

The Norse Parent

NKU Parents Association Newsletter

Mapworks Lights the Way to Success for Your Student!

Shawn Clark, Associate Director, UCAP : University Connect & Persist

Your student will benefit greatly from taking the Mapworks Student Success Survey! This comprehensive student success survey enables students to better understand how their behaviors align with their goals. Your student will be receiving a personal invitation to take the survey on September 9th and the survey will remain open until September 30th. By encouraging your student to complete this quick 15 minute survey, you will help them reflect on their college experience, set goals for the semester and year, and above all, you will be giving them tools to be academically and socially successful. Each student who takes the survey will receive a personalized report on their experience and concerns. For students with identified struggles, specific strategies will be listed to help them discover their path to success. Part of this path is reviewing their personalized report with someone on campus. This will help them understand things like how the time they spend studying directly impacts the grades they expect to earn. Overall, we want students to take the Mapworks student success survey to learn more about who they are as a student here at NKU.

We are hoping you will partner with us to help your student take the Mapworks student success survey and to meet with a campus resource, such as UCAP: University Connect & Persist, to review their report afterwards. Each of these directly benefit your student in their connections on campus and their success at NKU.

For more information, contact [UCAP](http://ucap.nku.edu) :859-572-6494



In this issue:

[Success Survey P. 1](#)

[Notes from the Nurse P. 2](#)

[Campus Recreation P.3](#)

[Family Weekend P. 4](#)

Important Dates:

All Month

NKU Soccer, Volleyball
and Cross Country—

[Click here to see the full
NKU Athletics schedule](#)

September 1

Family Weekend
Registration Opens

September 7

Labor Day—University
closed/No Classes

September 8

Last day to drop a course
without a grade
appearing on the
transcript/last day to
drop a course with a 50%
tuition adjustment

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NOTES FROM THE NURSE

By Rose Tempel APRN

Sending a loved one off to college can be a busy and chaotic time; there is so much to do and so much to remember. At a recent orientation program, several parents asked for guidance on what to do if their son or daughter should get sick while at NKU. There was also concern about how students could continue their daily medications while away at school.

Here are a few suggestions:

Make sure your student is aware of the name and dosage of the medication they are taking. One idea is to take a picture of the pharmacy label with their phone so they will have it with them if they can't remember the name and dosage.

Make sure your student has a copy of their health insurance card to use at a pharmacy or health care setting if needed. Again, a picture on their phone of the front and back of the card often will help in many situations.

The Health, Counseling & Student Wellness office (University Center 440) is staffed by a Nurse Practitioner (NP) who can write prescriptions. Prescriptions can be for acute illnesses (strep throat, urinary tract infection, etc.) or for ongoing medications used for chronic conditions. One exception is that, in Kentucky, the NP **cannot** write for ADHD medications.

If your student is on medications for ADHD or other chronic medical or psychiatric conditions, make sure to discuss this with the treating health care provider before the student leaves for school. That way, arrangements for refills can then be made ahead of time. Pre-planning can help avoid the stress of the student running out of medications and not knowing what to do.

ADHD medications have been known to be abused by college students. A small in-room lockable safe is recommended to help prevent theft of medications. Also advise your student not to "share" his or her medications with friends and roommates.

There are two pharmacies very close to NKU's campus that can be reached by walking or shuttle:

Walgreens 2840 Alexandria Pike (859)781-0631

Kroger 70 Martha Layne Collins Blvd (859)781-6372

If your son or daughter is sick and is not sure what to do, please refer them to the Health, Counseling & Student Wellness office. Office hours are Monday-Friday 8:30 am-4:00 pm and any enrolled student can see the Registered Nurse (RN) without a charge for the visit. If the student needs to be seen by the NP for a prescription, we are in network with most major medical insurance carriers. For those without insurance, we have low out of pocket fees. Please visit our [website](#) for more information on our services and fees. Our phone number is (859)572-5650.

If your student is having an emotional crisis, counselors are available daily to talk with them and evaluate their situation.

Hopefully, these tips will help the transition to college be a successful and healthy one!

Special Thanks to our summer 2015 Parent Volunteers!

- Trisha Hutchison
- Amanda Jones
- Kim McMahon
- DJ NeCamp
- Nick NeCamp
- Lori Owen
- Jeff Rice
- Elizabeth Stine
- Kim Wolking

Mark Your Calendars!

Parent Advisory Board Meeting

Friday, September 11th
6pm-8pm
VSU 109



NKU | Campus Recreation

The new Campus Recreation Center is open! The Rec Center is open Monday – Thursday from 6:30 am to 11:00 pm, Friday from 6:30 am to 9:00 pm, Saturday from 8:00 am to 4:00 pm, and Sunday from 12:00 pm to 9:00 pm. The renovated and expanded 169,314 square foot Campus Recreation Center now features an expanded weight room, study/lounge areas, three multi-purpose studios, two racquetball courts, and a basketball court. The facility will soon feature a new natatorium, four additional basketball courts, a multi-activity court with a rubberized surface for activities such as indoor soccer or roller hockey, an indoor running track, and a bouldering wall. An outdoor ropes course and a sand volleyball court are under construction.

Campus Recreation hosted the Victorfest Beach Party on Saturday, August 15 to kick off the new school year. Over 930 students attended and enjoyed food, face painting, balloon art, games, and danced to the island beats from Johnny Russler and the Beach Bum Band. With the newly expanded Rec Center being more than double its original size, Campus Recreation is looking forward to hosting many more special events for NKU and the surrounding community. You can follow Campus Recreation on Facebook, Twitter, and Instagram to stay up-to-date on news and events.

Memberships are available to purchase for family members of current NKU students, staff, and faculty along with the community! Campus Recreation is offering a 20% discount for annual memberships until 11/11/15. Visit campusrec.nku.edu or call Membership Services at 859-572-5197 for membership information. Interested in checking out the new Campus Recreation Center? All you need to do is visit the Membership Services desk for a free tour!



Welcome to the Family!

The seventh annual Family Weekend is scheduled for October 2-4 and includes a variety of activities. This is a great opportunity for you to connect with your student and share in their NKU experience. It's fun for the whole family!

Events include:

Norse Family Bingo

Delta Gamma 5K

Planetarium Shows

NKU Sporting Events

Parent of the Year Luncheon

Pancakes for Philanthropy

Family Funfest

Movie on the Big Screen

For more information, visit us [online!](#)

The Lending Library

Want a quick way to save a bit of money on books? Have your student visit the [University Connect & Persist](#) office located in the University Center to explore the Lending Library.

The Lending Library allows students to borrow one textbook per semester. Students who borrow a book meet with a UCAP Coordinator

for a financial and academic wellness check as well. Please note that books for every course are not available, so students will want to visit UCAP early to get the best selection. Students should take a copy of their course schedules with them when they go to check out a book.

Featured Resource

Tip of the month:

Remember the mantra from new student orientation? *Advise, Guide, but Don't Decide!* Now is the time to put that to action!

- ◆ Advise your student to get involved.
- ◆ Encourage your student to make a connection with a faculty or staff member. The earlier your student begins to build a success network, the better!
- ◆ If your student has an issue, help them find an appropriate campus resource. Guide them to it, but don't do it for them!

Contact Us:

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