



the CONNECTOR

A NEWSLETTER FOR CONVERSE PARENTS AND FAMILIES



October 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...

- First year students begin to realize college life is not as perfect as they were expecting it to be
- Diversity issues become very apparent as students begin interacting with others who are very different from them
- Conflicts between friends – both new and old – can occur as students settle into the rhythm of the new academic year
- Feeling behind in class work and wanting more contact with instructors
- Anticipating midterms and questioning their abilities
- People start to show their “true selves” – masks start to come off as students begin to feel more comfortable in their surroundings

STRATEGIES TO HELP STUDENTS NOT FEEL SO OVERWHELMED

Feeling behind in your academics, like you'll never catch up, can be an overwhelming feeling. Yet, students who try some simple, effective academic success strategies are much more likely to overcome that overwhelmed feeling.

Here are some strategies to share with your student...

Come Up with a Study Plan. Many students are used to studying and doing their work at the last minute. This won't fly at college, so it's important to come up with a [study strategy](#) that maps out the week ahead and what needs to get done. Figure intentional chunks of time to study and where to go to make this happen.

Use Instructors' Office Hours. Go meet face-to-face with an [instructor](#), explain how you're struggling and ask for assistance. This helps professors see that you care and want to do well. Plus, you become more than a face in the crowd this way!

Visit Support Services. Whether it's visiting the [disability support](#) office to address a learning concern, the [writing center](#) to get help with a paper or the [counseling center](#) to talk about test anxiety, the support is there and ready to help.

Don't Just Rely on Weekends. It's easy to put the majority of your academic work off until the weekend. Yet, that rarely works because everyone needs down time to stay healthy. So, parcel out the work throughout



People First Language

Language can greatly impact attitudes. That's why terms such as "cripple" or "gimp" or "retard" have deservingly been put away when it comes to the language of disabilities. Instead, People First Language focuses on the ability rather than the disability and on people instead of conditions. It's a very important distinction.



For instance, here are some People First language considerations to share with your student...

- Referring to someone with a disability as a "sufferer" or a "victim" tends to impose value judgments that are often untrue. These terms can be disempowering to a person with a disability who doesn't want to be considered helpless and at the mercy of uncontrollable forces.
- Instead of "the blind," refer to "people who have visual impairments." This emphasizes the importance of the *person* involved rather than equating him with his condition.
- Instead of saying someone is "wheelchair bound," refer to her as a "person who uses a wheelchair." This demonstrates that the wheelchair is not a confining device but a helpful apparatus being used by a capable human being.

People First Language is intended to do just that – put the *people* involved at the forefront rather than focusing on their disabilities.

Source "Students with Disabilities: What RAs Need to Know" by Alan H. Davis and Michael S. Daugherty, *Journal of College and University Student Housing*, Volume 24, Number 1, Summer 1994.

CAMPUS RESOURCE:

[Disability Services](#)

disability.services@converse.edu

864.596.9027

Supporting Your Student During Midterms

The time is almost here – the year's first round of midterm exams. Your student is likely preparing to show how much she learned, or didn't learn, when midterms soon kick into high gear.



As a parent or family member, you can help alleviate some of the panic associated with this high-stress time of year. For instance, you can...

Be Understanding When She's Not in Touch. Preparing for midterms often throws students off schedule, causing them to be unable to get to everything on their To Do list. One of those things may be calling or seeing you as frequently. Try to understand and not take it personally.

Keep Burdens Away. This may not be the best time to tell your student that money is tight or that the house is up for sale, especially if there's nothing she can do about it.

Encourage Healthy Habits. Good nutrition and getting enough sleep will help your student stay focused and on track. Too much caffeine during late-night study sessions can throw her system out of whack.

Send Positive Stuff. An encouraging e-card, a piece of real mail, a fun magazine to read when midterms are over... all of these "little" things can mean a lot!

Don't Add Academic Pressure. Making all or nothing statements like "You better pass this test" or "If you fail, we'll pull you out of school" adds a whole other layer of stress to an already stressful time. Try to steer clear of ultimatums and unnecessary pressures so your student has a shot at doing her best.

And let your student know that you are there, ready to talk and process through things, when she needs you. Having the support of people who believe in you can make a huge difference in getting through midterms successfully.

Thinking Ahead

It's only October, right? It may seem like the term has just begun, yet the next few weeks and months are bound to fly by. So, here are some ways to think – and prepare – ahead...

Consider Thanksgiving Plans. If your student lives away, how will she get home? What are your time and family expectations for her during that break? What is important to her to accomplish during that time?

Prepare for Finals. Those final papers and exams will be making their presence known this December! Help your student see the importance of staying on top of academics now – including reaching out for help where needed – so she's not scurrying at finals time. And think about how you can be a support system during this stressful time of year.

Look at Winter Break Job and Class Possibilities. The winter break will be here sooner than you know it! Encourage your student to think about what job she can work during that time or if she will be taking classes. This break can be an important time for your student to job shadow, [do a mini-internship or get some career experience](#) through a certain job – yet it all requires advanced planning.

Think About the Holidays. How will your family celebrate the holiday season? What role will your student play? How can you help her get in the holiday spirit during the stress of finals week?

Putting some intentional thought into these milestone happenings now can help all of you prepare for what the term has to offer.

FALL BREAKS AND HOLIDAYS

During the 2016 Fall Semester, the breaks are as follows:

- Fall Break (October 17-18, 2016): College closed. Residence halls open
- Thanksgiving break (November 23-27, 2016): Residence halls closed
- Winter Break (December 16, 2016 - January 3, 2017): Residence halls closed

Check out the full [2016-17 academic calendar](#) for more information.

Encourage Your Student To "Love Where You Live!"

- Enjoy a quiet walk in [Hatcher Garden & Woodland Preserve](#) or down the [Cottonwood Trail](#)
- Visit the animals at [Hollywild Animal Park](#)
- Visit a corn maze or [apple orchard](#),
- Take an [Art Walk](#) or stroll the [Music Trail](#) downtown
- Play a free game of [Sparkle City Mini Putt](#)
- Ride a bike along the [Hub City Trail System](#). Don't forget Converse's great [BCycle](#) Station!
- Maybe they are into [Go Karts](#), [Bowling](#), [Disc Golf](#), [Horseback Riding](#), [Rock Climbing](#), [Skating](#) or [Yoga](#)



Year Begins with New Leadership, Inspiration, and Community Spirit

President Newkirk officially opened the 2016-2017 academic year by giving her first address to her new Converse family during Opening Convocation on Sept. 23. Student Government Association president Ariel Wingard also livened up the crowd with a spirited challenge issued to her fellow students: "Valkyries, we must find our heat and RISE."

[Read More >](#)

- President Newkirk's Opening Convocation Speech ([video](#))
- SGA President, Ariel Wingard's Opening Convocation Speech ([video](#))
- Speech from keynote speaker Dr. Kelly Vaneman, recipient of the 2016 Kathryn Amelia Brown Award for Teaching Excellence ([video](#))



SUITES & SWEETS - Cultivating Community

Immediately following Convocation and lunch on the lawn, President Newkirk officially christened the construction of the College's new junior housing - a 120-student-bed facility rising on the east corridor of the back campus quad. The three-story, 40,000-square foot building will be located on the site of the former Morris Hall. The "Suites and Sweets" event featured delectable sweets, and remarks from Makayla Gay, the sophomore class president, whose class will be the first to reside in the new housing in the fall of 2017. Honored guests and the campus community, who feasted on a variety of sweets, were given an opportunity to sign the commemorative beam. It was installed soon after in the framework of the building, which will bring the next phase of Converse College's Housing Master Plan to fruition.



FAFSA Filing Date Moved to October 1



The start of the filing date for the [Free Application for Federal Student Aid \(FAFSA\)](#) has been moved up three months to October 1, which is when the form will be available. Those seeking college financial aid must file the form every year. The move was made to align the [financial aid process](#) with the typical college admissions cycle, according to *The New York Times*. Filers used to have to wait until January 1 to file their FAFSAs.

Students can also now complete the forms using tax information from the prior year as a way to benefit from use of the IRS's Data Retrieval Tool, which automatically fills in necessary tax data. It's important to check school- and state-specific financial aid deadlines as you and your student determine when to file your FAFSA.

I already filed a FAFSA form this spring. Should I file it again after Oct. 1?

"Yes, if you're seeking aid for the 2017-18 academic year. Because of the filing date change, students may actually file two separate FAFSA forms this calendar year — one that they already completed, for 2016-17, and a second one, which can be filed starting in October, for the following academic year."

Source: *The New York Times*, 8/10/16

Community Advisor of the Month

Irene Bautista '18

is a first generation college student here at Converse College. She was born in Santa Ana, California and raised in Newberry, SC. where she graduated with honors, a 4.0 gpa, and was 3rd in her class. She is a dedicated and hardworking student, earning a place on the Dean's List for the second semester of both her freshman and sophomore years. She is currently majoring in Psychology and minoring in Religion. She works on campus as a Community Advisor (CA), a Student Assistant for the Psychology Department, and for Campus Dining Services. Irene was named the 2015-16 Community Advisor of the Year, a distinction awarded to her by her peers and supervisors.



Beloit Mindset List for Class of 2020

Today's traditional-aged new students were typically born in 1998. And, as they do every year, Ron Nief, the director emeritus of public affairs at Beloit College (WI), Tom McBride, a professor emeritus of English and Charles Westerberg, Brannon-Ballard professor of sociology have created their [Mindset List for the Class of 2020](#). They describe it not as a chronological list of things occurring that year, but as an effort to identify the cultural touchstones that shape the lives of traditional-aged students about to enter college.

Here is a sampling of the 60 entries...

- They can't recall a time when someone named Bush or Clinton was not running for office
- The Sandy Hook tragedy is their

- Columbine
- They have never had to watch or listen to programs at a scheduled time
 - The U.S. has always been at war
 - Serena Williams has always been winning Grand Slam singles titles
 - Vladimir Putin has always been calling the shots at the Kremlin
 - For every year that they've been alive, the U.S. population has grown by more than one million Latinos
 - If you want to reach them, you'd better send a text – emails are often ignored
 - Citizens have always been able to register to vote when they get their driver's license
 - Snowboarding has always been an Olympic sport
 - There have always been iMacs on desks
 - They have never seen billboard ads for cigarettes
 - Airline tickets have always been purchased online
 - Michael J. Fox has always spoken publicly about having Parkinson's disease

"They're an impatient generation learning how to be patient."

— Tom McBride, one of the Mindset List's authors

Source: www.beloit.edu/mindset/

GRADUATE / PROFESSIONAL SCHOOL WORKSHOPS

GRADUATE SCHOOL VOICES

Wednesday, October 5 @ 6PM in BAIN

HOW TO WRITE A PERSONAL STATEMENT

Tuesday, October 25 @ 6PM in BAIN

DOS AND DON'TS OF GRADUATE/PROFESSIONAL SCHOOL APPLICATION PROCESS

Wednesday, October 26 @ 6PM in PDR

GAP YEAR OPPORTUNITIES

Thursday, October 27 @ 12PM in BAIN

GRADUATE/PROFESSIONAL SCHOOL FAIR

Tuesday, October 25 @ 11:30AM - 1:30PM in BARNET



VALKYRIES ATHLETICS ONLINE

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

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.



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!](#)

the conversationalist

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

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.

FLU SHOTS

Information will be posted soon regarding a Flu Shot Clinic available for Converse students in October. Please have your student check their Daily Announcements or email for dates and details:

- Cost will be \$25 for students
- Payable by cash, check, credit or on their student account.
- Clinic will be held in our [Wellness Center](#).

CONVERSE ANNUAL FUND 2016-2017

Converse has been producing women with bold voices, strong values and clear vision for over 125 years, thanks to financial support from alumnae and friends of the College.

\$1.5
MILLION
GOAL



\$141
THOUSAND
RAISED

Every gift to Converse makes a difference in the future of our current students. Several avenues for giving exist, including:

- [The Converse Annual Fund](#)
- [Naming & Endowment Opportunities](#)
- [Valkyries Club](#)
- [Program Support](#)
- [Capital Projects](#)
- [Gift Planning](#)

Ways To Give

BY PHONE
864.596.9011

ONLINE
[Online Giving Form](#)

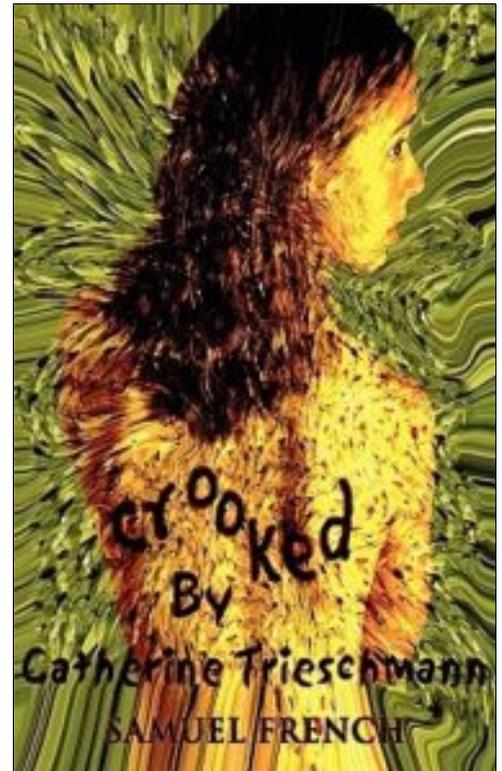
MAIL
Converse College
Office of Philanthropy
580 E. Main Street
Spartanburg, SC 29302

Crooked

A new play by Catherine Trieschmann

Fourteen-year-old Laney arrives in Oxford, Mississippi with a twisted back, a mother in crisis and a burning desire to be writer. When she befriends Maribel Purdy, a fervent believer in the power of Jesus Christ to save her from the humiliations of high school, Laney embarks on a hilarious spiritual and sexual journey that challenges her mother's secular worldview and threatens to tear their fragile relationship apart.

This production is a collaborative senior capstone project for students majoring in the Department of Theatre & Dance. Theatre artists in our class of 2017 include Erin Fauble, Mary Katherine Galloway, Michelle Hernandez, Kirby Lesesne, Meghan Pettit, Anna Schiffmacher, and Jay Turner. Produced through special arrangement with Samuel French, Inc., Converse College's production of *Crooked* will also partner with the Department of Religion and Philosophy and our new interfaith minor in developing this production. [Tickets and information.](#)



Tue. Oct. 11, 2016 - Fri. Oct. 14, 2016 | 8:00 pm - 10:30 pm

CONVERSE CHORALE: Choose Something Like a Star



Thu. Oct. 27, 2016 | 7:30 pm

To quote the immeasurable Benjamin Britten, "It is cruel, you know, that music should be so beautiful. It has the beauty of loneliness of pain: of strength and freedom. The beauty of disappointment and never-satisfied love. The cruel beauty of nature and everlasting beauty of monotony."

The Converse Chorale will demonstrate this proof with a performance in Daniel Recital Hall on Thursday, October 27th at 7:30 pm. Admission is FREE.

The Converse Chorale is the Petrie School of Music's highly acclaimed women's choir, directed by Dr. Keith Jones. The concert will feature music based on the works of Robert Frost.



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

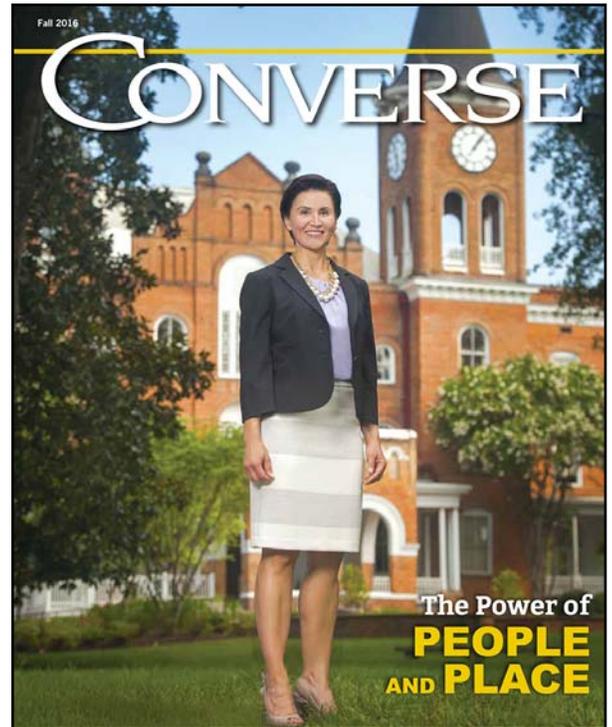
*The Inauguration of Krista L. Newkirk
Tenth President of Converse College*

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 access 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

