

The Norse Parent

NKU Parents Association Newsletter

THE IMPORTANCE OF ADVISING

By: Sydney Groshong, current NKU Student

I will be entering my senior year after this semester. One major resource that I have consistently used at NKU is advising and when I entered NKU as a freshman, I was constantly told that creating a relationship with your advisor is not only great for networking, but also a great tool in making decisions about your journey through...and after graduation.

Firstly, advisors can help with logistical needs for a student, like creating an appropriate class schedule or lifting an advising hold. Hopefully the word 'hold' raises a red flag. I was required to meet with my advisor for my freshman and sophomore years as a College of Informatics student before I could register for classes (all departments work differently with how many times a student needs to see an advisor before they can register for classes). This meant checking when my class registration window opened so that I could schedule an advising appointment, get the advising hold lifted after the appointment, and then register for the classes I wanted. Advising appointments fill up fast, so this meant getting ahead of the crowd and scheduling an appointment at least a month in advance before my class registration window opened.

I'm currently a junior, so I'm not required to meet with my advisor to lift an advising hold anymore, but I still visit my advisor at least once a semester to check up on where my status is as a student; advisors have easy access to how many hours your student has completed and what classes he or she may still need to take in order to graduate. Advisors have also once been a college student. I still go for advice on whether or not I want to go to graduate school or whether or not I want to change my major. As an upperclassman, and not having it completely together yet, my advisor has been an enormous help for making life impacting decisions.

So, encourage your student to schedule an advising appointment early, get the advising hold lifted, and don't ever be afraid to go ask questions. Advisors are very helpful tools with similar college experiences to you.

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Important Dates:

Sporting Events

Golf, Basketball, Softball, Baseball, Tennis, Track & Field—[Click here to see the full NKU Athletics schedule](#)

March 16— Who Needs Pundits and Pollsters? Event

March 18—Sister Circle Conference

Parent Advisory Board Meeting

March 21—Last Day to Drop a Course with a Grade of "W"

March 2016
Volume 7, No. 5

NOTES FROM THE NURSE

By Betsy Hausfeld MSN, RN



How Important is Getting Your Z's?

College students are the most sleep deprived group in the U.S. Studies suggest up to 70% of college students get insufficient sleep. Many students sacrifice sleep for school projects, studying for tests, work and play. Lack of sleep can be detrimental to a college student's success. Inadequate sleep can result in lower grades, compromised learning, impaired mood and an increase in motor vehicle accidents. Improving sleep practices (sleep hygiene) can be one of the most important factors for increasing academic achievement.

WAYS TO IMPROVE SLEEP HYGIENE

Keep a sleep routine- set a regular bedtime and wake time, try not to break this habit even on the weekends if possible. Most college students will do well with 7-8 hours of sleep a night

Keep the bed for sleep and rest ONLY- avoid school work, watching TV and eating in bed

Create a relaxing environment- sleep in a dark, cool, well ventilated room; take a bath, listen to soothing music

Prepare for bedtime- limit stimulating activities after 5:00 pm, dim lights in the evening

Ban technology- NO sleeping with the phone or tablet. Turn off video monitors and video games

Restrict caffeine, alcohol and nicotine- for four to six hour prior to bedtime. Caffeine is found not only in coffee and tea, but also chocolate, cola and some pain relievers.

The use of white noise can be an effective tool for college students. It provides a combination of frequencies with the same intensity that can mask other sounds. Some examples can include: rain, waves crashing a beach, rain forest, or even a fan.

Contact the healthcare provider if sleep problems persist for three or more nights a week for a month. It is helpful to keep a sleep diary to aid the practitioner with identifying possible causes for sleep issues.

Effective healthy sleep supports the immune system, repairs damaged cells, and restores psychological functions (i.e. memory, emotions, and learning). The problems of the day can often be resolved or dissolved after a "good night's sleep". The old saying of "*things will look better in the morning after you sleep on in it*" has validity in science and research, so get your Z's and have a better tomorrow.

STOP the Spread of Pertussis

The Health, Counseling and Student Wellness

office in collaboration with the Northern Kentucky Health Department, have Tetanus, Diphtheria, Pertussis vaccine (Tdap) available for uninsured/underinsured NKU students at a VERY discounted rate of \$5. This vaccine is **HIGHLY** encouraged for all pregnant women and anyone who has contact with infants. The Health, Counseling and Student Wellness office is located in the University Center Room 440. Office hours are from 8:30 am to 4:00pm. No appointment needed.

Student Leaders Needed!

Is your student interested in broadening their leadership experience on campus? The Office of New Student Orientation and Parent Programs is now accepting applications for 2016 Victor Guides. If your student has an interest in helping the class of 2020 start their NKU journey and is a current student with a cumulative GPA of at least 2.5 then please have them consider serving as a Victor Guide during the 2016 Orientation, August 18th - 20th. This is a great way to make a positive impact on the transition of our incoming new students while sharpening items on your student's resume. Students may apply [here!](#)

Learning Assistance Programs

Midterm grades are a great way for our students to know where they stand academically. The timing also allows students to seek extra help, if needed.

Learning Assistance Programs

offers a variety of services to help your students succeed. Students that need to utilize a tutor can schedule a face-to-face appointment. They even offer online tutoring, which can be great if your student has a busy schedule.

If your student needs help, encourage them to visit the office!

Featured Resource

DOC HENDLEY RETURNS

HAPPY HOUR FUNDRAISER

WHAT: Come to this casual event to share a drink with Doc and help him continue the work he does

with his non-profit organization, Wine to Water!

WHO: Anyone 21 years or older!

WHEN: 4:00 – 6:00PM

WHERE: Hofbrauhaus - Newport
200 East 3rd St.

Newport, KY 41071

MORE INFO: Contact [Sarah Maguire](#)



Contact Us:

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Mark Your Calendars!

Parent Advisory Board Meeting

Friday, March 18
6pm -
8pm



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