



First-Year Initiatives
CPO 2113
Berea, KY 40404

Address Service Requested



REMEMBER THESE DATES!

- OCT. 9-10** Reading Period (Classes Cancelled)
- OCT. 12** First-Year Class Meeting
- OCT. 18** Mountain Day (Classes Cancelled)
- OCT. 25** Last Day to Withdraw from a Course
- NOV. 6-15** Registration for Spring Courses
- NOV. 17-19** Homecoming

IMPORTANT OFFICE NUMBERS FOR FAMILIES			
Dial 859.985 plus the below 4-digit extention(s)			
OFFICE	DESCRIPTION	EXT.	PERSON TO CONTACT
Academic Services	Provides students with resources for academic engagement	3237	Dr. Curtis Sandberg
Black Cultural Center	Supports student needs through intercultural and interracial understanding	3797	Ms. Monica Jones
Center for Teaching and Learning	Assists students with deepening their confidence, skills, perspectives, and insights as readers, writers, and learners.	3670	Dr. Leslie Ortquist-Ahrens
Counseling Services	Individual, group and couples counseling	3212	Dr. Sue Reimondo
Disability and Accessibility Services	Helps develop self-advocacy/confidence and coordinates accommodations for students with documented disabilities	3327	Ms. Lisa Ladanyi
Financial Aid	Provides financial aid needed to meet the basic costs of education	3310	Ms. Theresa Lowder
First-Year Initiatives	Provides focused support to students throughout their first college year	3376	Mr. Chris Lakes
Labor Program	Administers student job descriptions, payroll forms, training aids, and info.	3611	Dr. Sylvia Asante
Student Accounts	Assists students with payments/payment arrangements for term bill that includes housing, meals, and other required fees	3094	Ms. Karen Belcher

#BEREADY

MOUNTAINEER PARENT/FAMILY NEWSLETTER

Fall 2017Office of First-Year Initiativeswww.berea.edu/fyi

Success for your First-Year Student at Berea College



Chris Lakes
Director, Office of First-Year Initiatives

I was having a conversation with a first-term student recently who was marveling at how quickly the time has passed since arriving on campus, saying “I’ve only been here five weeks? It feels like I’ve been here five months!” With the first term now well underway, students are finding their routines, making connections, and, we hope, establishing the behaviors that will lead to success in this first-year and beyond. We knew this was an amazing group of students on paper, but they’ve truly shown that in the ways that they’ve engaged with and energized our campus community. As always, we appreciate the support that you continue to give to the students you’ve brought to our campus, and we look forward to continuing to partner with you. We want you to be informed of what’s happening on campus and in the lives of our students so that you can help us, and your student, achieve our goal of graduating them with a degree from Berea College.

If you ever have any questions, concerns, or need additional information, please don’t hesitate to contact the Office of First-Year Initiatives at firstyear@bereda.edu or 859.985.3376. And be sure to send your student our way if assistance is needed with absolutely anything. We’re here to help the students (and you) find their way through their first-year at Berea College.

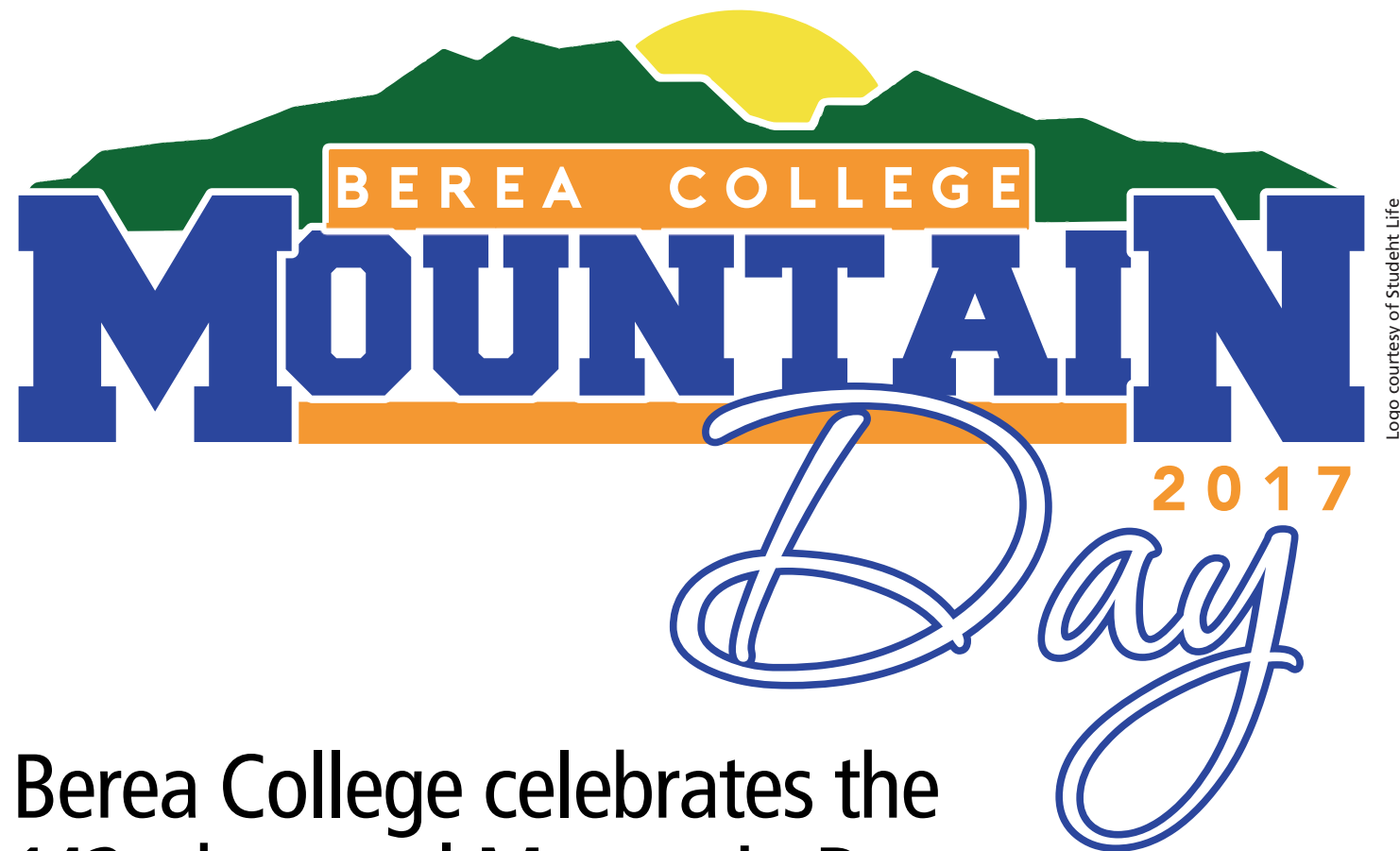


Success in a different form

We want to make sure that your student has all the tools needed to succeed academically. Disability and Accessibility Services (DAS) is a campus resource for students to utilize to discuss any disability-related barriers they have experienced in the past, any related barriers they are currently facing, or any related barriers they expect for the future at Berea College.

Our goal is to make sure all students have the ability to take part in the Berea experience. To build an inclusive community, we encourage students to first engage in discussions about their expectations, experiences, and accommodations.

For more information about your student registering with DAS, please contact Lisa Ladanyi, Director, at 895.985.3237 or browse the website at www.berea.edu/das.



Logo courtesy of Student Life

Berea College celebrates the 142nd annual Mountain Day

The first Mountain Day at Berea College was observed in 1875 and it has become an annual tradition free of classes and non-essential labor. Mountain Day activities include climbing the Pinnacles, face-painting, winning prizes from various campus organizations and clubs, and dyeing t-shirts! Musical and dancing performances by campus student groups such as the Black Music

Ensemble and the Berea College Country Dancers during the lunch hour always seem to draw a crowd. Mountain Day staples such as kettle corn and Ale-8-One are available throughout most of the day. This year, as we celebrate the 142nd Mountain Day on October 18th, the sunrise hike will begin at 6:00 a.m. and the events go from 10:00 a.m. until 2:00 p.m.

How my family helped...

"They are my support system, a listening ear, and sometimes, a much needed reality check."
—Lauren Heller

"They always told me what I *needed* to hear and not always what I wanted to hear. They reminded me all the time of why I am here and how proud they are of me."
—Jaleesa Nunez

"I went to school with two of my three sisters. I'm 'baby Callow' so they looked out for me, showed me the ropes of Berea, and supported me when I was overwhelmed and stressed. My Mom would write me encouraging cards (sometimes with a special treat) and mail them to my CPO! That always cheered me up and made me feel loved. I also make sure to stay connected with my family, even though we're hours apart. I text all my sisters and my Mom and Dad. I also call my Mom once or twice a week to talk and catch up."
—Grace Callow

"My family always pray for me and wish me success. They motivate me as the first person to attend college in our family. Their trust assists me to grow and see things clear. Additionally, I can see my goals become reality because of their faith in me."
—Kitumaini Nturubika

Top tips for families of First-Year students

Let's Talk about Getting Past the Fear

Parent tip 1: Your student is learning a new environment and is starting to get comfortable in a new role. Being away from home isn't as bad as they thought, they've settled in with their roommate, and finally got a hold on their routine. For some it wasn't easy at first but the first time you experience something new you're going to be nervous and out of your comfort zone. Comfort takes time. Encourage your student to continue to engage with their new college community by going to events or participating in a club/organization.

Communication is Key!

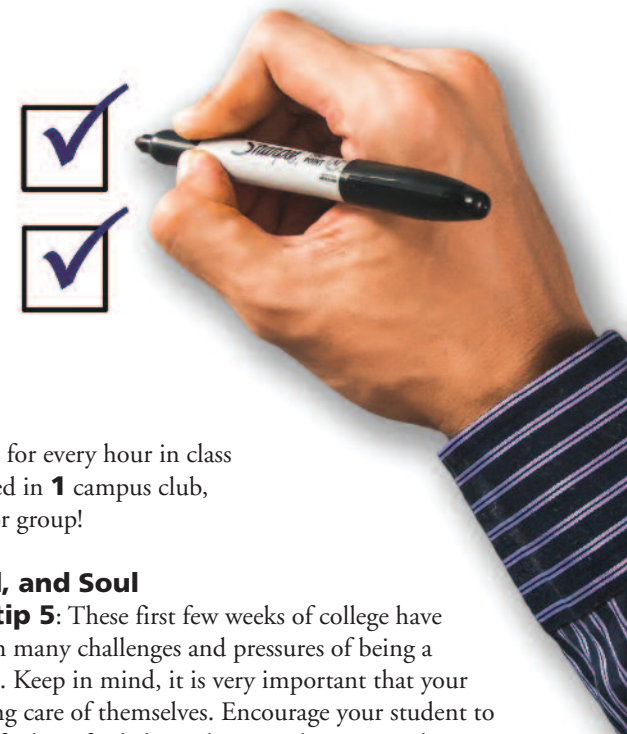
Parent tip 2: Push your student to introduce themselves to each of their instructors and Teaching Assistant/Peer Leaders (TA/PL). The best time to do this is after class or during their office hours. This will get them comfortable with meeting new people and expanding their personal and professional networks.

Settling Into College

Parent tip 3: By now the honeymoon phase is over and at this point many students feel like they've hit a wall. Instead of it feeling like they've been here for a few weeks it feels like months. They're learning how to juggle life between classes, labor, friends and activities outside of class. Push your student to make a game plan for prioritizing their time to do the things they really want and also achieve their goals.

Find Your Berea Niche

Parent tip 4: Inspire your student to participate in the **Berea 5, 4, 3, 2, 1**. Exercise at least **5** times per week, graduate in **4** years, strive to achieve a GPA above **3.0**, study **2** hours



outside of class for every hour in class and get involved in **1** campus club, organization, or group!

Body, Mind, and Soul

Parent tip 5: These first few weeks of college have been filled with many challenges and pressures of being a college student. Keep in mind, it is very important that your student is taking care of themselves. Encourage your student to not be afraid of asking for help in their tough times. Help your student to create an on-campus support system that includes their professors, advisors, hall staff, peer groups and counselors.

Celebrate and prepare

Parent tip 6: Your student hasn't been gone for long but has grown so much in this short amount of time. Celebrate the accomplishment of getting over the small hurdles and achieving big victories. Soon, your student will begin to prepare for their first midterm examinations. Guide your student in reflecting on the term so far. Give them a high five for their accomplishments, and have them think about areas that he/she could improve upon to keep their staying power through finals.

Get Organized: Evening Workshops at FYI

Is your student starting to feel overwhelmed? Does he or she need to get organized? Or just want extra support? We're here to help!

The Office of First-Year Initiatives is now offering hours for consultation with upper-division students who have been

where your student is and know what is necessary to succeed at Berea. Your student can come in to talk about strategies for building effective study habits, exploring the best ways for them to learn, prioritizing and scheduling their time wisely, and connecting their self with

the right campus resources. All they have to do is walk in, let us know what's going on, and we can help.

And if they're just wanting some quiet study space they can stop by our office during these evenings, just to grab some snacks and a place to focus.

When: Every Tuesday and Thursday from 6 to 8 p.m. **Where:** Office of First-Year Initiatives, Stephenson 128