



Family & Friends Newsletter



Family & Friends of LCSC Students

The Family & Friends Newsletter staff welcomes your comments and concerns. Please take a minute to evaluate our newsletter and enter your student in the April drawing for a \$25 gift certificate or WarriorBucks. Web link: <http://www.lcsc.edu/osl/FamilyFriends/FFSurvey/ffsurvey.asp>

Visit the LCSC Parent Guide and Calendar at <http://www.lcsc.edu/osl/>. Scroll down the left side to Family & Friends, click on the Parent Guide.

What You Need To Know About FERPA

What is FERPA?

The *Family Educational Rights and Privacy Act* (1974) is a federal law designed to protect the privacy of education records and is enforced by the Family Policy Compliance Office of the U.S. Department of Education (FPCO). Essentially, the act states that **1)** "students" must be permitted to inspect their own "education records" and **2)** "school officials" may not disclose personally identifiable information about a student without written permission from the student.

What is an "Education Record"?

Education records are defined as those records directly related to a student and maintained by LCSC, or by a party acting for LCSC. These records may contain a student's name, social security number, student ID number, address, or any other

piece of information that could be considered "personally identifiable."

Records that are not considered education records:

- Records maintained by a law enforcement unit of the educational agency.
- Records relating to individuals who are employed by the institution that relate exclusively to their capacity as employees.
- Records relating to a student which are created or maintained by a physician, psychiatrist (or related professional) used solely in connection with the provisions of treatment to the student.

Who has access to student records?

Within the LCSC community, only those "school officials," individually or

collectively, acting in the students' educational interest, who have a legitimate "need to know," are allowed access to student education records. College personnel are determined to have legitimate educational interest if the information requested is necessary for them to:

- Perform appropriate tasks that are specified in his/her position, description, or by a contract agreement.
- Perform a task related to a student's education.
- Perform a task related to the discipline of a student.
- Provide a service or benefit relating to the student or student's family, such as health care, counseling, job placement, or financial aid.

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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.

Important Dates for Students

- | | |
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| Mar 1—Priority deadline: FAFSA & Scholarships | Mar 25—Last Day to Withdraw from Classes |
| Mar 2—Last Day to Apply for Fall December 2011 Graduation | Apr 11-14—Advance Registration for Currently Enrolled Students |
| Mar 7-11—Native American Awareness Week | Apr 15—Open Registration Begins |
| Mar 11—Mid-Term Grades Posted | May 1—Coeur d'Alene Commencement |
| Mar 13—Daylight Savings Time Begins | May 9-12—Final Exam Period |
| Mar 14-18—Spring Break (No Classes) | May 13—Lewiston Commencement |
| | May 17—Final Grades Posted |



FERPA continued

Continued From Page 1

What is "Directory Information"?

"Directory information" is information that, if disclosed, is not normally considered a violation of a student's privacy and, therefore, can be released without the student's written permission. Directory information can never include a student's race, gender, social security number, grades, GPA, country of citizenship, or religion. As an institution, LCSC must provide "annual notification" of students' FERPA rights and the categories designated as directory information.

What information can and cannot be released at LCSC?

This information **CAN** be released without written consent (directory information).

- Full Name
- Major/Minor
- Previous Colleges Attended
- Academic Honors
- Dates/Terms Enrolled
- Degree/Certificate Awarded and Date Conferred
- Full or Part-Time Status
- Withdrawal Date
- Athlete Height & Weight
- Athletic Achievements
- Email Address
- College Level (Sr., Jr., So., Fr.)
- Home Town

How can a student withhold their directory information?

Students can submit a Directory Information Restriction Request to the Office of Admission/Registrar so that all or a portion of their directory information **can not** be released.

This information **CANNOT** be released (written consent is required).

- Date of Birth
- Social Security Number
- Student ID Number
- Class Schedule
- Address/Phone Number
- Academic Standing
- Grades
- GPA (term and cumulative)
- Transcript
- Parent's Address
- Gender
- Credits (term and cumulative)

What are the rights of parents under FERPA?

When a student reaches the age of 18 or begins attending a post-secondary institution regardless of age, FERPA rights transfer to the student.

– Parents may obtain directory information at the discretion of LCSC.

– Parents may obtain non-directory information (grades, GPA, etc.) only at the discretion of the institution **and** after it has been determined that their child is legally their dependent.

– Parents may also obtain non-directory information by obtaining a signed consent from their child.



In an emergency, can we tell a student's mother where her daughter's next class is today?

A student's class schedule is non-directory information. For the safety of the student, we cannot tell another person where a student is at any time. When this situation arises, the inquiring person is directed to the Office of Admission/Registrar and that office will contact the student directly. However, they will not contact students for non-emergency reasons.

What is the Solomon Amendment?

Under this 1996 amendment, institutions are required to provide directory-type information on students at least 17 years of age who are registered for at least one credit, upon request from the Department of Defense for military recruiting purposes.



STUDENT HEALTH SERVICES

Lewis – Clark State College



Student Health Services is located on the LCSC Campus in the Sam Glenn Complex, Room 205.

Student Health Services' purpose is to work together with our students, giving them the tools necessary to lead a long, healthy, active life and to enhance retention for students while attending LCSC in order to achieve a positive educational outcome.



All LCSC students enrolled in one or more credits are eligible to use Student Health Services. **Students DO NOT have to be enrolled in the Student Health Insurance Program (SHIP) to utilize the services offered at Student Health Services.**

Please feel free to stop by our office or call with any questions you may have.

Services offered at Student Health Services include:

- On-site laboratory for blood draws and quick health screens;
- Quick health assessments and over-the-counter medications;
- Immunizations, including flu clinics during the influenza season;
- Health and Wellness education through outreach programs

Student Health Services does not bill private insurance; we do ask that students pay the minimal fee at time of service. There are additional charges for laboratory and medical procedures which are in addition to the price of the office visit. For current rates, call (208) 792-2251.



Phone: (208) 792-2251

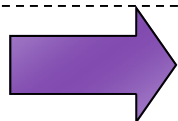
Fax: (208) 792-2882

E-mail: studenthealth@lcsc.edu

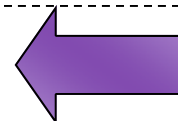
~STAY HEALTHY~



Student Health Services is sponsoring a Health Screening Fair March 22 in the William's Conference Center on the LCSC Campus. The Fair will focus on health screenings to promote disease prevention. Multiple community health agencies will be available to provide screenings. This event is open to the public and will run from 10am to 2pm.



College Success Checklist



Adjusting to college life can be difficult for many students. Whether your student came to Lewis-Clark State College right out of high school, or started college after taking some time off, making the changes and learning the skill sets necessary for being successful in college is a challenge. Here are some helpful hints for making the transition to college a little easier.

1. **Ask questions.** Remind your students to ask for clarification if they don't understand something. Chances are other students don't understand either. Students who ask questions in class are generally more engaged than those who do not. In addition, well-timed and formulated questions can help students develop positive relationships with their instructors.
2. **Going to class.** Students often take advantage of the "freedom" of attendance in college classes. Remind your student to avoid the temptation to skip class. Missing vital material, information about what to expect on tests, changes to the syllabus, etc. can be detrimental to grades.
3. **Get organized.** If your student doesn't own a planner, this would make a great gift from you. A daily planner that includes class times, study times, assignments, work schedule and other commitments is

vital to effective time management.

4. **Eat properly.** For a variety of reasons, many students make poor nutritional choices in college. Encourage your student to make healthy choices—it will help maintain alertness and energy for the busy college lifestyle.
5. **Get enough sleep.** Much to the surprise of many students, "all nighters" are really not an effective way to succeed in college. Remind your student to avoid falling into the trap of waiting to complete work (or study for exams) until the last minute, thus requiring cramming. It's much more difficult to concentrate in class or do their best work when students are tired.
6. **Don't procrastinate.** This can occur for a variety of reasons, but often it is due to confusion over assignments or lack of interest in the subject. Students must pay attention to their course syllabi, keep up with assignments and set aside daily study time. Once a student begins to allow work to pile up, it can create a snowball which may roll toward failure.
7. **Overwhelmed? Get help!** Many college students begin to feel that they cannot handle all that is going on in their lives...educationally, personally, or both. In the event that you sense your student is feeling

overwhelmed, encourage them to seek counseling services. LCSC offers free, confidential counseling services for students.

8. **Use resources.** Resources, such as the Writing Lab and Math/Science Lab are free services that can really help students succeed in many courses (not just English and Math!). Many faculty members strongly encourage students to use these services.
9. **Get involved.** Studies show that students are more successful if they have a connection on campus other than going to class. LCSC offers many ways for students to get involved on campus including clubs, intramural sports, outdoor adventures, student government, and more.
10. **Get to know your advisor.** We suggest that students meet with their advisor at least twice per semester. Ask your student the name of their advisor and for some general feedback. An advisor can be an excellent campus resource! Open communication with an advisor can save both time and money in the long run.

Discuss this checklist with your student. By following a few helpful hints, your student could be well on his or her way to a successful and fulfilling college experience.

Native American Awareness Week

Where: Lewis-Clark State College

When: March 7-11, 2011

"Indigenous Journeys through Healing & Cultural Awareness"

Native American Awareness Week is a big celebration held each year on the Lewis-Clark State College Campus. It is for people of all ages, including our students, their parents, and anyone else who wants to come. All week there are speakers and events that are open to the public. Some of our speakers include Author & Journalist Mark Trahant, Dr. Robbie Paul, Dr. Amy Canfield, Associate Professor Heather VanMullem, Assistant Professor Martin Gibbs and Lecturer Diana Ames. LCSC invites you to join your student in celebrating Native American Awareness Week!

- Mon, Mar 7 - A theatre presentation from Native American Actors, 7pm at the Silverthorne Theatre.
- Tue, Mar 8 - Mini Pow Wow for Local 4th Grade Classes, 10am in the Activity Center.
- Comedy Night, 7pm in the Silverthorne Theatre. Admission is \$2 for students with ID, and \$3 for General Admission
- Wed, Mar 9 - Panels and presentations all day on a variety of topics.
- Thu, Mar 10 - Panels and presentations all day on a variety of topics.
- Annual Friendship Banquet, 7pm in the Williams Conference Center.
- Fri, Mar 11 - Annual LCSC Pow Wow, 6:30pm in the Activity Center

For more information, call 208-792-2812 or visit www.lcsc.edu/student-services/minority-programs/.

Special Thanks to: Lewis-Clark State College, LCSC Warrior Entertainment Board, Clearwater River Casino, Humanities Council, Nez Perce Tribe, ASLCSC & Pi'amkinwaas.

WarriorOne Card (Student ID Update)

Just a quick reminder, if your student has a meal plan, their flex points will not carry over as they did in the Fall. Any unused flex points will be removed on May 13, 2011. Please remind your student to spend their flex points before the end of the semester. With your student's permission, you can check their flex point balance at www.lcsc.edu/warrioronecard.

Students who have used all of their flex points can deposit funds in their WarriorBuck account if needed.

WarriorBucks is money deposited to a student's WarriorOne Card (LCSC ID) that allows cashless purchases at student computer labs, vending machines, food services, coffee shops, library, bookstore, and more. WarriorBucks are accepted only on campus. It works like a pre-paid gift card or a debit card. You can add money to your student's 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.

You need your student's full name and student ID number or birthdate to complete the transaction.

Get a Taste of Culture!

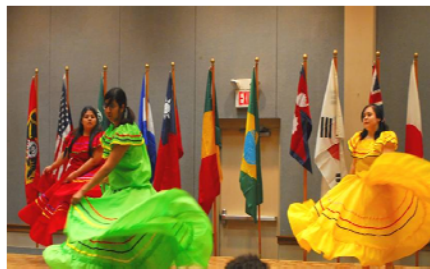
The theme for the 2011 International Dinner is "The Best Bite of Your Life!"



This year's International Dinner will take place Saturday, April 2, 2011 in the Williams Conference Center. Proceeds fund the International Student Scholarship. Tickets go on sale the beginning of February and can be purchased at the SUB Information Desk or the International Programs Office (above the KinderCollege). Tickets can be reserved before they go on sale by calling (208) 792-2321. Tickets are \$18 for adults, \$12 for students, and free to little children who share a seat and a meal with a parent. To reserve a full table for eight, please

see Miki in the International Programs Office, room 15. There will be food and entertainment from the Caribbean, Middle East, South America, Asia, Europe, and points in between. There will be a raffle and other items for purchase with cash or check. Doors open at 6:00pm and the program begins at 6:30pm.

To learn more about cultural opportunities, including the International Club, Study Abroad, National Student Exchange, volunteering to be a conversation partner, becoming a host family, and International events, please contact the International Programs Office at (208) 792-2321, or e-mail intloff@lcsc.edu.



Also, please check out our new e-brochures. Our Intensive English Brochure has been translated into 10 languages!

[International e-brochure](#)



[Institute for Intensive English \(IIE\) e-brochures](#)



Family Weekend will be
April 22-24
this year!

Mark your calendars!

For more information, visit
www.lcsc.edu/parents/



Encourage your student to
check out Campus
Recreation!

Current research indicates
that the more engaged
students are with their
campus, the more likely they
are to succeed.

Check out the Campus
Recreation web page at
www.lcsc.edu/campusrec/.



Special Events Goodies!



Send goodies to 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 student 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 that 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.