

# The Norse Parent

NKU Parents Association Newsletter

## *Congratulations* Class of 2015!

Congratulations to all the parents and family members of Northern Kentucky University's Spring 2015 graduates! Your love and support has paid off! Commencement festivities will kick off on Friday, May 8th, with a concert by Fred Hersch. Commencement ceremonies will be held on Saturday, May 9th.

### **Saturday, May 9th**

9 a.m.—College of Arts and Sciences, Haile/US Bank College of Business

2 p.m.—College of Education and Human Services, College of Health Professions, College of Informatics

6 p.m.—Chase College of Law

Additional information about Commencement, including directions and a link to watch the ceremonies live, can be found [online](#).

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### **Important Dates:**

#### **All Month**

NKU Softball, Baseball, and Track and Field—

[Click here to see the full NKU Athletics schedule](#)

#### **April 30**

Feast for Finals

#### **May 1**

Last Day of Classes

#### **May 2—8**

Final Examinations

#### **May 9**

Commencement



Spring/Summer 2015  
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## The Final Push

By: Siobhan Ryan-Perry MSW, LCSW, CADC- Alcohol and Other Drug Counselor

Can you believe the school year is almost over? The last few weeks of school can be a mixture of excitement for the summer break and fear that finals are coming soon. For many students, especially first year students, the end of the semester can be overwhelming and stressful as papers are due and final exams are approaching. Many students lack the study skills to be organized, or plan ahead which can be attributed to many things but can certainly impact the final grade. According to the CDC (Centers for Disease Control), some college students have reported turning to prescription drugs for a variety of reasons. Some use painkillers or depressants to cope with stress or to feel good (get high). Many think that stimulants like Adderall® can help them study during finals, or make it easier to lose weight. Regardless of the reason, using prescription drugs without medical supervision is never safe or legal.

Findings from the Partnership for Drug-Free Kids (2012), sponsored by MetLife foundation, show that

One in four teen has misused or abused a prescription drug at least once in their lifetime. That is a 33 percent increase since 2008.

Of those kids who said they abused Rx medications, one in five (20 percent) has done so before age 14.

One-third of teens (33 percent) say they believe “it’s okay to use prescription drugs that were not prescribed to them to deal with an injury, illness or physical pain.”

9 percent of teens (about 1.9 million) report having misused or abused the prescription stimulants Ritalin or Adderall in the past year (up from 6 percent in 2008) and 6 percent of teens (1.3 million) report abuse of Ritalin or Adderall in the past month (up from 4 percent in 2008). (*Partnership for Drug-Free Kids, 2012*).

So what is a parent to do? Parents can and should ask the questions and offer alternative and healthy resources. NKU strives to “provide a supportive, student-centered educational environment that promotes academic success, global awareness, and timely graduation” (NKU Strategic Plan, *Fuel the Flame*, 2013). Students can engage in supportive services in the Student Success Center located inside the University Center. If you are concerned about your student or have questions please contact [Health, Counseling and Student Wellness](#) at 859-572-5650. There are other resources that can help your student during this stressful time of year:

[Academic Tutoring](#)   [Math Center](#)   [Success Skills Tutoring](#)   [Writing Center](#)

**References:** (*Partnership for Drug-Free Kids, 2012, National Study: Teen Misuse and Abuse of Prescription Drugs, the Partnership Attitude Tracking Study, sponsored by MetLife Foundation*). Northern Kentucky University, (2013). *Fuel the Flame, Strategic Plan*. Retrieved from <http://fueltheflame.nku.edu/goals.html>.

2015

*Gold & White*

*Gratitude*

### Award Recipients

#### Outstanding Freshman

Bradie Anderson  
Tyler Olges

#### Outstanding Sophomore

Joey Yerace  
Cheryl Dixon

#### Outstanding Junior

Megan Beckerich  
Drew Bamberger

#### Outstanding Senior

Erin Edwards  
Colton Johnson

### Legacy

Brittany Gragg  
Helena Sizemore  
Julian Jordan  
John Jose

*Congratulations!*

## Notes from the Nurse

By: [Betsy Hausfeld MSN, RN](#)



*Hot Town Summer in the City Back of my Neck Gets.....a bad sunburn.....NO!* That's not how the song goes. It's time to get serious about sun safety and skin health. When the weather warm ups, outdoor activities take center stage. The fact is, sun protection is important all year round, even on cloudy days.

We all love the beautiful sun kissed look we get in the warm summer months, but the NAKED truth is tanned skin is damaged skin. Sun burns are severe skin damage and skin damage can lead to skin cancer. Skin cancer is the most prevalent cancer in the United States. Here are some simple routines that can greatly reduce your exposure to the damaging sun ultraviolet (UV) rays.

**SUNSCREEN:** Use broad spectrum sunscreen SPF 15 or higher daily. UV rays come in two types UVA rays and UVB rays, broad spectrum sunscreens protect against both types of rays. SPF (Sun Protecting Factor) measures the products ability to protect skin from the penetrating UVB rays into the skin that cause damage. The higher the SPF the better protection from the UVB rays.

Sunscreen needs to be applied approximately 30 minutes before the sun exposure, so the sunscreen can properly bind to the skin. The amount of sunscreen should be about 1 oz. or a shot glass amount to the entire body. Reapplication with the same amount should take place every 2 hours or after swimming, toweling off or excessive sweating. Generally, people do not use sufficient amounts of sunscreen. In addition to skin damage due to UV rays, sunscreen helps prevent premature wrinkles and sunspots.

Sunscreen should also be used in conjunction with other skin protection strategies:



**CLOTHING/HAT/SUNGLASSES:** Ideally long sleeves and pants made of tightly woven dark fabrics offer the best sun protection, but in lieu of that, a **dry** t-shirt can provide a protection of SPF 15. A hat made of tightly woven materials with a wide brim (all the way around) offers the best protection. Baseball style caps leave the top of ears exposed. Sunglasses block both UVA and UVB rays to prevent skin damage around the tender skin under the eyes and reduce the risk of cataracts.



**SHADE:** Protect your skin and reduce your risk of skin damage and skin cancer by looking for shady spots like umbrellas, shelter houses, or trees. Follow the "shadow rule", if your shadow is shorter than you are, the sun rays are the most intense. Avoid the mid-day sun when it is the harshest and has the strongest UV rays.



**MEDICATIONS AND FLUIDS:** Some medications can enhance the risk of sun damage (photosensitivity), take extra precaution. Drink plenty of fluids to prevent dehydration.



*But at night it's a different world (Apologies to the Lovin' Spoonful)*

## Outstanding Graduates Recognized with Annual Awards

### President's Award

Arturo Minera

Anela Hadzic

### Foundation Student Leadership Award

Colton Johnson

### Paul J. Sipes Award

Jason Merrick

### University Service Award

Kevin Schultz

### Regents' Award

Ben Bratton

### Faculty Senate Award

Stefania Guglielmi

### Excelsior Award

Glen Hoffmann

To learn more about these outstanding recipients, please visit the [website](#) for the full article.

*Congratulations!*

# Thank You

## to the 2014-2015 Parent Advisory Board

This year's Parent Advisory Board has seen tremendous growth and activity!

This year, PAB members:

- \*Attended on-campus meetings
- \*Served on a parent panel at 12 orientation sessions
- \*Attended Admissions events
- \*Held a fundraiser for the PAB Scholarship
- \*Hosted Family Weekend
- \*Hosted the Parent and Royal Reception
- \*Provided vital feedback and suggestions for the betterment of the campus
- \*And so much more!



Thanks to all of the PAB members for their service! A special thank you goes to our outgoing President, Rebecka Adams, who has worked tirelessly to support the Parent Advisory Board over the past two years.

Not a member of the Parent Advisory Board but want to get involved? Contact [Britta Gibson](#) for more information!



### Contact Us:

Office of New Student  
Orientation and  
Parent Programs

Student Union 316,  
Nunn Drive  
Highland Heights, KY 41099  
Telephone: (859) 572-7625  
Fax: (859) 572-1960

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



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