

## ***NKU MEN'S SOCCER WINS NCAA DIVISION II CHAMPIONSHIP!***

**BY CHRIS HAFLING, ASSISTANT DIRECTOR ATHLETICS MKTG & EVENTS**

NKU battled through the snow and wind for a 3-2 win on Saturday, capping off an outstanding run to the 2010 NCAA Division II Men's Soccer Championship. The Norse finished the season with a 20-2-3 record and won the Great Lakes Valley Conference Championship en route to the national title.

The Norse earned several spots on the All-GLVC and All-American teams, led by National Player of the Year Steven Beattie. For more information on the third National Championship in NKU history (and first-ever in Men's Soccer), check out the story on [www.nkunorse.com](http://www.nkunorse.com) by clicking here.



*Photo by Tim Sofranko, NKU Senior Photographer*

## **OFFICE OF NEW STUDENT ORIENTATION & PARENT PROGRAMS WILL CLOSE FOR THE HOLIDAYS**

We hope you and your family have a happy and enjoyable holiday season! Our office will be closed from December 22nd through January 2nd. The [parents@nku.edu](mailto:parents@nku.edu) e-mail account will also be unattended during this period as well. If you need immediate assistance on campus during these days, contact University Police at (859) 572-5500. We will return all messages beginning on January 3rd.

## **IMPORTANT DATES & EVENTS**

### **December 3 - 5, 7 - 12**

*To Kill A Mockingbird*  
Corbett Theatre, NKU Campus  
Show times are 8:00 p.m.  
(Except Sunday at 3:00 p.m.)

**December 10**  
Last day of classes

**December 13 - 17**  
Final exams

**December 7**  
6:00 p.m.  
Six @ Six: Covering the World in a Dangerous Age  
Carnegie Visual and Performing Arts Ctr  
<http://sixatsix.nku.edu>

**December 13**  
Spring invoice available online at  
[my.nku.edu](http://my.nku.edu)

**December 21**  
Students final grades posted

**December 22 -January 2**  
Holiday break  
NKU closed, no classes  
(except students enrolled in winter term)

**January 4**  
Tuition Due

**January 10**  
Spring semester classes begin

**January 17**  
Martin Luther King, Jr. Day  
NKU closed, no classes

**January 24 -29**  
NKU's Homecoming

For Norse Athletic Schedules visit  
[www.nkunorse.com](http://www.nkunorse.com)

## HOLIDAY STRESS 2010

BY HEALTH, COUNSELING AND PREVENTION SERVICES

### The Holidays Are Here!

More things to do, people to see, and places to go. These things might be fun, but they also can be stressful. To make this holiday season a happy and peaceful one, look for healthy ways to manage stress.

### Reasonable Expectations

The media often portray the holiday season as trouble free, twinkly, and festive. But family problems may escalate when the season arrives. The reality of the holidays, much like life, is that real people and families are not perfect. If you can change your expectations just a bit so you don't expect holidays to be like the movies, you may have a more enjoyable experience.

### Tips for the Holidays

Set reasonable expectations: Do your best to stick to your regular family routine. Changing your schedule to fit in holiday activities and traveling can be tough on you and your kids, so try to keep things as normal as possible.

Try to keep bedtimes and mealtimes the same even when you're away from home. Talk with your family about schedules. Take time to explain each day's activities to your children and let them know what you expect from them.

### Do What You Really Want to Do

Together, choose activities that you really want to do. You can't do everything, so you might let your children pick their favorite things for your family to do. Do the things that you all will enjoy the most, and then say "no" to extra activities.

Talk with your family about finances. Even young children can learn how to budget for gifts. Urge them to get creative and make presents for family members instead of buying them. Receiving a thoughtful gift from a child can be a memorable holiday moment that lasts a lifetime. Many families concentrate on special things they can make or do for each other. Try it!

### Take Time to Relax

It is important to take time to relax this holiday season. Here are a few ways to cope with holiday stress:

- Plan quiet time or at least downtime from activities. Take a few moments to read a book, take a bubble bath, or sit down and listen to your favorite songs.
- Play a board game with your family.

- Go for a walk with your family to see holiday displays in your neighborhood.
- Join your kids for fun family exercise. If you choose something outdoors, the fresh air and exercise can lift your spirits.
- Settle down for story time with your family. Pull out holiday stories that you loved as a child and read them aloud together.
- Use time spent standing in lines or sitting in traffic to take a stretch break and loosen those tense muscles. Here are some simple stretch moves: Neck stretches: Tilt your head toward each shoulder. Turn your head from side to side and look over your shoulder. Be sure to keep your head aligned, and do not stick your neck out. Shoulder stretches: Shrug your shoulders and then relax them. Roll your shoulders forward and backward. Gently shake your shoulders.

### Get Giving—Volunteer at a Local Charity

Carving out a few hours to volunteer at a charity might seem impossible, but giving your time and energy may help you find the spirit of the season.

Stuck for ideas? You and your family might help wrap gifts for needy children, deliver meals to families in need, or visit residents in a local nursing home.

### Just Do Your Best

As you enjoy the holiday season, do your best to limit stress. Don't expect everything to go as planned. Your child may get sick during the holiday, the oven might break as you are cooking a special dinner, or a storm may prevent relatives from visiting. When these things happen, let the family help decide on a new plan. For example, if the electricity goes out, grab your flashlights and make peanut butter and jelly sandwiches. Use cookie cutters to cut them into fun shapes!

Don't let unexpected events ruin the holidays for you. Be adaptable and flexible. You can help yourself and your children relax and enjoy the holidays for what they truly are: a time of joy, celebration, and peace with friends and family.

For more tips on well being and holiday stress, Health, Counseling & Prevention Services can help! Visit 440 UC or visit <http://hcp.nku.edu> or call (859) 572-5650.

This fact sheet was adapted from the Family Guide to Managing Holiday Stress, courtesy of the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

## **UPCOMING MEN'S AND WOMEN'S BASKETBALL GAMES AT THE BOK** **BY CHRIS HAFLING, ASSISTANT DIRECTOR ATHLETICS MKTG & EVENTS**

NKU's men's and women's basketball teams are in action several times over the holiday season at The Bank of Kentucky Center. For tickets, visit The Bank of Kentucky Center Box Office, [www.nkunorse.com](http://www.nkunorse.com), or Ticketmaster.

**Tuesday, December 7<sup>th</sup>**  
**NKU Men's Basketball vs. Indiana East**  
**7:00 PM**

*SAAC Toy Drive – Bring a new, unwrapped toy for local children this holiday season*

**Wednesday, December 8<sup>th</sup>**  
**NKU Women's Basketball vs. Tiffin**  
**7:00 PM**

*SAAC Toy Drive – Bring a new, unwrapped toy for local children this holiday season*

**Saturday, December 11<sup>th</sup>**  
**NKU Women's Basketball vs. Saint Francis**  
**2:00 PM**

*SAAC Toy Drive – Bring a new, unwrapped toy for local children this holiday season*

**Sunday, December 19<sup>th</sup>**  
**NKU Men's Basketball vs. UC-Clermont**  
**5:30 PM**

*Dustin Maguire Benefit Game*

**Wednesday, December 29<sup>th</sup>**  
**NKU Men's Basketball vs. Glenville State**  
**1:00 PM**

**Thursday, January 6<sup>th</sup>**  
**NKU Basketball Doubleheader vs. Rockhurst**  
**5:30 PM (Women) / 7:45 PM (Men)**

**Saturday, January 8<sup>th</sup>**  
**NKU Basketball Doubleheader vs. Missouri-St. Louis**  
**1:00 PM (Women) / 3:15 PM (Men)**

*NCAA Take a Kid to the Game Day; Print off a voucher at [www.nkunorse.com](http://www.nkunorse.com) in the week before the game good for FREE ADMISSION for a child 12 or under*

*Mascot Basketball at halftime*

---

## **HOLIDAY PARTY FOR LOCAL CHILDREN IN NEED**

**BY JILL SHELLEY, FACULTY IN DEPARTMENT OF CRIMINAL JUSTICE AND POLITICAL SCIENCE**

NKU's chapter of Lambda Alpha Epsilon, American Criminal Justice Association, is sponsoring a holiday party for 32 children who have a parent incarcerated in prison. Donations of wrapped presents for the children who range in age from 1 to 15 years old are needed for the holiday party. This is part of Angel Tree which is a national organization to help inmates and their families.

The party will be held on campus on December 11<sup>th</sup> from 3:00 to 5:00pm and will include a visit and pictures with Santa and Mrs. Claus. Additionally, the children will make crafts, have treats and play games. If you are interested in donating a present, please contact Professor Jill Shelley at [shelleyj@nku.edu](mailto:shelleyj@nku.edu)

---

## **CANDY CANES FOR SALE BY TRI-BETA FOR YOUR STUDENT**

**BY ELIZABETH SHELLEY, TRI-BETA**

Tri-Beta (Biological Honor Society) will be selling 2 candy canes for \$1.00 during this week, December 6<sup>th</sup> through the 9<sup>th</sup> inside the science center main entrance. If you aren't on campus, you can send a check made out to Tri-Beta to: Tri Beta c/o Dr. Miriam Kannan, NKU, SC 149, Highland Heights, KY 41099. If you plan on sending in the money, please also email the information to: [shelleye1@nku.edu](mailto:shelleye1@nku.edu).

You tell us where your student will be on Thursday, Dec. 9<sup>th</sup> and Friday, Dec. 10<sup>th</sup> and we will deliver them along with a note from you. Remember that peppermint increases alertness and can help your student during exam week.

## JOIN US ON FACEBOOK

BY HANNAH CENTERS, NEW STUDENT ORIENTATION AND PARENT PROGRAMS

The Parents Association Facebook page is now easier to find! Our page is [www.facebook.com/nkuparents](http://www.facebook.com/nkuparents). Join the group to get updates about campus events, network with other NKU parents, and discuss topics about parenting a college student with other parents. The page is managed by the Parent Advisory Board members and their staff advisors.

Each month, a Parent Advisory Board member will lead a discussion about student and parent issues. Facebook users can discuss the topic by clicking the discussion tab on the NKU Parents Association page. This month's discussion topic is "Home for the holidays." Log on and discuss your experiences with your students returning home for the holidays and the challenges this transitional time may bring for all family members.

Additionally, posts about campus events and deadlines will be posted on the wall. Parents can share

events that their students are involved with or comments about events and announcements already posted on the page.

NKU's Parents Association Facebook page is an open forum for parents to share insights and learn from each other.

As always, if you have any questions about the Facebook fan page or Parent Programs at NKU, contact me at [parents@nku.edu](mailto:parents@nku.edu) or (859) 572-7625.



---

## TIPS OF THE MONTH

### STUDENT BILLING & FINANCIAL AID

- Parents and/or students should check their mynku biller direct tab for accuracy. This should be done several times a semester.
- Students receiving financial assistance who expect to receive a refund can receive a book advance on January 4th by signing up for direct deposit.
- Remind your student to apply for scholarships. Continuing students must submit a scholarship application by March 15, 2011.
- Students and parents should gather W-2's and other financial documents to prepare for the FAFSA. The priority deadline for financial assistance is March 1, 2011. ALL students must reapply for financial aid each year even if they are receiving aid currently.
- Pay the tuition bill on time. If students don't pay 50% of their tuition bill or enroll in the installment payment plan within the first two weeks of classes, he/she will be placed on "Financial Warning." Students on "Financial Warning" will be given 10 days to pay or they may be dropped from their classes and have financial responsibility. Learn more at <http://bursar.nku.edu/CancellationPolicy.php>

### STUDENT GET WELL KITS

- Send your student back to school with a get well kit. Get well kits can include soup, crackers, favorite book or movie, thermometer, cough drops and any other items that your child may need to feel better if he/she gets ill.
- Keep a list of urgent treatment centers and ER units accessible, especially if your student is not from the area. Visit the following website <http://hcp.nku.edu/communityed.php> for a list of local facilities.

### Contact Us:

Hannah Centers  
Coordinator of Parent and Family Programs  
Office of New Student Orientation  
and Parent Programs  
Student Union 317, Nunn Drive  
Highland Heights, KY 41099

Telephone: (859) 572-7625

Fax: (859) 572-1960

[parents@nku.edu](mailto:parents@nku.edu)

<http://parents.nku.edu>