

**Family Newsletter**

March 2015



There are ways, however, to use social media to market yourself to employers or colleges. Websites like LinkedIn can be used to give people a glimpse into your life beyond a resume or cover letter. Facebook can also be used as a self-marketing tool. Think about sharing articles or posts related to your field or future interests. Employers will be more inclined to learn more about you because you are proactive about your interests/goals.

In short, think before you share. This seems like a simple concept, but it is something that not many people think about. Once something is put online, it is there forever. Whether they are photos or tweets, be conscious about what you are posting. You never know who is going to see it.

**Social Media Etiquette**

Help your student present themselves in the best possible light. Within the last 5 years, there has been an explosion of social media sites online. Because it is so prevalent, it is important to be aware of how what you post is perceived online. When applying for a job, your potential employer might look you up on social media. Believe it or not, what is posted there can affect your chances of being hired! Your Facebook photos might cost you an interview or affect how your application to college is reviewed. To avoid any consequences from your accounts, stray away from some common posting mistakes. These include:

* **Emotion-fueled Posts:** Angry rants about customer service at the grocery store or how annoying your professor is are all too common, but they don’t sit well with employers. By keeping your profile free of things like this, you are showing your professionalism. If you are applying for a sale position, this could make or break you.
* **Weekend Party Pictures:** Sure, you and your friends had a great time, but posting photos with underage drinking or other illegal activities isn’t a good idea. Even if you are 21, potential employers can interpret these pictures negatively and you could lose out on an interview. If you are going to post, keep the wild and crazy pictures to yourself and post more appropriate ones on your wall.
* **R-Rated Items:** It’s simple, if you wouldn’t say it/show it to your grandmother, you probably shouldn’t post it online. Although your friends might be okay with vulgarity or offensive posts on your timeline, an employer or college admissions counselor may not feel the same way.

**Importance of Vaccines**

Top 10 reasons to protect children through vaccination

* Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.
* Vaccination protects children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.
* Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.
* Though vaccination has led to a dramatic decline in the number of U.S. cases of several infectious diseases, some of these diseases are quite common in other countries and are brought to the U.S. by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.
* Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.
* Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.
* Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly suppose protecting children with recommended vaccinations.
* Vaccination protects others you care about, including family members, friends, and grandparents.
* If children aren’t vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune system, such as transplant recipients and people with cancer. This could results in long-term complications and even death for these vulnerable people.
* We have a public health commitment to our communities to protect each other and each other’s children by vaccinating our own family members.

Source: <http://www.vaccineinformation.org/vaccines-save-lives/>

Please watch your mail for more information on the pros and cons of vaccinations.

Costs to Attend NMU

What is it going to cost me to attend Northern?

NMU operates under a “flat-rate” tuition plan, which means students can enroll in 12 to 18 credits per semester for one rate. Tuition and fees for full-time students includes the use of a ThinkPad notebook computer.

To make the finances a bit easier, NMU offers three payment plans for tuition, fees and housing.

Summary of Expenses for 2014-15 for MI Residents

Tuition and fees $9,323

Room and board $8,954

**Total Estimated Costs $18,277**

Freshmen pay a one-time athletic fee of $225 that gets them into all the games on campus – including hockey- their whole academic career.

Families should also consider these additional expenses, which may vary by student:

* Textbooks and supplies
* Transportation and personal expenses
* Recreational facilities pass (optional; $70 per semester/$130 per year)
* Parking pass (optional; $140/year)

<http://www.nmu.edu/admisions/costs>

**On-campus or off-campus?**

When starting college, recent high school graduates are required to make some tough decisions, one of which is determining where they are going to live when college starts. There are a variety of factors that contribute to making the right decision such as finances, distance from home, and personal preference. Of course, there are advantages and disadvantages with each case being different. Still, a wide range of options is available to students and parents. They are detailed below.

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| On-campus |
| Advantages: |
| * Accessibility to the school: classes and services are right outside your door. You don’t have to pay for transportation to and from campus. |
| * Branching out: students who live on-campus generally have more opportunities to get involved on campus and meet new people. |
| * Simplicity: on-campus living means a meal plan is included and you aren’t going to have to pay rent every month. It is all calculated into your tuition. |
| Disadvantages: |
| * Limited privacy: when sharing a dorm room with a roommate, privacy may seem hard to come by. |
| * Your GPA might suffer: with everything going on, you might get stuck hanging out with friends and forget to study. Make sure this doesn’t happen! |
| * Limited space: most college residence halls or apartments are small. You will have to limit what you bring with you. |

All in all, when thinking about your options, it is important to think about what best works for you and your student. Make a list of the pros and cons of each option and think it through. College is a big step, and deciding where to live could impact your experience.

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| Off-campus |
| Advantages: |
| * Independence: living off-campus allows you more freedom compared to living on-campus. |
| * More privacy: you will likely have your own room and therefor have more privacy when living off-campus. |
| * Sense of responsibility: living off-campus will help you to become more responsible. You are in charge of paying bills, cooking, cleaning, and taking care of yourself. Responsibility is a great quality to have! |
| Disadvantages: |
| * Expensive: living off-campus can become expensive with food costs, rent, and bill paying. |
| * Transportation: it may be less convenient when you need to get to class. You might need to get a car, which adds more expense. |
| * Separation: oftentimes, students living off-campus don’t have the same opportunities for involvement in activities happening on campus. |

Commuter  
Besides choosing between on-campus and off-campus housing choices, students also have the opportunity to commute. Most commuter students live at home and take transportation to campus each day. This could range from a car to public transportation. This option differs from off-campus students because since they are living at home, commuter students do not pay rent. After deciding to live at home, commuter students often save more money.



**What’s on YOUR label?**

With the push for a healthier America, one step in the right direction is understanding how to read food labels. Most packages have a label called “Nutrition Facts.”  This label tells you what you’re really eating.  By comparing the labels on products, you can plan a balanced diet and cut down on fat, salt, and sugar to better your health. Below are some basic ideas to look for when reading food labels.

* Check the serving size and number of servings. The nutrition label is based on one serving; the calories reflect that. If you eat the whole box which contains two servings, the amount of calories doubles.
* Calories count. Try eating foods with lower calories (fruits, veggies, whole grains). If you eat more calories than your body uses, you will gain weight.
* Look for foods that are rich in Vitamins A and C and calcium and iron. Many Americans don’t get enough of these nutrients.
* Be aware of salt and sugar content. Added sugars are just unnecessary calories. Too much salt can cause high blood pressure or other health issues. By reading the labels, foods with excessive amounts of sugar or salt can be avoided.
* Reach for healthy carbohydrates. Carbohydrates (or carbs) are necessary in any diet. The trick is finding foods that contain healthy ones. Fruits, vegetables, whole grains, and beans are good sources of carbs.
* For more information visit: http://www.choosemyplate.gov/downloads/NutritionFactsLabel.pdf

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