



PARENTS ASSOCIATION

PARENT VOLUNTEERS NEEDED FOR NKU'S PARENT ORIENTATION

Each summer the Office of New Student Orientation and Parent Programs welcomes nearly 5,000 parents and students to campus for Northern Exposure: New Student Orientation. Northern Exposure is a requirement for all new NKU students prior to the start of their freshmen year. New Student Orientation offers student and parent tracks with parents and students together for several sessions and apart for a few sessions.

Last year we debuted a parent panel which featured current NKU parents who answered audience questions and gave advice to parents of the new students during the parent track of orientation. Due to an overwhelmingly positive response to the parent panel, it will again be a part of the parent track of New Student Orientation. Only parents attend the panel, so no new students will be in the audience.

The parent panel is not possible without the assistance of our Parents Association members who selflessly dedicate their time to serve on this panel. **We are in need of 4-6 parents for each of the following program dates: June 10, June 14, June 17, June 28, July 12, July 15, and July 29. The volunteer time commitment is 5:15 - 6:30 pm on the day the person volunteers.**

Parents who serve on the parent panel will receive a gift from the Parents Association, parking validation for any parking garage on campus, and dinner in Norse Commons on the date the person volunteers for the volunteer and his or her student. Parents can volunteer for one or all programs.

To serve on the parent panel, e-mail the programs you wish to volunteer for as well as your name and telephone number to parents@nku.edu. There is not an RSVP deadline, but parents are encouraged to RSVP as soon as possible.

TIPS FOR THE SUMMER

- Encourage your student to look for on-campus employment for the summer and/or fall. Students can visit <http://jobs.nku.edu> to search for positions on-campus.
- Students should login to my.nku.edu and click the financial aid tab to look for updates and status changes of their financial aid award packages. Be sure to return any forms and/or documents to the Office of Student Financial Assistance. Students may be selected at random to complete a verification form.
- If you haven't applied for financial aid, you can do so by visiting <http://fafsa.ed.gov>. Be sure to indicate NKU's school code 009275 when filling out the Free Application for Federal Student Aid (FAFSA).

Dates & Events:

May 3-7

Final Exams

May 8

9:00 am

NKU's Commencement
Bank of Kentucky Center

June 10 - July 29

Northern Exposure:
New Student Orientation

August 20

9:00 am - 3:00 pm

Freshmen move into
Residential Village

August 20

Convocation
Parents & new students

August 21

9:00 am - 3:00 pm

Upperclassmen move into
Residential Village

August 20 - 29

Welcome Week

August 23

First day of fall classes

August 27

Fresh Fusion event
For freshmen

October 8-10

NKU's Third Annual
Family Weekend

DINING ON CAMPUS HAS NEVER BEEN EASIER!

BY JANELLE CRAFT, NKU DINING SERVICES MARKETING DIRECTOR

Dining on campus is a huge part of the college experience. NKU Dining is proud to offer a comprehensive dining program including over 15 dining locations with a wide range of menus, a Healthy U program that stresses making healthier choices, and sustainable foods and practices. We look forward to serving your student.

Residential Meal Plans

Northern Kentucky University and NKU Dining are pleased to announce that new residential meal plans will be introduced in fall 2010. Meal plan holders will now be able to use a meal swipe in Northern Fare Food Court located in the Student Union. Students have asked for this option and we are excited to offer it beginning fall 2010! This new option makes meal plans more flexible and convenient than ever before. Meal plans consist of meals and flex dollars. Meal swipes will be accepted at The Village Café and Callahan Bistro which are the two all-you-care-to-eat dining facilities. In addition, you can choose to exchange a meal swipe for any items you prefer up to a value of \$5.50 in the Northern Fare Food Court (includes all dining in the Student Union except for Starbucks and Outtakes) once per day from 10:30am to 3:00pm.

Commuter Meal Plans

New commuter meal plans will also be introduced in fall 2010. If your student eats on campus, then you will want to take advantage of our commuter meal plan options. All plans consist of meals and flex. Both

meals and flex do roll from fall to spring semester. Commuter meal plans save you money over the regular lunch and dinner prices on meals at the all-you-care-to-eat facilities. Commuter meal plan swipes can also be exchanged for a meal in the Northern Fare Food Court (includes all dining in the Student Union except for Starbucks and Outtakes) once per day up to a value of \$5.50 from 10:30am to 3:00pm.

Flex Dollars

Meal plan holders can save money by adding more Flex Dollars to their plans. Flex Dollars do roll from fall to spring semester and you can get up to \$45 Bonus Flex Dollars by loading up early in the year. Flex purchases are tax free so you save an additional 6% on each Flex purchase. Flex Dollars are accepted at all on-campus dining locations.

Other Specials and Savings

Please visit our website at www.dineoncampus.com/nku for other ways to save. We frequently offer even greater Flex discounts, dining specials, and coupons throughout the year. Have your student sign up for TptonCampus thru our website and they will receive dining specials sent directly to their phone.

More details about NKU meal plans, the new meal exchange option, and how the programs work can be found at www.dineoncampus.com/nku

RSVP FOR THE PARENTS ASSOCIATION MEETING: MAY 22, 2010

The next Parents Association meeting of 2010 will be held on **May 22, 2010** from **2:00 - 4:00 pm** in **Student Union, room 302**.

Any parent of an NKU student is welcome to attend this meeting. However, it is required that persons who wish to attend **RSVP by 4:30 p.m. on Monday, May 17, 2010**. RSVP to Hannah Centers at centersh1@nku.edu or (859) 572-7625.

The agenda for this meeting is to complete the Parents Association bylaws, mission statement,

and Parent Advisory Board structure. Andrea Whitley, an NKU alum and owner of Genuine Expressions, will also be sharing details of her care packages and her new partnership with NKU's Parents Association.

Parents who attend the meeting will receive snacks, beverages, parking validation, and a small gift from the Parents Association.

NKU HONORS PROGRAM OFFERS STUDENTS AN EDGE

BY DR. ERNEST SMITH, HONORS PROGRAM DIRECTOR

The NKU Honors Program (Honors) is a 21-hour minor serving all majors across the university. Students coming out of high school with an ACT composite of 26 or above; or some combination of an SAT combined reading-math-writing score of 1760 or above; a rank in the top 10 percent of high school class; an HS GPA of 3.5 or above; or other outstanding HS work are eligible.

The Honors Program uses small classes of no more than fifteen students, “Dialogic” or interactive learning pedagogy, collaborative work, and field or experiential learning to offer a different style of instruction. While not necessarily more difficult than a regular class, Honors classes promote the idea that students learn best not only from a highly qualified instructor, but from each other as well. Academic excellence, while the hallmark of Honors, can take many different forms. The Honors Program strives to staff its courses with the most innovative and respected faculty from across the NKU campus.

The Honors Program also promotes “global citizenship” through numerous travel opportunities for students, as well as courses focused on various cultures and time periods. Another major component of Honors is fostering the early introduction of research techniques and opportunities for first and second-year students.

Honors students complete the program by engaging in their own original research and/or creative project known as Capstone, where they work for two consecutive semesters under the direction of a faculty member who is an expert in the student’s chosen field. Students then present their project publicly at a mini-conference, the Conference of Honors, held at the end of each academic semester.

Approximately 60% of Honors students come from the College of Arts and Sciences, and two cohort groups within Honors serve Education and Business majors, affording travel opportunities for these groups. The program has seen a significant increase in the number of incoming students from the College of Informatics in the past two years.

Additional cohort groups will be formed in coming years to allow students to take first-year courses as a group.

Students in Honors take advantage of several leadership opportunities, serving as peer mentors, sitting on curricular advisory boards, and working as Honors Ambassadors, helping the program with recruitment, interacting with visiting speakers, and lunching with campus and community leaders. The program also began a new Alumni Speaker Series recently, bringing back Honors Program alumni to speak to current students.

This past academic year, the Honors Program has sent students to national and regional conferences to present their research, has partnered with NKU’s Scripps-Howard Center for Civic Engagement to secure research Fellowships for Honors students, and was recently one of only two programs in a 13-state region to be awarded a “Dollars for Scholars” grant by the Southeastern Regional Honors Council.

To learn more about the Honors Program, go to www.honors.nku.edu, or contact the program Director, Dr. Ernest Smith, at smithel1@nku.edu.



Photo by Tim Sofranko, NKU Senior Photographer

NKU ANNOUNCES HEALTHY FOOD POLICY

BY MAGGIE GOUGH, STUDENT WELLNESS MANAGER

Northern Kentucky University announced the acceptance of the new healthy food policy in line with the mission for wellness on the Highland Heights campus. The new policy promotes a healthy campus culture and encourages healthy lifestyle behaviors by ensuring that your students have regular and affordable access to wholesome, nutritious food choices while on campus.

The plan means that a wide variety of healthy food selections will be made available on a daily basis. Those on NKU's campus can expect to see healthy selections in retail dining locations, convenience stores, catering services, and vending machines across campus. Students who live at NKU will see similar offerings throughout residential dining beginning in fall of 2010.

"Many students are uncertain about what constitutes a 'healthier choice,' so we worked to develop ways to easily identify healthy choices on all menu boards and within our vending machines," said Allyson Wallbridge, a Wellness dietitian who helped develop the policy. "Recent survey feedback gathered from faculty, staff and students indicated that almost 38 percent of respondents purchased a healthier food selection as a result of this identification process. This is a significant level of behavior change and reinforces the fact that NKU consumers want and will purchase healthier options."

The policy ensures that not only will healthy food selections be a permanent and required part of all food offerings across campus, but that they will also be available at an affordable cost.

Keith Kaseke, president of NKU's Student Government Association, said the student body welcomes the new plan. "The healthy food offerings on campus have risen tremendously over the past year in both availability and quality," he said. "Many of us are feeling the effects of these economic times, especially students. That the Healthy Food Policy provides healthy alternatives at an affordable price will ensure that everyone at NKU can choose healthy, even if they are on a budget. Everyone associated with the policy should be commended for their contribution to an active, engaged and healthy campus."

In addition to the new policy, other efforts are being taken to ensure easy access to healthier foods on NKU's campus. The university recently introduced a Community Supported Agriculture (CSA) program, a summertime monthly farmers market and campus community gardens.

For additional information about the new NKU Healthy Food Policy, visit <http://wellness.nku.edu>.

CONGRATULATIONS CLASS OF 2010!

The Office of New Student Orientation and Parent Programs sends congratulations to the class of 2010 graduates and their families!

If your only or last NKU student will be graduating this May or August, don't forget to unsubscribe from the Parents Association. You will not be automatically removed from our communication list.

If you would like to remain a member in NKU's Parents Association even if you don't currently have a student attending NKU, you are welcome to stay a part of the association. We know that several of our parents have children that are near college age and we strive to make the process as seamless as possible for our students and parents.

To those parents leaving the association, thank you for your support of NKU's Parents Association and for your guidance and support of each of your students!

Contact Us:

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