



Family & Friends Newsletter



Family & Friends of LCSC Students

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.

When you fill out the survey you will **enter your student's name** in the drawing for WarriorBucks or a gift certificate. Deadline for comments and drawing entries is October 31.

A Note from the Registrar

Mid-term Grades

Remind your student to check their mid-term grades on WarriorWeb. Mid-term grades are required to be submitted by faculty teaching courses numbered 199 or lower (except for Kinesiology 160 courses) by October 21. Mid-term grades are not posted to the transcript or factored into the grade point average. However, they are a good indicator of overall progress. Take this opportunity to discuss how your student is doing in their classes this Fall term.

Registration for Spring Semester 2012

Registration for Spring Semester 2012 begins the second full week of November 2011. Classes fill up

quickly so it is important that your student registers on their designated day.

- Monday Nov. 14—Seniors (90 or more completed credits)
- Tuesday Nov. 15—Juniors (58-89 completed credits)
- Wednesday Nov. 16—Sophomores (26-57 completed credits)
- Thursday Nov. 17—Freshmen (0-25 completed credits)

Students registering for classes after these dates will be competing for open class seats with the new-entering students for Spring term. Students (and family and friends) can currently view the Spring 2012 class schedule on WarriorWeb (no printed schedule is published).

Withdrawing from Fall Classes

The last day to withdraw from Fall Semester classes is November 4. Students choosing to drop courses after this date will earn an F on their transcript (a W grade is earned if they withdraw before). W grades have no grade points and do not negatively impact the grade point average. However, F grades can result in academic and/or financial aid suspension. Please discuss this important date with your student. Students cannot simply stop attending a class, they must complete the paperwork to formally withdraw, or an F grade will be assigned.

Fall break: November 21-25.
There are no classes for students this week. Enjoy the holiday!

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.

Oct 3—Last Day to Apply for Graduation (Spring 2012)	Nov 18— Open Registration for Spring 2012 (new students)
Oct 21—Mid-term Grades Posted to WarriorWeb	Nov 21-25—Thanksgiving Break -No Classes
Nov 4—Last Day to Withdraw From classes for the Semester	Dec 12-15—Final Exam Period
Nov 14-17—Advance Registration For Spring 2012 (for currently enrolled students only)	Dec 19—Final Grades Due
	Dec 20—Final Grades Posted to WarriorWeb
	Dec 19-Jan 16 — Winter Break -No Classes



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.

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.

Go 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.

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.

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.

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) at the last minute, thus requiring cramming. It's much more difficult to concentrate in class or do their best work when students are tired.

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.

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

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.

Get involved. Studies show that students are more successful if they have a connection to 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.

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.



Meet The Advisor!

Your student is now in college and settling in. Great! Now what? Who will be there for your student?

One of the first things your student should be encouraged to do after settling into college, is to meet his/her advisor. An academic advisor can become one of the most important people with whom your student will collaborate in college. The advisor does not—and cannot—replace family and friends. However, particularly for those students just out of high school, it may be one of the first professional relationships your student will develop. A solid advising relationship is crucial to a student's academic future and is shown to lead to a higher level of student success.

Advisors collaborate with students in selecting the proper classes, in giving moral support; and in keeping the student informed of major requirements, departmental

information, and opportunities for experience. Encourage your student to make a short (10-15 minute) one-on-one appointment with his/her advisor as soon as possible to get acquainted, report on progress, and make a four-year plan. This is a great time to ask any questions they may have about campus or their academic experience. Another added bonus is that this initial appointment will fulfill part of the requirements of New Student Orientation, which is required of all new students to LCSC.

Students should be encouraged to come to their advising appointment prepared. They should think about career goals, review the degree requirements of their major, and list any specific questions. Suggest that your student ask about the office hours of their advisor and the advisor's preferred method of contact (drop-in, make an appointment, call, text, and/or email). By the middle of

every semester, students should make an appointment to meet with their advisors prior to registration for the next semester. Meeting with advisors at least twice a semester is recommended. Of course, students may contact their advisors as often as needed with questions or concerns.

Students can find their advisor's name by logging onto WarriorWeb. Tell them to click on "My ID and Advisor Name" in the Student menu. If there is no advisor assigned, then the student should contact his/her instructional department or Career and Advising Services. All undeclared or undecided students are assigned to advisors from the **Career and Advising Services office, which is located in Reid Hall, room 110.** If your student has questions about advising or major/career choices, tell him/her to contact our office. We will be happy to assist. * 208-792-2313 * www.lcsc.edu/cas

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.



Reminder for Orientation Participants



Did your student attend Orientation?

Orientation participants who are enrolled in SD 107 or SD 307 need to complete the following:

- § Submit a study plan (deadline: October 28)
- § Complete the online Blackboard-based plagiarism module
- § Attend three workshops (workshop brochure may be found at www.lcsc.edu/orientation)

For more information students may contact New Student Recruitment at 208.792.2378 or stop by RCH 114.

On-Line Survey Results From Last Year

We asked you:

- "Was the information in the newsletter helpful?"

You answered:

- "Yes—I love the newsletter!"
- "Yes, I especially like to see the deadlines."

We asked you:

- "Describe your overall experience with LCSC."

You answered:

- "It has been very positive, from dealing with finances to registration to classes. I like the fact that the class sizes are relatively small and low key. The communication with email between my son and his professor has been outstanding...that is an impressive part of this experience."

- "With the exception of one individual, everyone I've worked with on campus has been excellent, compassionate and caring."

- "Good. School is very academically challenging in the pre-requisite for nursing..."

Your questions and concerns answered:

"How or where are the school activities posted?"

There are several locations starting with the LCSC home page on the web: www.lcsc.edu/. You can also check out Student Activities: www.lcsc.edu/studentactivities/ and the Warrior Athletic Events website: www.lcsc.edu/Athletics/calendar/default.asp. The different clubs and organizations have their own webpages and calendars.



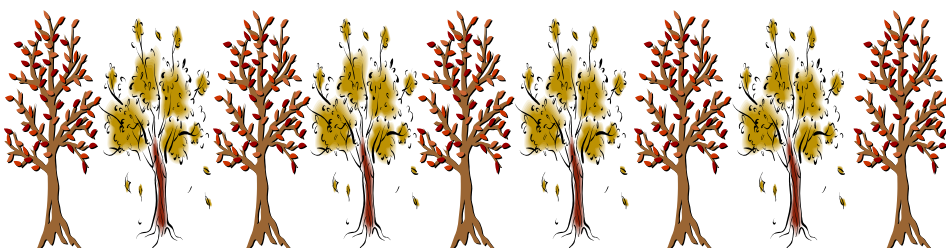
LCSC-Lapwai Van Transportation

Lapwai Departure Times:
Pi-Nee-Waus Community Center—7:15 am
Valley Foods—7:20 am

LCSC Departure Times:
Monday-Thursday—4:30 pm
Friday—2:00 pm

Pick Up Location:
Pi-amkinwaas—American Indian Center
(1112 7th St @ 11th Ave)

For more information please contact:
Native American/Minority Student Services
208-792-2812—RCH 214



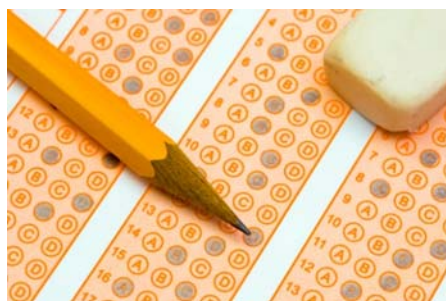
GEARING UP FOR MID-TERMS

For many students, October represents three things: shorter days, cooler nights, and mid-term exams. For students in online Distance Learning courses, the preparation for mid-terms is no different than traditional courses. The main difference between mid-term exams in a traditional classroom setting versus an online Distance Learning classroom is the delivery.

You may be wondering exactly how a student takes an exam in an online course. While Distance Learning exams can be given in the traditional paper format, the majority are delivered electronically through Blackboard, the campus course management system. Distance Learning instructors then have the option

of offering either unproctored or proctored exams, or a combination of both.

Unproctored exams generally are delivered electronically and are completed on the student's own



time. Proctored exams, on the other hand, require students to go to an approved testing facility or locate an appropriate proctor. Proctored exams may be delivered electronically via

Blackboard or in paper format. Proctors ensure the reliability of test results by validating the identity of the test taker, monitoring the testing conditions, and ensuring the security of the test itself.

What does this mean for Distance Learning students? Because they need to work around the proctor's schedule, students need to plan ahead and make proper arrangements to take their exam. Encourage your student to plan early for all of their exams; doing so will help to alleviate some of the stress associated with testing. For more information on proctored exams and Distance Learning policies, please visit the Distance Learning website at www.lcsc.edu/dl.

INFORMATIONAL WEB SITES

Parent Page

www.lcsc.edu/parents

Parent Guide

www.lcsc.edu/student-services/pdf/ParentGuide2011.pdf

Student Handbook/Code of Conduct

www.lcsc.edu/student-services/pdf/StdHandbook2011.pdf

Student Health Services

www.lcsc.edu/osl/health/default.htm

Academic Calendar

www.lcsc.edu/registrar/academiccalendars



NIAAA

Anniversary

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NATIONAL
INSTITUTE
ON ALCOHOL
ABUSE AND
ALCOHOLISM

National Institutes
of Health

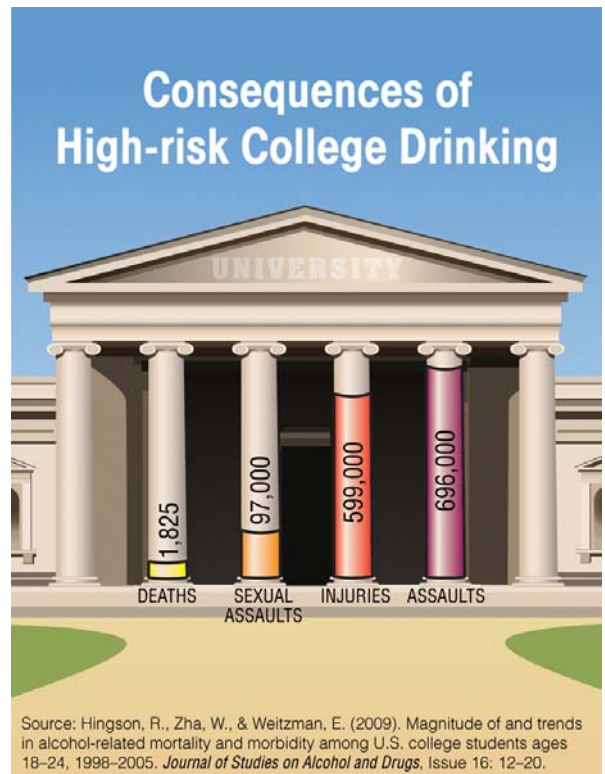
U.S. Department
of Health and
Human Services

FALL SEMESTER—A TIME FOR PARENTS TO REVISIT DISCUSSIONS ABOUT COLLEGE DRINKING

As college students arrive on campus this fall, it's a time of new experiences, new friendships, and making memories that will last a lifetime. Unfortunately for many, it is also a time of excessive drinking and dealing with its aftermath—vandalism, violence, sexual aggression, and even death.

According to research summarized in a College Task Force report to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), the consequences of excessive drinking by college students are more significant, more destructive, and more costly than many parents realize. And these consequences affect students whether or not they drink.

Statistics from this report, which were updated recently, indicate that drinking by college students aged 18 to 24 contributes to an estimated 1,825 student deaths, 599,000 injuries, and 97,000 cases of sexual assault or date rape each year.



EARLY WEEKS ARE CRITICAL

As the fall semester begins, parents can use this important time to help prepare their college-age sons and daughters by talking with them about the consequences of excessive drinking.

Some first-year students who live on campus may be at particular risk for alcohol misuse. During their high school years, those who go on to college tend to drink less than their non-college-bound classmates. However, during subsequent years, the heavy drinking rates of college students surpass those of their non-college peers.

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NIAAA

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NATIONAL
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ALCOHOLISM

National Institutes
of Health

U.S. Department
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This rapid increase in heavy drinking over a relatively short period of time can contribute to serious difficulties with the transition to college.

Anecdotal evidence suggests that the first 6 weeks of the first semester are critical to a first-year student's academic success. Because many students initiate heavy drinking during these early days of college, the potential exists for excessive alcohol consumption to interfere with successful adaptation to campus life. The transition to college is often difficult, and about one-third of first-year students fail to enroll for their second year.

PARENTS CAN HELP

During these crucial early weeks, parents can do a variety of things to stay involved. They can inquire about campus alcohol policies, call their sons and daughters frequently, and ask about roommates and living arrangements.

They should also discuss the penalties for underage drinking as well as how alcohol use can lead to date rape, violence, and academic failure.

RESOURCES ARE AVAILABLE

For parents who want to talk to their college-age sons and daughters about the consequences of college drinking, a variety of helpful resources are available from NIAAA.

A special guide for parents offers research-based information, including the need to stay involved during freshman year and how to get assistance if faced with an alcohol-related crisis.

The Task Force's award-winning website, <http://www.collegedrinkingprevention.gov>, features this guide along with links to alcohol policies at colleges across the country, an interactive diagram of the human body and how alcohol affects it, an interactive alcohol cost calculator, and the full text of all Task Force materials.

Copies of all Task Force materials, including the parents' guide, may be ordered from this website or by contacting the NIAAA Publications Distribution Center, P.O. Box 10686, Rockville, MD 20849-0686.

FOR MORE INFORMATION

Please visit www.collegedrinkingprevention.gov

NIAAA
National Institute on Alcohol
Abuse and Alcoholism