



**First-Year Initiatives**  
**CPO 2113**  
 Berea, Kentucky 40404

Address Service Requested



## Remember these dates!

**October 15** Midterm Grades Due  
**October 16** Mountain Day (Classes Cancelled)  
**October 23** Last Day to Withdraw from a Course  
**November 4-13** Registration for Spring and Summer Terms  
**November 15-17** Homecoming  
**November 27 - December 1** Thanksgiving Vacation  
**December 6** Classes End  
**December 9** Reading Period  
**December 10-13** Final Examinations

## Important Office Numbers for Families: Dial 859.985 plus the below 4-digit extension(s)

Academic Services	Provides students with resources for academic engagement	3237	Ms. Amanda Leger
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

## Our 145th Mountain Day is coming up on Wednesday, October 16th!

This is a college holiday in which we celebrate all the things that represent Berea College. We live out our motto of, "God has made of one blood all peoples of the earth" as we come together as a community to celebrate the natural beauty of the surrounding area, the culture of the students and community we strive to embrace and respect every day, and the embodiment of our eight Great Commitments.

We offer hikes to the top of the Pinnacles including one at sunrise that culminates in being at the top of the Pinnacles when the sun rises and joining in song singing our alma mater, "Berea Beloved".

Mountain Day includes kettle corn, booths from different departments, student clubs and orgs and community partners, followed by dance performances by many of the Berea College dance and music groups including Black Music Ensemble (BME), Concert Choir, and Country Dancers!



## Care Packages

Each year, we provide the opportunity for the families of our students to send their student a care package around finals to encourage them as they finish the term! These packages often include food items such as small snacks. Along with the care packages, you can also write your student a letter of encouragement that will be placed in the box so they can see and read it upon receiving their care package!

If you are interested in sending your student one of these packages, a letter will come to you in the mail in the next few weeks. Just complete the enclosed information, write a letter if you choose, send it back, and we'll take care of the rest from there!

## How my family helped...

"Coming into Berea, I knew that I wanted to be a Nursing major and that would require me to be really busy. Seeing as we don't get to choose our majors our first year here at Berea, my family helped in encouraging me to give each class the attention it deserved in exploring different passion areas I might be interested in. As I progressed throughout courses and officially declared as a Nursing major, my family held me accountable with supporting me throughout clinical checks, exams, and sending me encouraging texts whenever I couldn't talk on the phone."  
**Hannah Malwuk '21**

"My parents helped me by giving me the space I needed to grow into the individual I am today. They did not just leave me in the woods, and I knew if I needed anything they would always be a phone call away, but just to be able to know that I could do stuff on my own, and to have my parents support in everything... I couldn't have asked for anything else."  
**Joey Girouard, '21**

"I was supported my freshman year by amazing friends and family members. My family, even though they couldn't support me financially, knew that I wanted this opportunity more than anything and they did whatever they could to help me along the way. My friends that I met my first year at Berea are still my best friends today and I am so lucky to have had them encouraging me at a time when everything felt so new and so overwhelming."  
**Betsy Bremke, '21**

"Being from Texas, it was difficult being so far away from home, but weekly check-ins with my mom always kept me sound. Between the calls from her and getting to hear from my little cousin, it kept me encouraged to stay here at Berea and continue my studies knowing I had a support group back home cheering me on."  
**Payton Cavazos, '21**

# Top Tips for Families of First-Year Students

## Let's Talk about Getting Past the Fear

**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!

**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

**Tip 3:** By now the honeymoon phase is over and 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 while also achieve their goals.

## Find Your Berea Niche

**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

**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

**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.



## Welcome Week as told by First-Years

"Everybody was really inviting and nice. Between the OTEAM, other volunteers, faculty and staff, I felt extremely welcomed and supported my first days here in Berea. It definitely made all the difference as a new student!"  
**Tyler Schrader '23**

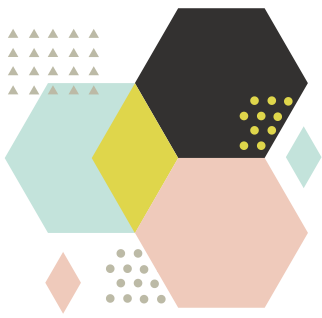
"Welcome Week was a good time because it allowed me to see what campus was like and what to expect in the near future. To actually see it for what it is, learn about what's going on and what was to come, made me excited to go ahead and get started."  
**Kameron Pardee '23**

"Welcome Week really eased my transition to college. Arriving, I had many questions about classes and about the school in general. And participating in all the events planned during Welcome Week really eased my worries and left me sure about starting college."  
**Je'Dynn Fogle, '23**

"Coming to Berea all the way from Washington State was pretty tough, so I was really nervous since I knew absolutely nobody here. From the moment I walked into Danforth Chapel, though, Welcome Week felt like a surreal dream come true! Welcome Week made me feel welcomed by the Berea Community, which was incredibly relieving considering I wasn't sure how, if at all, I would feel at home here. What really stuck out to me during Welcome Week as well was how passionate Berea really is about its incoming students. Though it may seem like all the activities were unending, they were for a good cause. I promise you they aren't tedious or arbitrary, as they showed just how much care Berea puts in preparing you for your first year in college (looking back, I'm incredibly thankful for all the panels, department invitations, and social nights we had!)"

**Brett Nelson '23**





# Parent & Family Newsletter Fall 2019 Edition, Vol. 1

Office of First-Year  
Initiatives  
[www.berea.edu/fyi](http://www.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@bera.edu](mailto:firstyear@bera.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 that allows them 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](http://www.berea.edu/das).

**Lisa, Ladanyi**  
Director, Disability and  
Accessibility Services

"Honestly, without my friends, I don't know how I would be handling college right now. My friends have been some of my biggest supporters throughout my first year here and we're still just as close today. I'm thankful they've accepted me for who I am and loved me just the same."  
**Katie O'conner '21**