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

October/November 2008

Founder’s Day Observance—October 6, 2008

Last Day to Register to Vote in the 2008 Presidential Election

OCTOBER 6

COLLEGE LEVEL ACADEMIC SKILLS TEST (CLAST)

October 4 ● February 21 ● June 6

NEW CLAST POLICY

Students must demonstrate appropriate communication and mathematical skills as part of the University’s General Education competencies. Students demonstrate these skills by passing 3 parts of the CLAST (including math) or receiving exemptions by obtaining a 2.5 GPA in English (ENG 131 and ENG 132) and reading (RE 260), and in mathematics (MA 131 and MA 132). Students who have not passed three parts of CLAST (including math) prior to enrolling in RE 260, must also register for a CLAST tutorial lab, and must continuously enroll in the lab each semester until CLAST requirements or equivalent standards are met.

All Bethune-Cookman University students are required to take the CLAST or meet equivalent standards, as described above, prior to enrolling in junior level courses (upper division). Transfer students who have passed 3 parts of the CLAST (including math), satisfied current exemptions or having an AA degree, will not be required to take RE260 or the CLAST prior to enrolling in upper division. Under documented and extenuating circumstances, students may petition the CLAST Review Committee for exemptions from this policy.

(Revised August 20, 2008)

Students with at least 29 credits must register now. Please see Mr. James Lai or Ms. Annette Yearby in the testing office located in Faith Hall.

CLAST Websites

http://mathcenter.usf.edu/courses/clast/ptest_pdf/clast.pdf
http://mathcenter.usf.edu/courses/clast/ptest.html
http://www.testprepreview.com/clast_practice.htm (All portions of the CLAST)
http://dianahacker.com/bedhandbook6e/subpages/add_resources.html (Essay, Reading, English)
The Freshman College is committed to its students and the journeys they travel. We are proud beyond measure to provide an outlet for students to share their testimonies of triumph.

Freshman College is proud to spotlight Misnere Cedieu. Misnere and his family were born in Haiti. He is the only boy of 7 girls. At the age of 10 Misnere and his siblings were sent to Sarasota, Florida to live with his father in an attempt to escape poverty and oppression in his native country. At 17 years old Misnere attempted to protect his sister during a tragic incident involving his father. As a result his father evicted him from the home. In spite of his homeless situation Misnere firmly believes “God protected me and gave me the strength I needed to carry on.” God tested Misnere’s faith with little and gave him much. Just prior to graduation Misnere purchased a lottery ticket with his last $2, for food, and won the lottery for $5,000 dollars. He was able to pay for his graduation fees and help his family financially. A few months later he traveled to Daytona Beach where he is now a proud Wildcat. Misnere says he has gone from no friends in high school to having the most loving extended family he could ever dream of here at B-CU. To Misnere campus life is a blessing and his prayer is that the testimony of his faith will serve the masses to know that God is good all the time. Misnere was a high school track star and is hopeful that he will qualify to be a member of the elite B-CU track team. Misnere is majoring in Sociology with a minor in Social Work and plans to spend the rest of his life sharing his testimony and helping others.

MID-TERM EXAMS
OCTOBER 16—17

MID-TERMS are approaching. The labs are an excellent resource as you prepare to take your exams. Students enrolled in ALL levels of math, English and reading courses are encouraged to take advantage of these labs.

<table>
<thead>
<tr>
<th>Lab</th>
<th>Hours</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing Center—Kottle 106</td>
<td>Monday and Wednesday 8:00a.m.—11:20a.m.</td>
<td>481-2365</td>
</tr>
<tr>
<td>Tri Math Lab—General Studies #1</td>
<td>Monday and Wednesday 3:00p.m.—5:00p.m.</td>
<td>481-2315</td>
</tr>
<tr>
<td>Reading Lab—General Studies #11</td>
<td>Monday and Wednesday 10:20a.m.—11:20a.m.</td>
<td>481-2330</td>
</tr>
<tr>
<td></td>
<td>Tuesday and Thursday 8:00a.m.—11:20a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:00p.m.—5:00p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday 8:00a.m.—11:30a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Writing Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monday and Wednesday 8:00a.m.—11:20a.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00p.m.—5:00p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuesday Evening Only 5:00p.m.—8:00 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday 8:00a.m.—12:30p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:30p.m.—5:00p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Friday 10:20a.m.—11:20a.m.</td>
<td></td>
</tr>
</tbody>
</table>
This year Freshman College partnered with Heath Services to inspire others to become an active participant in the American Heart Association’s Heart Walk. Special thanks goes out to the SGA Student Government and each Class for their collective efforts to help us raise $550.

See you at the Band Shell!
Freshman College Welcomes all of the Families that will be Traveling to the Daytona Beach Area to Take Part in the 2008 Homecoming Events.

http://www.cookman.edu/documents/HCbrochure08.pdf

PRE-REGISTRATION
October 27-November 9

All freshmen students will receive their schedule summaries through their Freshman Seminar instructor. Freshman who are not currently enrolled in Freshman Seminar should report to Freshman College to pick up individual summaries. You are encouraged to do so prior to leaving for the Thanksgiving Holiday to ensure your classes for Spring 09 are confirmed and any questions can be addressed. All registration for returning students is to be completed on the Wildcat website.

If you need help:

- Obtaining and activating student PIN—see CIT located next to the Registrar’s Office
- Securing a copy of a vertical curriculum (major/minor outline) - See Freshman College staff located in Faith Hall

Freshman College Chapel Services

Freshman College Chapel Services are held throughout the semester. All students are encouraged to attend. Come for an uplifting word, prayer, fellowship and an awesome praise and worship experience.

October 1  Pastor Evans Smith  Morning Star
October 8  Bishop Derrick Triplett  Hope Fellowship
October 15  Rev. Victor Gooden  New Life Ministries
October 22  Samuel Heath  SGA President
October 29  Marvin McQueen II  United Fellowship/Jacksonville
November 5  Marcellas Williams  MIFE Church International/Jacksonville
November 12  Rev. Nathan Gulla  Allen Chapel
November 19  Dr. Hubert Brown, Jr.
The semester is almost over and many students will be traveling home for the holidays and attending the Florida Classic in Orlando. Please be safe and sensible during your travels. Listed are a few tips that may aid in keeping you safe:

- Pray God’s protection before you travel
- Adhere to speed limits
- Leave enough time to get to your destination (airport, event) so you don’t feel rushed
- Inform at least one other person of your whereabouts
- Don’t drink and drive
- Get enough rest so you are not driving tired
- Wear safety belts/helmets
- Limit number of persons in your car

As students prepare for the Thanksgiving Holiday we encourage parents to have conversations with their students in advance so that travel arrangements are not made prior to the last day of their individual classes. It is mandatory that students attend all classes (according to their schedule) through the end of the day on November 26th. Once classes resume on December 1st students will begin preparing to take their final exams. Although students are not required to remove their belongings from dorms during the Thanksgiving holiday, it is important to take care of the following prior to departure:

- Remove any expensive items such as laptops, iPods, jewelry, money and/or any additional small electronics.
- Clear all financial obligations with Student Accounts.
- Leave rooms neat and in order to avoid fines.

DAYLIGHT SAVINGS TIME
ENDS NOVEMBER 2ND

REMEMBER TO TURN YOUR
CLOCKS BACK
1 HOUR @ 2:00AM
Homesick: The College Blues

Well it’s been a few weeks since you dropped your child off at college and this is the time that many begin to miss many aspects of “home”. A teenager going away to college may experience the Blues from being separated from their family. If not addressed, homesickness can transform into depression and have a negative effect on their academic success. There are several things parents can do to help the student develop coping skills during this phase:

- Remind the student to rely on his/her faith for inner peace.
- Send relevant scriptures for the student to meditate on.
- Encourage student to make new friends—increase a sense of belonging by making new friends and engaging in campus activities.
- Be consistent in your contact by phone, letter, email or text message.
- Have family and friends send cards and letters of encouragement.
- Send a care package with familiar goodies throughout the semester.
- Encourage physical activity such as Yoga, walking or working out in the gym with a buddy.
- Limit trips home to the holidays and routine school breaks like Thanksgiving and Christmas.
- Suggest student meet with an academic advisor or counselor on campus to talk about his/her feelings.

Homesickness is an individual journey that shows up at many stages in our lives. The simplest words are often the most powerful—Have you told your child how much you love him/her today?