

# Parent News



Professor Kari Richtsmeier, Director of Off-Campus Programs, spoke to the Parents Council about opportunities for Hamline students to study abroad.

Professor Richtsmeier graduated from Hamline in January '91. She completed a Masters in Political Theory at the University of Bonn, Germany while working as a translator for the German government.

Upon returning to the United States, she competed a M.S. in Linguistics and a Ph.D. in Second Language Acquisition at Georgetown University. This is her seventh year at Hamline. In addition to directing the study abroad program, she teaches courses in German and Global Studies. Highlights of her excellent presentation are on the right.

## PROGRAM REQUIREMENTS

- At least a 3.0 GPA
- Well-articulated reasons for wanting to take classes for their major in an off-campus program
- Good academic references
- Appropriate language skills



## Off Campus Programs / Study Abroad

Studying abroad is a great way for a student to have an extraordinary educational experience without breaking the bank. Students pay a flat fee of \$12,400 to Hamline per semester plus airfare. There is no extra tuition, and room and board are provided by the student's host family. Living with a host family adds to the intensity of the educational experience. Approximately 400 Hamline students will study abroad this year. Grades earned abroad of C or better count toward graduation.

Students wishing to study abroad need to plan at least one year ahead of time to complete the required preparations and orientation. Students learn about the policies and procedures of the program well before departure and also the laws of the country they are visiting since they will be subject to these laws. One cautionary note: If students abuse alcohol they are sent home (no refund plus extra cost for airfare)

and there is zero tolerance for illicit drugs.

Any major can be enhanced by study abroad. Students may only choose schools from a select list.

In many countries the courses are taught in English. If the courses are not taught in English, then the student needs to be fluent in the language, especially when taking courses such as biology or physics.

During fall or spring semester abroad, most students study at a university and take a full load of courses (4 classes). Students have the option of taking two courses and an internship. The internship might be in a lab, or with a company, a government, or a news organization. Students wishing to do internships without course work may do so only in the summer, earning 8 credits.

Hamline has comprehensive insurance for students traveling abroad. Travel is not allowed to countries where a State Department travel warning is posted

### APPLICATION DEADLINES

November 23, 2005 for Fall 2006  
December 30, 2005 for China Trip  
January 31, 2006 for May 2006 term  
February 22, 2006 for Spring 2007  
March 28, 2006 for Summer 2006  
October 19, 2006 for January 2007 term

since the insurance doesn't cover such areas.

Short-term (one month) courses abroad are offered in January and May. Up to 15 students travel with one professor or 25 students with two professors. Application requirements are not as stringent as for the semester or year abroad experiences, but students taking these courses must not be on academic probation.

For more information, go to [www.hamline.edu/off\\_campus/index.html](http://www.hamline.edu/off_campus/index.html)

The Off-Campus Programs/Study Abroad Office is located in the basement of Robbins Science Center in offices 002, 003, and 004. Academic year office hours are 8 - 5 p.m. Summer office hours are 9 - 4 p.m. Their telephone number is 651-523-2245.

Sarah Ditty, a Hamline senior majoring in global studies and history, presented an engaging talk at the Parents Council meeting on October 25. She shared photos and stories about her semester abroad in Brussels, Belgium this past spring. As part of this experience, she did a political research internship at the European Union for Member of the European Parliament Nirj Deva from England. This internship involved fielding parliamentary questions, conducting news briefings, writing speeches, helping write a child labor report, setting up press conferences, helping with a major Tsunami fundraising event, and organizing and writing a series of commodity reports. She also worked on the UK's 2005 campaign for Prime Minister and Parliament. These are all things that she had never done before, but she learned quickly and gained an amazing array of experiences. Besides her internship, she took two history courses at a Belgian university. She also did some fun travel in Italy, Greece, Paris, and Prague during her breaks from work and school. Sarah gave special thanks to her Mom and Dad for lending her money so she wouldn't still be stuck in Italy.

## Dining on Campus

Big changes were made in Dining Services this year, giving students greater flexibility in when, how and where they eat. The biggest changes are in the hours of service and the increased amount of declining balance on each meal plan. On weekdays, Sorin Dining Hall is open all day except from 10:30 - 11 a.m., and on weekends, brunch starts at 10 a.m. instead of 11:30 a.m. Late diners can find food at the Klas Cafe until 10 p.m. every night except Saturday, when it closes at 9 p.m.

Students who purchased a meal plan can only use their meals at Sorin this year. Sorin also accepts cash, checks, or declining balance. The three other dining locations on campus - The Klas Cafe, HUB Snack Bar, and Law Food Cart - accept cash, checks, or declining balance. The financial aspects of the meal plans were changed to allow a precise accounting of food sold at Klas and the HUB.

Sharon Tracy said that this year many students changed to lower meal plans that have more declining balance, which gives them more flexibility in where they can eat on campus. The vegetarian and vegan options at Sorin have been expanded.

For more information, go to [www.hamline.edu/hamline\\_info/offices\\_services/student\\_relations/studentaffairs/dining/index.html](http://www.hamline.edu/hamline_info/offices_services/student_relations/studentaffairs/dining/index.html)

### Dining Hours

#### Sorin Dining Hall

Weekdays

7:15 a.m. - 10:30 a.m.

11 a.m. - 7:30 p.m.

*except Fridays dinner is open until 6 p.m.*

Saturday & Sunday

Brunch 10 a.m. - 1 p.m.

Saturday Dinner 4:30 p.m. - 6 p.m.

Sunday Dinner 4:30 p.m. - 6:30 p.m.

#### Klas Cafe

Weekdays 7:30 a.m. - 10 p.m.

Saturday 9 a.m. - 9 p.m.

Sunday 1 p.m. - 10 p.m.

#### HUB Snack Bar

Weekdays 7:30 a.m. - 8 p.m.

#### Law Food Cart

Weekdays 7:45 a.m. - 1:45 p.m.

Weekends 11 a.m. - 1 p.m.



Sharon Tracy, Director of Dining Services

## Things to Know

### Residence Hall Issues

The residence halls close for Semester Break at noon on Wednesday, December 21. Hamline Apartments, Manor Hall and Peterson Halls do allow students to stay over breaks. Manor and Peterson residents need to pick up break keys in Residential Life prior to break.

Students not living in the halls spring semester need to complete a contract release form by December 1.

### Grades

Midterm grades have been posted on line.

### Ask the Dean

Parents are encouraged to send their questions to the Dean of Students, Alan Sickbert, [asickbert01@gw.hamline.edu](mailto:asickbert01@gw.hamline.edu)

### Oracle Online

The Oracle is the Hamline University College of Liberal Arts weekly student newspaper, published on Tuesdays. You can read this online at [www.hamline.edu/oracle](http://www.hamline.edu/oracle)

### WOW?! --- What's On the Weekend?!

To find out what's happening on campus on the weekend, go to [www.hamline.edu/hamline\\_info/offices\\_services/student\\_relations/studentaffairs/sald/events/wow.html](http://www.hamline.edu/hamline_info/offices_services/student_relations/studentaffairs/sald/events/wow.html)

## Parents Calendar

### Parents Council Meetings

Thursday, February 9, 2006

6 - 8:30 p.m. in Sorin Hall, Rooms A&B

6 - 6:30 pm Open Invitation for Social Time

6:30 - 7 p.m. Dinner

7 - 8 p.m. Program: Alcohol and Drugs

8 - 8:30 p.m. Question & Answer Session

RSVP to 651-523-2421

Tuesday, April 4, 2006

6 - 8:30 p.m. in Sorin Hall, Rooms A&B

*Election of new Leadership for Parents Council*

*Program Speaker to be announced*

RSVP to 651-523-2421

### Spring Parents Weekend

Tentatively in March of 2006

### President's Reception

Tentatively in May of 2006

### 2006 - 2007 Planning Workshop

Tentatively in May of 2006

### Graduation

Saturday, May 20, 2006

## Meningitis Inoculations Recommended for Students

Meningococcal disease, a rare, but potentially fatal, bacterial infection commonly referred to as *meningitis* is a concern for college students, especially those living on campus. All first-year students living in residence halls are urged to be immunized against meningococcal disease. Other college students under 25 years of age who wish to reduce their risk for the disease may choose to be vaccinated.

Due to lifestyle factors, such as crowded living situations, bar patronage, active or passive smoking, irregular sleep patterns, and sharing of personal items, college students living in residence halls are more likely to acquire meningococcal disease than the general college population. Meningococcal infection is contagious, and progresses very rapidly. It can easily be misdiagnosed as the flu, and, if not treated early, meningitis can lead to permanent disabilities or death.

Immunizations are available in Counseling & Health Services. Payment of \$90 at time of service is required. For more information, contact Barb Bester R.N., Interim Director, Counseling & Health Services, 651-523-2204 and/or consult your student's physician. You also can find information about the disease and immunization by visiting the Counseling & Health Services web site, [http://www.hamline.edu/hamline\\_info/offices\\_services/student\\_relations/studentaffairs/chs/index.html](http://www.hamline.edu/hamline_info/offices_services/student_relations/studentaffairs/chs/index.html), the ACHA web site, [www.acha.org/meningitis](http://www.acha.org/meningitis), and the CDC web site, [www.cdc.gov/ncidod/diseases/submenus/sub\\_meningitis.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_meningitis.htm).

# College Student Parenting 101

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In case you missed it, here is a brief summary of the Parents Council session held during Parent/Family Weekend. We discussed issues, challenges, and important lessons we have learned as we have journeyed with our students. The first year of college is a tumultuous time requiring many adjustments. Students are dealing with new-found freedom, time management, financial concerns, adjusting to roommates, friendship issues, extracurricular activities, academic challenges, and more. They want to be independent but also want their parents' support, and as a parent, it's hard to get it right.

Hamline provides lots of support for parents through the Parents Council and special weekend events for families. College has changed, and today parents are much more involved in the lives of their students. Through the Hamline web site, parents can learn about the many services offered. Often parents know more about what is available than their student does. Sometimes students are reluctant to take advantage of learning resources and tutors, even though they need the help.

One of our jobs as parents is to let go and let growth happen. It is hard to watch our student make bad choices, especially when we know what they need to do to improve their situation. Sometimes we want to insert ourselves into a situation that really isn't our business, and at other times they want us to rescue them from a situation that they really should handle themselves. They may learn some things from watching their friends fail, but mostly through their own mistakes they grow. We can help by listening to them when they talk about their struggles. We can help by not being intrusive. We can keep unsolicited advice to ourselves.

## Parents Council Leadership

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The picture at the right is of the Parents Council Leadership group. We work together as a team to plan events for parents throughout the year.

Please feel free to contact any of us if you have questions or concerns. We are your link to the University and can help you find the right person to help with any issues that need to be addressed. We also welcome your ideas about topics for Parents Council meetings and articles that you would like to see in Parent News. Our e-mail address is [parentscouncil@hamline.edu](mailto:parentscouncil@hamline.edu).

We participate in Parent and Family Orientation, Homecoming, Parent and Family Weekend, Parents Calling Parents, and throughout the year at Parents Council activities (see Parents Calendar).

We also have responsibility for this newsletter.

The next Parent Council meeting which is on Thursday, February 9, will focus on alcohol and drug use on campus. This is a topic of great concern to many parents, and Student Affairs staff members have much information to share with us. It will be a very interesting evening. We hope you will join us for dinner and a lively discussion. Please contact Anna Lachkaya to make your dinner reservation. She can be reached by phone at 651-523-2421 or e-mail at [alachkaya01@hamline.edu](mailto:alachkaya01@hamline.edu).

Some families find that it is helpful to draw up a contract specifying the financial responsibilities of the student and parents. If the student does not adhere to his part of the contract, he may learn from the consequences of his actions.

Roommate problems are a big issue for many students who have never had to share a room. It is also a big adjustment living in such a small space with little storage room and in most cases no bathroom or sink. The expectations that students bring also complicate the situation. For example, one student might arrive on campus expecting that her roommate will become her best friend, while the roommate arrives just wanting someone with whom she can get along. Both students might have said they are "night people" on the dormitory preference card, but that could mean that one goes to bed at midnight while the other is usually up until 3 AM. The possibilities for dissatisfaction abound, and this is something that the students have to work out for themselves.

Never underestimate the power of growth. Parents have witnessed significant growth from one year to the next. A student who is unfocused and struggles academically as a freshman may be much more grounded as a sophomore. Students can get excited about classes, even if they don't at first. The first year seminar can be life-changing for some students, especially the seminars that give students direct experience with issues such as homelessness, but this will not be so for all students. Encourage your student to get involved in campus activities.



Front row (left to right): Debbie Hatheway, Darwin Hatheway  
Middle row: Elayne Neumann, Ruth Schuchardt, Karen Schmidt  
Back row: Carol Weisberg, Diane Turnbull

## Academic Calendar

### Remainder of Fall Semester 2005

Registration for Winter Term and Spring Semester 2006 11/14 – 12/2  
Thanksgiving Break (no classes) 11/24 – 11/25  
Fall Semester Classes End 12/14  
Final Exams 12/15 – 12/20  
Final Grades Due from Faculty 12/28

### Winter Term 2006

Winter Term Classes Begin 1/3  
Student Progress/Probation Meeting (to review fall semester grades) 1/12  
Martin Luther King, Jr. Day University Holiday 1/16  
Winter Term Classes End (including final exam) 1/26  
Final Grades Due from Faculty 2/6

### Spring Semester 2006

New Student Orientation 1/30  
Spring Semester Classes Begin 2/1  
Senior Day 3/3  
Midterm Break (no classes) 3/20 – 3/24  
Midterm Grades Due from Faculty 3/27  
University Holiday (Good Friday) 4/14  
Honors Day 5/4  
Spring Semester Classes End 5/12  
Final Exams 5/15 – 5/18  
Commencement 5/20  
Final Grades due from Faculty for Non-Graduates 5/26  
Student Progress/Probation Meeting (to review Winter/Spring Grades) 6/8

Parent News is published  
five times a year:

**September 1**  
**November 15**  
**January 15**  
**March 15**  
**May 15**

This newsletter may be found on the Parents  
Web site listed below:  
[www.hamline.edu/parents](http://www.hamline.edu/parents)

Comments and suggestions are welcome.

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