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**SOUTHERN
ADVENTIST UNIVERSITY**

Power for Mind & Soul

Panorama

Southern Adventist University's Parent Newsletter | February 2009



Major Decisions

Keith and Kitty Schleifer's daughter Stephanie entered college confident that she wanted to become a songwriter, but that confidence didn't last, and soon she found herself changing her major. One switch turned to five as Stephanie tried to find a career that she was both passionate about and could use practically.

"It's really scary for a parent," says Kitty. "You just want them to end up with a degree. In going through it, you think 'Oh my, what will stick,' but kids only get older and more mature."

During Stephanie's numerous changes, the Schleifer provided her with a listening ear and many suggestions, always encouraging her to find the career that would best utilize her talents.

"We'd start with a wide search, then narrow it down, talking about interests she had in the past," says Kitty. "Some still fit, but others didn't."

These conversations with her parents as well as input from close friends helped Stephanie settle on a degree that fit her abilities perfectly—media production.

The Schleifer's story isn't unique. Many college students are still in the process of making one of the biggest decisions of their lives: what to do for a career. If your student is among those still deciding, here are some tips.

Promote job-shadowing options.

"I strongly advise students to job-shadow someone in the field they are considering to see if this is a good fit for them," says Janita Herod, office manager for the School of Journalism and Communication

Provide networking opportunities.

"I also encourage parents to seek opportunities to expose their students to friends and professionals in the field their student is studying," says Herod. "This is a great way to help network students with people who might be able to provide career advice and assistance in the future."

Direct students to career counseling.

William Copland, author of *10 Things Employers Want You to Learn in College*, strongly recommends that students should visit the school career counselor (see page 3) throughout their college experience.

Encourage extra curricular involvement.

"Activities like being an officer in a student organization is important," adds Copland. "These are the keys to both career exploration and developing the character and skill needed to succeed."

Support their choices.

Tammy Souza, mother of Southern Students Lauren and Megan says, that in the end it's the student who makes the final decision. "They are the ones actually taking the steps and making their future come to be," she says. "I think the best things we as parents can do is let our kids know we are always here for them, always praying for them, believing in them, and expecting good from them. Our girls know we are always proud to say 'that's my girl!'"

~By Suzanne Ocsai, editor

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with President
Gordon Bietz

How does Southern prepare students to enter the working world?

In addition to career counseling provided by our career services coordinator, faculty and staff all across campus are involved in preparing students for life after graduation.

Classroom Experiences

I've heard there are two ways to learn: the easy way (from someone else's experience) and the hard way (from your own experience). Southern students are exposed to both learning methods as professors and guest speakers share personal experiences and students participate in activities simulating what they'll encounter after graduation. As part of their college journey, future nurses do clinicals, future filmmakers make movies, and future pastors conduct evangelistic campaigns.

Extracurricular Activities

Students can add to these experiences by participating in campus clubs or acquiring a campus job. Clubs, such as SIFE (Students In Free Enterprise), give students real-world experience. Even non teaching staff are involved in the education process, working alongside students and coaching them in professional skills. For example students preparing for careers in the health and wellness field staff the new Hulsey Wellness Center, gaining real-world experience that adds to their résumés.

Bridges to the Working World

A biannual Meet the Firms career fair connects students and employers. Prior to this, a class called Preparing for Meet the Firms teaches students the job-seeking skills they need to find both internships and full-time employment. Your student's adviser can help direct him or her toward an internship to match future career goals.

ASK THE PRESIDENT

Did You Know?

Lowest Tuition Increase

Despite the economy forcing some colleges and universities to cut costs and shut down departments to stay afloat, Southern Adventist University is announcing the lowest tuition increase in 12 years.

Southern has been proactive about keeping tuition low by researching ways to minimize costs while maintaining the quality of education provided. "Our faculty and staff will not receive a cost-of-living pay increase next year," says Southern's President Gordon Bietz. "Because of this action, we can pass the savings forward to our students and their families."

Southern officials also emphasize that scholarships, financial aid, ongoing building projects, and the hiring of quality faculty and staff will continue to be

funded as financial priorities.

"We are committed to assisting students and their families who find themselves in unusual or changing circumstances due to layoffs or other economic hardships," says Bietz.

This comes as welcome news to parents during the country's current economic situation.

"At a time when bill collectors abound for most tuition-poor families," says Sally Snyder Jewell, mother of junior psychology major Emily Jewell, "it was indeed refreshing to know that not everyone has his hand out in these difficult economic times."

~By Emily Young

FAFSA Deadline is March 31

It's almost time to get things ready for your student to return to Southern next year. One important step is to fill out the FAFSA, a form that determines whether or not you qualify for financial aid. To get the most out of the financial aid offered at Southern for the 09-10 academic year, have your FAFSA paperwork turned in by March 31.

"The government grants never run out, but some state need-based funds, and most college-based funds, will definitely not be available at the end of April," says Vinita Sauder, vice president for marketing and enrollment services.

"The safest bet is to get your FAFSA in by March 31 to take advantage of everything."

Make sure you have your FAFSA pin code when you go to update your information at www.fafsa.ed.gov. After you log in, most of your information from last year will already be filled out for you.

Remember to let your student's financial counselor know if there is a change in your financial circumstances. Sometimes these changes can mean more money for your student.

~By Emily Young

Favorite Bible Verse

"Train up a child in the way he should go: and when he is old, he will not depart from it."

Proverbs 22:6

~Submitted by Kristi Horn, freshman nursing major

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Jeremy Moore Provides Career Counseling



Jeremy Moore helps Southern students find their callings.

Rebecca Wong, a transfer student from a junior college in California, walked into the quiet hallways of Lynn Wood Hall one day at a receptionist desk tucked away on the third floor of the building, she set up an appointment with Jeremy Moore, Southern's full-time career counselor.

"When I first came to Southern, I was unsure about the major I had chosen for myself," says Rebecca, "so I decided to go

to career services to sort things out."

Moore sees an average of 300 students like Rebecca each semester, helping them learn job search strategies, networking, résumé development, and interview skills.

"The counseling sessions broadened my horizons and helped me think of options I'd never considered before," says Rebecca. "Mr. Moore helped me figure out where I was going in life."

Moore sees his job as more than just helping students find a well-paid career in the future.

"My job is to help students determine what their God-given talents and preferences are," says Moore, "and how to understand what they can do with those talents."

Moore also helps students decide on what kind of lifestyle they want to live and find the career that will help them pursue it. For example, he talks with students about what kind of work environment they would thrive in, how much money certain careers make, and what education levels they feel comfortable pursuing.

"My favorite part about my job is working with students who are in transition," says Moore. "When they recognize they have choices, they get excited and can realize their full potential."

~By Natalia Lopez-Thismon

Students Assist Africa's Malamulo College

Barry Howe, who served as Southern Adventist University's (SA) president in 2007-2008, wanted to unite the 12 Adventist Intercollegiate Association (AIA) colleges and universities in the North American Division behind one common goal.

While at the AIA conference last April, he learned about Malamulo College of Health Sciences, a small Adventist college and hospital in Malawi, Africa. The school is overcrowded and too small. The government of Malawi has threatened to close the college if the facilities are not updated—an undertaking that will cost \$300,000. The threat is made worse by the fact that Malamulo Hospital is famous for its efforts to fight AIDS in a country that has one of the highest AIDS rates in the world.

"We're often focused on our differences instead of our mission," says Barry, now a senior biology major. "Helping others is how we can find our common ground without compromising. Serving other people is a way to unite."

Each school agreed to raise \$8,500 during the 2008-2009 school year to make a total of \$100,000, which, if raised, will then be matched in entirety by a grant from Hope for Humanity.

Southern has more than met the university's \$8,500 goal by raising more than \$12,000 from two vespers offerings last semester; collecting donations in the Student Center; and matching funds provided by the SA Senate, SA President Doug Baasch, and President Gordon Bietz's office. Other Southern faculty also raised money by giving away homemade muffins in exchange for donations.

In addition, the Committee of 100, a philanthropic group that supports many of Southern's endeavors, has pledged \$1 for every student who signs a banner for Malamulo.

Southern has increased its fundraising goal to \$15,000 for the academic year.



Students sign the banner for Malamulo College after vespers.

~By Melissa Swanson

Students Say

We asked students how their parents have influenced their major and career choices. Here are their answers.

“My parents have given me a free choice. They pray a lot for me and have helped me see what fields would match the best with my abilities.”

~Rhina Urdeneta, freshman nursing major

“My parents encouraged me to follow whatever interests I had, but they started me in music when I was very young, so that helped me choose a music major. I also have some interest in science, so I’m doing nursing.”

~Laurel Guthrie, junior music and nursing major

“My mom is an eighth-grade teacher, and she graduated from college when I was in high school. I got to see her start teaching, and that was really inspiring for me because I saw her work through a lot of her struggles and she came to be a really great teacher.”

~Vanessa Cutz, sophomore liberal arts education major

“My parents didn’t push any major on me, but they encouraged me to get two degrees.”

~David Beilh, theology graduate and master of business administration major

“My parents have influenced my career choice by instilling the importance of service in me. This is why I have chosen to take nursing, because I will be doing service all my life.”

~Hanniel Calkins, senior nursing major

“The biggest way that my parents have helped me is in keeping me in the church even when I wanted to leave.”

~Luis Rodas, sophomore theology major

“My parents told me to make a list of pros and cons when I told them the majors I was interested in. I asked them questions concerning my character and talents, and they told me if they could see me doing a certain job.”

~Aimee Burchard, junior mass communication and graphic design major

Contact Us: We want to know what you think! If you have any comments, questions, or suggestions, please call Suzanne Ocsai at 423.236.2582 or send an email to southernparents@southern.edu.

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Parents Weekend 2009

Parents from across the country descended on Southern Adventist University February 13-15 for Parents Weekend. The event was designed to give families an opportunity to spend quality time reconnecting while also experiencing what college life is like for their students.



Shanna Crumley, sophomore journalism major, and her parents, Don and Linda Crumley, visited with family and friends during the Sunday morning brunch. "It's been fun meeting other parents who are in the same situation as you with children away," says Linda. "The weekend's been really nice."



Todd and Lisa Parrish visit with their son, Benjamin Parrish, freshman community wellness management major, on the same campus where they first met each other as students of Southern Missionary College. "As a former communications major," says Todd Parrish. "I enjoyed how well the theme was tied to together for the weekend."



While waiting for the President's Brunch to begin, Amy Hunter, mother of Nicole Garcia, freshman public relations major, reminisces with her daughter and Nicole's boyfriend, Buddy Summitt, about receiving her bachelor's degree as a guest graduate during the December 2008 winter commencement in Iles P.E. Center. "I enjoyed everything here," says Amy Hunter, "there is a very friendly and welcoming atmosphere here."



Tim Taylor, sophomore theology major, and his sister, Andrea Taylor, freshmen mass communication major, surprised their mom, Vicki Taylor with a birthday trip to Southern for Parents Weekend. "She couldn't believe it at first but was really excited," says Tim Taylor. "She'd been holding on to the flyer but didn't think she'd be able to make it from California."



Tyler Ellis, freshman religious education major, spends quality time with his parents, Gregory and Jeanine Ellis, in Iles P.E. Center after the brunch on Sunday morning. “Parents Weekend has been awesome because I get to reconnect with my parents in a genuine way,” says Tyler Ellis.



Rosalie and Jonathan Stocklil grew up and worked at many colleges before moving to West Virginia with their children, Steven, junior computer science and mathematics major, (not pictured) and Tamara, freshman liberal arts education major. Being back on a college campus for Parents Weekend brought back fond memories for the family. “We’ve enjoyed the weekend and especially the musical programs,” says Rosalie. “It’s fun to get back into the young-people scene again.”



Jeff Landess, junior history major, and his parents, Jesse and Susan Landess, spend time together during the President’s Brunch on Sunday morning. “It’s nice to be able to show my parents around the school,” says Jeff Landess.



Jacqueline Fox-Long, mother of Jason Vyhmeister, senior theology and history major, enjoyed being on campus with her son and his girlfriend, Anna Romanov. “The weekend has been wonderful,” says Fox-Long. “It’s great to see how the university is welcoming to the parents.”



For Frances Lindsey, mother of Mia, sophomore public relations major, and Markis, senior mass communications major (not pictured), parents weekend was a time to step back and experience life as her college students do. “I’ve enjoyed the weekend tremendously,” says Frances Lindsey. “I got to go to classes with both my daughter and son and enjoyed the pops concert Saturday night. It was wonderful to be able to meet some of the other parents and make new friends.”