

WINTER 2012

PARENTS CONNECTION

CONNECTING PARENTS TO VILLANOVA CAMPUS LIFE



The Patricia B. and Gary M. Holloway University Counseling Center

On the road to becoming self-sustaining adults, college students learn to build satisfying friendships, negotiate conflict, and make responsible decisions. Throughout their four years, they work hard to establish their own identity, determining who they are—and want to become—with regard to personal values, career aspirations, spiritual beliefs, and personal style. The counseling process helps students learn more about themselves, identify coping strategies, and emerge with enhanced self-confidence. The University Counseling Center provides services that help students function optimally with regard to emotional, academic, social and psychological issues.

How Parents Can Help

As students “separate” from family, they continue to need support and affirmation from their parents. Parents can be most helpful by listening, reassuring, and helping the student when challenges arise. Typical challenges that can disrupt a student's life include academic challenges, friendship difficulties, anxiety, depression, romantic break-up, and family concerns. Meeting with a professional counselor can be very helpful, but the parental support is crucial to the student feeling supported.

Our staff is experienced in supporting students through the normal developmental challenges of their current life stage. For

students who encounter a more difficult condition such as depression, anxiety, panic, or disordered eating, the staff is also experienced in diagnosis, crisis intervention, and treatment of these conditions.

Utilizing the Counseling Center

Villanova University's Holloway Counseling Center is located in the Health Services Building, near the main entrance to campus. Students may schedule appointments in person or by phone at (610) 519-4050. All services are voluntary and free of charge to students currently taking classes toward a degree.

Confidentiality and Privacy

All contacts with the Counseling Center are confidential, except in situations where laws or ethics require notification of a family member. That is, barring a threat of harm, the Counseling Center does not release any information regarding whether a student has used our services nor matters discussed in counseling without the student's permission. Please visit our website for more information www.villanova.edu/counselingcenter.



VILLANOVA
UNIVERSITY
IGNITE CHANGE. GO NOVA.

UPCOMING PERFORMANCES:

- **December 1-2**
Dance Ensemble's Fall Showcase
St. Mary's Auditorium
Saturday 5 p.m.
Sunday 2 p.m.
- **December 2**
Villanova Orchestra Christmas Concert
St. Mary's Chapel
3 p.m.
- **December 6**
Villanova Jazz Ensemble Concert
Belle Aire Terrace
7 p.m.
- **December 8**
Villanova Voices & Singers Christmas Concert
St. Mary's Chapel
3 p.m.
- **December 9**
Villanova Band Christmas Concert
St. Mary's Chapel
3 p.m.

The mission of the Office of Music Activities is to:

- Provide outlets for students in the performing arts
- Nurture the amateur pursuit of performing arts
- Develop student leaders/followers through planned, supervised arts activities
- Encourage appreciation through participation
- Offer the community the opportunity to share in the cultural life of the university
- Offer programs that promote the standards of music education
- Represent the university at national/state/local performance events
- Represent the university at professional conferences and conventions

The Office of Music Activities provides opportunities for over 600 student musicians, singers, dancers and actors each year. Although Villanova does not have an academic music department, the university provides opportunities for students to perform and develop their interests in the performing arts. The programs supported by the office are



designed to engage students and to offer the performing arts as an integral part of student life.

Our 25 organizations perform some 300 times during the academic year on-campus and throughout the area. We have instrumental, vocal, dance and theatre groups on campus, and some travel and perform nationally and internationally, representing the University throughout the world.

Like other student organizations, groups are managed by student leaders who are advised by our professional staff. So, in addition to the artistic benefits of being part of collegiate performing organizations, we offer students the opportunity to develop organizational skills and provide students with real leadership opportunities.

For more information, please visit our website at www.music.villanova.edu.

Student Groups include:

Instrumental: The Villanova Band, Orchestra and Jazz Band

Vocal Groups: Villanova Singers, Voices, and Gospel Choir, as well as 7 a cappella groups

Dance Groups: Dance Ensemble, Dance Company, Irish Dancers, Nova Nassa, Dance Team, Wildcat Dancers, as well as several student-directed groups.

Theatre Groups: The Villanova Student Music Theater, The Villanova Student Theater

Martin Luther King Jr. Day of Service— Monday, January 21

The mission of the **MLK Day of Service Committee** is to make certain that each volunteer is educated about the adversity faced by those we serve, along with the truth that together we can create change. Both the volunteers and the people they serve should be left with new relationships, influential memories, and emotions that empower them to continue working together towards a brighter tomorrow. For more information, visit www.multiculturalaffairs.villanova.edu.

MLK DAY OF SERVICE



One Book Villanova

The selection for 2012-2013 is *Little Princes: One Man's Promise to Bring Home the Lost Children of Nepal* by Connor Grennan. The author will be visiting campus on January 31 to do a reading and discuss the challenges he discovered through his experience.

Landing an Internship

GONOVAJOBS

With winter approaching, many students are looking forward to the summer, and some have even started exploring internship opportunities to apply their academic experience in a practical way.

To find an internship, students should use the **Career Center** and speak with a career counselor to get their resume reviewed. Next, students can search **GoNOVAJobs**, Villanova's exclusive online job posting service. For internships outside the region, check **CareerShift** on www.careers.villanova.edu. From career exploration through to accepting an offer, the Career Center is here to help. Students can schedule an appointment or stop by for a walk in appointment Monday–Friday 11 a.m.–3 p.m.



Housing Applications

Housing Applications for the 2013–2014 academic year will be available in January for rising Juniors/Guaranteed Seniors and in March for rising Sophomores. All students **MUST** complete the Housing Application to be eligible for participation in the on-campus housing selection process.

Parents of the Class of 2013!

An informational booklet about **Commencement** will arrive soon! Don't forget to visit www.parents.villanova.edu for a listing of general information, including area hotels. More information about Commencement weekend is also available at www.villanova.edu/commencement.



UPCOMING PARENT WEBINARS:

STRESS STRATEGIES

January 22

7:30 p.m.

This webinar will consider stress as multi-dimensional and will provide you with the resources to empower your Villanova student(s) to identify their stress triggers, identify prevention strategies, and to utilize campus and community resources and services.

Register now at:

www3.gotomeeting.com/register/614989654

HEALTHY MINDS

February 20

7 p.m.

Join our expert presenters from the Holloway Counseling Center as they discuss signs of mental health and illness, as well as the resources and services available to Villanova students.

Register now at:

www3.gotomeeting.com/register/288755942



Parents Executive Committee Chair Bids Farewell

For the last ten years, I have had the privilege of serving as a member of the University's Board of Trustees and as Chair of the Parents Executive Committee. I have witnessed parents giving their time, talent and treasure to help make the University as strong as possible. Parents continually share career and industry advice with students, introduce prospective families to Villanova, connect the University with new secondary schools across the country, host events and provide countless professional development opportunities to students looking to get their first "real world" work experiences. Parents are some of the University's greatest philanthropic advocates and have created more than 30 endowed scholarship funds; supported capital initiatives and provided support to the Annual Fund. As my terms come to an end, I am proud of our collective achievements and thank you for your support of Villanova University. It is your support of your sons' and daughters' academic endeavors that has enabled our success.

With warm regards,

Patti Imbesi, P '96, '01, '06

Do you have ideas about how you might support University priorities? Please contact Patty McGoldrick, Director of the Parents Program, at 610-519-4576 or patricia.mcgoldrick@villanova.edu.

Spring Semester 2013

January 12 at 12 noon	Halls Open
January 14	Classes Begin
January 21	Martin Luther King Day of Service (No Classes)
January 25-27	Little Wildcat Weekend
March 2-10	Spring Break
March 13	Mid-Term Grades Due
March 15	Fall 2013 Registration Advising Begins
March 27-April 1	Easter Break
May 2	Final Day of Classes
May 3	Reading Day
May 4-10	Final Exams (No exams on Sun. 5/5)
May 17-19	Baccalaureate and Commencement Activities

Reminder: Upperclassmen Move-In for Fall 2013 is Saturday August 24 and Sunday August 25, 2013. Please make travel plans accordingly.

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