ETSU concluded its year-long Centennial observance with a university-wide celebration on Monday October 10, 2011 at 10:00 a.m. in the ETSU/ Mountain States Health Alliance Athletic Center. Among the events that took place during this celebration was a performance of “Mountain Memories”, a musical composition specially commissioned to honor the ETSU Centennial. Also, the recipients of the Student Choice Awards were recognized and a tribute to Besse Brown Cooper, the oldest person on Earth and ETSU alumnus, took place during the ceremony. Finally, the day concluded with the sealing of the Centennial time capsule which will be opened in the year 2061.

Centennial Closing

As a part of ETSU’s Centennial Celebration the time capsule put in place during the 75th Anniversary celebration in 1986 was opened. Contained within the time capsule were black and white pictures of various campus scenes, the names of all 9,988 students who attended ETSU in 1986 on microfiche, a yearbook, various campus publications, a 75th anniversary t-shirt, letters from the president to the school, sheet music commissioned for homecoming and a few other items. All of the items included in the capsule will be on display in the ETSU library.
A Letter to Parents and Family

Dear ETSU Parents,

On behalf of the Student Government Association, I would like to thank you for the encouragement and support you provide to your son or daughter who has decided to call ETSU home. The lessons you have taught at home will be built upon here while he or she is encouraged to expand his or her horizons and to begin experiencing the multitude of opportunities, adventures, and avenues the world has to offer. As a senior undergraduate student, I can say with confidence that my educational and experiential scope has broadened significantly since I arrived to begin study in 2008.

One of the keys to this broadened horizon has been my involvement on campus in numerous student organizations. From academic honor societies, intramural athletics, service organizations, Student Government Association, special interest groups, and religious groups, I have taken advantage of the extracurricular activities offered on campus. I hope you see the value-added effect this has on the global post-secondary education your student will receive. It is also my wish that you will support your son or daughter in these endeavors as my parents have supported me. For this is truly how they will meet people.

At ETSU, our greatest asset is our people. We have a shared governance system that is unique in higher education. Students, faculty, staff, and administrators are all actively involved in the decisions made at the university. We listen and understand one another. We value opinions which are as diverse as the people who occupy our campus. Together, we listen, understand, and move forward. In the one hundred years ETSU has been open, the student body has grown from twenty-nine to over fifteen thousand. However, the institution, its faculty, staff, and students have never stopped striving for excellence. I know your student will be successful. I encourage you to share this optimism and to encourage him or her along the way.

Respectfully,

M. Dalton Collins
President, Student Government Association

Helping Your College Student Increase Their Chance of Success

As a college parent, we want nothing more than for our college student to be successful in college. Although that success may look slightly different to different parents and families, important measures of success for most of us are certainly competence, grades, happiness, and a job after college. Students are responsible for their own behavior in college. As parents, we have raised them and prepared them for their college journey. We continue to be involved and to support our student, but she must make her own decisions and take responsibility for her actions. Our role, as a college parent, changes. However, as the coach on the sidelines, we can do much to suggest options to our student which will help guide her toward her success. Some students may need more reminding and guiding than others, but students will make choices which will determine their path. We’d like to suggest some choices and actions that you can encourage in your college student to help him increase his chances of a successful college experience. Of course, there is no magic bullet, and sometimes even those students who make all of the right choices may hit rough patches, but these suggestions may help to guide your student toward success and increased confidence. Encourage your student to consider some of the following:

- **Find a good time management system.** Possibly one of the most important secrets to success in college is good time management. Students spend much less time in class at the college level and are expected to do more coursework outside of the classroom. They are faced with much more unstructured time. Students should also participate in campus activities (both academic and co-curricular) and many students today also have a job. Finding a systematic way to juggle all of his responsibilities, plan ahead, and organize his time will be one of the most important skills that your college student can accomplish.

- **Go to class.** Showing up really is half of the battle. Students not only learn the material by going to class, they learn about their professor and what she considers important, learn from other students in the class, and send a message to the professor that they care.
Chances of Success (continued)

- **Know your way around campus.** Encourage your student to find out what resources are available on campus and to take advantage of those resources. Encourage him to use a tutoring or academic support center, talk to his advisor, take advantage of all library resources and library research assistance, talk to a counselor if that would be helpful, and take full advantage of all that the college has to offer.

- **Seek help early.** If your student is finding herself in difficulty – either academically, socially or emotionally, encourage her to get help early rather than waiting. Find a tutor or study group, talk to the professor, talk with the RA or Residence Director, visit the health or counseling center. Dealing with a problem early can prevent larger problems later.

- **Take some classes that you love.** Almost all colleges have “all college” or general education requirements. There will also be requirements for your student’s major. There may be requirements for a minor if your student has one. Students can feel overwhelmed and focus only on what needs to be done. This is important and good. However, encourage your student to also do something that she loves and to do it early in her college career. Too many students think they need to wait until junior or senior year to take a “fun” class and by then are burned out. Encourage her to make room in her schedule for that dance class, art class, sports class, or whatever else might feed her passion for something. This will help her keep balance and give her an important outlet.

- **Do hard things.** Encourage your student to stretch himself and try new and difficult things. Success often comes best through meeting difficult challenges. Remind your student that failure (not necessarily failing a course, but even failing a course) is one of the best learning tools. If your student never tries anything difficult because he is afraid of failure or hard work, then his world will never expand. Remind him to welcome challenges.

- **Stay healthy.** Remind your student that she will function best when she has had a reasonable amount of rest, exercise and relatively healthy food. Yes, your college student may manage on few hours of sleep, days of no exercise, and days of junk food, but remind him to at least try to

sleep, exercise and eat in balance some of the time – especially during stressful times like exam time.

- **Take some small risks.** Encourage your student to take small steps toward larger goals. Ask a question in a class where the instructor intimidates her. Talk to a difficult professor after class. Volunteer to work on a committee. Join an unusual club. Run for office in a club or student government. Stretch the limits of her comfort zone.

- **Avoid nay-sayers.** There will always be negative people. Your student does not need to spend time with them. They will color his experience. Encourage him to avoid people who are negative about almost everything.

- **Engage in positive self-talk.** Your student can coach himself in the direction of success. A good coach guides his athlete not only by telling him what he needs to improve, but also what he is doing well. Remind your student to consider what is going well, congratulate himself for decisions well made, recognize his strengths, and cheer himself on.

- **Talk to an upperclassman for advice.** There is a lot of wisdom gained through experience on college campuses. Encourage your student to find one or two upper-class students who are role models for her and to gather some of their wisdom.

- **Gain some real world experience.** Participate in community service projects, internships, conferences, study abroad, or any other experiences that give the student the opportunity to get off campus and try his new knowledge in the real world. None of these suggestions will work magic for your student. Not every student will be able to take advantage of all of them. But thinking carefully about choices, and making some wise decisions on a daily basis, can increase your student’s chances for success and increase his confidence. Don’t forget, as a college parent and coach on the sidelines, to congratulate your student often for the wise decisions she does make.

Announcing “Academic Alert” at ETSU

A new academic alert system is being piloted at ETSU to improve the success and graduation rates of our students. First Year students face many personal and academic challenges when they begin their college careers. Identifying students who are struggling with the accompanying adjustments to life as a college student is a challenge for college administrators and faculty alike. Academic Alert is a student performance monitoring system that helps with early identification of at-risk students so advisors and counselors can offer assistance when it’s needed most. Faculty can send an “alert”, at any point in the semester, to a central office and to the student simultaneously. The student is instructed to contact the trained advisement staff in the Advisement, Resources and Career Center (ARC). Students will receive consultation and referral to appropriate resources to aid in their academic success. “This is just one strategy the university is focusing on for student success.”

Top reasons why faculty send an Academic Alert to a student:
• Not attending class or excessive absences
• Low grades on tests and/or assignments
• Not turning in assignments
• Poor grammar and writing skills
• Coming to class unprepared
• Not participating in class or other issues with classroom behavior

What we do to help students:
• Meet or talk with the student on the phone, in person, or via email
• Counsel with the student regarding the identified issues and refer to appropriate campus resources; i.e., the Center for Academic Achievement, Financial Aid, the Registrar’s Office, Counseling Center, University Career Services, Peer Career Services or the student’s academic advisor.

According to Dr. Joe Sherlin, Vice Provost and Dean of Students, Academic Alert is part of an effort for faculty, staff and students to work together as a community to improve student success and improve retention through graduation by guiding students to engage in timely, success-promoting behaviors as they begin their college experience.

Note: Academic Alerts do not become a permanent part of a student’s record. They are protected under the Federal Educational Privacy Rights and Policy Act.

- Dr. Carla Warner, Director, Adult, Commuter & Transfer Students
Homecoming

Homecoming is an event sponsored by the ETSU Student Government Association, SGA. The event lasts a little over a week with a wide variety of events for students and the community to get more involved at ETSU. This year, Homecoming's opening and closing ceremonies occur at soccer and basketball games. Several fun events occur throughout the week of Homecoming including a Step Show competition, several intramural competitions, a 12-athon relay race, Comedy Show, and an ETSU Pride Day. Homecoming also supports a wide range of philanthropic events ranging from a Canned Creations Food drive for Second Harvest where we are attempting to achieve the ten thousand pound challenge to a charity carnival where organizations set up booths with exciting games to raise money for charity, and everything in-between, such as a blood drive and a Toys for Tots drive.

The Homecoming theme this year is “Window to the World”. With ETSU’s centennial event just coming to a conclusion, the student body has an amazing opportunity to demonstrate how far we have come as a university. To showcase the huge strides ETSU has made in diversity, the Homecoming Committee has selected this exciting theme. Each organization will select a nation and represent that culture and people during the week of Homecoming. For more details regarding Homecoming events please visit the SGA website at:

- Michael Stockwell, SGA Secretary of State

Early Semester Progress Reports

ETSU has successfully used the Early Semester Progress Report (ESPR) for almost 20 years to help undergraduate students succeed in their courses and stay in college. The ESPR gives students a snapshot of their academic standing approximately midway through the semester, while they can still use the feedback to improve. ESPR is used as an early indicator of academic progress in undergraduate level courses. If the grades are unsatisfactory, students should use these grades to start conversations with their instructors, their academic advisor, and to seek tutoring and other resources to make improvements. Academic advisors use the ESPR to identify students who are performing poorly, then call or email them to offer assistance. Early Semester Progress Reports are available to undergraduate students in Goldlink around the 8th week of fall and spring semesters.

Homecoming Schedule
Oct. 19-Oct. 30

- Intramurals: Oct 20-23 (sponsored by Campus Recreation)
- Up ‘Til Dawn & Banner Competition: Oct. 22
- Parade of Nations: Oct 24
- Tailgate: Oct. 24 (food provided by ETSU athletics)
- Kickoff: Oct. 24 (half-time of the soccer game)
- Canned Food: Oct 25
- Toys-for-Tots: Oct. 25-26 (hosted by the Honors College)
- Red Cross Blood Drive: Oct. 26
- Skit Night: Oct. 26
- ETSU Pride Day: Oct. 27
- Comedy Show: Oct. 28
- The Homecoming Show: Oct. 28-29 (Hosted by ETSU Chorale)
- SGA Charity Carnival: Oct 29
- King and Queen Winners: Oct. 29 (half-time of the soccer game)
- Overall Homecoming Winners: Oct. 29
- Step Show: Oct. 29
- Buccaneer Road Race: Oct. 30 (Hosted by Campus Recreation)
- Gospel Choir Concert: Oct. 30
Student Spotlight

Raven Dyer

First Year Student Raven Dyer is from Knoxville, Tennessee and came to ETSU because it was not too far, but still close to home. She was also excited about all the student involvement opportunities and felt that the institution was student focused. Raven is involved with the Well Campus Ministry organization and is continuously involved in different programs on campus. Some of her favorite programs so far have been the Multicultural Affairs Expo and Open Mic Night. She hopes to become involved with Alpha Phi Omega, Student Government Association, and the Preview and Orientation Leader Organization. Raven’s future plans are to become a child therapist and to open her own practice one day. She also has interest in working with non-profit organizations. When asked what her one tip would be to new students entering ETSU in the future, Raven said, “Come in with an open mind, and be ready to do anything.”

Clay Holt

Sophomore Student Clay Holt is from Kingsport, Tennessee. Clay came to ETSU because of his love for the area and interest in the medical program. When asked why ETSU, Clay stated that “the people at ETSU are great and it is the overall package”. Clay served as an Orientation/Preview Leader during the 2010-2011 school year as well as a member of the American Medical Student Association. Through these experiences Clay has been able to perfect his leadership knowledge/skills. Clay also spends his time working with the Well Campus Ministry and the Student Government Association Concert Committee.

Clay is always committed to serving his community in a variety of ways. These include involvement with his local church through mission trips, Habitat for Humanity, and Second Harvest Food bank.

Clay’s future plans are to have a family, travel, and help people less fortunate through medicine. When asked what his one tip would be to new students entering ETSU in the future, Clay said, “Start early with thinking about what you aspire to do, study a lot, and make sure to have fun”.

Parent Pride, Fall 2011
First Year student Hannah Warren is from Franklin, Tennessee. Hannah came to ETSU because she was looking for an intimate setting to work towards her degree. ETSU was that place. She has decided to obtain a degree in nursing ultimately wanting to pursue a Master’s degree in the field. Her long term goal is to work with Doctors Without Borders, an International Medical Humanitarian organization. Hannah lives in the Pre-Health Living Learning Community located in Lucille Clement Hall and serves as a hall representative in the Residence Hall Association.

Hannah also enjoys the outdoor world which prompted her to become a member of the Natural Sports Organization whose purpose is to explore the natural world through caving, hiking, rock climbing, rappelling, camping, swimming, rafting, and other outdoor activities that promote personal growth, environmental consciousness responsibility, and physical fitness. Lastly, Hannah is currently running for the secretary position as a member of the Lutheran Student Movement.

When asked what the one tip she would give to new students entering ETSU in the future, Hannah said, “Get Involved on campus as quickly as possible, ETSU has tons of opportunities for you to meet and get to know other students on campus”.

First Year student Matt Holt is from Morristown, Tennessee. He came to ETSU because of his interest in the choir, the Medical Professional Program and it’s just the right distance from his hometown. As Matt would say “It was just a good fit”. Matt is currently involved in the ETSU Chorale, a small vocal group created for performance of various types of ensemble music. He also spends his time serving as the Hall Council President in Lucille Clement and as a member of the Residence Hall Association Executive Board. He is currently living in Lucille Clement Hall as a member of the Pre-Health Living Learning Community.

Matt’s future plans are to excel in his coursework and receive acceptance into the Physical Therapy program here at ETSU. When asked what his one tip would be to new student entering ETSU in the future, Matt said, “It’s easy to get carried away since you are away from home, so get a planner. I never used one before, but now that I am, it keeps me on track and helps me to prioritize”.
Immunizations

ETSU students who have not completed the immunization requirements will be restricted to part time enrollment for Spring 2012. Registration will begin Nov. 14th, 2011, and in order to enroll full time, the appropriate medical documentation needs to be completed and turned into Student Health Services prior to Nov. 11th, 2011.

Students may view missing immunization requirements by completing the following steps:
1. Log into Goldlink with your username and password
2. Once logged in, choose your “My Student Info” tab
3. In the section titled “Registration Tools”, choose “Immunization Status”
4. Missing requirements will be displayed in red.

Appropriate Medical Documentation:
◊ Proof of Vaccination(s) : Official letter from medical provider or Official vaccination record.
◊ Positive Titer (Blood Test) Results
◊ Proof of Disease(s) from medical provider

If students do not have this documentation, the vaccinations and titers are available for a fee at the ETSU Student Health Services or may be available through a local health department or doctor’s office.

For questions regarding immunizations, contact ETSU Student Health Services (423) 439-4225