



the CONNECTOR

A NEWSLETTER FOR CONVERSE PARENTS AND FAMILIES



December 2016

Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues.

Here are a few things your student may be experiencing this month...

- Panic, fear, and cramming as finals and project deadlines approach
- High temper as stress mounts
- The realization that some friends may not be returning next semester
- Increased pressure to participate in sexual activity because of the approach of vacation and extended separation
- Financial strain due to holiday gifts and travel costs
- Religious conflicts as they get ready to return home after a semester of gaining new perspectives
- Excitement/anxiety about returning home
- Increased use of alcohol and other drugs

LOOKING AHEAD WITH CAREER EXPLORATION

Winter break is an excellent time for your student to slow down and look ahead, especially when it comes to career exploration and preparation. It's never too early to embark on this path – students who examine career options now will be much better situated when the true career search begins!



You can help by asking your student some simple questions during your holiday down time. They might include...

- What classes have you enjoyed?
- Why is that?
- Who has a job that seems appealing to you?
- What is the appeal?
- What would you definitely like to have in your workplace?
- What would you definitely *not* like to have within your workplace?
- What topics do you have a passion for?
- What types of things do you think you are good at?

By examining these types of scenarios and preferences with your student, you'll be helping her tap into what's important and be able to make solid career-related decisions when the time comes.

Campus Resource: [Center for Professional Development](#)

CAREER CHECKLIST FOR WINTER BREAK

Here is a series of tasks that students can undertake during winter break to ready themselves for the career search – whether it's for full-time work or a summer gig...

- ◆ Line up your references
- ◆ Draft a resume
- ◆ Take a career inventory or two
- ◆ Read an article or book about a career option
- ◆ Shadow someone in a job that interests you

LISTENING TO YOUR STUDENT'S NEW PERSPECTIVES



Chances are that your student's worldview has expanded during the past term. After all, that's one of the main reasons higher education exists!

However, listening to your student's different perspectives and rationales may be surprising at first. Don't worry – you still know your student. There just may be some topics that she is learning more about and making decisions about that don't fully jive with your own perspectives. That's where love, understanding and agreeing to disagree can be your very best tools.

Some of the topics that may arise include...

- Religion and spirituality
- Politics
- Vegetarianism and veganism
- Culture and race
- Poverty and homelessness
- Courses of study
- Humanitarian issues
- World news

As you listen to your student share her perspectives, try not to call them "wrong" or "misguided." Instead, allow her to express herself. Ask questions, if you like. Share your perspectives, too. You likely won't agree on every little thing, yet try to remind yourself that learning to express points of view – no matter what they are – is a strength that will serve your student very well in the long-term.

GETTING HOME FOR THE HOLIDAYS

How will your student be getting home for the holidays? This important detail may have slipped her mind while she's enmeshed in December's hubbub of final projects, exams, saying goodbye, preparing for the holidays and more.

You can be helpful in figuring this out by taking a look at the two most common scenarios...

If You Need to Pick Up Your Student:

- Ask your student when she is planning on coming home (keep in mind that this may change based on academic commitments; let your student know your level of flexibility upfront).
- Find out when would be a good time to arrive (if she lives on campus, remind her to check the school's policy on the time she is required to be out of the residence

hall).

- Try to determine how much stuff your student plans on bringing home, so you can plan accordingly.

Stay in touch with your student throughout finals in case plans change – on your end or hers– and try to be as adjustable and understanding as possible.

If Your Student is Getting Home Another Way:

- Ask your student when she is planning on coming home and how she is planning on getting there.
- Remind her to check schedules, if she will be utilizing public transportation, in case there are any last minute changes.
- Remind her to be careful and to make smart decisions based on weather, if she will be driving herself

or driving with friends. Let her know how you can help – if you can – and remind her that safety is more important than rushing home.

No matter how your student is planning on getting home, this is a great opportunity for you to provide support as she makes these decisions for herself. She'll learn a great deal by taking responsibility for her travels. But don't be afraid to offer suggestions if she asks for help too.



THE PERILS OF PULLING AN ALL-NIGHTER

Many students believe that pulling all-nighters to cram for final exams is necessary and expected. However, study after study show that depriving the brain of sleep can cause dysfunction that does more harm than good.

"Sleep deprivation's effect on working memory is staggering," said David Earnest, PhD, a professor with the Texas A&M College of Medicine who studies circadian rhythms (our 24-hour body clocks), as reported by Science Daily. "Your brain loses efficiency with each hour of sleep deprivation."

According to Earnest, here are some things to let students know about all-nighters...

- Pulling an all-nighter only activates short-term memory when what is needed to recall and retain most facts is long-term memory
- Performance for learning and memory is higher during the morning and day, not late at night, so the brain's performance significantly decreases when you fight against your body's natural rhythms
- Trying to comprehend information at the last minute by cramming typically doesn't work well
- It's better to study as much as you can until bedtime and then wake up early to review materials before a test than to pull an all-nighter because sleep rejuvenates the brain

Source: Texas A&M University, 9/19/16

STUDY PREP

"The optimal study method is to stay on top of things and prepare by studying in small chunks (20 to 30 minutes), multiple times per day, three to four days in advance of the test," advised David Earnest, PhD, a professor with the Texas A&M College of Medicine. "By going through information numerous times, you're allowing your brain to move those facts to long-term memory for better recall... Repeating information, whether out loud or verbalizing it in your thoughts, helps spur this process forward."



Campus Resource: [The Tutoring Center](#)

EXAM KITS STILL AVAILABLE

Letters were sent to families from our Student Government Association regarding Exam Kits for your student. **Deadline for purchase is Friday December 2nd.** If you did not receive a letter, you may download a copy [here.](#)

IMPORTANT UPCOMING DATES

- ◆ December 8, 2016 – Last day of classes
- ◆ December 9–11, 2016 – Reading Days
- ◆ December 12–15, 2016—Exams
- ◆ December 16, 2017—Spring Tuition bills posted
- ◆ December 16, 2016—Residence Halls close at 10am
- ◆ December 16, 2016—January 3, 2017—Winter Break
- ◆ January 3, 2017—Residence Halls reopen at 10am
- ◆ January 4, 2017—All Jan Term Classes Begin
- ◆ January 16, 2017—Spring Tuition bills due

Questions about Residential Life?

reslife@converse.edu

Questions about Student Billing?

studentbilling@converse.edu

CHANGE MAY BE IN THE AIR

Things change. And students are usually able to "go with the flow." Some changes are anticipated, some are student-initiated, and some changes may take students - and their parents - by surprise.

If your student is faced with the need to make some changes in college - perhaps changing a major, either because of your student's changing interest or because of poor grades, or perhaps making a bigger change to take some time away from school - it may feel like a crisis.

Help your student process her emotions, and be sure to give yourself time to process your own. Then get ready to help your student decide on next steps.

Helpful Article

[When Your College Student Changes Majors](#)

- Source: College Parent Central 11/2016

WHEN THEY NEED A DO-OVER

We don't always get things right the first time - and neither do college students.

Your student may have a difficult time with a particular course or may have a difficult time, period. A second chance may be in order.

If your student fails a course, have her check to see what the [college policy](#) is about retaking the class. She may be able to improve her GPA significantly.

And if things are just difficult all around, your student may need to take a break - but the door is often open for your student to return after some time away.

Helpful Article

[Should My College Student Consider Retaking a Course?](#)

- Source: College Parent Central 11/2016

CAMPUS RESOURCES

[Dr. Brant Bynum](#)— Associate VP for Academic Affairs and Director of Student Development and Success
[Tania McDuffie](#)—Assistant Dean of Academic Support

CONCERNED ABOUT YOUR STUDENT?

While many of our students deal with challenging situations every day, the [Behavioral Intervention Team](#) (BIT) tracks and assists in circumstances which are deemed "critical" and/or which may indicate unusual or harmful behavior or trends. These circumstances includes but are not limited to:

- The death of a family member, friend, fellow student or other individual in the student's life.
- Any unusual, threatening or otherwise troubling behavior by the student directed towards themselves or others.
- Any wellness issue which is of immediate or serious nature including: emergency hospitalizations, life-threatening illnesses, alleged assaults, acute injuries, etc.
- Any critical incident or unusual behavior reported which may be helpful for tracking and follow up. (i.e. excessive absence in classes/work, excessive sleeping or changing habits, etc.)
- Any unusual, harmful or critical situation which happens to a student and is not listed above.

Alerts can be made by completing the [Converse Cares Alert Form](#). The on-line form allows for 24-hour reporting; however, please note that referrals may not be handled until the next business day.

Spanish and Politics Student Explores International Affairs First-Hand in NYC

Nisbet Honors student Olivia Haas '18 is spending the fall semester with the Bard College Globalization and International Affairs Program, a highly competitive national program based in New York City. As part of her program, she is interning with Central American Legal Assistance, a non-profit organization which seeks to protect and defend Central and South American asylum-seekers and to expand the civil rights of all immigrants.



Model League Rookies Dominate Appalachia Regional Model Arab League

Congratulations to the first-year members of Converse's Model Arab League delegation, who earned top awards at their first debate competition. The students traveled to Hollins University for the event and were joined by two veteran Converse students. They garnered 9 of the 11 winning awards plus overall Best Delegation, representing Yemen.

Council awards went to veteran Kathleen Langbehn (Nisbet Honors), Steffi Kong (Nisbet Honors), Tyerra Clayborne (Nisbet Honors), Laura Gill (Nisbet Honors), Chiara Mattamira (Nisbet Honors), Sabrina Green, Verity Grupe, Jamie Means, and Tinsley Burris-Henry. Special thanks to Kathy Henningan, who along with head delegates Sidney Jones, Grace Frazor, and Natalie Southgate, escorted the delegation.



Biology and Chemistry Senior Teaches Astronomy and Physics at SMC

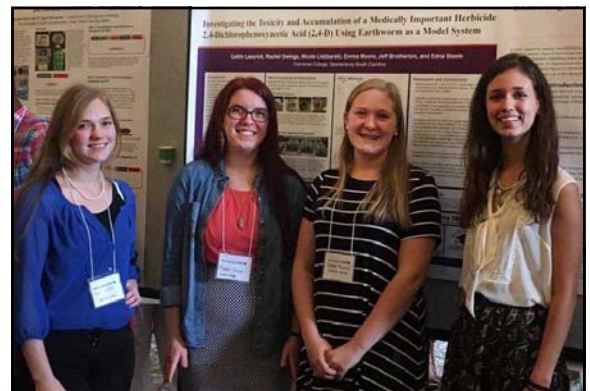
Biology, Chemistry, and Spanish major Kelsey Barber '17 (Nisbet Honors) spent her summer shadowing the chief orthopedic surgeon at Wellstar Paulding Hospital in Dallas, Georgia. "I'm hoping students taking the class will have a new appreciation for how science helps explain what is going on in the world around us." This fall, Kelsey is teaching an Astronomy...

[Read More>>](#)

Science Students Research Earthworms And Herbicides For INBRE Symposium

Nisbet Honors students Caitlin Lazurick '19, Rachel Owings '19, and Nicole Lidzbarski '19 presented the preliminary results of their summer research, "Investigating the Toxicity and Accumulation of a Medically Important Herbicide 2,4-Dichlorophenoxyacetic Acid (2,4-D) Using Earthworm as a Model System" at the 2016 SC INBRE Summer Research Symposium held at the USC School of Medicine....

[Read More>>](#)





CONVERSE PRESIDENT READY FOR HER NEW JOB

As a 6-year-old ranch hand, Krista Newkirk helped install electrical outlets in the house her family built together, rode a feisty Appaloosa, and began raising her own beef cow - all before bankers foreclosed on their property. [Read More>>](#)

Article in the Spartanburg Herald-Journal November 27, 2016

Converse College President Krista Newkirk chats with student Verneshea Moore, right, a senior elementary education major. (Credit: Tim Kimzey/ Spartanburg Herald-Journal)

VALKYRIES ATHLETICS ONLINE

- [Website](#)
- [Athletics Calendar](#)
- [Social Media Pages](#)
- [Webcasts](#)
- [Join the Valkyries Club](#)
- [Get your Valkyries Apparel](#)

Download the Valkyries Mobile App

With Converse Front Row, fans can cheer on the Valkyries as if they were in the front row of the arena!

Created by PrestoSports in partnership with Converse College, the mobile app gives fans access to score updates, statistics and game recaps.



Receive breaking news, scores and alerts by signing up for notifications. Fans click the notifications button on the more tab to enable the alerts and set your sport preferences.

[Download today!](#)

AMAZON SMILE

Converse is now participating in the Amazon Smile program, a simple and automatic way for you to support Converse College every time you shop on Amazon.



Sign up today by visiting their website, smile.amazon.com, and designate Converse College as your charity of choice.



the conversationalist
[Converse's Online Student Newspaper!](#)

A Festival of Lessons and Carols

The Spartanburg community is invited to join in a longstanding holiday tradition, the annual student-led [Festival of Lessons & Carols](#). Pre-service music including some of the most beloved traditional carols will begin at 7:15 p.m., followed by the program at 8 p.m. The Converse Chorale, Spartanburg Festival Chorus, Converse Wind Ensemble, Converse Brass Quintet, and soloists will perform and lead the congregation in singing carols and hymns between verses of the Christmas story, which will be read by Converse students.

The Festival of Lessons and Carols originated in 1880 with Archbishop Benson when he was the Bishop of Truro for use in that Cathedral. In 1918, it was simplified and modified to use in King's College Chapel, Cambridge, by its Dean, The Very Reverend Eric Milner-White, to whom we also owe the Bidding Prayer. The Christmas service has been a tradition at Converse for the past 113 years. It is a service of worship involving all segments of the Converse community.



Thu. Dec. 1, 2016 | 8:00 pm

Visceral Visions

The word VISCERAL refers to the instinctive, intuitive, gut, deep-seated, and deep-rooted feelings that drive us all. How do you listen to these visceral impulses, let alone act on them? Dance Converse's Fall Concert boldly explores how these fragments of instinctive feelings emerge to not only map our daily lives and choices, but also our future visions.

Guest Artist/Choreographer Tyler Gilstrap's "Turbulent Wake", Naina Dewan's "Dreams of Flying", and other dance works dive into the visceral realm, painting an evening of evocative contemporary dance.

Fri. Dec. 2, 2016 - Sat. Dec. 3, 2016 | 8:00 pm - 10:00 pm



School of the Arts
culturalevents

CONVERSE BOX OFFICE

Located in West Wilson Hall, Room 204. For tickets or information, please call 864.596.9724 or [request by email](#).

Check [out all of the art, music, theater & dance and humanities events](#) that are happening at Converse .



PLEASE SAVE THE DATE
FOR

*The Inauguration of Krista L. Newkirk
Tenth President of Converse College*

AND

A Thousand Thanks Donor Gala

FRIDAY, THE TWENTY FIRST OF APRIL
TWO THOUSAND AND SEVENTEEN

MORE INFORMATION COMING SOON:
converse.edu/presidentialinauguration



Meet President Krista Newkirk
in the 2016 Fall edition of the
Converse Magazine.

Available [online](#).

REMINDER

PARENT PORTAL at My.Converse.edu

- Students must give permission to family members to access
- Information will be emailed to parents about accessing their account
- Pay student bills and see other information regarding your student.
- Problems? Contact Student Billing at 864.596.9032 or Campus Technology at 864.596.9457

Quick links to resources

- Directory of [offices and services](#)
- Faculty/Staff [Directory](#)
- Campus Events [Calendar](#)
- [Maps & Directions](#)

For questions or comments regarding parent communication, please contact us at family.connector@converse.edu or [Renée Hill](#) at 864.596.9016

