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### Important Dates:

#### All Month

Volleyball, Softball,  
Soccer, Golf, Tennis,  
Cross Country—[Click here to see the full NKU Athletics schedule](#)

#### Sept. 24

Service on Saturday

#### Oct. 3

Cancellation for Non-payment

#### Oct. 7

Latino Music Fest

#### Oct. 17-18

Fall Break

Family Weekend is right around the corner! Join the NKU community and your student(s) Sept. 30-Oct. 1 for lots of fun, food, and NKU festivities! This is a great opportunity for you to touch base with your student(s) to see how the semester is going. Offer a word of encouragement, a pat on the back, and join in the fun!

Register your family [online](#) today! The deadline to receive a shirt with your registration is September 26<sup>th</sup> at 9 am.

Events include:

Free access to sporting events

Parent of the Year Luncheon

Planetarium showings

Family Funfest

Scavenger Hunt

And so much more!



## THERE'S NO PLACE LIKE HOME

Homesickness is a very common experience for more than half of all college students. It includes a range of emotions that can include fear, grief, sadness and loneliness. These feelings can be troubling for both parents and students alike.

Don't despair, even with the best of planning and the excitement of going to college; homesickness can strike. Often it is a sign of happy and healthy relationships with people back home; parents, friends, boyfriend or girlfriend and pets. Sometimes it's the familiar routines of home that are missed. While it is seldom talked about, the majority of students experience homesickness at some level. Understanding the challenges of homesickness can help your student weather the storm.

### What Can You Do?

**Offer support.** Parents can't make homesickness disappear, but you can listen and encourage your child to talk about the things that help your student feel less lonely and homesick. Your student needs to make connections in college and develop his/her new sense of "home" and make a surrogate family here at NKU. Ask about new friends who could make good study partners. Encourage participation in a campus activity: join a club, go to a performance, go to the Rec Center. Leaving dorm room doors open can encourage a feeling of inclusion. Making new friends helps ease the sadness of leaving the old friends behind. Remind your student, that making new friends will develop gradually and to give themselves some time to adjust.

**Bring a sense of home to school.** Decorate the dorm room with pictures of family, friends and pets. A customized picture calendar can brighten any dorm room with memories of shared experiences and special dates with friends and family. Stuffed animals, favorite blankets, and any items with sentimental value can provide the *comfort of home* feeling for your student.

**Don't encourage your student to come home every weekend.** Visits home every weekend prevent your child from building social and intellectual connections with other students and the school. This can be one of the biggest mistakes parents can make. Set a date a month or two away so plans can be made and expectations can be outlined. On the flip side, you need to keep some distance from them as well. Your job is to help empower your child to see NKU as their new home.

Helping your child leave the nest and adjust to a new life on campus away from family and friends is tough for everyone. Just remember, most college students experience some degree of homesickness. Encourage your child to talk and express these feelings with other students or R.A. The Health, Counseling and Student Wellness office (UC Rm 440) on campus has counselors available for the students who need extra support.

Lucier, K. L. (2011, september 21). 3 Ways for Parents to Support a Homesick College Student. *U.S. News and World Report*, 4.

Lucier, K. L. (2014, December 12). *College Student Homesickness 101*. Retrieved from About.com: <http://collegelife.about.com/od/cocurricularlife/a/homesickness101.htm>

Nix, R. (n.d.). *How to Reduce Homesickness for College Students*. Retrieved from Everyday Life: <http://everydaylife.globalpost.com/reduce-homesickness-college-student>

## 2017 Orientation Leader Applications Now Available!

**Is your student interested in becoming a leader on campus? Do they love NKU and want to share that love an enthusiasm? The 2017 Orientation Leader application is now available!**

**This position is a great way for students to spend the summer. They have the opportunity to grow as an individual, learn more about NKU, and help others achieve their dreams!**

**Students can apply at [jobs.nku.edu](http://jobs.nku.edu)!**

# A HAVEN UPDATE

For parents of *new students* at NKU –

The Office of Student Conduct, Rights and Advocacy would like to thank you for your thoughts on the Haven violence prevention on-line training! We look forward to hearing from more Parents/Guardians of our students that have completed Part 1 of Haven violence prevention on-line training! Part 2 of Haven violence prevention on-line training is now available for the students to complete with the deadline of November 4, 2016.

Your student(s) will be receiving email notifications and reminders just like they did for Part 1. Continue asking your student what they thought of the training! Please e-mail [cra@nku.edu](mailto:cra@nku.edu) with your thoughts, questions or concerns. Here is the link if you did not have a chance to look at [Haven for Parents](#).

***Haven is the premier online program addressing the critical issues of sexual assault, relationship violence, stalking, and sexual harassment – among students, faculty and staff.***

## Contact Us:

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