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For Parents of Southern Adventist University Students

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# PANORAMA

parent newsletter | October 2018



## Parent Portal

### Online Resource Gives Parents Unique Access to Student Information

Southern Adventist University believes that you, as a parent, play a crucial role in the success of our students. Because of this, we provide different tools allowing you to stay up-to-date with your student's academic progress.

The Parent Portal is a 24/7 online resource, giving you access to your student's information. It includes details such as financial statements, semester-by-semester course lists, grades (including mid-term grades), and your student's cumulative GPA. Contact information for students' enrollment advisers, financial aid advisers, and residence hall deans are all conveniently and easily located in the portal.

To take advantage of all that the Parent Portal has to offer:

1. Ask your student to grant you permission to view their information.

## Calendar

### October

11-14 | Midterm Break

18-21 | Society of Adventist Communicators

19 | Deadline for December/May graduation contracts

23 | Tlen Huicani Folk Music Concert

22-26 | Missions Emphasis Week

25-28 | Homecoming Weekend

26 | Psychology Symposium

28 | Annual Antique/Classic Car Show

30 | Online Winter Registration for Seniors

- Academics>Academic Profile>Manage Access>Grant or Revoke Access
3. An email will be sent to you requesting the creation of a Southern account.
  4. Follow the prompts to create an account.
  5. Visit [southern.edu/parents](https://southern.edu/parents) to access the Parent Portal.

Additionally, in order to access financial information (such as eBills, payments, payment plans, and 1098T's), you will need to create a separate account in our TouchNet portal. Have your student login at [southern.edu/pay](https://southern.edu/pay) and grant you Authorized User access.

Questions or concerns? Please contact Judy Robertson at 435.236.2705 or visit [southern.edu/connect/portal-help](https://southern.edu/connect/portal-help).

# Turning Stress into Success

## Southern is Here to Help

At some point every college student experiences stress, either academically, in his or her personal life, or both. Even the brightest student can find a class challenging and the most cheerful can struggle with depression. However, they don't have to deal with these challenges alone.

The McKee Library offers several free resources, including tutoring for 70 different upper and lower division classes as well as ACT preparation. It's very simple to sign up—students can visit [southern.edu/tutoringcenter](https://southern.edu/tutoringcenter) to book an appointment with a peer tutor. Additionally, [research coaches](#) are available to help students learn an organized system for gathering information from library databases, and [writing tutors](#) help students edit and polish papers.

## November

1 | Online Winter Registration for Juniors

5 | Online Winter Registration for Sophomores

7 | Online Winter Registration for Freshmen

8 | Soo Been Lee Violin Concert

11 | Symphony Orchestra Concert

17-25 | Thanksgiving Break

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in college. Other factors that affect the mental health of students such as major financial decisions, relationships, and homesickness can be overwhelming. For those seeking Godly guidance through these issues, Southern provides [professional counselors](#) on staff at the Student Success Center in Lynn Wood Hall at no additional cost.

"Anxiety and depression are the top issues we work through," said Counselor Ric Griffin. "We don't want students to think that counseling is bad; we're here to help them."

Southern aims to help students manage stressors throughout their academic experience. These and other tools are available to all students at no additional charge.

**Here are a few other services available on campus:**

[Career Services](#)

[Chaplain's Office](#)

[Disability Support Services](#)

[First Year Advising](#)

[IT Help Desk](#)

[Life Groups](#)

## Question of the Month

### What is your favorite spiritual activity on campus?

"I really enjoy volunteering at Children's sabbath school. It's fun for me to interact with the kids; I like seeing them so joyful when they sing songs and praise God."

- *Prianca Pathak, junior liberal arts education major*

"Lawn vespers has been my favorite Friday night activity so far this year because I enjoy spending time in nature. When I am outdoors I feel closer to God."

- *Gabriella Thomas, freshman business administration and public relations major*

"LifeGroups are my favorite spiritual activity because they prompt people to be involved in their own spiritual growth and to discuss things that may not be presented in larger group settings. I think the smaller group setting helps people to come into

"My favorite spiritual activity on campus, by far, is vespers. Coming together to bring in Sabbath and praise God's name with a message geared to students is the highlight of my week."

- Jonathan Rodney, senior international studies major



Check out the September at Southern album on Flickr, [here!](#)

## We Want Your Feedback!

Your thoughts and feedback are valuable! Email [southernparents@southern.edu](mailto:southernparents@southern.edu) or call 423.236.2581 with your comments or questions.

Thank you!

Natalie Boonstra  
Panorama Editor

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