Dear Mountaineer Family Members:

Another fall semester is drawing to a close and much has occurred in your student's life over these four months. They have...

...learned more about what it takes to be a successful scholar
...developed friendships that will endure for years
...lost a lot of sleep
...taken on new leadership roles & responsibilities and perhaps eliminated others because they've realized there are only 24 hours in a day
...won games and lost games
...spent one-on-one time with a faculty or staff mentor
...consumed their weight in chicken tenders or cheese quesadillas from the Lion's Den
...progressed a semester closer to graduation
...and so much more

I know you are looking forward to spending time with your son or daughter over the holidays and hearing first hand all that they have experienced and learned.

Wishing you and your family all the best of the Season,

Peg Layton, Dean of Students

Sumners Scholars Program

The Sumners Scholars Program at Schreiner University is a remarkable opportunity for students. Four students are selected each spring through
a competitive application process. The honor comes with a generous scholarship during the junior and senior years, and opportunities to attend the National Center for Policy Analysis Distinguished Lecture Series in Dallas. During recent semesters the students have had the opportunity to meet Mike Huckabee, Gov. Rick Perry, Gov. Mitt Romney, Juan Williams, Steve Kroft, and Judge Napolitano. Students also attend the NCPA Public Policy Forum in Dallas, the Student Leadership Conference sponsored by the Center for Ethical Leadership at the LBJ School of Public Affairs, and the Campaign Boot Camp sponsored by the New Politics Forum.

An information session and application workshop will be held on January 23. The application deadline is February 20th, 2013. If your student will be a junior in the Fall of 2013, please review the full eligibility requirements of the program on line and urge your student to do the same. http://www.schreiner.edu/financialaid/current_students/scholarships_and_grants/index.aspx

For more information contact Beth Bourland, bgbourland@schreiner.edu or 830-792-7213.

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**Anxiety - #1 Mental Health Issue**

Students who drop out of college seldom say that college is too difficult. Usually the reason for dropping out has to do with a number of mental health, financial, and sociological issues. Anxiety is the number one complaint of Schreiner students who are seen at the campus counseling center. Students worry about grades, peer interactions, romantic breakups, family issues, finances, and long term career decisions. Also, parents who are anxious can increase anxiety in their college age children with their own worrying and negative criticisms.

Anxiety is problematic since the over-abundance of stress hormones which accompany anxiety impair concentration, memory, and sleep. Anxiety places a student at higher risk to use alcohol or marijuana to feel more in control. Treatments for anxiety include aerobic exercise and cognitive behavioral therapy, plus a whole selection of stress management strategies, including yoga, relaxation, biofeedback, mindfulness, and reduction in caffeine.

Anxiety medications recommended by most physicians, when medication is necessary, would be an antidepressant medication. While slower acting than tranquilizers, the antidepressants increase the natural serotonin in the brain which calms the anxiety and assists the student to become more successful in their college career. If your student reports that she or he is overly anxious, be sure to recommend they see the college counselor, Carolyn Osborn, csosborn@schreiner.edu.
Science Peer Mentors

The Science Mentors at Schreiner University provide academic, social, and professional guidance to freshman and sophomore science majors. This program allows for upper-level science majors, selected by faculty, to mentor students either thinking about a degree in science or students that have already declared their major. Matches are typically made by the mentee (freshman or sophomore) reaching out to one of mentors for assistance. This identification by the mentee is key. They can select a mentor that they think will best suit them. In the past, freshmen have selected mentors based on common professional plans (graduate school, medical school, dental school, etc), similar degrees, or similar social situation. Since its inception in 2011, SU-Science Mentors have seen their numbers grow with some students that were mentees in 2011 becoming mentors in 2012. If your child is a science major, ask him/her if they have a SU-Science Mentor, especially (but not necessarily) if they are struggling in their science classes.

Family Week-End

Our wonderful photographer Aaron Yates took photos of our Tailgate party and the SU volleyball game during October's Family Weekend!
Check them on his website: http://aaronyates.smugmug.com/Sports/Schreiner/TLU-SU-Volleyball-2012/26084747_gPwBW2#i=2170594376&k=Ww6ssLZ
We hope all of our SU families who attended Family Weekend found many opportunities to connect with their Mountaineers. If you have any suggestions for future Family Weekend events please contact Tammi Clanton, Family Weekend Coordinator at (830) 792-7456 or via email at tkclanton@schreiner.edu.

Cold & Flu

It's Cold & Flu season. Vaccines for the flu are still available at Health and Wellness for only $12. Be sure your student has what they need to control the symptoms.

End of Fall 2012 Grades/Transcripts

Students will be able to access Fall 2012 semester grades through Schreiner One (provided their account is clear) by viewing "Grade Report, Term 2012, Final Grade Report." All grades should be posted by December 14 at the latest. Since all accounts must be clear of fines, charges and other balances to release transcripts, those may not be available until December 20.

Parent Chat:
As both a parent and a pastor, I can say that Schreiner has
helped my own daughter and youth I have served to thrive—as students as human beings. Schreiner has given them the resources, the support and the space to grow into people who are not only well-educated, but also fully-realized—ready to continue with confidence and creativity. Rev. Cheryl Taylor, mother of Kelsey Moore, Class of 2012.

Schreiner University Student Services
If you have any questions regarding the newsletter or its contents please contact Joyce Lespreance at jalespreance@schreiner.edu
830-792-7278

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