

Expect More. Achieve More.

Winter 2010

Calendar of Events

Parent Assoc. Mtg.

Thursday, February 11,
2010

6 pm, Crimson Hall

Conference Room

Winter Commence- ment

January 29, 2010

Important Dates:

Academic Calendar

2009-10 Highlights:

Classes Begin
January 20, 2010

Spring Break
March 8-12

Residence Life & Housing

508.531.1277

Room Deposit Accepted
Nov 30, 2009 - Feb 5, 2010

Residence Halls Open for

Spring Semester at 1 pm on
Sunday, January 17th

Scholarship Database **LIVE!**

Winter break is a great time
to apply for scholarships.
Encourage your students to
check them out!

Deadline to apply:

February 12, 2010

Student Accounts

Bills will be available online
beginning November 27.

Notification e-mails will be
sent to BSC students when
new statements are available.

Midyear Symposium Highlights Student Research

Story and photos by Rob Matheson, Office of Institutional Communications

The work of more than 500 undergraduates took up residence in the Campus Center last Wednesday as the Office of Undergraduate Research sponsored its Midyear Symposium for First and Second Year Students.

The research presented represented first and second year seminar classes in a wide



range of disciplines from geography, to English, to music. Some students presented poster projects in the ballroom, while others delivered oral presentations in classrooms.



Students seemed to take pride in their projects as they stood in front of posters and enthusiastically explained their studies to groups of listeners.

"I liked being able to answer people's questions and tell them something they didn't already know about my topic," she said.

Elisa DeOlim, a freshman from Wareham, researched health issues surrounding the sugar substitute, aspartame. She said she enjoyed the interactions at the symposium.

Popular research topics included works of literary criticism as well as societal and health issues and film analysis.

Campus Safety: What Every Parent Should Know And Do



*By David Tillinghast
Chief of Police, BSC*

College campuses have traditionally been viewed as idyllic, ivy covered havens, untouched by real-world concerns such as

crime. And, indeed, even today, colleges and universities are generally safe places. An 18- to 22-year-old is safer, statistically, on a college campus than off-campus.

But students and their parents should not be lulled into thinking that campuses are exempt from criminal incidents, as evidenced by the recent mass killings at Virginia Tech. There is simply no substitute for awareness and personal vigilance when it comes to campus safety. **I. Raise your own aware-**

ness and understanding

Parents should do their own research to determine how safe their student's campus really is. The internet is a good place to start. For example, the U.S. Department of Education compiles and publishes campus safety statistics at over 6,000 colleges and universities nationwide at <http://www.ope.ed.gov/security>. In reviewing such statistics, it is important to keep in mind that an institution with a proactive campus police department will report more crimes

Midyear Symposium (cont. from p. 1)



*The Undergraduate Review,
Volume V*

Emily Lively, a Bridgewater resident, and Kelli St. Pierre of Taunton, both freshmen, researched the moral ambiguities of human cloning by addressing themes in the 2005 film, *The Island*, which focuses on the issue.

Ms. Lively said, "We want people to hear what we have to say and then decide for themselves what is right or wrong."

Lowell native, **Julie Keener**, and **Camille Monahan** of Fall River, both sophomores, along

with **Brendan Heney**, a junior from Weymouth, all studied the zinc, copper and Ph levels in local soils. They had analyzed the soils on campus and sent the samples to external labs for testing.

Ms. Keener said doing her research and presenting at the symposium "helped [her] get more involved with academic events on campus."

The student research was con-

ducted under the mentorship of a BSC faculty member and typically funded by grants available through the Adrian Tinsley Program for Undergraduate Research. Select projects will be published in [BSC's Undergraduate Review](#).



Making Time: Helping Students Take a Look at Their Time Management Approach

Campus Link, February 2009

Time marches on – sometimes much too quickly. College students understand this as well as anybody. Unfortunately, what they don't always understand quite so well is how to manage the hours in their day. Thankfully, this month is Time Management Month, a great time for your student to look at bad habits and to figure how he can be much smarter about maximizing his time.

You can help by asking a few questions... How much time do you spend sorting through "stuff"? There's a saying: "Stuff steals time." Your student may find this to be true every time she's shifting through the pile atop her desk or searching for something in her overloaded backpack. Encourage her to spend 20 minutes each week filing papers away and sorting through stuff so she knows where everything is. Getting in this practice can

help stop the stuff shuffle for good!

How much time do you spend online? Ah, yes, it's so easy to do. Ask your student if he's ever popped online to look up one thing, only to bounce to another and another... until he's spent an hour online in what started as a "five minute check." To save time, encourage your student to get in the groove of only checking his email or Facebook page a few times each day, instead of responding to every ding. Suggest that he turn off the sound on his computer if that'll help. And encourage him to play "beat the clock" when he gets online to do research—only giving himself 30 minutes to get in and get out. That kind of incentive can make him much more aware of how quickly the clock is ticking.

How much time does other technology gobble up?

Ask your student how much texting and chatting on the phone she is doing. Is the TV on for several hours a day? Does she find that video games suck her in? These techy pursuits are fine, in moderation. Just encourage your student to be smart about how she consumes them. Maybe she doesn't need to call her best friend from home every single day. Maybe she can watch some TV shows online for free, thus cutting back on time wasted by commercials. There are options!

Time is our most precious resource. As your student thinks about what he wants this term to be all about, it's important for him to look at how he's spending his time. Sometimes old habits need to be bumped to make room for new experiences.

Advantages of Time Management

- you gain time
- you get more sleep
- you feel more motivated
- you don't get lost in "stuff"
- you reduce avoidance
- you don't cram as much
- you feel less anxious
- you are more productive

Resource: www.dartmouth.edu/~acskills/success/time.html

BRIDGEWATER STATE COLLEGE

Office Of Student Affairs
Boyden Hall, Rm 106
Bridgewater, MA 02325

Phone: 508.531.1276
Fax: 508.531.6107
E-mail: parents@bridgew.edu

[www.bridgew.edu/
parents](http://www.bridgew.edu/parents)

Links to Resources, Opportunities & Newsletters:

Campus Link Newsletter:
January Issue now available
Newsletter for parents featuring
articles about today's college stu-
dent . . .

Healthy Habits Newsletter
November Issue
Newsletter for students promot-
ing healthy behavior

Internship Newsletter
Parking & Connect Card
Office
General information that in-
cludes how to purchase flex
dollars . . .

College Flu Information
Bridgewater Magazine
**Summer Study Tour Op-
portunities**

Campus Safety (Cont. from p. 1)

than a college with a police department that is merely reactive, or inattentive to criminal incidents.

Check the college's website for information on the following:

- How does the college address issues of campus crime, sexual assault, relationship violence, and other areas of vulnerability?
- Are alcohol, drugs, and weapon laws strictly enforced?
- Does the college's police or public safety department have an easily accessible, substantial presence on the institution's web pages?
- What are the institution's physical security arrangements in its residence halls?

- Are there emergency phones located around campus?
- Does the institution offer a campus safety escort service?
- Does the institution offer self-defense and other community outreach programming?

A note on campus safety at Bridgewater State College: the town of Bridgewater is a relatively safe community, and the campus has proven to be extremely safe also. The grand majority of BSC students will graduate without being affected by crime.

Nevertheless, like any campus, BSC is not immune from incidents, and the college has taken numerous steps to ensure student safety, including 24-hour, highly visible police coverage; a campus wide incident-notification system; emergency phones located throughout the campus; and adequate lighting

on campus and in parking lots.

2. Talk with your student
Parents should periodically remind their student of the potential dangers involved in studying and living on a college campus. With the understanding of campus safety issues that they have gained, parents should work with their student to develop a personal safety and security plan. This plan should address such items as evacuation routes in the event of a natural disaster or other campus emergency and a personal self-defense plan in case of attack. Finally, parents can reinforce the college's safety messages to their student and encourage them to use the college's safety programs and services, travel together and stay together, walk in well-lit places, always carry a cell phone, and, if they choose to drink alcohol, to do so in moderation.

What Would You Do if You Knew You Could Not Fail?

Campus Link, February 2009

A popular query showing up on everything from T-shirts to paperweights these days is: "What would you attempt to do if you knew you could not fail?"

This can be a fascinating conversation starter to use with your student as you explore issues including:

- career goals

- interests
- passions
- things they're participating in out of obligation rather than desire
- confidence nor a lack of confidence
- taking risks
- where they'd like to be in five to seven years

As you ponder this question, consider sharing your answer(s), too. The process can help

both you and your student think about what you'd like to accomplish in the year ahead—and how you can support one another in this pursuit.



Housing Deposits

Housing Deposits are now being accepted for the 2010-2011 academic year. All current students must pay the \$300 deposit by Friday, February 5, 2010. For more information, click here:

http://www.bridgew.edu/rh/Room_Selection/deposit.cfm