

ParentScope

A Publication of the St. Lawrence University Parents Committee

Spring 2005

THE COLLEGE EXPERIENCE:

Transforming Times

We all know that for most college students, some event or activity transforms them – turns them into someone different from who they were when they left home to go to college. But do parents notice that transformation? Here's what a few Laurentian parents (and some of their offspring) had to say:

John R. Rupp '05

The geology department has been a great part of my four years here at St. Lawrence. The fellowship I received for the summer of 2004 allowed me to conduct research using equipment (ground-penetrating radar) that I would otherwise not have had the opportunity to use so extensively. The fellowship, which has turned into my senior thesis, is also allowing me to travel to



New Orleans in May to present my thesis at the American Geophysical Union's Joint Assembly. Maybe attending this conference will allow me to meet someone who wants to give me a job!

— John R. Rupp '05

Meghan M. Clement '06

Meghan is a two-sport athlete

– she is on the golf and lacrosse teams, and both are spring sports. It amazes us that the coaches work it



out so that she can do both. Their support, and the outstanding training facilities, have given her the confidence to know that she can do whatever she wants to do. And the self-discipline she has developed as a result has given her the means to reach her goals. To see her getting that much out of her experience as a college athlete is gratifying.

— Chuck and Pat Clement
Rochester, NH

John has had the quintessential

small-college experience through the St. Lawrence geology department. The mentoring, encouragement and guidance of Prof. Steve Robinson led John to apply for a summer research fellowship in 2004. He was entrusted with a University van, ground penetrating radar equipment valued at \$30,000, and the keys to the department facilities. During the summer of

Continued on page 3

Reducing High-Risk Alcohol and Substance Abuse

In her January letter to families

of St. Lawrence students, Vice President and Dean of Student Life and Co-Curricular Education M. L. Petty noted that the University will “take a revolutionary multi-pronged approach to our health and wellness programming,” a promise that relates to efforts to reduce high-risk drinking and substance abuse on campus. What can you expect your student to experience this semester, and how can you help?

To place this discussion in context, Dean Petty noted in her letter that “Most of our students do not abuse alcohol or drugs. Yet every student is affected by this problem. Just one student in a residence hall who drinks too much, too often, ruins the atmosphere for everyone. Just one student who comes to class with a hangover, unprepared at best, belligerent at worst, ruins the climate for learning.”

Parents are more aware than anyone that alcohol education should begin at very early ages, and that young people throughout the United States are

- National Institute on Alcohol Abuse and Alcoholism — www.niaaa.nih.gov
- Leadership to Keep Children Alcohol Free — www.alcoholfreechildren.org/
- NIAAA Kids Web Site — www.thecoolspot.gov
- Centers for Disease Control and Prevention — www.cdc.gov
- National Highway Traffic Safety Administration — www.nhtsa.dot.gov
- Substance Abuse and Mental Health Services Administration — www.samhsa.gov
- U.S. Department of Education — www.ed.gov
- U.S. Department of Justice — www.usdoj.gov

“Most of our students do not abuse alcohol or drugs. Yet every student is affected by this problem.”

—Dean Petty

exposed to messages about high-risk behaviors at home, in school, through the media, from coaches, clergy and mentors in all phases of their lives.

Yet parents also know that far too many college students make choices that lead to injury and death. That alcohol and substance abuse is a national problem is well appreciated. That the problem is pervasive is no reason any college, especially St. Lawrence, should abandon efforts to be involved in educating about it.

At St. Lawrence, the University’s Wellness Initiative has prepared a seven-page, 48-point plan of objectives and programming for the spring semester. Many of the points can and will be completed immediately, and others will be the start of long-term projects that require seeking external funding. For example:

- A series of speakers on alcohol abuse education will have visited campus in January, February and March.
- The events calendar will expand with an even greater number of alcohol-free events.
- Brainstorming sessions and dialogs about reasons why people abuse alcohol and drugs will involve students, faculty, staff, parents, alumni and community.
- A new course on peer education and social wellness has been proposed for the fall semester.
- New research will be completed to understand better what motivates St. Lawrence students specifically to

reduce their high-risk behaviors, and programming for fall 2005 will result from the research.

- New ways to involve faculty, who see students far more regularly than almost anyone else on campus, will be explored.

What’s a parent to do? The Web site www.collegedrinkingprevention.gov cites a number of ideas that St. Lawrence endorses:

- Inquire about your son or daughter’s roommates, the roommates’ behavior, and how disagreements are settled or disruptive behavior dealt with.
- Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses. Indicate that you have asked the college/university to keep you informed of infractions of its alcohol policies.
- Make certain that they understand how alcohol use can lead to date rape, violence and academic failure.
- Be aware of the signs of possible alcohol abuse by your son or daughter (e.g., lower grades, never available or reluctant to talk with you, unwilling to talk about activities with friends, trouble with campus authorities, serious mood changes).
- If you believe your son or daughter is having a problem with alcohol, do not blame him or her, but find appropriate treatment.
- Call and/or visit campus health services and ask to speak with a counselor (at St. Lawrence: 315-229-5392).
- Indicate to the dean of students, either in person or by e-mail (see box), your interest in the welfare of your son or daughter and that you want to be actively involved in his or her recovery despite the geographic separation.

Continued ►

Reducing High-Risk Alcohol and Substance Abuse... *continued*

- If your son or daughter is concerned about his or her alcohol consumption, or that of a friend, have him or her check out www.alcoholscreening.org for information about ongoing screening for problems with alcohol.
- Pay your son or daughter an unexpected visit. Ask to meet their friends. Attend Family Weekend and other campus events open to parents.
- Continue to stay actively involved in the life of your son or daughter. Even though they may be away at college, they continue to be an extension of your family and its values.

The www.collegedrinkingprevention.gov Web site continues to say, "In 1999, a majority of college and university presidents identified alcohol abuse as one of the greatest problems facing campus life and students. A *Call to Action: Changing the Culture of Drinking at U.S. Colleges* presents a series of recommendations to college presidents, researchers, parents, and students to deal with this continuing public health problem in a scientific and sensible way. We encourage parents to continue to educate themselves by referring to and using the following materials prepared by the Task Force. The documents are available in full text at www.collegedrinkingprevention.gov."

If you wish to contact Dean Petty:

M.L. Petty
Office of Student Life and
Co-Curricular Education
St. Lawrence University
Canton, NY 13617
315-229-5311
E-mail: mpetty@stlawu.edu

THE COLLEGE EXPERIENCE:

Transforming Times

Continued from page 1

2003, John spent two weeks in Alaska as part of his geology study. We are so impressed with the hands-on opportunities John has had. He is treated as a trusted colleague rather

than a student. What more could parents ask for as their child prepares to go out into the world?

— Joanne and Ron Rupp
Califon, NJ

Phyllis A. Puzzo '05



Phyllis loved her London

semester. It gave her an appreciation of a different culture and broadened her understanding of the theater and literature. Most important, she became even more self-reliant!

Thank you, St. Lawrence, for giving her this opportunity.

— Leah '63 and Tony Puzzo
Leonia, NJ

Leah '63 and Phyllis Puzzo '05 on campus

Justin R. Brodowski '07

I consider my involvement in Habitat for Humanity an invaluable part of my college experience. It has been amazing to see the club grow, pursue new goals and achieve them.

— Justin Brodowski
President, St. Lawrence chapter of
Habitat for Humanity

Justin seems to be more excited

about school generally thanks to his involvement with Habitat. He's getting a clearer picture of what he might like to do after he graduates. Getting people together for the purpose of doing good work instead of just having fun has given him a deeper level of

motivation, more of a sense of purpose. He wants to do things that help people.

— Anne Dilts
Forest Dale, VT

Justin Brodowski, right, enjoys some food and conversation with fellow students on the Adirondack Semester.



THANK YOU!

St. Lawrence Parent Giving

Universities serve a variety of constituencies. Each group carries with it a different set of expectations and different ways of expressing its opinions on how well their expectations are being met.

One way our vital parent constituents express themselves is in the degree to which they give financial support. To the right is a summary of St. Lawrence parent giving along with that of similar schools.

It is clear that if we read parent giving as an accurate measure of satisfaction, parents think very highly of the education St. Lawrence provides. It is also clear that by any measure, St. Lawrence parents are extraordinarily generous!

The foundation of St. Lawrence parent giving is the Parents Committee. Since 1957, the committee has grown from a small group of dedicated, generous volunteers to a very large one. This year with a membership of 120 families, each making leadership gifts to the Parents Fund of at least \$1,000, its impact is as great as ever.

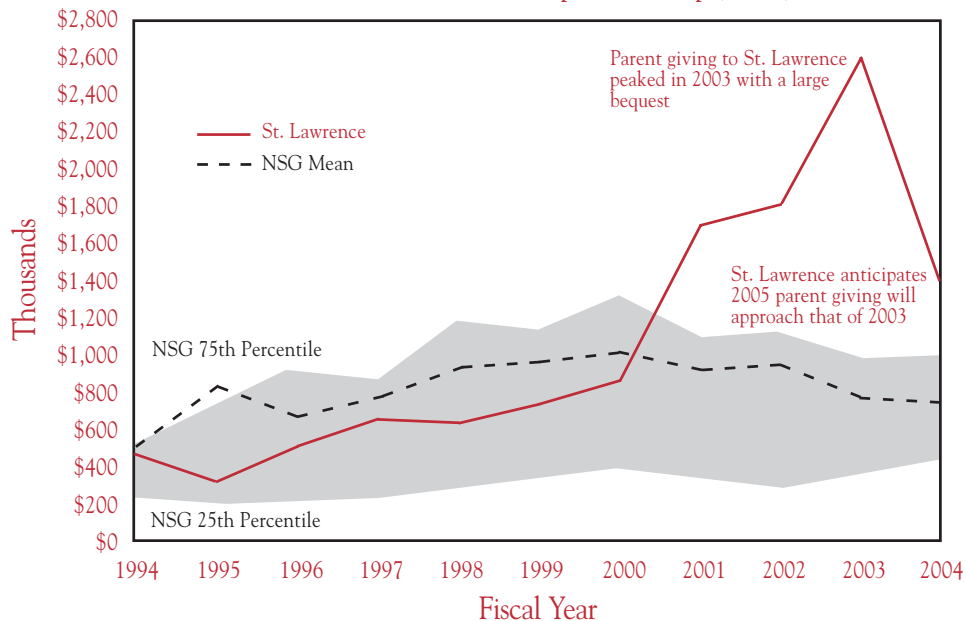
The New Comparison Group (NCG)

Allegheny College	Holy Cross, College of
Bates College	of the
Bucknell University	Kalamazoo College
Carleton College	Kenyon College
Colby College	Macalester College
Colgate University	Middlebury College
Connecticut College	Muhlenberg College
Denison University	Ohio Wesleyan University
Dickinson College	Skidmore College
Drew University	Trinity College
Gettysburg College	Vassar College
Hamilton College	Wheaton College
Hobart/William Smith Colleges	Wooster, College of

Total Parent Gift Income

(includes both the Parents Fund and Capital Gifts)

St. Lawrence vs. New Comparison Group (NCG)



If you would like more information on the Parents Committee or would like to make a gift, please call Brad Catling at 315-229-5915 or Cindy

Clusen, 315-229-5540, or visit our Web site: www.stlawu.edu/parents
Thank you very much for your support!

TO HELP YOU PLAN AHEAD:

Major Dates, Spring and Fall 2005

Spring Semester 2005

- March**
20 Sunday, Spring Break ends*
- April**
29 Friday, Classes end
- May**
1-7 Monday-Saturday, Final Exams
15 Sunday, Commencement, 10 a.m.

This calendar is subject to revision by the University.

**Residences are open and meals are available during midsemester break; residences and meals are not available during Thanksgiving recess and spring break.*

Fall Semester 2005

- August**
22 Monday, New student orientation begins
25 Thursday, Classes begin
- September**
23-25 Friday-Sunday, Family Weekend
- October**
13-14 Thursday-Friday, Mid-semester Break*
- November**
18-27 Friday at 5pm-Sunday, Thanksgiving Recess*
- December**
9 Friday, Classes end
12-16 Monday-Friday, Final Exams

Bridge-Builders

The Student Alumni Association is doing a lot to tie various constituencies of the University together.

By Chinasa Izeogu '05

“My tuition covers all of what it costs to educate me at St. Lawrence.”

“Tuition dollars paid for the new Student Center.”

True? No.

They're myths, like several others floating within the minds of many Laurentian students, alumni and parents. They're misconceptions the Student Alumni Association (SAA) has made it their quest to dispel, in part through a PowerPoint presentation that they will take to several venues on campus. SAA members provided input as the presentation was being finalized.

Jessica Moye, assistant director of alumni and parent programs and SAA advisor, explains that the SAA acts as a

About Those Myths:

“My tuition covers all of what it costs to educate me at St. Lawrence.”

The operating and capital expenditure per full-time equivalent student in 2004 was just under \$60,000, compared to a comprehensive fee (tuition, room and board) of \$38,025. The difference is made up mostly through gifts and income from the University's endowment.

“Tuition dollars paid for the new Student Center.”

The cost of the center was \$15 million. Of that, \$11 borrowed and \$4 million gifts. No tuition money paid for the facility.



SAA “helps to create a community where people feel at home while here. SAA has allowed me to develop a sense of what being a ‘Saint’ is.”

-Randy Olivo '06, chair of SAA

liaison between the student body and the alumni. SAA also maintains and stimulates interest in the history of the University and encourages students and alumni to participate actively in guiding its future, she adds.

Formed in spring 2004, the SAA has hosted several events on campus through the efforts of their executive board and three committees: Career Services/Senior Transition, chaired by Ryan Thompson '05, Waddington, NY; the Race Committee, led by James Maswick '06, Scotia, NY; and History and Traditions, headed by Britton Wean '06, Pittsburgh, PA.

The Race Committee helps plan the Canton-Potsdam Race Weekend, which includes a marathon and related events, in the spring. Other SAA activities in-

clude interaction with Alumni Council members, “Scarlet & Brown Day” (a school spirit event organized around a St. Lawrence–Clarkson hockey game), and attendance at a “mocktail” party (etiquette training). Members have written articles for *GoldLink*, a newsletter aimed at graduates of the last decade, and provided articles for the History & Traditions section of *The Hill News*.

“We are a group with a twofold purpose: to make St. Lawrence the best place to spend the greatest four years of your life, and to make your degree mean the most in the real world when you have graduated,” says Maswick. Randy Olivo '06, of New York City, chair of SAA, agrees. He says that SAA “helps to create a community where people feel at home while here. SAA has allowed me to develop a sense of what being a ‘Saint’ is.”

SAA plans to continue to raise school spirit by various means. St. Lawrence's sesquicentennial (150th anniversary) observance, running from summer 2005 through April 2006, gives the History and Traditions Committee a chance to write articles about SLU history and bring alumni onto campus to discuss specific periods in the University's history during “Fireside Chats.” As stated on SAA's application for membership, “members in SAA learn that they are not Laurentians for four years, but are Laurentians for life.”

As stated on SAA's application for membership, “members in SAA learn that they are not Laurentians for four years, but are Laurentians for life.”

ST. LAWRENCE UNIVERSITY

ALUMNI AND PARENT PROGRAMS

Canton, New York 13617-1475

If your salutation is not correct, please notify the University by going to www.stlawu.edu/parents/salutation_form.html

MARK YOUR CALENDAR:

Commencement Weekend

May 14-15, 2005

Questions?

Families of prospective May 2005 and December 2004 graduates have received a mailing from the University. For continuing updates, visit the Commencement Web site: www.stlawu.edu/commence/.

If you have additional thoughts or inquiries, contact Lisa M. Cania, associate vice president for University relations and chair, Commencement Committee, lcania@stlawu.edu.



Future Commencement Dates:

- May 20-21, 2006
- May 19-20, 2007
- May 17-18, 2008

Help Us Out, Parents!

- 1) Please send us a photo of your student. We know that parents often have a better idea where good pictures (a high school senior portrait, for example) of their children are than they do! The picture may be used as appropriate for news releases to the student's hometown newspaper – so you may see it in print!
- 2) What is your preferred e-mail address? Providing it will help the University create a parents' listserve for up-to-date news and information on campus events such as Commencement.

Send both to Lisa Cania, associate vice president for University relations, St. Lawrence University, Canton, NY 13617. For more information: lcania@stlawu.edu, or 315-229-5585.