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Florida State University
Dean of Students Department
Office of New Student & Family Programs

What's Going 'Round

September 2014



Important Dates

September 20: FSU vs. Clemson Tigers - Home
September 27: FSU vs. NC State Wolfpack- Away
September 29: Spring 2015 [Registration Guide](#) Available
October 3-4: [Parents' Weekend 2014](#)
October 3: Family Connection Garnet & Gold Silent Auction (12pm-4pm)
October 4: FSU vs. Wake Forest Demon Deacons - Home
October 11: FSU vs. Syracuse Orange - Away
October 13: Spring 2015 Course Registration Begins in [Student Central](#)

For more information, visit the [Registrar's Office](#)

Parents' Weekend is Quickly Approaching!
Register Today!

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[kNOW MORE Campaign](#)

Upcoming Online Chat Events

Out-of-State Chat
9/15/14 at 7 pm
Parents' Weekend 2014 Chat
9/24/14 at 6 pm
Advising & Registration Tips for Families
10/8/14 at 7 pm



Formal Parents' Weekend: October 3 and 4, 2014

Freestyle Parents' Weekend: October 24 and 25, 2014

Click [here](#) for more information!

**Show Your School Spirit:
Place a Bid & Make a Difference!**



FSU Family Connection would like to invite you to participate in the **4th Annual Garnet and Gold Fall Auction!** This event is a silent auction during Parents' Weekend 2014 where you will have the opportunity to bid on prizes for you and your student!

The auction will take place on **Friday, October 3rd from 12pm-4pm in the Art Gallery located in the Oglesby Student Union Krentzman Lounge.** Auction items include special deals at local shops and restaurants, leisure and recreational packages, themed gift baskets, signed FSU memorabilia and much, much more!

All proceeds from the Garnet and Gold Fall Auction go towards the FSU Family Fund. This fund supports a variety of student support services on campus, ensuring that your student has access to what they need at little or no cost. Examples of these services include:

- State-of-the-art software for the Career Center
- A disability testing center through the Center for Academic Retention and Enhancement (C.A.R.E.)
- International diversity and global awareness initiatives through the Center for Global Engagement
- Student participation in the Meollership program for domestic and international service trips
- PeaceJam and FSUnity Day through the Center for Leadership & Social Change
- The Victim Advocate Program and Dean of Students Emergency Fund
- On-campus Residence Life programming
- Seminole Sensation Week programming

Go to family.fsu.edu and click on FSU Chat to get started! All chat times are EST.

**Stay Connected,
Join the Conversation Today!**

The FSU Family Connection program utilizes current online social media outlets to help Seminole Family Members stay connected and up-to-date with news, announcements, advice, and other items relevant to being family members of college students.



Through *Twitter*, you can "follow" the account **@FSU_Family** to receive brief updates from the family connection program in a Tweet announcement. Just create your own Twitter at www.twitter.com to follow us!



On *Facebook*, you can "Like" the **FSU Family Connection Fan Page** to see photos, receive news and participate in discussion commentary to stay connected with other FSU families and the FSU community. Just create your own Facebook account at www.facebook.com.



On *FSU Family Connection Blog*, you can read blog entries regarding the FSU family experience, which may include advice pieces, news articles, photos and reflections. No account is needed! Just click fsufamily.wordpress.com to read.

**Excited about the Family
Connection Silent Auction?**

- Leadership development programs with the Student Government Association and Office of Greek Life
- Stress Buster Days and depression screening through the University Counseling Center
- The FSU First Responders program
- Free flu shots for students in the Health & Wellness Center

We hope that you take advantage of this exciting opportunity to show your school spirit and support the FSU Family Fund! We can't wait to see you there!

*Interested in donating an item for the auction? E-mail us at family@admin.fsu.edu!



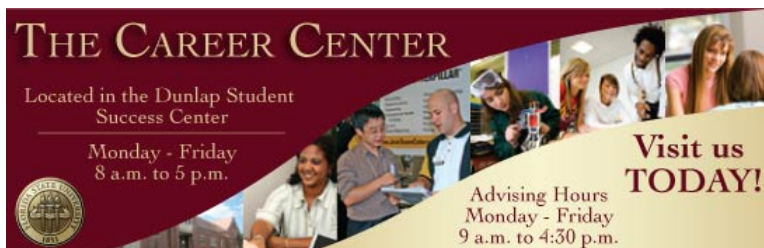
Be sure to check the [Family Connection Facebook Fan Page](#) throughout September for updates on items that you can bid on during Parents' Weekend!

Thank you to our auction sponsors!



*sponsors as of 9/15/2014

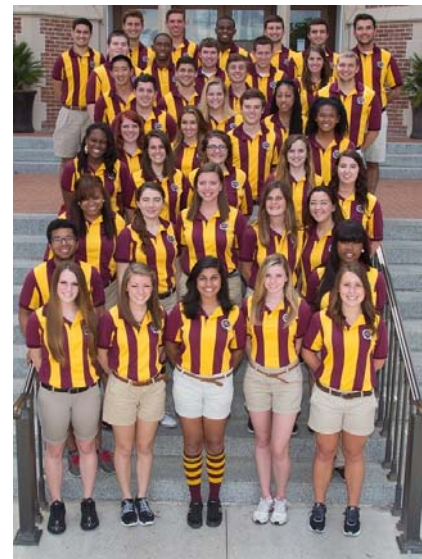
Office Spotlight: The FSU Career Center



The Florida State University Career Center, located in the state-of-the-art Dunlap Student Success Center, is a great resource for your student. The Career Center provides students with individual career counseling and advising to clarify their plans for the future, helps students in any major find internships, and assists them with selecting and gaining admission to graduate schools.

The Florida State University Career Center provides four general services:

- Career Advising and Information
- Internship and Cooperative Education
- Employment and Post-Graduate Education
- Research and Development



Orientation Leader applications will be available starting Monday, September 15th at 8:00am. To learn more about the qualifications and position duties, [click here](#). Completed applications are due at Noon on Friday, October 10th in UCA 4320.

FSU Launches New Sexual Violence Prevention Campaign

Encourage your student to visit the Career Center to talk to a career advisor about present and future career options, identify occupations they can pursue with majors at FSU, make contact with alumni to discuss their occupations and career decisions, or discuss choosing a major and other career issues with a trained advisor.

Upcoming Events

Engineering Day

Engineering Day is a career fair and an opportunity for students to meet employers and search for full-time, co-op, and internship opportunities in the engineering and technical fields with companies, non-profit and government agencies.

Tuesday, September 16, 9AM-3PM FAMU-FSU College of Engineering. For more information visit: <http://career.fsu.edu/fairs/engineering/index.cfm>

Veterans Networking Night

Student Veterans Networking Night is an exclusive opportunity for employers to network with Student Veterans and their spouses/significant others who are members of Florida State University's campus community.

Wednesday, September 17, 4PM-5:30PM Alumni Center Grand Ballroom. For more information visit: <http://career.fsu.edu/fairs/vetsnight/>

Seminole Futures

This is a career fair for full-time, co-op, and internship opportunities with for-profit, non-profit, and government agencies. This is FSU's largest career fair, and is open to all majors. Over 100 employers recruit at Seminole Futures.

Thursday, September 18 9AM-12PM & 1PM-4PM. Leon County Civic Center. For more information visit: <http://career.fsu.edu/fairs/futures/index.cfm>

Family-to-Family: Calisthenics, Anyone?



Written by: Kathy Pham, FSU Family Connection Advisory Council Member

Our knowledge about maintaining a healthy lifestyle has changed dramatically over the years. The image of a person trying to stay healthy used to include eating huge fields of iceberg lettuce and sweating to Jack Lalanne type calisthenics. Even when I was in college my PE choices were very limited. Traditional sports were out. I could never follow football enough to watch it, let alone play it myself. Baseball required throwing impossible distances, and tennis required muscles and power that I did not have. Therefore, after eliminating all other options, volleyball became my "sport," at least for long enough to earn the credit hour required for graduation. And that occurred during the last semester of my senior year only because my advisor informed me that if I did not take a PE class I would not receive a diploma! So volleyball it was. But now, however, I am thrilled to see that there are so many more options available than when I was in school. I might not have avoided PE for so long if I had had the options that today's FSU students have!



Florida State University does not tolerate sexual violence. We continue to actively and aggressively provide institution-wide programs and services to educate our students and university community on responsible conduct, the meaning of consent, how to properly report cases of sexual misconduct, and how to hold individuals accountable for their behavior. The kNOW MORE sexual violence prevention initiative is about action, education, and the continuum of care for our students, faculty, and staff.

To learn more about the kNOW MORE sexual violence prevention campaign, visit smr.fsu.edu.

Student Spotlights

Click on the faces of these Florida State University students who are featured this month on Blackboard campus.fsu.edu. Read their stories on research, teaching, community service, career goals, and leadership!



Hilary Smith

Anthropology student seeks to provide lasting service to communities



Cole Friedes

Biochemistry student focuses interest on global health



As adults we know we need to stay healthy by eating well and exercising. But when either of those becomes a chore--perhaps it's too hard to plan for healthy eating when one has to travel for work, or maybe the aerobics classes at the gym are only in the early morning hours and not after work--that's when we tend to give up our healthy intentions. So with that in mind it is important to note that college students at FSU have many convenient options for maintaining healthy life style.

The FSU Campus Recreation website has a wealth of great information about those options. Even the slogan: "Find what moves you" is modern and upbeat. It incorporates both interest and health, which is a perfect example of the modern way of thinking about exercise. Today we know healthy living is so much more than just calisthenics or aerobics classes. It is about developing and maintaining a healthy lifestyle. And one of the best ways to do that is through physical activity that matches one's interests.

So with that in mind I started exploring the options at FSU, where there are many different types of sports. Some students transfer their high school organized sports interests into team competitive sports. But for all other students Intramural Sports can provide many great options. So for those interested in a healthy lifestyle and not just a PE requirement, here are some tips from the Campus Recreation website:

- Join an IM Team.

There are many teams already formed and a variety of ways to connect with others who want to participate. There are social media connections to make advance arrangements as well as ways to participate spontaneously. Let someone else worry about the schedule, the location, and the rules. Just show up and share your skills.

- Form an IM Team.

If a student has an interest in a sport he can also become a Team Captain and form an Intramural Team. Think of it as similar to the days of playing in the vacant lot with the neighborhood kids. Get a few friends together and start a team.

- Work for Intramural Sports or Sports Clubs

Each school year over 700 students are employed working for Intramural Sports or Sports Clubs. If you were always the one to who arranged group trips to your high school football games, then consider putting those organizational skills to use working for an Intramural Team or Sports Club.

- Join a Sports Club

If Team sports are intimidating or just not your thing then consider a sports club. There are over 40 from which to choose, so there is something for everyone and there are competitive, recreational, and instructional groups, so this is a good choice for all interest and skill levels.

- Form a new Sports Club

And if team sports are out and the sports club you want doesn't exist than start your own. The Sports Club staff is knowledgeable and willing to work with anyone interested in this.

College is a time of exploration. Students study and expand their knowledge of a particular academic interest during classes in their major. They study and investigate other topics during their electives. They discover how their academic interest and knowledge will fit into their professional future. But in addition to their careers, college students can also explore how to maintain a healthy lifestyle outside of their professional lives by taking advantage of all the options recreational sports options available at FSU.

Adapted from the website: <http://campusrec.fsu.edu/sports>



LEAVE YOUR MARK!

Family Connection Poll

Click on the Family Connection Poll to respond to this month's question. Your response may be featured in next month's issue!

Our August poll asked:
How can family members support their student during the fall semester?

Top 3 Responses:

- *Check in regularly*
- *Send a care package*
- *Encourage them to join a student organization and get involved on campus*

Question Corner



Click on the Family Connection Question Corner icon to ask us any questions you may have about supporting your student at FSU. You can also email us at family@admin.fsu.edu.

Want a Student's Perspective?



Ask The Experts!

Click the image above to get your questions answered by current FSU students.

We Love Feedback!

Family Connection
Suggestion Box

In order to give you the best experience possible, we need your feedback! Please click the Suggestion Box above and let us know what you like, what you do not like, and what you would like to see included in future editions of "What's Going 'Round!"

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Free trial can be viewed on computers, tablets and smartphones through a browser at reader.brytewave.com and requires an active internet connection.

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Donate to the Family Fund



Please donate to the Family Fund within the Division of Student Affairs by clicking the box above. Your support helps our office fund programming for families during orientation and throughout the academic year!



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Display your pride in Florida State University with the purchase of an FSU license plate. Proceeds from plate sales are applied to the university's general scholarship fund to support need- and merit-based scholarships for Florida State students. Rebates for first-time buyers, as well as gift certificates and information on purchasing your FSU license plate is available online at fsu.edu/mytag.



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