

The logo features a red stylized flame or fleur-de-lis symbol above the letters 'SJU' in a large, bold, red serif font. To the right of 'SJU', the words 'Hawk Parent' are written in a large, grey, sans-serif font. Below 'SJU' and 'Hawk Parent', the text 'Office of Student Life' and 'Saint Joseph's University' is written in a smaller, red, sans-serif font. To the right of this, the word 'Newsletter' is written in a large, black, serif font, and 'November 2007' is written below it in a smaller, black, serif font.

SJU Hawk Parent

Office of Student Life
Saint Joseph's University

Newsletter

November 2007

This issue of the Hawk Parent Newsletter is written by students to provide parents with multiple perspectives on the Saint Joseph's experience. We hope you enjoy hearing from students at different stages of their college career about various aspects of life and that you appreciate what they have to share.

Thank you for entrusting your most precious gift to us – the gift of your student as a member of our community. We here at Saint Joseph's wish all of you a warm and wonderful holiday season. We hope you enjoy having your student home for the holidays and send them back refreshed and ready for the spring semester.

Mary-Elaine Perry, EdD
Assistant Vice President Student of Development

Hawks Return to Nest: Keep Squawking to a Minimum

Josh Durando, '08

So, your Hawk is preparing to return to the nest. They've been away for a long semester at SJU and you couldn't be happier that they will be home for a whole month. Though your happiness is well-founded and your patience should be rewarded, there are a few things I think you should know about your student coming home for the first time for more than just a weekend.

First, set your washing machine to "Heavy Load" and get the dryer sheets ready! Laundry that doesn't cost money is a hot commodity and trust me when I say they will use it. You shouldn't be surprised to see mid-day outfit changes and multiple layers, now that they are home, they will have clothes to spare.

Second, buy stock in the local supermarket chain. Your student has been on their own for four months now and most likely have developed a new eating schedule which now includes five meals: breakfast, lunch, the snack between lunch and dinner, dinner, and the infamous "I'm studying and need a break, and pizza rolls have never looked so good" late-night college meal. Don't be surprised if your refrigerator seems a little empty or your freezer is filled with every kind of frozen pizza product on the market.

Third, give those pillows an extra fluff. Naps and excessive sleep have no doubt become an integral part of

your student's day. Remember that a whole semester of late night studying and early morning classes can take its toll on a person. This break is for them, above all, a month of rest and relaxation away from any and all school work.

Finally, and arguably most importantly, be prepared for change. College provides unequivocal freedom and opportunity for growth. Don't be put off if your student's hair is a different color – it will grow back; or if they have new friends that they talk about all the time or if they come home engaged in politics, social justice or plan on taking time out of one of their breaks this year to go across the country and build homes (yes, it is still your child). This freedom might also mean that your child has become a night owl who is used to a life of no curfews. Try and be patient with this – it never ceases to amaze parents how easily 10pm has become the new time to go out.

Part of a successful winter break is embracing your Hawk and being interested in how they have changed and what they are doing at school. This has been a long and perhaps hard transition for them, and they made it! Take this time to enjoy a month with your student. Cherish it, because it will go fast. And lastly, wear a proud smile when you think about your student successfully finishing his/her first semester on Hawk Hill. Have a Happy Holiday Season. The Hawk Will Never Die!

A Young Hawk's View of the First Year Transition

Allison Kierce '11

As a first year student, college seemed overwhelming to me – classes, a lot of work, an unfamiliar environment, and more responsibilities. At the beginning of the semester work in classes seemed to pile up and it was easy to get behind with all the free time, and no parent watching over me telling me to study. At St. Joe's every student has tutoring, or supplemental instruction (SI), and faculty office hours to assist with school work. But, you have to seek out these resources yourself or with help from RA's and friends. The upperclassmen at St. Joe's really make each first year student feel welcomed and help them with problems. Walking on campus everybody says a friendly "hello" and students lend a helping hand when needed. The environment at this university has really helped with the transition into college.

At this time of the year, with the end of the semester around the corner, students are stressed and may feel overwhelmed. Students place pressure on themselves because they understand how important grades and a college education are; they do not need parents' constant reminders about the importance of tests and studying. When a student is stressed he or she wants someone to vent to, someone who will just listen. As a first year college student I want to be able to make my own decisions and have my parents support me no matter their view on the choice I've made. I understand that parents only want the best for their student, because they truly understand what it means to compete in the real world, but to compete we have to learn to listen to advice and make our own decisions. When parents listen and give their advice and guidance without lecturing, a student learns from them and still feels in control of his or her own actions.

Five Ways to Help Your Student through College

Jim Lynch '08

We all know what college life looks like. We see it on T.V., we see it in the movies, and some of us have even experienced it before. You move your child into their residence hall room, go out and get the necessary decors, give them a hug and a kiss and wish them luck. For some of you, this is already routine, but for others, this might be their first child out of the house. Some of you think once you drop them off at college, that there's nothing more you can do. That's where I come in. Being a senior at Saint Joseph's, an RA, and the youngest of five kids, I have seen many ways that parents have helped their students, and sadly many ways they annoyed them as well. These suggestions obviously can work for some, and not others, but for the most part they seem to work. Nobody knows your student better than you, so use it to your judgment.

Gift Boxes: No student likes taking finals, and if you see the library on any day during finals week, it looks like a scene straight out of *The Shining*. In this case, sending a gift box full of "finals week support" might brighten the mood of your student. Send anything from late night snacks, their favorite magazines, cookies, a stuffed animal, and candy - you know what they like.

Concerts: I don't know of anyone who doesn't like to go to a good concert (for me it was Tom Petty or Sister Hazel). Here at Saint Joseph's, we are within a train stop or short drive from the TLA (Theatre of Living Arts), the Trocadero, the Electric Factory, and The Tweeter Center,

all of which are main concert sites. You know what kind of music your student likes, so surprise them with some concert tickets. But don't be upset if they don't want to take you. No offense to Mom, but if I had a pair of concert tickets from my parents, you know for sure I'd be taking that cute girl in my Philosophy class. (And then you may ask what I really AM doing in Philosophy class.)

Surprise Them: One of the most underrated things a parent can do is surprising your student on campus. A phone call to say your twenty minutes away (and you MUST always call), and you want to take them out to dinner goes a long way. Encourage them to bring friends, roommates, or even their "friend" they have been hanging out with a lot lately. Nothing beats a free meal from a good restaurant when you are at college and eating the dining hall food every night.

Give Them Space: Now, as I said before, nobody knows your student as well as you, so use this suggestion at your discretion. For me personally, I think I could have been better with calling home. Some students may want to talk to their parents every day, some every other day, and some every once in a while. You have to give them space to grow up and become adults, but if it's been a couple days, don't be afraid to pick up the phone and call just to say hi.

Get To Know Their Friends: This I would say is the most important. College is a time of meeting new people and developing relationships. Whether it's becoming good friends, or becoming "very close" with someone, college life is about having fun with friends. As parents, the number one thing you can do is get to know your student's friends, or (hold your breath) girlfriend or boyfriend. When you take an interest in their relationships, it makes your student feel more comfortable. Maybe even go that extra step and invite them to bring their friends home for dinner, if you live in the area. Everyone enjoys that, because I'll tell you, there's something about college kids and a free meal...

As a wise-old Hawk I offer these as suggestions – they have worked well for me and my friends and I hope they can make your student's college experience a little easier.

Getting Involved on Campus: A Student Leader's Perspective

Michael McDonald, '08
Student Body President

Gone are the times of asking your son or daughter what they did in school that day – first of all, if you actually get a phone call from your college student on a daily or semi-regular basis, count yourselves among the lucky. Reading, writing, and arithmetic have now been

thrown in the mix with roommates, Ramen noodles, and final exams, yet you may be deceived by the amount of free time your student has due to their elaborate accounts of how much they swear they studied for that “D”. The fact is, there are hours each day that often go unused.

As cliché as it may sound, getting involved is one of the best ways to fill those hours while also making friends, having fun, and learning valuable communication, organizational, and leadership skills (seriously – sometimes being an officer in a student organizations can garner just as much experience as an internship). Don’t think your son or daughter has missed the boat just because the first semester has almost come and gone. Several great opportunities are coming up in the next few months, and the 80 active student clubs and organizations usually welcome members year-round. Specifically, encourage your student to try:

RA’s: being in charge of a floor filled with fellow students can lead some great life lessons, new people to meet and oh, by the way, you get free room and board. Applications are available December 10th and due on January 25th.

Red Shirts: joining the orientation team is a guaranteed loss-of-voice from shouting St. Joe’s cheers, but also a lot of fun and a chance to influence the class of 2012 – keep an eye out for applications in January.

Student Clubs: many clubs elect officers at the end of the fall semester, meaning new energy and opportunity for newcomers. Look for fliers and online announcements for more information.

Campus Ministry: wander over to that house next to the chapel, get some free food from the kitchen, and sign up for one of the several retreat and service opportunities – this is a Jesuit university, after all.

Encourage your student to read *The Hawk* student newspaper or get involved with intramural sports teams, sororities and fraternities, and the countless other chances to do something besides watching their roommates play Xbox all evening. Give your student a little push in the direction of the third floor of Campion, where all of this information and more awaits them. Who knows, those infrequent phone calls just may elicit a few good college stories along with that usual request for money.

Follow the Yellow Brick Road: Become an RA

Tiffany Conde '09

There’s no place like home. This timeless phrase from the movie classic *The Wizard of Oz* rings true in the heart of every Hawk here on “The Hill.” A commonality of the human experience is the desire for a home and a community in which to belong. This desire is especially

important for college students, as they transition from their lives at home, to lives in the residence halls, to the eventual flight from the nest into the real world. I remember waving goodbye to my family on Move-In Day and thinking, “Will I find a place here? How will I fit in? Is it Fall Break yet?” Thankfully, with help of my RA I found myself in a welcoming, supportive community. The quiet, shy girl from Harrisburg had found her home.

My experience in Sourin Residence Hall my first year inspired me to become a Resident Assistant. Sure, it certainly made economic sense: room, board, and basic phone were provided. Sure, it was an impressive job to add to a resume. But for me, it was infinitely. It was the opportunity to become the architect of a community, to share in the successes of my residents and to learn from their struggles, to model the way as a leader and to help my residents make a smooth transition. In a word, it was a challenge to change – to change lives, viewpoints, a community, and myself.

As a Resident Assistant for thirty-nine first year women in Overbrook Hall — yes, I uphold University policy. Yes, I make pretty door tags, bulletin boards, and plan various fun programs. And yes, I am responsible for duty and I stay late over breaks. But for me, the heart of my position is my personal interaction with each resident to let them know they are not just one of thirty-nine on the floor, but that they are Madalyn from Philly who loves to sing or Kelley from Harrisburg who watches *The Hills* every Monday night. The personal connections truly make the job worth doing.

Through those personal connections, I’ve formed relationships. My residents feel comfortable telling me their problems, concerns, and fears. They know I’ll be there for them if they face a crisis. Most of all, they know that at least one person at SJU cares about them. For me, this is what an RA does: she affects change across a community through her own actions. As Dorothy experienced as she made the journey to see the Wizard, it’s never an easy road. Like Dorothy’s friends, you need a brain, a heart, and courage to do the job. Sacrifices must be made in the form of time and habit, but for me and the 75 other RAs at SJU, it is well worth it to see our residents leave our halls a little better than when they first entered on Move-In Day.

We as RAs grow and change over our time in the position, too. It’s an amazing experience to grow with your residents, and garner real-life experience in situations that most college students don’t face every day. It’s an invaluable position and often a thankless job: the compensation for an RA hardly equals the work that we do. But it’s good work, and it’s challenging, and...it’s fun!

Each year, we look for new RAs to join our staffs. If your son or daughter is interested in becoming an RA,

please encourage them to attend an interest session:

November 28th, 7:00 pm, Forum Theater
December 5th, 9:00 pm, Sourin Lounge
January 17th, 11:30 am, Forum Theater
January 22nd, 7:00 pm, Sourin Lounge

If they have any questions about the process, they can also e-mail the Selection Committee at RA_Selection@sju.edu. So, if your son or daughter is interested, encourage them to follow the yellow brick road to becoming an RA!

The Career Development Center: The Student Perspective

The Career Development Center (CDC) serves students of all majors and all class years, and offers resources to support them through the career development process, from finding a major to solidifying their career choice and landing their first job.

Here's what students are saying: To Other Students...

Mallory, Management, Senior

"Knowing what I know now ... I would have taken advantage of more ... workshops and ... Networking Nights offered [by the CDC] in my earlier years at Saint Joseph's University. Knowing how friendly and helpful the staff is, I would have come into the center more often to work on my career search and plans."

Mike, Pharmaceutical Marketing, Senior

"The best advice I can offer to any underclassmen or incoming student is to become thoroughly familiar with the [CDC]. You are doing yourself a disservice if you pass on this opportunity. When students come to Hawk Hill, they are rightfully encouraged to get to know their professors and advisors; however, I urge everyone to ... make the trip down to Overbrook Hall to meet [the CDC staff]."

About Choosing A Major and Career Path...

Liz, Sociology, Junior

"The CDC has given me personality, interest, and value evaluations to assist me in choosing a field that best suits me. I [am] aware of a variety of fields that someone with my academic and personal goals would enjoy."

About CDC's Resources...

Robert, Finance, Senior

"The CDC has not only been extremely helpful in creating a better sense of who I am and what I want, but

has also given me very excellent tools to find opportunities that fit what I want. The resources available to students through the CDC are tremendous ..."

About Part-time Employment...

Lauren, International Business, Junior

"In the beginning of my freshman year I utilized the Career Center's website in order to find a part-time job. The website was very useful because it allowed me to search for jobs in various fields such as restaurant and hospitality, retail and childcare. The website allowed me to easily contact various employers and assisted in obtaining my babysitting job."

About The Career Fair and Internships...

Karla, English, Senior

"I had remembered my encounter with the NBC10 employee at the Career Fair and decided that I wanted to apply for an internship there. After perfecting my resume and cover letter with the help of a Career Counselor, I eventually got the internship as an intern for the medical report at NBC10."

About On-Campus Recruiting...

Bridget, Management, Senior

"The first time I visited the CDC was to get my resume critiqued by a Career Counselor. [As a senior, with an approved resume, one is] able to apply to on-campus internship and job interviews. Being a student who doesn't have a car, this has been a lifesaver. Completing first round interviews here on campus makes interviewing less stressful ..."

About The Job Search...

Ann, Marketing, Junior

"Starting in my Freshman Year at Saint Joseph's, the CDC helped make the process of searching for a job less intimidating. A visit to the CDC helps students understand that the job search doesn't have to be as scary as it seems."

About Life After Graduation...

Kristy, English, Senior

"You may not stay in one career for your whole life, but the skills you gain from the CDC follow you in every career."

About The CDC Staff...

Julia, Marketing, Senior

"Every person [at the CDC] was always ... nice and extremely helpful. It was a good feeling to be helped by people who were so encouraging about the decisions I was making about my future."

CALENDAR OF EVENTS

NOVEMBER

- 28 Haub School of Business Graduate School Information Session, 6pm Mandeville Lobby
- 30 Shield of Loyola Gala and Dinner Dance – Park Hyatt, Philadelphia at the Bellvue <http://www.sju.edu/alumni/stayconnected/awards/shield.html>

DECEMBER

- 1 Parents’ Day at the Palestra Saint Joseph’s vs Penn State at 4pm, Tickets are \$30 and can be purchased at: http://purchase.tickets.com/buy/TicketPurchase?organ_val=21694
- 2 Trip To Radio City Christmas Show Sponsored by SUB, \$30 for transportation and show. Call 610-660-1077 for information
- 4 Final Exam Stress Relievers – 11:30am, 319 Science Center. Sponsored by the Learning Resource Center
- 5 Auction to support the student immersion trips to Appalachia, New Mexico, Mexico, Ecuador and Tanzania:

Final Exam Stress Relievers – 3:00pm, 303 Science Center
- 7 Snowball – Hilton Philadelphia City Avenue, 8pm-midnight, \$20 per person includes dinner, dancing, and transportation. Students can purchase tickets from 2nd Floor Info Desk in the Campion Student Center.

- 9 The Annual Seasonal Liturgical Celebration 10pm Chapel of Saint Joseph, followed by a reception in Wolfington Hall.
- 10 LAST DAY OF CLASSES
- 11 READING DAY

Winter Concert: University Singers and Concert Choir, 7:30 pm Chapel of Saint Joseph, \$5 Students and Seniors, \$10 General admission. Call 484-798-7816 for more information
- 12-18 FINAL EXAMS

JANUARY

- 2-10 New Orleans Mission Trip - 12 students and 2 staff will travel to New Orleans for education about and service to the community
- 7-11 Ignatian Retreat for students at the Jesuit Retreat Center in Wernersville, PA
- 14 First Day of Classes for Spring Semester
- 21 Martin Luther King Day Celebration – No Classes

Student athletes contribute their time to work in our surrounding communities.
- 22 Students sign up for weekly service in over 20 area sites