FRESHMAN COLLEGE
High Academic Standards, Peer and Teacher Mentoring, and Academic and Social Support to Help Students Make the Transition to the Great Bethune-Cookman University

The Freshman Advocate
A Publication of the Freshman College
Freshman College Welcomes New and Transfer Students

New/Transfer Student Check in
August 15th — 17th

Placement Testing
August 18th—20th

New Student Orientation/Registration
August 18th—22nd

Classes Begin
August 25th

FRESHMAN COLLEGE WELCOMES YOU

The Freshman Advocate is a publication dedicated to the families of B-CU freshman. You have our constant prayer and support as your young adult begins this new journey. In addition to modeling academic, individual and social responsibility to first-year students, the Freshman College, faculty and staff are committed to partnering with parents and caregivers in order to provide helpful assistance as your student experiences his or her first year of college. We are prayerful that you will realize that the Advocate is just one of many resources on the campus available to you.

From all of us in the Freshman College – Welcome to our home!

Pictured in the photo Front Row Seated: Dr. Gloria Markette, Reading Department Chair, Dr. Michelle Thompson, Dean, Freshman College. L to R Standing: Ms. Pascale M. Brown, Resource Counselor, Martellis Burkes, Student Aid, Mrs. Leighetta Jackson, Testing Specialist, Mr. Robert Glick, Math Department Chair, Mrs. Joyce Ellenwood, Mr. James Lai, Testing Director, Ms. Annette Yearby, Assistant Testing Director, Ms. Sheila Bryan, Receptionist and Ms. Karen Lawrence, Admin. Asst. to the Dean.
Every fall a new crop of recent high school graduates arrives on campus—excited, nervous, and, I'm sure, with every intention to succeed. Most probably receive advice about how to do well in college from multiple sources: guidance counselors, family, older friends or siblings, freshman orientation staff, books, and college materials. Many instructors of first year courses make a point of discussing in class or in the syllabus their expectations, the importance of doing course readings, the hours of study that will be required, and student responsibilities in the learning process. According to Linda Walsh, Department of Psychology, University of Northern Iowa, “for far too many students these repeated messages just don't seem to have a lasting effect. It still seems that many, if not most, students can only learn from their own mistakes and not from the guidance of others.” The following is data Ms. Walsh has collected from a student survey administered at the end of their first semester that asks students about their successes, regrets, and what they now realize about college that they wished they had known (or believed) when they started in the fall:

92% of the students surveyed had first semester regrets or things that they wished they had done differently. Virtually all of the regrets expressed were academic in nature. The top responses were:

- Not keeping up with or not doing the reading
- Not studying regularly or enough
- Procrastinating, cramming and skipping class

According to Ms. Walsh students reported less than favorable grades earned at the end of the first semester which supports the theory that many will re-experience regrets as they work to overcome the damage done to their GPA in this single semester. When asked to compare how they would rate the importance of various activities now, as compared to when they entered college, the majority selected: “Much more important” or "More important" in the following areas:

- Doing course reading (83%)
- Time management (82%)
- Studying often instead of cramming (82%)
- Procrastinating less (78%)
- Getting help if needed (74%)
- Organization and planning (70%)
- Finding a good study location (68%)

In light of this information, encourage your student to visit the various tutorial labs available on campus and to develop a tutoring schedule if needed. Developing good study habits early in the collegiate career can help prevent many regrets later.

*Adapted from Linda L. Walsh, Department of Psychology, University of Northern Iowa.
### Tips for Parents to Help Their Student

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<th><strong>DO</strong></th>
<th><strong>DON'T</strong></th>
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<tr>
<td>encourage.</td>
<td>nag or harass.</td>
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<tr>
<td>keep listening and communicating with your student.</td>
<td>tell your student what to do.</td>
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<tr>
<td>insist that your student take responsibility for his/her choices, decisions and actions.</td>
<td>take over and assume responsibility for your student. This makes it difficult for students to make the transition.</td>
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<td>keep in touch - establish a pattern such as a weekly letter, phone call, or a brief daily e-mail.</td>
<td>insist on frequent visits home or daily phone calls.</td>
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<td>be empathetic as your student makes this challenging transition.</td>
<td>feel sorry for your student. Instead, convey the attitude that this is a part of life.</td>
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<td>support your student's positive steps towards independence by asking, &quot;What are you going to do about it?&quot;</td>
<td>intervene on their behalf without allowing your student to attempt to resolve the issue first.</td>
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*Adopted from New Horizons for Learning [http://www.newhorizons.org](http://www.newhorizons.org)*

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## Getting Involved

There are many ways that parents and family members can become involved in B-CU.

Some choose to join the Parents Association, a group that provides information, resources, and insight to administrators. If you're interested in participating in the Parents Association, e-mail [bosticks@cookman.edu](mailto:bosticks@cookman.edu).

Parents and family members are also welcome to attend athletic and cultural events. For more information long onto [www.cookman.edu](http://www.cookman.edu).

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### Helpful Resources that Address First-Year Student Transition

There are many wonderful books available regarding parenting college students. Some of the most popular books include:

- Johnson, H., Schelhas-Miller, C., *Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years*
- Coburn, L., Treeger, M., *Letting Go: A Parents' Guide to Understanding the College Years*
- Savage, M., *You're on Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years*
President’s Assembly will be held Wednesday, September 24, at 10:20 in the Performing Arts Center (PAC). All students are asked to dress professionally and refrain from bringing cell phones or other electronic devices. It is expected that all freshmen sit near the front of the auditorium in order to be recognized as Dr. Reed’s adopted class. As a courtesy, students should remain seated and silent until the Benediction is given and the audience is dismissed.

UPCOMING EVENTS

Bethune-Cookman University is founded on and practices Christian principles, moral and ethical behavior, and total commitment to educational excellence. It is the responsibility of the student to be familiar with the contents of the Student Handbook and any addendums that relate to Student’s Rights and Responsibilities and the Honor Code of Student Conduct. The student is expected to conform to the policies set forth by this university and should violations occur, the student is expected to assume the consequences of his/her own actions. Violating the prescribed codes will undoubtedly affect fellow students and the university community at large. The student is expected to conform to a standard of conduct both on and off-campus.

With this said let this serve as a reminder to students that inappropriate dress and foul language will not be tolerated. Any student who wears inappropriate clothing and accessories and/or uses foul language in the classroom, buildings, cafeteria, college campus or at university sponsored events is subject to disciplinary measures as expressed in the handbook.

Under the Bethune-Cookman University Anti-noise Ordinance, cellular phones and beepers are to be placed on silent mode or turned off completely while inside B-CU classrooms and at assembly programs. Please note that I-Pods and Mp3 players are not permitted as well.

**STUDENT CHAPEL DATES**

- **September 3** Chapel  
  Dr. Jeffrey Smith
- **September 10** Rev. Jeffrey Robinson  
  Mount Carmel Missionary Baptist Church
- **September 17** Rev. Kevin James  
  Palmaceia United Methodist Church
- **September 24** President’s Convocation  
  PAC Center

**Mandatory Chapel Dress Code**

- **Males:** Slacks, Shirt, Tie and Dress Shoes
- **Females:** Professional Pants Suit, Skirt, Blouse, Dress Shoes
  - No Jeans, Shorts, T-Shirts, Tennis Shoes or Hats of any kind permitted

**B-CU STUDENT CODE OF CONDUCT**

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Freshman College offers free tutoring through its Math, Writing and Reading Centers. All three labs are computerized learning centers where students can receive individual and small group instruction to improve skills in grammar usage, research, literacy and critical thinking and/or assistance with the sub-sections of the College Level Academic Skills Test (CLAST).

- Writing Lab   Kottle #106
- Reading Lab   General Studies #10
- Tri (Math) Lab General Studies #1

Freshman College Annual Signature Service Project

The Freshman College has adopted The Salvation Army in Daytona Beach as its Signature Service Project. Freshman College is committed to participating in community service projects throughout the academic year. Once a month Freshman College students, faculty and staff, through Freshman Seminar will collect non-perishable goods and clothing items to help stock the Salvation Army’s food pantry and clothing closet. Freshman seminar students who participate will receive community service credit. We appreciate the Salvation Army for allowing us to partner with them to be of service within our local community. For more information or for students who may need assistance please contact Pascale M. Brown at (386) 481-2308 or brownp@cookman.edu.

"In the Kingdom of God, service is not a stepping-stone to nobility: it is nobility, the only kind of nobility that is recognized." Author—W. T. Manson

New Student Surveys

New student surveys will be administered through Freshman Seminar during the week of September 17th. All new freshmen are required to complete a total of three surveys before the end of the fall semester. See assigned Freshman Seminar instructor for details. You will receive points toward your grade and a Freshman College t-shirt for participating in the interview.