-curricular activities such as clubs, intramural sports, outdoor adventures, student government, etc? If not, what might you participate in next semester to become more engaged?
- Did you manage your time well? Were you able to attend classes, do homework, get to work on time, participate in activities and spend time with friends? If not, what might you do to manage your time more effectively?

Remember, college is a time for both personal and educational growth. By talking with your student about these issues, you can help him or her to learn and grow as they continue through their college career and help make their experience at Lewis-Clark State College a positive one.



Save the date!
Parents and Family Weekend
April 27–29, 2012
Stay tuned for more details!



Family and Friends Are Welcome to Spring Semester Events!

- January 16:** Martin Luther King/ Idaho Civil Rights Day Holiday—No Classes—Candlelight Procession and Activities at LCSC Activity Center
- February 20:** Presidents' Day Holiday—No Classes
- March 12-16:** Native American Awareness Week
Week of Panels and Presentations
- April 1-30:** Dogwood Festival at LCSC
- April 27-29:** Art Under the Elms
Family Fun Weekend
- May 11:** LCSC Commencement

Students Get More Out of Their Education With Distance Learning

With pre-registration in full swing, you and your student will no doubt notice the abundant selection of online and technology enhanced courses offered through Distance Learning next term. Each year, more than 70% of LCSC students enroll in online and technology enhanced courses. There are many reasons why students decide to take these types of courses. For some students, a Distance Learning course cuts down on the amount of time they

spend commuting to campus each week. For others, Distance Learning courses allow them to complete major or minor requirements that would not have otherwise fit into their already busy schedule. Simply put, Distance Learning courses provide students with additional flexibility and allow them to take more control over their schedules.

Distance Learning courses include: traditional online courses with 100% online instruction; hybrid courses, which utilize both face-to-face instruction and 30% or more online instruction; and lecture web-enhanced courses, in which technology is meant to supplement the traditional classroom experience and 30% or less is delivered online.

There is an added

benefit for students who enroll in online and technology enhanced courses. According to the National Association of Colleges and Employers (1/21/2010), employers rank the following skills as the top five skills or qualities they look for in successful candidates:

1. Communication skills
2. Analytical skills
3. Teamwork skills
4. Technical skills
5. Strong work ethic

Distance Learning courses provide students with the opportunity to interact and communicate with others in a virtual environment. This process challenges students to sharpen and hone their self-discipline, organization, critical thinking, teamwork, and technical skill-set, making them a stronger student today and a stronger candidate and employee tomorrow.



Special Events Goodies for Your Favorite Warrior!

Whether it's "Happy Birthday" or "Way to go!" - the LCSC Alumni Association is pleased to offer the perfect service to let your favorite Warrior know how much you care!

We currently offer a variety of gifts that are certain to please—cakes, cookies, latte cards, pizza and much more! If you are looking for something that isn't listed, please let us know and we'll do our best to fill your request.

How does it work? On the week day that you specify, your student or

friend is called and wished a happy day and will be told their gift is available for pickup on campus. You also have the opportunity to give them a special message in a greeting card that will accompany the gift.

For more information, please visit our alumni website at www.lcsc.edu/alumni. Order information is found under "Alumni Benefits and Services." For more information or to order by phone, call (208) 792-2151. All orders must be placed two days in advance.



Residence Life has space for the spring! Do you know of a traditional age college student who has been commuting to campus and is getting tired of the drive? How about a traditional student who lives off campus but wants more of the 'college experience?' For more information, go to www.lcsc.edu/reslife or call (208) 792-2053.



Men of Worth

Men of Worth will perform at the LCSC Silverthorne Theater on Friday, January 13 at 7pm as part of the CECE Silverthorne Artist's Series.

Donnie Macdonald and James Keigher have been singing and playing together for over 25 years. They combine traditional Scottish and Irish folk music into majestic melodies. Macdonald and Keigher have recorded ten albums, and have toured countless venues across the world. This duo performed at LCSC in 2010 to such rave reviews, they had to be brought back for an encore!

Admission for LCSC Students is Free. LCSC staff/Faculty, juniors and seniors are \$5. General admission is \$10. Tickets are available at the CECE office at 415 Main St. Lewiston, ID 83501 or online through Tickets West: <http://ticketswest.rdl.com/Artist.aspx?contentID=15729>. This event is open to the public and is suitable for all ages.

The Silverthorne Artist's Series provides students of Lewis-Clark State College, and the community, with exposure to cultural and educational experiences through presentations of performing arts. For more information visit www.lcsc.edu/ce or call 208-792-2447.



WarriorBucks

WarriorBucks is money deposited to a student's **WarriorOne Card** (LCSC ID). **WarriorBucks** are accepted only on campus and allow students to make cashless purchases at student computer labs, vending machines, food services, Jitterz coffee shop, library, bookstore, and more. The card works like a pre-paid gift card or debit card. You can add WarriorBucks to your student's ID account with an online transaction at www.lcsc.edu/warrioronecard, by phone at (208) 792-2060, or by mail: **WarriorBucks**—Student Union Building, Lewis-Clark State College, 500 8th Avenue, Lewiston, Idaho, 83501. Information needed for the transaction is your student's full name and student ID number or birthdate.



Spring Deadline for SHIP Waiver:
JANUARY 23, 2012
Before 5:00 p.m.!

The Winner of the \$25 WarriorBucks is...

Matt Simasko
Matt is a freshman from Pullman, WA

To all who responded to the Family & Friends Survey...Thank You!! Your feedback is important and necessary to help us better serve you and your student.

LCSC Student Health Services

"Good Health is Essential to Student Success!"

Winter Break Update

Antibiotics & Your Student

Fast Facts About Antibiotic Resistance

- Antibiotics are strong drugs, but they can't fight viral infections, such as the flu and the common cold.
- Taking antibiotics when they are not necessary increases the number of "resistant" bacteria.
- Resistant bacteria are harder for doctors to treat, and some cannot be treated at all.
- Antibiotics fight bacterial infections **NOT** viral infections, like cold and flu.
- If your doctor gives your student an antibiotic, take it exactly as directed. Don't share the medicine with others or save it for the next time you get sick.
- Help your students body fight back: drink lots of liquids and encourage them to get plenty of rest over the holiday break.
- Prevention is the best medicine! Encourage your students to:
 - Wash their hands
 - Cover their cough and sneezes
 - Get their flu shot
 - Encourage healthy foods, exercise regularly and get plenty of sleep.

SHIP DEADLINE

January 23, 2012

Waivers for student health insurance must be submitted no later than the 5th day of the semester; policy must be in effect entire semester, for additional waiver requirements: view <https://www.lcsc.edu/osl/ins-health> . Please have your students checking their LCSC Warrior Web Email accounts.

Healthy eating while living away from home: ChooseMyPlate.gov

Frugal Chicken Noodle Soup

1 large can of chicken
1 bag of egg noodles
1 can cream of chicken soup
1 can of Veg-All
Salt & Pepper to taste
Fill large pot with water per noodle directions and add all ingredients, bring to a boil and serve. If too thick add 2 cups water.

Telephone 2087922251 Facsimile 2087922882
500 8th Avenue Lewiston, ID 83501