

# PARENT HANDBOOK

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Dear Parents:

Welcome to Monmouth College! Having selected a liberal arts institution with an intimate and caring environment, you have joined a community well suited to encourage your son or daughter's personal growth. The college experience in the end, however, is the student's responsibility, but your support of your son or daughter is vital to its success. We encourage you to learn more about the College and the dedicated people who are here to assist students. This handbook will provide you with some early information that you might now have questions about. It will also introduce you to some of the people and services available to you as you begin this important journey.

This handbook is not a substitute for personal attention. We look forward to meeting and talking with you during the summer orientation and registration program. Also, be sure to mark your calendar for the 4:00 p.m. Matriculation Ceremony on the Wallace Hall Plaza on Opening Day, August 22, 2009. Your entire family is welcome to join in this celebration of the beginning of your son or daughter's college career.

Again, welcome to Monmouth College. We look forward to your years with us.

Jacquelyn Condon  
Vice President for Student Life  
and Dean of Students



## ***Monmouth College***

### **Our History**

Founded in 1853 by pioneering Scottish Presbyterians, Monmouth College brought the blessings of civilization to the people of the rough frontier and spoke of Traditional values to those who were shaping a new world. Though today our life knows different frontiers, the College still thinks of its purpose as its founders did preserving and celebrating the traditions that have been entrusted to it while promoting discovery and investigation. Although the student body today includes many who come from far beyond Western Illinois, Monmouth continues to have a strong sense of identity with its local community and with the region in which it is proudly rooted.

Unusual for the time, Monmouth College was created as a coeducational institution. Indeed, it was one of the first colleges to give women equality with men, and not surprisingly, women's interests have been prominent in the College's history. Monmouth has chosen to remain the collegiate institution it was founded to be, preferring not to expand into a university. Monmouth continues to insist that its purpose is not to pursue knowledge for its own sake, in the university's fashion, but to encourage students to seek values by bringing together knowledge and belief in a coherent whole. The College has neither graduate nor professional schools and is therefore able to focus its resources entirely on its undergraduates. In true collegiate fashion, Monmouth stresses the unity and equality of the academic disciplines that compose it. The College's chief interest lies in providing its students a generous understanding of human experiences; individual disciplines receive their sense of direction from that larger commitment rather than permitting the specific interest to become an end in itself.

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## **Where is Monmouth College?**

Monmouth College shares its name with the town that is its home. Monmouth is the seat of Warren County in Western Illinois, and a pleasant community of ten thousand. The Mississippi River flows just fifteen miles from campus. Chicago is 180 miles to the northeast. The Quad-Cities – Moline and Rock Island in Illinois, Davenport and Bettendorf in Iowa – straddle the Mississippi forty miles due north. Monmouth is easily accessible from Interstate 80 and 74. Commercial air service is available through Moline, Peoria, and Galesburg. Monmouth's location also permits easy access to other academic communities. Western Illinois University is thirty miles south in Macomb; Augustana College is located in Rock Island; and Knox College is sixteen miles away in Galesburg.

Students find the city of Monmouth a congenial and friendly community, proud of the College that bears the same name. Many local organizations welcome volunteers from the student body. Local churches invite students to join their congregations and become organists, soloists, and leaders of youth groups. Similarly, local schools have come to count on students for help with tutoring and coaching. Through the YMCA, Warren Achievement Center, Jamieson Community Center, Starting Point, and homes for the elderly, all those who wish to serve find significant, rewarding opportunities.



## *Academic Life*

### **The New Monmouth Curriculum**

What form of undergraduate education best prepares students to live in a rapidly changing world? How can a college education provide students with marketable skills for new and diverse employment, and at the same time instill the continuing values of liberal education? The program of study at Monmouth College is a distinctive answer to these questions. We respond with a curriculum that fosters personal growth and prepares our students for professional success in competitive and changing environments. We also ask ourselves and our students to respond to an essential paradox of being in the world: namely that we achieve the greatest measure of individual freedom, the fullest realization of our individual humanity in the larger context of social responsibility.

Our curriculum is both intentional and integrated in its several parts: Foundation Skills, Integrated Studies, Area Studies, the Major, and Electives. Although each of these elements has its specific purpose, together they provide a structure that guides students toward the goals of a liberal education: to think critically, to communicate effectively, to appreciate the varieties of human experience and achievement, to articulate and develop ethical values, to pursue expertise in a discipline, and to discover patterns of meaning across disciplines.

### **Academic Advising**

Each entering student is assigned a faculty advisor. For freshmen, this person will be the instructor in the Introduction to Liberal Arts course. The advisor helps the student select courses and serves as a person to talk to about academic goals, career plans, course schedules and all aspects of life at the college. A student may change advisors, if desired, any time after the Introduction to Liberal Arts course is completed by mutual agreement of the student and the faculty member. The process of making a change in advisors begins by obtaining the necessary form in the Registrar's office and then

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filling out that form with the help of the new advisor. While a student usually chooses an advisor in a major area of interest, students are free to select any member of the faculty who agrees to serve as advisor.

### **Mellinger Teaching and Learning Center** **309/457-2257**

Located next to Fulton Hall, the Edward Arthur Mellinger Teaching and Learning Center provides academic services to meet the needs of Monmouth College students at all levels. The Mellinger Center offers a writing center, tutoring in many academic disciplines, study skills workshops and support for other academic needs including ADA services, the Honors Program and Off-campus studies program.

### **Academic Honesty**

Monmouth College students are expected to conduct themselves with the utmost integrity in all academic experiences. Academic dishonesty includes any action by a student to misrepresent their own (or collude to misrepresent others) efforts to fulfill an academic requirement. Such behavior may result not only in failure in the course, but in suspension or dismissal from the College. Some forms of academic dishonesty include, but are not limited to:

Cheating on tests, labs, etc.

Plagiarism, i.e., using the words, ideas, writing, or work of another without giving appropriate credit.

Improper collaboration between students, i.e. not doing one's own work on outside assignments specified as group projects by the instructor.

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## **Registrar**

**309/457-2326** - [www.monm.edu/academics/registrar.htm](http://www.monm.edu/academics/registrar.htm)

The Registrar provides many important academic services to the student body, including but not limited to publishing the annual class schedule, issuing mid-term and final grades, calculating grade point averages, maintaining academic records, coordinating the conferring of degrees, and processing enrollment verifications and transcript requests. Students must register for courses at the assigned times and assume responsibility for being properly enrolled in each class. Details of the registration process are made available to students in a timely manner by the Registrar's office. New students select courses during SOAR (Summer Orientation And Registration) programs early in the summer. Continuing students register online in the fall and spring for subsequent semesters. The Monmouth College catalog, course schedules, academic calendars, and other important information are available online or in the Registrar's Office on the second floor of Poling Hall.

## *Campus Resources*

### **Questions**

Parents are encouraged to direct questions to the following offices which provide services and resources for students.

### **Campus Dining**

**309/457-2346** - [department.monm.edu/food\\_service](http://department.monm.edu/food_service)

The College's food service is managed in partnership with ARAMARK. The campus dining operation consists of five main venues:

#### **Main Dining Room**

Located in the Stockdale Center, this location features all-you-can-eat dining in a food court setting. Some of the choices are:

- ❖ Pan Geos (pasta and wrap sandwiches made-to-order specializing in vegetarian options)

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- ❖ Sauté (a wide variety of custom-made menu items changed on a daily basis)
- ❖ Mediterranean (pizza, pasta, salads, and breads)
- ❖ Cranberry Farms (rotisserie chicken, roast turkey, and other homestyle entrees with great sides)
- ❖ Pastrami's Deli (sandwiches with style)
- ❖ Sizzle (grilled sandwiches and sides)
- ❖ Crisp (giant salad bar and soup station)

**Hours:**

**Monday - Friday**

Breakfast 7:00 - 10:00am  
Cont. Breakfast 10:00 – 10:45am  
Lunch 10:45am - 1:15pm  
Dinner 4:30 - 6:30pm

**Saturday & Sunday**

Cont. Breakfast 8:30am- 9:30am  
Hot Breakfast 9:30am- 11:00am  
Lunch 11:00am - 1:00pm  
Dinner 4:30 - 6:00pm

**Scotland Yard**

Located on the lower level of the Stockdale Center, this venue offers four distinct dining opportunities:

- ❖ Old El Paso (burritos, fajitas, nachos, etc...)
- ❖ Monty's (toasted sub sandwiches)
- ❖ Jump (Chinese entrees and sides)
- ❖ Ciabatta Greens (entrée salads)
- ❖ Ben & Jerry's Ice Cream (cones, shakes, sundaes, & smoothies)

Scotland Yard has ala carte pricing and is open late. The most popular feature is the cash equivalency option that allows a student to exchange a board plan meal for credit towards a meal.

**Hours:**

**Monday-Friday**

10:50am-7:30pm  
(all hot food stations open 11:00am - 1:30pm & 4:30 - 7:30pm,  
Monty's is open throughout the day)

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## **Scots Market**

This convenience store is located in the lower level of the Stockdale Center. Scots Market carries a variety of grocery items, snacks, candy, and health & beauty aids. Scots Market is open late and on weekends for your convenience. Meal plan **flex dollars** are welcome at this location at any time.

### **Hours:**

**Monday - Friday**

8:30am - 10:30pm

**Saturday**

11:00am - 10:30pm

**Sunday**

3:30pm – 10:30pm

## **Huff Athletic Center Snack Bar**

The snack bar is located in the upper level of the Huff Athletic Center. The menu features include: fresh market smoothies, healthy sandwiches & salads, refreshing beverages and snacks. The snack bar also provides game-time concessions for all major sporting events on the premises. Concession fare consists of nachos, grilled sandwiches, popcorn, candy and a variety of beverages. (Please note: food is not allowed in the performance gym.)

### **Hours:**

**Monday – Thursday**

3:30pm-9:00pm

## **Library Coffee Shop**

Located in the Hewes Library, this site features *Starbucks* coffee, snacks, and Baguette Sandwiches. Meal Plan **flex dollars** may be used here as well. Monday – Friday from 11:00 am – 1:15 pm there is also a meal exchange option.

### **Hours:**

**Monday - Thursday**

10:30am - 9:00pm

**Friday**

11:00am - 1:00pm

**Sunday**

4:00pm - 9:00pm

## **The Underground**

The Underground is located in the lower level of Grier Hall. This location is able to serve you with late night dining options.

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## **Special Needs**

In the event that students have special dietary needs, a quick call to Campus Dining (2346) will allow them to have special meals arranged. Box lunches are intended as a convenience for those students who have work and/or academic schedules which conflict with the regular meal hours. The box lunch replaces the meal the student would eat in the cafeteria. Access to the dining room will be denied for that meal. Forms to build a student's box lunch are available through the food service office.

## **Campus Security**

**309/337-5708**

[department.monm.edu/stuserv/safety-security](http://department.monm.edu/stuserv/safety-security)

Monmouth College provides for safety and security needs through a professional security service. Security officers are available 24 hours 7 days a week when the college is in session, and may be reached by dialing "0" from an on campus phone or 309-337-5708. This number will also give access to the security escort service. Students will learn about campus security practices through many different outlets at Monmouth, beginning with SOAR (Summer Orientation and Registration) and on a continual basis through the residence life staff members. College policies and procedures may be found in the Scots Guide which will be provided to each first year student. Parents may access this guide on the College website. Students are also strongly encouraged to register their cell phone number with SCOTS ALERT, the college's emergency text messaging service. This information will be provided to the student at SOAR and again in the fall.

## **College Work Study**

**309/457-2129** - <http://www.monm.edu/financial-aid/work-study.htm>

Most campus jobs are considered federally funded work-study positions. Job listings are available online through the financial aid office. It is up to the individual student to seek employment. Academic departments, as well as many administrative offices, hire a number of students for various positions. It is advantageous for a student to inquire with these offices directly for available positions.

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## **Counseling Services**

**309/457-2114** - [department.monm.edu/stuserv/counseling](http://department.monm.edu/stuserv/counseling)

Counseling includes a wide array of services aimed at helping students maintain psychological and emotional wellness. Licensed clinical professional therapists provide confidential assessment and counseling services to students desiring assistance with social adjustment, stress and anxiety, depression, relationship problems, alcohol/drug and other addiction issues, attention and learning difficulties, and sexual concerns. Individual and group counseling is made available to students on campus by calling 309-457-2114. Emergency services are also provided.

## **Financial Information**

**309/457-2124** - [www.monm.edu/business-office/payment.htm](http://www.monm.edu/business-office/payment.htm)

All fees and charges are due two weeks prior to the beginning of the semester in which the student is enrolled. Students may not confirm their registration until their account is paid in full or satisfactory alternative arrangements are made with the Business Office. Students who have outside scholarships or loans not already credited to their account by the day of registration must have written confirmation from the source of the aid if the scholarship or loan is to be considered in computing the net amount due. Students who wish to distribute payments over several months may make arrangements to do so using the Nelnet payment plan. Information is available from the Business Office or the Monmouth College website. There is a \$50 annual enrollment fee.

The total cost of a year at Monmouth College depends on the personal lifestyle and course selection of individual students. For more information on specific fees, you may contact the Business Office at 309-457-2124. Tuition and fees include use of the library, laboratories, student center, Huff Center, co-curricular programs, admission to athletic contests, and most other campus events.

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## **The Family Educational Rights and Privacy Act**

The Family Educational Rights and Privacy Act (FERPA) affords students certain rights with respect to their education records. They are:

- The right to inspect and review the student's education records.
- The right to request the amendment of the student's education records to ensure that they are not inaccurate, misleading, or otherwise in violation of the student's privacy or other rights.
- The right to withhold disclosure of Directory Information contained in the student's education records, except to the extent FERPA authorizes disclosure without consent.
- The right to file with the U.S. Department of Education a complaint concerning alleged failures by Monmouth College to comply with the requirements of FERPA.
- The right to obtain a copy of Monmouth College's FERPA Policy Statement which is on file in the Office of the Registrar.

## **Health Services**

**309/734-1414**

Twenty-four hour student health care is provided by two agencies:

OSF Holy Family Medical Center  
1000 West Harlem Avenue  
Monmouth, IL 61462

OSF Holy Family Clinic  
1000 West Harlem Avenue  
Monmouth, IL 61462

OSF Holy Family Clinic provides family medical care to patients of all ages. The OSF Holy Family Clinic is located at OSF Holy Family Medical Center and is staffed by physicians, physician assistants, and

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a team of nurses and support staff. The unique feature of the OSF Holy Family Clinics is the convenient, extended hours – they are open 24 hours a day, seven days a week. You can make an appointment with your individual OSF Holy Family Clinics physician, or you can simply walk-in at your convenience and see the OSF Holy Family Clinic physician or physician assistant that is on duty.

The OSF Holy Family Medical Center is in Monmouth to serve students when there is a true emergency and/or when a doctor is needed. *Students are also free to select other health care providers in Monmouth or the surrounding communities.* Names and phone numbers are available by calling the switchboard. The College is not a referral service, but will provide names and numbers. A taxi service is available for students who do not have transportation. The taxi service will bring the student to OSF Holy Family Clinics or Medical Center and return the student to his/her residence hall at no charge. The taxi service will also take a student to the pharmacy if a prescription is needed. The taxi service can be reached by calling 309-734-6369.

### **Hewes Library**

**309/457-2190** - [department.monm.edu/library/](http://department.monm.edu/library/)

The Hewes Library, located at the center of campus, provides resources and services to satisfy the information needs of the Monmouth College community. The library's collection consists of over 300,000 books, periodicals, government documents, microforms, over one hundred online databases with access to our Hewes Library is a member of a consortium of 76 academic libraries in Illinois that share resources through our I-SHARE catalog. Students and faculty are able to request any of the millions of items available directly via the I-SHARE catalog. We are also able to borrow books and articles from other libraries beyond the I-SHARE libraries. The average turn-around time for ISHARE requests is 3-6 days while interlibrary loan requests take an average of 10-14 days. All library resources are introduced to students through many courses, including Introduction to Liberal Arts and Communications 101. Two art galleries are also located on the upper level with the James C. Shields Collection of

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ancient art and antiquities, and the Len G. Everett Gallery for rotating art exhibitions during the academic year. Throughout the building, ample study space is available for individuals, groups, and classes. Students who own personal laptops with wireless capabilities may access the internet within the library. The library's Internet home page provides students and faculty with access to the library's many web-based databases on a 24-hour basis.

### **Information System Center**

**309/457-2106** - [department.monm.edu/is/](http://department.monm.edu/is/)

The Hewes Library is the home of the College's fully equipped Information System Office and network facilities. There are more than 100 classroom/lab computers available for student use. The main lab, the Dahl Computer Center, is located in the basement of the Hewes Library, and is available for general student use whenever the library is open. There are other labs and classrooms throughout the campus, which are available for general use when classes are not in session. All labs are staffed in the evenings by a student worker in the Mellinger Center.

Access to the Internet is available from any of the 100 classroom/lab computers on campus as well as from equipped residence hall rooms. A full suite of applications is available from any campus computer, including word-processing, spreadsheets, and e-mail. E-mail accounts are activated following acceptance.

### **Career Development**

**309/457-2115** - [www.monm.edu/wackerle/](http://www.monm.edu/wackerle/)

The Wackerle Career and Leadership Center serves to meet the career development needs of all students, from freshmen to seniors. Services and programs have been designed to help students at each level of the college experience. Students are invited to take advantage of career interest assessments, guidance counseling, goal-setting assistance, job and graduate school resources, programs and presentations.

## **Office of Greek Life, Involvement, and Service**

**309/457-2308** – [www.monm.edu/wackerle/gis](http://www.monm.edu/wackerle/gis)

The Office of Greek Life, Involvement, and Service supports and promotes student development through involvement on campus and in the surrounding community. By getting involved in campus organizations and attending campus programs, students explore and enhance their leadership skills so they are prepared to be active, principled leaders in their careers, within their families, and in their communities. Located in the lower level of the Stockdale Center, this office provides weekend workshops, retreats, and conferences as well as assistance for students who would like to start a new student organization.

## **Community Service Programs**

**309/457-2308** – [www.monm.edu/wackerle/gis/service](http://www.monm.edu/wackerle/gis/service)

Service to others and the community is one of the most important aspects of leadership and outstanding citizenship. At Monmouth College, there are a variety of service-based organizations offering many volunteer opportunities including tutoring, work in community centers and shelters, youth mentor programs, service trips during school breaks, and many one-time activities. These organizations work to support and encourage service activity in all areas of the college community. Students seeking an immersive service experience may participate in the Alternative Spring Break program, in which a student-led group focuses a week-long effort on a community in need elsewhere in the nation during the spring break recess. A complete listing of campus organizations, including service organizations, is found in the New Student Handbook.

## **Campus Organizations**

**309/457-2308** – [www.monm.edu/wackerle/gis/involvement](http://www.monm.edu/wackerle/gis/involvement)

Monmouth College is an active, vibrant community. There are a number of opportunities for students who wish to be involved in activities outside the classroom. In order for a student to get the most

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out of his or her college experience, he or she needs to be aware of what is available, keep an open mind, and learn to budget time. Currently, Monmouth College has several dozen active organizations including honor societies, service groups, fine arts ensembles and troupes, student publications and communications, men's and women's fraternities (Greek-letter organizations), intramural and varsity athletics, and special interest groups. Each of these groups is continually seeking new members. For a complete listing of campus organizations, please refer to the New Student Handbook.

## Postal Services

### 309/457-2345

Mail for all students is delivered to the Stockdale Center, where it is placed in individual locked mailboxes. The Stockdale Center mailroom is open every weekday during the hours of 11:00am - 4:00pm to pick up packages. Students have access to their mailboxes whenever the Stockdale Center is open. Residents of Founders Village, North and Peterson Halls have individual mailboxes in their respective buildings. Mail is delivered each weekday afternoon. All packages must be picked up in the Stockdale Center mailroom during regular hours.

Mail should be addressed in the following manner:

Name  
Monmouth College Box #  
318 N. 9th Street  
Monmouth, IL 61462

All deliveries from overnight priority services will also be delivered to the mailroom. Floral arrangements will be delivered to the Stockdale Center office. Students will be notified of the delivery and may be picked up during regular Stockdale Center building hours.

## Residence Life

### 309/457-2113 – [department.monm.edu/stuser/residence-life/](http://department.monm.edu/stuser/residence-life/)

Monmouth College provides a wide range of living opportunities and experiences. None of its halls are quite like any other, either in its architecture or its internal arrangements. The residence life staff

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members assist students in their personal, social, cultural, and educational development by nurturing a healthy environment for living and learning. To further meet these objectives, staff members offer a wide range of administrative, and programming activities. Monmouth College provides a variety of living options which include single gender residence halls, apartment style living, suite style living, coed living, theme housing, and a Fraternity Complex for men. These options include:

Grier Hall – Women

Fulton Hall – Women

Liedman Hall – Women

McMichael Hall – Women

Cleland Hall – Men

Graham Hall – Men

Winbigler Hall – Men

Fraternity Complex – Men

Theme Houses – Co-Ed

Bowers Hall – Co-Ed

Founders Village – Co-Ed

Peterson Hall – Co-Ed

North Hall – Co-Ed

### **Stockdale Center**

**309/457-2345**

[department.monm.edu/stuserv/stockdale-center/](http://department.monm.edu/stuserv/stockdale-center/)

The Stockdale Center offers a number of services for students. These services include cashing checks; making change for laundry; selling postage stamps; meeting room reservations; as well as managing the main switchboard for the campus. The Stockdale Center serves as a source for campus information. The Stockdale Center also houses the student activities office. The staff and student assistants on the Association for Student Activity Programming (ASAP) work closely to plan a wide range of activities such as lectures, films, dances, cultural and performing arts programs, as well as assist other organizations with their activities.

### **Student Affairs**

**309/457-2114** - [www.monm.edu/studentlife/](http://www.monm.edu/studentlife/)

The Student Affairs staff - the vice president, deans, directors, chaplain, head residents, staff of the Stockdale Center, Wackerle Center and Leadership Center, and the Office of Greek Life,

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Involvement and Service - all have a personal and professional commitment to quality in all areas of student life.

The Office of Student Affairs administers all student services, particularly individual and group counseling, personal, relational and developmental concerns, health and wellness issues, advising student government, campus and Greek organizations, and the general well being of campus life.

## **Trotter Fitness Complex**

**309/457-3626** - [www.monm.edu/wellness/](http://www.monm.edu/wellness/)

The Trotter Fitness Complex has been transformed from the original gym into a modern fitness complex, complete with the latest cardio/aerobic machines, free weights, and a rock climbing wall. An aerobics and dance studio is also available for student, staff and faculty use. Fitness programs, wellness activities and recreational sports programs are offered all year through the Complex.

### **Hours:**

Mon - Thurs	6:00am - 11:00pm
Friday	6:00am - 7:00pm
Saturday	10:00am - 4:00pm
Sunday	12:00 - 10:00pm

## **Recreational Sports**

**309/457-2227** - [www.monm.edu/wellness/](http://www.monm.edu/wellness/)  
([www.monm.edu/wellness/rec-sports/sports2.htm](http://www.monm.edu/wellness/rec-sports/sports2.htm))

There are many opportunities to participate in recreational sports throughout the year. The electronic message board on Outlook or the Wellness website will provide the information regarding signups and team information for these events. Some of the rec sports that will be offered this year include:

Co-ed Volleyball	Flag Football
Bowling	Floor Hockey
Co-ed Softball	3 on 3 Basketball

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Golf	8 Ball
Co-ed Indoor Soccer	Badminton
Singles Tennis	Ping Pong
Doubles Tennis	Frisbee Golf
5 on 5 Basketball	Wrestling
3 Point Shoot-out	

Also, there are two club sports currently playing on campus, water polo and men's volleyball.

## Athletics

**309/457-2176** - [www.monm.edu/sportsinfo/](http://www.monm.edu/sportsinfo/)

Monmouth provides a variety of opportunities for students to get involved with athletics to round out their spiritual and physical well being, from rigorous discipline of intercollegiate competition in the Midwest College Athletic Conference, to extensive wellness and recreational sports programs. Monmouth's men compete on the varsity level in football, soccer, cross-country, basketball, baseball, tennis, golf, swimming, and track and field. Varsity competition offered to Monmouth's women includes volleyball, cross-country, basketball, soccer, tennis, golf, swimming, track and field, and softball. Approximately 75 percent of Monmouth's students are active participants in all phases of these programs. Facilities include the Bobby Woll Football Field, an all-weather track, Peacock Field, and the Huff Center, featuring the Pepper Natatorium and an indoor track.

## Huff Athletic Center

**309/457-2176** - [www.monm.edu/sportsinfo/](http://www.monm.edu/sportsinfo/)

The Huff Athletic Center, which opened in the fall of 2003, is a comprehensive facility for sports, fitness and recreation. A large addition to the west contains a natatorium with an eight-lane competition pool, a steam room and sauna, and a multipurpose field house with a 200-meter track. The track in the field house is covered with a durable *Mondo* surface. The infield space accommodates jumping and throwing events, as well as practice areas for basketball, volleyball, softball, soccer, and baseball. The lower level is accessible

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by elevator or stairs and contains the entrance to the indoor track and additional entrances to the Glennie Gymnasium. A number of locker rooms provide comfortable accommodations for approximately 15 varsity teams, as well as visiting teams. Nearby is the spacious Marshall Training Room. It is outfitted with whirlpool baths, training tables, and various therapeutic devices.

### *Tips for Parents*

#### **Parent's Role in the College Experience**

Your student is about to begin one of the most challenging and exciting experiences of his/her life. College can be a time of joy, pain, discovery, or disappointment. Your student will encounter many unexpected issues such as homesickness, increased freedom, demanding academic course loads, and changing interpersonal relationships, just to name a few.

You, as a parent, will also undergo a certain amount of change in your life. You will experience all the achievements and disappointments of college with your son or daughter.

The following suggestions for parents of first-year students may help you to prepare for some inevitable changes in your life. These guidelines may help you survive your student's first year without losing your sanity. They may also help to strengthen your relationships with your son or daughter, the college student.

#### ***Tip #1 - Don't Ask Them If They're Homesick***

The power of association can be a dangerous thing. (A friend told me "the idea of being homesick didn't even occur to me, what with all the new things that were going on, until my mom called one of the first weekends and asked, 'Are you homesick?' Then it hit me.") Students often deny the idea of homesickness. They will usually be extremely busy meeting new people and adjusting to new situations. Unless you remind them, they will probably be able to escape the loneliness, frustration, and homesickness typical of most new students. (Even if they don't tell you during the first few weeks...they do miss you!)

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### ***Tip #2 - Write or Email (Even If They Don't Write Back)***

Students are typically eager to experience all the away-from-home independence they can in the first few weeks of school. However, most are still anxious for family ties and the security those ties bring. They will check the mailbox regularly. Both electronic and physical mailboxes. There's nothing more depressing than a week of empty mailboxes.

### ***Tip #3 - Ask Questions (But Not Too Many)***

First-year college students have a tendency to resent interference with their new-found lifestyle, but most still desire the security of knowing that someone is still interested in them. "I-have-a-right-to-know" questions can be frustrating for your student. However, honest inquiries and other genuine communication and discussion will do much to further the parent-student relationship.

### ***Tip #4 - Expect Change (But Not Too Much)***

Change is natural, inevitable, and can be inspiring and beautiful. Occasionally it may be challenging. College and the experience associated with it can effect changes in social, vocational and personal behavior and choices. Remember that your student will be basically the same person that you sent away to school. Maturity is not instantaneous. Please be patient.

### ***Tip #5 - Don't Be Overly Alarmed About Emotional Phone Calls, Emails or Texts***

Often when troubles become too much for a first-year student to handle (a flunked test, ended relationship and shrunken T-shirt all in one day) the only place to turn, write or dial is home. You might not hear about the "A" paper, the new boyfriend or other triumphs. After unloading troubles, students usually feel better, and you are left with the burden or worry. Be patient. You're providing a real service as an advice dispenser, sympathetic ear or punching bag. (\*Note: if problems are serious, resources for students are available on campus.)

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### ***Tip #6 - Visit (But Not Too Often)***

*Planned* visits are another part of the first-year events that students may be reluctant to admit liking, but will appreciate greatly. These visits give the student a chance to introduce some of the important people in both of his/her now-important worlds (home and school) to each other. Additionally, it's a way for parents to become familiar with (and, hopefully, more understanding of) their student's new activities, commitments and friends.

### ***Tip #7 - Do Not Tell Your Student That "These Are The Best Years Of Their Lives"***

Not all college students get good grades, know what they want to do with their future, always have activity-packed weekends, have thousands of close friends, and lead carefree, worry-free lives! Family members who perpetuate the "best years" stereotype may inadvertently be working against their students' already challenging self-development. Those who accept and understand the highs and lows of their students' education are providing support and encouragement where they need it most.

### ***Tip #8 - Trust Them***

Make your love and respect known. Some of their decisions may be a little scary from time to time, but support and trust will offer the encouragement they need to feel confident in making good, solid decisions on their own. Let them know you trust them and mean it!

*Adapted from:*

*National Orientation Director's Association  
Manual, 1995 Edition*

## **Helping Your Student Succeed**

### *A. Goal Setting*

Your student's future success may be limited if we only provide the knowledge needed for a specific job. Unless your student has a specific major, encourage him or her to discover and explore the options that the college offers. Using college resources will help your student to select from among those options. It is common for students to change majors three to five times during their college careers. Students need time to sort out potential interests and experience different academic programs. Parents help prepare students for future career experiences when they encourage them to:

- Take classes that explore more than one career option
- Visit the career center and academic advisors
- Participate in community service
- Study abroad
- Participate in campus and community organizations

### *B. Student Involvement*

Studies are continually being conducted to measure the effects of involvement on college students. Results of those studies show students who are involved are more satisfied with college, likely to complete a degree, and achieve success during their college years. Student government, academic clubs, and athletic teams all provide opportunities to enhance skills in leadership, teamwork, and goal setting. Writing for the school newspaper sharpens writing skills, working for the campus radio develops communication skills, and joining a service organization allows students to meet many different people.

### *C. Identifying and Overcoming Problems*

College can be an overwhelming experience for some students. Stress, homesickness, and loneliness are just a few of the emotions first year students may experience. Skipping classes, difficulty in keeping up with homework, and frequently going home may be indicators of problems in adjusting to college life. Early detection will give the student more options to address the situation. However, it is

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important to remember that there are many behaviors that are normal responses to all of the new challenges. Caring communication that is not critical or meddling will help to gain your student's attention.

## *D. Discovering the Benefits*

When a child decides to go to college it is a decision that impacts the entire family. It may require some sacrifices and some parents might be concerned if this is the right decision for their student. Research continues to find significant differences between college graduates and those who do not attend college. College graduates tend to have increased confidence and adaptability, are more accepting of those who are culturally different from themselves, and are more responsive to community needs.

Mullendore, R.H., & Hatch, C. (2000). Helping your first-year student succeed: A guide for parents (pp13-26). Columbia, SC: University of South Carolina, National Resource Center for the Freshman Year Experience & Students in Transition.

## **Suggested Readings**

Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years

By: Helen E. Johnson and Christine Schelhas-Miller

Helping Your First-Year College Student Succeed: A Guide for Parents

By: Richard H. Mullendore and Cathie Hatch

Letting Go: A Parent's Guide to Understanding the College Years

By: Karen Levin Coburn and Madge Lawrence Treger

Let the Journey Begin: A Parent's Monthly Guide to the College Experience

By: Jacqueline MacKay and Wanda Ingram

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## Academic Calendar

2009-2010

<http://www.monm.edu/academics/advising/calendar.aspx>

### Fall Semester

August 22	Orientation Move in Day
August 24	Academic Orientation
August 25	First Day of Classes, Fall Semester
September 19-20	Family Weekend
October 10-11	Homecoming
October 19-20	Fall Break
November 25-29	Thanksgiving Break
December 10	Reading Day, no classes
December 11-16	Finals

### Spring Semester

January 13	First Day of Classes, Spring Semester
January 18	Martin Luther King Day, no classes
March 8-12	Spring Break
April 2	Good Friday, no classes
April 5	Easter Monday, no classes
April 20	Founders Day
May 6	Reading Day, no classes
May 7-12	Finals
May 16	Commencement