

**Family Newsletter**

November 2016



If your student is going away to college, here are some other considerations:

* Your child will probably be sharing a room. Do they understand about respecting other people’s privacy? Do they treat others with respect? Can they follow all of the Housing rules? Do they know who to talk to if there are roommate issues?
* Have they ever managed a check book or debit card? Do they know how to track their balances so they don’t overspend? Have you taught them how to budget their income?
* Do they know how to do laundry?
* What are your expectations for their grades?
* What are your expectations regarding drugs or alcohol? Do they know how to deal with peer pressure?
* Have you talked with them about making adult decisions?
* Do they need a car or other means of transportation? Who is paying for their cell phone?
* If your student is shy, have you talked about how to make new friends and expand from their comfort zone.
* Will they be expected to hold a job?

This Senior year will fly by. Before you know it, they will be receiving their high school diplomas and within a few short summer months they will be in post-secondary education. You will have a new lawyer, cosmetologist, marine biologist, airplane mechanic, chef, or artist in the making. Some may change their minds a dozen times, while others will stay the course. Try to work these invaluable discussions into your family-times. You’ll both feel better for it.

**Things to Discuss BEFORE your student goes to college**.

You’ve gotten your student to their Senior year of high school. There have been so many scraped knees, Boy Scout/Girl Scout activities, broken hearts, late-night science projects, books left at home, forgotten lunches, Monday morning meltdowns, and so much more. In just one short year, they could be leaving home and heading off for new adventures in college. If they choose to come to Northern, perhaps they will still be living at home. But, if they choose to go elsewhere, many more things will change. You still have time to prepare them for this next important step.

If your student will still be living at home with you, a few things to discuss might be:

* Do they have a curfew?
* What are your expectations for laundry?
* Will you still be providing meals? Do they need to call if they won’t be home?
* What about staying out all night?
* What expectations are there for grades?
* What will you pay for and what are they expected to pay for.
* Who will pay for a car/insurance/gas/cell phone?
* Will they be expected to hold a job?

**THE TOP TEN THINGS PARENTS SHOULD KNOW ABOUT SENDING THEIR CHILD TO COLLEGE**

10. There is more to going to college than studying and going to class…although that IS vital to success!

9. College students in this country change their majors five (5) times on average.

8. Care packages are very much appreciated…and food from home can help your student make friends!

7. College students make mistakes…what’s important is that they take responsibility for them and learn from them.

6. Your student needs to know what your expectations are concerning grades, finances, drug and alcohol use, trips home, and communications with home.

5. College students don’t always pay attention….so write down the laundry instructions.

4. College students always “need” money.

3. You won’t be bothering your student if you call just to say “hi”…they still want you to be involved in their lives.

2. You should become very proficient with e-mail…it’s amazing what they will write as opposed to telling you on the phone.

1. Your student will change…and that is usually a good thing!

**Get your student ready for college now!**

Adapted from [www.USNEWS.com-higher-education/professors](http://www.USNEWS.com-higher-education/professors)’ guide

* Either visit the colleges your student is thinking of attending, or web-surf them. Explore their degree offerings, cost of tuition and housing, student climate, etc.
* If your school choice is not a laptop university, invest in one. At least get a notebook or tablet. And don’t forget the software. Your students will need Microsoft office to write papers and take care of other assignments.
* Save up to get the books. Check out the options for e-books and book rentals.
* Think about what furnishings your student will want. Those could be good ideas to give grandparents for birthdays, holiday presents, and graduation gifts. They might want a lamp, comfy chair, microwave or mini-fridge.
* Talk with your student about the level of social media involvement they are comfortable with. Will you become Facebook friends? Can you post on their wall? Tag them in family photos? Work out your expectations now.
* Hammer out all the financial details. Is their financial aid going to cover tuition and books? Room and board? What about car insurance, cell phones, clothes, trips home? Who is paying for what.
* Also set up your expectations for them. What kinds of grades are acceptable? What happens if your student is suspended or expelled?
* Have you talked with your student about all the dangers of college? Do they know how to be safe at school? Have you talked about not partying too much, not using drugs, and getting enough sleep?
* Use this last year with them to teach them how to take responsibility for themselves. They know when tests are coming up, when they have to be at band practice (or whatever), and what homework assignments they have to turn in. Let them learn how to do that for themselves. Stop reminding them.
* Once your student has committed to a college, get signed up for the earliest Orientation session you can get to. There are more choices of classes to pick from.
* If at all possible, drive your student to college. This is a huge step in their life and an important day to share with them. If you cannot drive them, make a big deal over them when they leave. It is a very important day.

**Cyberchondria**

You are probably all familiar with what hypochondria is, a condition where people develop obsessive anxiety over potential health concerns that haven’t yet been diagnosed. <http://www.healthywomen.org/content/articles/symptoms-search-hypochondria-internet-spurring-health-worries?page=2> With cyberchondria, people go on-line and search for information about their symptoms. The more they read, the more their health concerns escalate, until they also become obsessively anxious about what they have diagnosed themselves with. For example, you might be experiencing a killer headache that just doesn’t seem to want to quit. So, you begin searching on-line to see what you can do about it. After clicking through several websites, you convince yourself you have a massive brain tumor and could die at any moment. The headache could have just been eye-strain from too much time on the computer, or it could have been something more serious. Just over ten years ago a British journalist began using the term cyberchondria that has now entered the medical lexicon. <http://health.usnews.com/health-news/patient-advice/articles/2014/06/16/cyberchondria-how-the-internet-can-afflict-your-mental-health>



The internet can be a great source of information, if you use it wisely. It’s always best to consider your source information. Don’t use blogs or people’s personal experiences as a tool to diagnose yourself. If you are feeling ill, you should go to a doctor. If you don’t understand exactly what the doctor has said, or want additional information, then check on-line. Even then, be sure you are on reputable sites such as

* Government-sponsored health sites, which end with .gov, such as WomensHealth.gov, CDC.gov, NIH.gov and many others.
* Established health organization websites, which end with.org, such as cancer.org or diabetes.org.
* Health education sites associated with major medical schools and teaching hospitals, which may end with .edu, .org, or .com, such as ClevelandClinic.org, Mayo.com and Hopkinsmedicine.org

<http://www.healthywomen.org/content/articles/symptoms-search-hypochondria-internet-spurring-health-worries?page=2>

Sometimes, this exhaustive searching can cause more unnecessary stress. People may fall victim to “quick cures” or false treatments suggested or advertised on various sites. If you misdiagnose yourself, you may go to the doctor and demand unnecessary tests like MRIs or EKGs that are expensive. Or, you could become convinced you have some malaise and put off going to the doctors, especially if you are uninsured.

A few tips to avert cyberchondria include having regularly scheduled doctor’s appointments or making them as necessary, turning down the commercials on drugs where they list all the potential side effects, conducting your research on reputable websites, and not being on the internet 24/7. If you find yourself compulsively drawn to the computer, you might want to get into therapy to help you cope with your anxiety or obsessive/compulsive behaviors. As always, consult your physician, if you are ill. <http://www.healthywomen.org/content/articles/symptoms-search-hypochondria-internet-spurring-health-worries?page=2>

Is dessert really necessary? You can make your pies at home, but, do you really need them? After people have enjoyed their soup and big turkey meal, most of us haven’t left room for pie. Could you substitute pumpkin bars? What about a pumpkin ice cream or even finish the meal with a pumpkin spice cappuccino?

Chances are your family will be willing to help provide parts of the meal. If you make the turkey and stuffing, perhaps Uncle Joe can bring the green bean casserole. Grandma Mary would love to have someone to bake rolls and pie for. Other friends and family members could bring salad fixings or a bottle of pop or wine. Pot-luck meals are all the rage.

If making a turkey is not your thing, why not grill turkey burgers or prepare a tofurky creation? Try a root beer float with pumpkin flavored ice cream. For a small family, why not bake a whole chicken? The big turkey meal is really a time for family to bond and share. Food is nice, but spending time with family is priceless.



**Preparing A Great Thanksgiving Dinner for Less!**

We all look forward to sharing a great meal with our family of origin or the family we create from close friends. But, we also know that we shell out a lot of money for that one, albeit fabulous, meal. Here are a few hints and tips to cut down on the cost and still have a great dining experience.

Start with making an early plan. That way you can watch for the best deals at the grocery store, perhaps even taking advantage of coupons or any bonus turkeys that your employer might be providing. Try sticking with classic recipes or foods that you have prepared before rather than experimenting. You might find yourself with a colossal flop that you will need to cover. The best plan would be to stick with a traditional turkey, stuffing, green beans (or green bean casserole), mashed potatoes with gravy, cranberry sauce and that delicious pumpkin pie for dessert. Many of these foods go on sale between late October and November, so watch your store ads.

One way to change things up a little is to start dinner with a soup. The goal is to fill you up a little more, so that you will eat less turkey and fixings. You could make a vegetable soup, with plenty of fresh vegetables, which are more plentiful and therefore cheaper in the fall. Go with the smallest size turkey that will feed your family. A general rule of thumb is two pounds per person, unless you want a lot of leftovers. Think of that turkey noodle soup that will taste good next week.

Cook from scratch as much as you can. The foods won’t have as many preservatives or extra added sugars. When preparing your bird or the stuffing, use fresh bunches of herbs, which will be less expensive than a jar of the dried kind. Use up your slightly stale bread to make bread crumbs. Cut and boil real potatoes rather than using potato flakes or commercially packaged ones. If you are a baker, make your rolls or breads from scratch rather than purchasing prepared ones. Make homemade gravy.

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