



Family & Friends Newsletter



Family & Friends of LCSC Students

We would like to thank you for your continued support and feedback! See page 3 of this issue for the 'Your Questions Answered' section.

We appreciate your feedback, please take a couple minutes to fill out the On-line 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

Preparing Now For a Future Career

Part of our role in Career & Advising Services is to answer questions about what jobs students can get with this or that major, and how they can go about getting their foot in the door of that ever-competitive job market. As your student prepares to embark upon their college experience, there are a few important tips you can give the soon-to-be career seeker.

Encourage your student to start making informed decisions all on their own.

This not only requires the student to be responsible for seeking and gathering adequate information, it also requires them to think critically about actions and consequences. Students who hold themselves accountable for their own actions are

quick to learn from mistakes and avoid making them or repeating them.

Encourage your students to strengthen their study skills at college.

When students attend every class, actively participate in discussions, read their textbooks, complete assignments on time, and accomplish group projects, students demonstrate the ability to be reliable, dependable employees with a strong work ethic, and good communication skills.

Encourage your student to take advantage of "live" experiences.

Experiences such as internships, clinicals, and practicums provide excellent opportunities for students interested in gaining work experience

in their chosen field, or something closely related. Many degree programs allow students to earn credits through these types of experiences. Encourage your student to speak with their advisor about internship opportunities in their division.

Encourage your student to consider volunteer experiences.

Employers value volunteerism because it shows motivation, selflessness, and the ability to go "above and beyond." Directed studies in Service Learning also offer students the opportunity to earn credits by volunteering their time with a variety of community partners. Students coordinate their hours

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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.

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|-------------------------------------------------|-------------------------------------------------------------|
| May 2—Coeur d'Alene Commencement | May 24-Jun 7—Summer Session 1 |
| May 3-7—No Final Exam Week | Jun 14-Jul 12—Summer Session 2 |
| May 10-13—Final Exam Period | Jun 14-Aug 9—Summer Session 3 |
| May 14—Lewiston Commencement | May 24-Aug 9—Summer Session 4 |
| May 17—Final Grades Due at Noon | Jul 5—Campus Closed (July 4 observed) |
| May 19—Final Grades Posted to WarriorWeb | Aug 20—New Student Orientation |
| May 24—Last Day to Register Online for Summer | Aug 23—Classes Begin |
| | Aug 27—Last Day to Register/ Add/Drop Classes Online |



Lewis-Clark State College

connecting learning to life

How To Make Move-Out Day Less Stressful!



If your student lives in a residence hall, s/he will be going through the room checkout process before leaving. Since that time is right around the corner, here are a few tips to share with your student to ensure the process is smooth as can be:

Go to Informational Meetings and Read Flyers. The residence hall staff will distribute information about checkout and the process students need to follow. Encourage your student to go to informational meetings and to read the materials. Plus, s/he can ask questions of the hall staff — they'll welcome the interest!

Don't Ignore It. It's important to note the checkout process **isn't** optional — failure to comply with hall policies will likely result in an improper checkout fee.

More Move-Out Thoughts

The Way Home. How will your student get home? In his/her own vehicle? Will you borrow a truck or van to take home his/her belongings?

Stuff Disposal. It's important that students find out how to discard and recycle unwanted items within the halls. They can't just leave items in their room or the hall, so encourage your student to talk with residence hall

staff ahead of time.

Emotions May Surface. Saying goodbye to friends and moving on can be emotional for many students. Be prepared so that move-out day won't be all about the tasky things—it'll likely involve seeking out friends, swapping addresses and more. Students need to turn in their keys/cards and sign out of their rooms officially. Ignoring the process just makes the aftermath messy—and expensive.

Make a Checkout Appointment with Your Student Staff. Students should take a look at their final exam schedule and plan accordingly for check out and to go home. Since staff members are students too, going through finals while also trying to close the building, resident students are often asked to make an appointment to check out with their staff member. Encourage your student to stick to this timeframe out of respect for the staff's schedule — and to make sure that, when they're ready to leave, there is a staffer ready to help. Otherwise, your student may have to wait awhile when all s/he wants to do is hit the road for the summer!

Clean the Room! Once students start packing and moving things

around, the giant dust bunnies are bound to make themselves known. Encourage students to clean as they go so that they don't have a big mess to contend with when they're ready to check out. And leaving a room filthy is not only disrespectful to the kind cleaning staff who have helped your student all year, there is also a hefty charge associated with it.

Contend with Rug Residue. If your student is holding his/her rug in place with duct tape, there will likely be sticky residue when s/he pulls it up. Have him/her ask the building staff what s/he should use to clean it up. Again, if left behind, s/he will be charged for floor cleaning.

Think About Other "Little Things." Furniture that was in the closet all year needs to be put back on the floor. Tape residue on the walls and doors needs to be removed. These "little things" add up.

Know What You're Signing. Once the room condition has been assessed, your student will be asked to sign his/her room contract, saying that s/he agrees with the assessment. Make sure that s/he pays attention to what it is that s/he is signing so there are no surprises over the summer.



Parents!

Did you know that your student has specific advising responsibilities each semester (their advisors have some too)? Have you been curious about the various terms you hear and what they mean to your student's experience at LCSC? These questions and more can be answered by checking out our new Advising Guide on the Internet.

This publication is designed for the first year student, and for future new students, and will replace the STAR binder given to your student at registration. We encourage you to be familiar with the Advising Guide, so you can continue to support your student through this and future academic years.

The Advising Guide, along with other advising tips can be found on the web at:

<http://www.lcsc.edu/advising/advisingguide.htm>

"Preparing Now For a Future Career"

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through the Lewis-Clark Service Corps Volunteer Center. Depending upon the student's interest and program of study, the volunteer coordinator tries to place students in an environment that allows the student to gain insight into her/his future career choice.

Encourage your student to visit Career & Advising Services for more information.

No matter what your student plans to major in, or whether or not they have chosen a career, there are many ways in which they can start to prepare now for a successful future.





Help Your Student Start More Than Just the Lawnmower This Summer!

Ah summer, that wonderful season between the spring and fall semesters. Did you know summer is not only a great time to rest and recuperate from the long school year but it is also a great time for students to get ahead on their studies?

Distance Learning at LCSC offers a great way for students to enroll in courses while still experiencing the flexibility and independence associated with summer vacation. Unlike full schedules of the spring or fall semesters, during the summer term most students take only one, or sometimes two, courses; this allows

them to focus their attention fully on that one course. Since course information is delivered online, the classroom is as close as the nearest internet connection. This summer, Distance Learning offers 50 online sections to choose from, including 11 different core courses (see table).

Distance Learning summer courses are offered in either an eight or an eleven week session -- long enough to keep from feeling overwhelmed by the amount of course work, but short enough to still have a summer break. Because the summer sessions are condensed, students need good study skills to avoid a common pitfall of online learning...procrastination. At the same time, because courses are condensed, it is sometimes easier to get into a study schedule.

2010 Summer Core Courses	
Art 100	Survey of Art
Communication 204	Public Speaking
English 101	College Writing
History 111	US History to 1865
History 112	US History since 1865
Natural Science 150	Intro to Natural Science
Psychology 101	Intro to Psychology
Psychology 205	Developmental Psychology
Social Science 150	Intro to Social Science
Social Science 350	Ethics: Women in the 20th Century
Social Science 351	Values: Wilderness

For more information, visit Distance Learning at <http://www.lcsc.edu/dl>.

Family & Friends Survey: Your Questions Answered

Please share the link with your student and other family members!
www.lcsc.edu/osl/FamilyFriends/FFnewsltr/nwsltrdefault.htm

To the many who responded to the Family & Friends Newsletter Survey, we say, **Thank You!** It is exciting to receive so much positive feedback. Your comments tell us that you are pleased with the Family & Friends Newsletter and the information we present.

As you responded to the survey, you entered your student in the drawing for \$25 WarriorBucks. Twenty-seven people responded to the survey and entered their student.

Congratulations to Michael Donner,
 winner of the May drawing!
 Michael is a sophomore from Orofino, ID.

Below are answers to some of your questions and concerns.

If a student wants to take classes at another location (such as the Coeur d'Alene campus), how do they request that? If a student takes classes at another school during the summer, how do they know if they will be able to transfer the credits?

(Registrar's Office): If a student is already admitted to LCSC and they wish to enroll in LCSC classes on the Cd'A campus, they simply choose classes with this location designation when they register for classes. If the student has not been admitted, then they must complete an application, pay the \$35 application fee and submit all transfer transcripts to the admission office. Once they receive notice of admittance, they can contact the Cd'A Center to set up an advising appointment.

LCSC will transfer in most credits from



regionally accredited institutions. To determine how other schools' credits will transfer to LCSC, go to <http://www.lcsc.edu/transfer> and choose the course equivalency link, once there, page down to the school in question.

Are there activities like dances and things that the kids could get together for?

LCSC offers many different student activities, including intramural sports, group hikes, concerts, lectures, comedy nights, dances, and others.

For more information, check out the student activities web page at <http://www.lcsc.edu/studentactivities/>.

Are there refunds from the dorms if my student has a change of plan concerning where they are going to live?

Janice, Resident Life assistant director, referred us to the Residence Life web page and the Terms and Conditions

Policy at <http://www.lcsc.edu/reslife/>. Please review these terms and conditions. If you have further questions, please give Residence Life a call at 1-800-933-5272, ext 2053.

Is there a bus system that works for students at LCSC? If so, what is the schedule and where are the stops?

The Valley Transit is a local company, which includes Yellow Cab and intercity bus transportation. More information can be found by calling Valley Transit at 208-743-2545.

Some of your comments:
 (your feedback is much appreciated!)

- ◊ "Very helpful directors and deans go out of their way for my daughter."
- ◊ "I like reading about campus happenings. The FERPA information was interesting."
- ◊ "I love the connection the school tries to make with the parents/families."
- ◊ "It's nice to get information about the college and what is going on."

STUDENT HEALTH INSURANCE PLAN (SHIP)

POLICY AND PLAN CHANGES AND REVISIONS FOR 2010-2011

YOU ARE AUTOMATICALLY ENROLLED IN THE SHIP IF YOU ARE...

- A full-fee paying domestic student enrolled in at least 12 credit hours
- An international student enrolled in at least one (1) credit hour and attending Lewis-Clark State College on a non-immigrant visa with LCSC as the sponsoring institution

Students have until the Waiver Deadline Date to enroll in the minimum number of credit hours required to be eligible for this coverage. Auditing hours may be used toward satisfying the minimum number of hours required to purchase this insurance. Students must actively attend classes for at least the first 31 days for coverage to be active. Part-time students (unless international students) are not eligible.



...UNLESS YOU SUBMIT A WAIVER BY THE DEADLINE DATE EACH SEMESTER

- All students are eligible to waive
- All students who waive must have other health insurance that meets the minimum waiver criteria.
- All students who waive must have continuous health insurance in place for the entire semester.
- To waive coverage under SHIP, sign onto WarriorWeb to submit a waiver request by 5:00 p.m. on the waiver deadline date each semester. For additional waiver information, please visit www.lcsc.edu/osl.

This is only a brief summary of the SHIP plan. For the complete provisions of the plan, including benefits, limitations, exclusions, definitions and claim procedure, please see the SHIP brochure at www.lcsc.edu/osl.

CHANGES TO SHIP FROM LAST YEAR

BENEFIT	2009-2010 SHIP	2010-2011 SHIP
Plan Maximum	\$50,000 lifetime aggregate	\$250,000/ maximum policy year
Deductible	\$250	\$250 PPO/ \$500 non-PPO
Out-of-Pocket Maximum	none	\$4,000 PPO \$6,000 non-PPO
Emergency Room Visit	\$200 deductible	\$200 copayment
Inpatient Mental Disorder/ Substance Abuse	80% of charges \$3,000 max per condition	80% PPO/60% non-PPO \$7,000 max per policy year
Outpatient Mental Disorder/ Substance Abuse	not covered	\$10 copay per visit 80% PPO/60% non-PPO 12 visits max per policy year
Medically Necessary	None	Certain screening covered at 100%
Unmarried Dependent Children	Eligible under 19 years of age	Eligible under 25 years of age
Medical Evacuation	\$10,000	unlimited
Repatriation	\$10,000	\$25,000
Travel Assistance	none	On Call International
Claims Administrator	Personal Insurance	AmeriBen
PPO Network for list of providers go to: www.ipnmd.com	none	Idaho Physicians Network (in-state) First Health Network (out-of-state)

If there is any discrepancy between this document and the plan brochure, the plan brochure will govern.

