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

What's Going 'Round

October 2014



Important Dates

October 18: FSU vs. Notre Dame Fighting Irish - Home
October 24-25: *Freestyle Parents' Weekend*
October 30: FSU vs. Louisville Cardinals - Away
November 2-8: *Homecoming Week*
November 8: FSU vs. Virginia Cavaliers - Home
November 11: Veteran's Day - No Classes
November 15: FSU vs. Miami Hurricanes - Away

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

Family Connection 4th Annual Garnet & Gold Silent Auction Recap

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Did you attend Parents' Weekend on October 3rd & 4th?

Let us know about your 2014 Parents' Weekend experience by [clicking here](#) and filling out a short survey.

We are constantly looking for ways to improve and grow our program. Your feedback helps us get better each year.

Thank you for your time & GO NOLES!

Freestyle



Thank you to everyone who participated in the **4th Annual Family Connection Garnet and Gold Silent Auction**! We asked you to "place a bid and make a difference" and you answered the call! This event was a major success and we would like to thank you for your outstanding spirit, support and generosity.

For those who were not able to attend, the auction was held in a great new space - the Oglesby Union Art Gallery - on Friday, October 3rd from 12pm-4pm. The auction featured over 60 items that ranged from great themed gift baskets, FSU memorabilia and artwork to special vacation getaway packages, date night packages, recreation and fitness packages and much more. Families enthusiastically bid on items throughout the day with some opting to "Buy It Now" and walk away with their items at their leisure. The auction venue filled and the excitement heightened as tables began to close every five minutes starting at 3:30pm based on the theme of the items on the respective tables. The auction ended with the special vacation getaway packages. All of the highest bidders proceeded to the auction checkout table and walked away with their exciting new purchases.

Because of your generosity, Family Connection raised a grand total of:

\$9,637.00!

All of the funds generated from this year's auction will go directly to the FSU Family Fund which supports a variety of student services on campus, ensuring that your student has access to what they need at little or no cost.

Again, thank you for your participation in the 4th Annual Family Connection Garnet and Gold Silent Auction and we hope to see you at next year's auction!

Parents' Weekend is Quickly Approaching!



October 24th & 25th, 2014

Click [here](#) for more information!

Upcoming Online Chat Events

Crime Prevention Programs

10/21/14 at 2 pm

Staying Healthy On Campus

10/30/14 at 6 pm

Advising & Registration Tips for Families

11/10/14 at 7 pm

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



Office Spotlight: The Academic Center For Excellence (ACE)



The Academic Center for Excellence (ACE) is a program initiated by the Division of Undergraduate Studies designed to help students fulfill goals of academic achievement during their stay at Florida State University. While ACE offers many services to students, one of the most popular is academic support through different tutoring programs. Remind your student that tutoring in college is not aimed only at those who are struggling, but rather encouraged for all students to take advantage of in order to be successful.

The Academic Center for Excellence offers a variety of different services including:

- Tutoring through the [ACE Learning Studio](#) located in the William Johnston Building
- [Workshops](#) highlighting different topics for academic success
- Academic [courses](#) that explore strategies for excellence in a university setting

Encourage your student to visit the Academic Center for Excellence and take advantage of all of the resources available to them. Furthermore, encourage your students to go online and take a look at all of the different [study tools and tips](#) that ACE has compiled to encourage achievement while at the university and beyond.

[Upcoming Workshops](#)

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.

Thank You!



Pictured here is Family Connection Advisory Council Chair, Kelly McCall, accepting a check from the FSU Ticket Office for Family Connection's involvement with football tickets sales.

Thank you to everyone who purchased their football tickets through FSU Family Connection this year. We look forward to next year!

GO NOLES!

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!



How to Get the BEST Letter of Recommendation

Wednesday, October 15th in William Johnston Ground (WJB) 060 from 4:00-5:30pm

Making Notes (not taking them!)

Tuesday, October 21st in William Johnston Ground (WJB) 060 from 6:00-7:30pm

Strategies for Test Preparation

Tuesday, October 28th in William Johnston Ground (WJB) 060 from 4:00-5:30pm

Get Ready for the GRE

Monday, November 3rd in William Johnston Ground (WJB) 040 from 4:30-6:00pm

Get Ready for the LSAT

Wednesday, November 5th in William Johnston Ground (WJB) 040 from 4:30-6:00pm

To register for workshops please visit the [ACE Learning Studio on Facebook](#) and click on the 'Workshop' tab, or call 850-645-9151 or email ace@admin.fsu.edu. **Advance registration is required to guarantee a seat.**

Annalise Kapusta

Student's passion for travel inspired media research project in Northern Ireland

**Michelle Sauer**

Student's research on medieval cultural memory is cutting-edge focuses interest on global health

**Emily Singer**

Student advocates for people with disabilities and special needs

Flu Season is Here!



10/1 Wednesday 11:00 AM - 1:00 PM UHS Plaza
10/2 Thursday 12:30 PM - 2:30 PM UHS 1st Floor Entrance
10/3 Friday 11:00 AM - 1:00 PM UHS 1st Floor Entrance

10/8 Wednesday 11:00 AM - 1:00 PM UHS 1st Floor Entrance
10/9 Thursday 12:30 PM - 2:30 PM UHS Plaza
10/10 Friday 11:00 AM - 1:00 PM UHS Plaza

10/13 Monday 12:30 PM - 2:30 PM College of Law
10/15 Wednesday 11:00 AM-1:00 PM UHS Plaza

10/20 Mon 12:30 PM - 2:30 PM College of Engineering
10/21 FSU STAFF ONLY - Benefits Fair 10AM - 1PM
10/22 Wednesday 11:00 AM - 1:00 PM UHS 1st Floor Entrance
10/24 Friday 11:00 AM - 1:00 PM UHS Plaza

Flu shots are FREE for enrolled FSU students (with I.D.)
To schedule an appointment on another date or time,
please call (850) 644-4567.



University Health Services, Florida State University, 900 Learning Way,
Tallahassee, FL 32306-4178,
(850) 644-6230. Alternate format available.



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

Top 3 Responses:

- *Always offer support and encouragement!*
- *Keeping in touch!*
- *Ask!*

Question Corner

Flu season has begun a little early at Florida State. Be sure to encourage your student to stop by the Health and Wellness center for their free shot today.

Who is at risk for complications?

- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese (Body Mass Index, or BMI, of 40 or greater)

Are there medicines to treat infection with flu?

Yes. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu in your body. While a flu vaccine is the first and most important step in preventing flu, antiviral drugs are a second line of defense to treat the flu if you get sick. Antiviral drugs are not sold over-the-counter; you must have a prescription to get them. Antiviral drugs are not a substitute for vaccination.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Continue to cover coughs and sneezes and wash hands even after you return to work. It is important to know that even if you don't have a fever, you may have flu and be contagious if you get flu symptoms.

Emergency Warning Signs in Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Flu Symptoms can include:

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

For more information, visit <http://www.cdc.gov/flu> or call 800-CDC-INFO.

May 2013

Influenza (Flu)

Flu is a serious contagious disease that can lead to hospitalization and sometimes death.

How does flu spread?

Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.

How long can a sick person spread flu to others?

People infected with flu shed virus and may be able to infect others from 1 day before getting sick to about 5-7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems. This means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

How severe is illness associated with flu?

Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. In the United States, thousands of healthy adults and children have to visit the doctor or are hospitalized from flu complications each year.

While flu can make anyone sick, certain people are at greater risk for severe illness resulting in hospitalization or death. This includes older adults, young children, people with certain long term health conditions such as asthma, diabetes, and heart disease and women who are pregnant. (See "What should I do if I get sick?" for the full list of high risk persons.)

What can I do to protect myself from getting sick from flu?

CDC recommends a three-step approach to fighting the flu: vaccination, everyday preventive actions, and the correct use of antiviral drugs if your doctor recommends them.

Prevention

#1 A flu vaccine is the first and most important step in protecting against flu viruses.

- While there are many different flu viruses, the flu vaccine protects against the viruses that research indicates will be most common.
- Flu vaccines protect against three or four viruses; an H1N1, an H3N2, and one or two influenza B viruses, depending on the vaccine.
- Everyone 6 months of age and older should get vaccinated against the flu each year.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. Vaccination also is important for health care workers, and those who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for or live with them should be vaccinated to protect these babies.

#2 Take everyday actions to help prevent the spread of germs that cause respiratory illnesses.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

#3 Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness. These drugs can make illness milder and shorten the time you are sick.
- Antiviral drugs work best when started in the first 2 days of symptoms to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness.

If You Get Sick

What should I do if I get sick?

If you become ill with influenza symptoms you should stay home and avoid contact with other people except to seek medical care. Most people are able to recover at home from flu without medical care.

However, some people are at greater risk of serious flu-related complications. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Asthma
 - Neurological and neurodevelopmental conditions (including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury)
 - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Blood disorders (such as sickle cell disease)



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!



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!'"

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!

Fueling the Flame: Homecoming 2014





Homecoming at Florida State is a tradition bringing together students and alumni to celebrate the university and Seminole pride.

The week of celebration begins with Warchant, a concert in the Donald L. Tucker Civic Center featuring a popular music artist. Recent Warchant performers include Ludacris, Florida Georgia Line, and T.I. This year the concert, held on Sunday November 2nd, will be headlined by [**Big Sean**](#).

Another event defining the tradition that is FSU Homecoming is PowWow. PowWow is a huge pep rally, also held in the Donald L. Tucker Civic Center. During PowWow the Homecoming Chief and Princess are announced and performances by different student groups are showcased. The event closes with a performance by a popular comedian. Past headliners have included Kathy Griffin, Craig Ferguson, and Nick Offerman. [**Kenan Thompson**](#) is this year's headliner. PowWow will be held Friday, November 7th at 8:00pm.

Some other events to highlight during Homecoming week:

- Spear-It Night Talent Competition: Monday, November 3rd at 7:00pm
- Skit Night: Tuesday, November 4th at 7:00pm
- Homecoming Parade: Friday, November 7th at 2:00pm
- Jimbo Fisher's True Seminole Tailgate: Saturday, November 8th beginning two hours prior to kickoff

All Homecoming events are free for students with a valid FSUID. Be sure to encourage your student to attend the events and celebrate FSU. General public tickets for Warchant and PowWow are available for sale at [**all Ticketmaster outlets**](#).

For more information about any of the events above and more, visit homecoming.fsu.edu

Family-to-Family: Time Management Tips to Share with your Student



Written by: Terry Hill, Family Connection Advisory Council Member

During college, many students quickly learn that managing their time is one of the most challenging and difficult aspects of being in school and they discover the need to develop or strengthen their time management skills. Unlike high school where teachers frequently structured assignments and classes filled the day, in college, students have less in-class time, more outside of class work, and a great deal of freedom and flexibility. With so much to do and keep track of, strong time management skills can make all the difference. One of the biggest stumbling blocks to time management is procrastination.

The following are some tips for better time management:

- * **Get and use a calendar.** It can be a paper calendar or it can be a calendar on a smart phone. No matter what kind it is, though, make sure to have one.
- * **Write down everything.** Write down everything in one place. Schedule when you plan to sleep, when you are going to do your laundry, when you're going to call your family. Use the calendar to keep up with class times, work times, social events, and breaks. The crazier your schedule gets, the more important this becomes.
- * **Schedule down time including time to relax.** Don't forget to schedule in time to relax and breathe. Scheduling down time is important to your health and well being.
- * Keep trying new systems. If the cell phone calendar isn't big enough, buy a paper one. If the paper one keeps getting torn, try a smartphone. Keep trying until you find one that works for you.
- * **Allow for flexibility.** Things inevitably come up that you weren't expecting. Leave room in your calendar so that you can move things around a little when needed.
- * **Plan ahead.** Do you have a large research paper due the last week of the semester? Work backward in your calendar and figure out how much time you need to write it, how much time you'll need to research it, and how much time you'll need to pick your topic. If you think you'll need six weeks for the entire project, work backward from the due date and schedule the time into your calendar before it's too late.
- * **Plan for the unexpected.** Expect the unexpected so you don't have to spend more unplanned time trying to fix your mistakes. Allow for some flexibility.
- * **Schedule rewards.** Schedule a fun afternoon and a nice dinner out with some friends; your brain will need it, and you can relax knowing that you're not supposed to be doing anything else.

Like any other skill, it takes time to learn how to manage your time. Even time management experts have days when their whole schedule falls apart. If yours does, don't quit on time management. Instead, pick up the pieces and start again the next day. Review your schedules at the end of each week to see what did and what didn't work for you. Build on your successes as you develop plans and time management strategies for following weeks.



Try before you buy

3 DAY FREE TRIAL: Try it out. Read, take notes and highlight important passages. See if it's right for you. If you decide to buy the book, all your notes will still be there. Find your book now, and click the "Try Before You Buy" button. It's that simple.

Find My Book > www.shopfsu.com

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

BryteWave™
Read. Note. Study. Share.



AT THE GAME OR ON THE ROAD SUPPORT YOUR SEMINOLES



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AN EASY WAY TO SUPPORT STUDENT SCHOLARSHIPS

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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