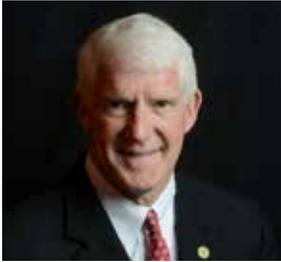


CENTRE PARENTS NEWSLETTER

SPRING 2018



A MESSAGE FROM THE PRESIDENT

JOHN A. ROUSH

Dear Parents and Friends:

I begin, as always, with a humble thanks to you parents for sharing your children with us. We – the faculty and staff at Centre – never take for granted the young people who come our way with excellent talent and high expectations. Noting that you parents have done the “heavy lifting” with these students, our plan has been and will remain to provide an intellectual adventure that prepares them for remarkable lives of work and service. That’s the plan – the hoped for outcome.

Two items of special note this time ‘round – one of them an update on “rankings” and the second a special thanks to one among us who has rendered great service to the College and its students.

First, I should say a word about a couple of the most recent college and university rankings. Reminding you that I can be quite critical of these ranking reports, they are of value and, simply put, have been helpful to Centre as it becomes a more desirable, more prestigious, more capable institution. So, cutting to the chase, be aware that the *Wall Street Journal* has entered the world of rankings, and when they set out to determine the top 10 colleges in the South in small-town settings, Centre College came in at #2, just behind Washington and Lee University and ahead of Sewanee: The University of the South. Many of the nation’s best colleges find their home in places like Danville, with a population less than 25,000, and include schools like Dartmouth, Williams, Middlebury, Bowdoin, Colgate, Bucknell, and Colby. All good company to keep.

In terms of overall institutional value, *Princeton Review’s* 2018 “*Colleges That Pay You Back*” ranking once again included Centre — and for the fourth year in a row, I might add. To make the top-200 list, a college must be committed to giving students “bang for their buck” based on a return on investment (ROI) methodology that looks at graduation rates, job and advanced study placement, and post-graduation salaries and job satisfaction.

With 98 percent of our graduates employed or enrolled in graduate school within 10 months of graduation, it’s easy to understand how we earned this distinction.

And for the 12th year in a row, *Kiplinger’s* Personal Finance ranked Centre one of the best values in American higher education, this year with a #36 ranking among all colleges and universities and #19 among liberal arts colleges alone. The methodology evaluates academic quality, graduation rates, and student-faculty ratio, all in comparison with costs and financial aid measures.

(continued on next page)

Centre's outstanding faculty are the heart and soul of what makes us so strong, but our talented staff and my own senior leadership team work quietly behind the scenes to keep the wheels turning. In a new ranking by *U.S. News & World Report*, these kinds of unsung efforts have been recognized, and I'm proud that Centre was ranked #16 in the nation for operational efficiency.

Second, and speaking of unsung heroes, I cannot miss this opportunity to express thanks to Mona Wyatt who has served the College with distinction for 38 years. There are some among us who "live it every hour of every day," and Mona is one of those. Her commitment to the betterment and welfare of the College is the stuff of legend, and it was a somber day on March 2, 2018 when Mona closed the door to her office one final time. All of us who have known and worked with Mona are better because of that opportunity. We will miss her – her ideas, her determination, her spirit, her love of this place. Susie and the entire campus community join me in offering up to Mona Wyatt our sincere thanks and very best wishes to her for every success as she begins a new adventure with her life.

So, the spring term nears its finish. The campus community is alive with activity, and the beauty associated with the season full of transformation is upon us with all its newness and beauty. This is a very, very special time to be on a college campus, and it is nothing short of a blessing to be on this particular and wonderful college campus.

My best,





FAREWELL RECEPTION FOR MONA WYATT

On Friday, February 16, the Centre community hosted a farewell reception to honor Mona for her more than 38+ years of dedicated service to the College and Centre parents.

The first floor of Old Centre was filled with Centre faculty, staff, alumni, parents, and students who waited in line patiently to thank Mona for her service to the College over the years and to acknowledge the countless ways she has positively impacted the community over the years. Serving as counselor and wonderful colleague to many, Mona was able to put her personal touch on everything she did for Centre.

Shawn Lyons, Class of 1981 and Vice President of Alumni and Development, shared his gratitude for Mona, noting she has been with the College since he was a student. He thanked her for her service to Centre and quickly reminded the room just how long 38 years is, "19, 972, 800 minutes to be exact." Every minute, every hour, Mona gave tirelessly to her work and she will be greatly missed.

IN THE INTERIM

A search is under way to hire an Associate Director of Parent Engagement. In the meantime, please direct questions or concerns to Shawn Lyons '81, Vice President of Alumni & Development. Please call toll-free (877) 678-9822 or email shawn.lyons@centre.edu.

Contact Carol Maddox at (859) 238-5208 or email carol.maddox@centre.edu.

41ST ANNUAL HERBIE MCGUIRE PRAYING COLONELS INVITATIONAL

May 21
Danville Country Club

Parents and alumni are invited to the annual Herbie McGuire Praying Colonels Invitational golf tournament - a fundraiser in support of Centre athletics intercollegiate teams and student-athletes.

2ND ANNUAL CENTRE LOUISVILLE OPEN

August 13
Audubon Country Club

Presented by
Sterling G. Thompson Company.



HOUSING INFORMATION

FROM ANN YOUNG, DIRECTOR OF HOUSING

Student housing/room selection for the 2018-19 academic year will be in full swing in the next two weeks and continue through the month of April. Dates and times of the housing selection have been sent to students in a detailed e-mail.

Student residences close at 6 p.m. on Wednesday, May 16. There is some flexibility if there are flights scheduled later that evening. Underclass students that are participating in the Commencement Ceremony are the only students other than seniors allowed to stay on campus. Should a student need to stay extra days (due to travel reasons **only**) there is a \$25/night charge.

All student residences close for the year at 8 p.m., Sunday, May 20.

The College hosts an on-campus charity yard sale after Commencement. If students have items they will no longer need, please remind them this is a great way to recycle and reuse the items.

FALL RETURN DATES

Please note that returning student check-in will be held Saturday, August 25 from 11 a.m. to 1 p.m., and Sunday, August 26 from 11 a.m. to 1 p.m. Students will receive an email this summer indicating where they should go for check-in. Please make travel arrangements accordingly.

IMPORTANT REMINDER

FROM THE REGISTRAR

Returning students will register for their fall term classes **April 23-27**.

A student's financial account at the College must be clear in order to register for classes.

AIRPORT SHUTTLE SPRING SCHEDULE

Spring Break is March 17 through 25

To airports March 17 - 20

To Centre March 24 - 25

End of Spring Term May 10 through 16

To airports May 14 - 22

GREEK LIFE UPDATE

FROM SCOTTY RAINWATER,
DIRECTOR OF GREEK LIFE AND
NEW STUDENT ORIENTATION

The Greek Life Office is excited to welcome 195 new members to our Greek community. Average chapter size for our sororities is now 82 members, and average chapter size for our fraternities is now 54 members. Approximately 54 percent of Centre students are now affiliated with a Greek organization. The average GPA for our fraternity new members is 3.17. The average GPA for our sorority new members is 3.44.

During the fall 2017 semester, our fraternities and sororities have logged an impressive 5,451 hours of community service and raised over \$12,000 for various charities.

We are hosting the inaugural "Centre Sing" event on April 10 at 7:00 p.m. in the Norton Center for the Arts. This is a singing/dancing skit competition between different student organizations. Everyone is encouraged to attend and tickets will be \$5 at the door. All proceeds benefit The Gladys Project of Danville which is an early learning program for children and families. We hope to see you there!

STORAGE FACILITIES NEAR CAMPUS

For those who are from out-of-state and need to store items over the summer, several area storage facilities offer discounts to Centre families. If several students go together, it's not very expensive and most are willing to let you rent month-to-month without any contract. But check with them to confirm details and availability.

The Lock Box Storage

387 Whirlaway Drive (just off the bypass across from the fairgrounds), special rate for Centre students and a free lock.

(859) 236-2611

Self-Service Storage

215 Jane Trail (1 month free rent on summer storage – minimum 3 months).

(859) 236-7505

America's Storage Rentals of Danville

185 West Ridge Road (just off the bypass)

(800) 457-5678

PARENTS FUND

JOEY GILBERT,
DIRECTOR OF ANNUAL GIVING

If you would like to support the Parents Fund, there are three easy and secure ways to do so: online at <http://gifts.centre.edu> to make your secure credit card gift, call toll-free **(877) 678-9822**, or mail a check to Centre College, Attention: Joey Gilbert, 600 West Walnut Street, Danville, KY 40422.

Thank you for all you do to help make the Centre experience better for today's students.

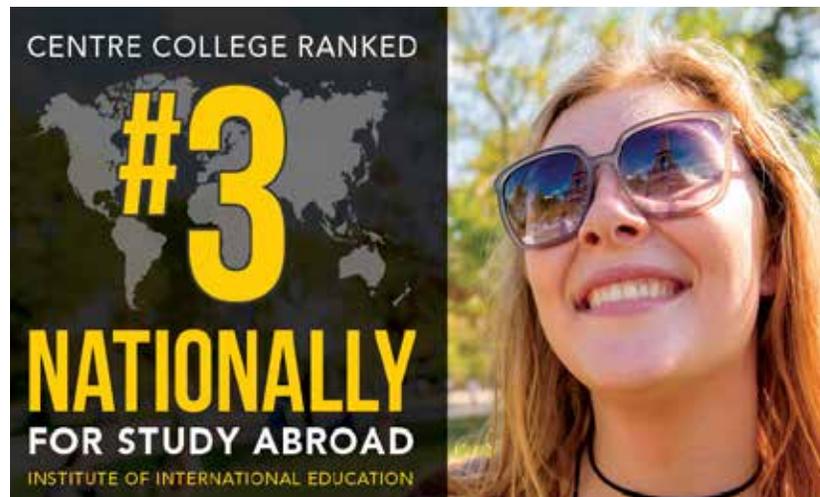
STUDY ABROAD

THE CENTER FOR GLOBAL CITIZENSHIP

At the end of February, applicants were selected for summer 2018, semester, spring 2019 and CentreTerm abroad programs. It was the most competitive year for many of our programs and we will be sending more students abroad next year than ever before.

Pre-departure training sessions for the summer and fall abroad students will begin later this month and continue until the end of the term. CentreTerm and spring students will receive most of their pre-departure training in the fall of 2018. Students have received a handbook specific to their program or term. Leigh Cocanougher will email handbooks to parents of semester abroad students in mid-March. Parents of summer 2018 or CentreTerm 2019 abroad students should ask their student to forward the handbook to them.

Students studying abroad through Centre attend at least five pre-departure meetings (including a travel medicine presentation and safety/security meeting) before going abroad, receive study abroad accident and illness health insurance coverage at no extra charge, and earn academic credit for courses. Oh, and have once-in-a-life-time adventures!



SPRING SEMESTER TIPS

FROM ANN GOODWIN, DIRECTOR OF COUNSELING SERVICES

The upcoming last half of the term are often difficult for Centre students. April is a busy month on campus with many educational opportunities and responsibilities, which you have seen perusing the Parent Newsletter.

Encourage your student to maintain their self-care and to pace them self. April is one of the few months in the academic year with no breaks (the others are September and this year, February) and academic fatigue, as well as physical fatigue, is often experienced by students. Even though your student may be busier, try to maintain regular (maybe once weekly) phone calls. The calls may need to be shorter than before but consistent communication will be a good break for your student and will give you an opportunity to gauge how they are doing.

Here are some tips for maintaining self-care during the end of the semester and academic year:

Prioritize sleep. To be their smartest, students typically need about eight hours of sleep. Remind them that they will be more efficient at writing and studying (and will be smarter!) with a rested brain.

Decrease screen time or take a screen vacation. There are multiple new studies about the fact that too much screen time negatively impacts our brain and ability to focus and increases anxiety. Students are frequently encouraged by the College to put their smart phone on "airplane mode" while they study or write papers.

Make a game plan. Spring break is a great time to spend a little time getting organized proactively. There are multiple responsibilities scheduled at the same time over the next month. Encourage your student to spend time putting

each assignment on a calendar or agenda, paying attention to when multiple assignments are due at the same time. Encourage your student to make a plan for how to handle that high stress period (for example by turning in a draft of a paper early or studying for an exam early) so that they are in a good place going into the harder week (or weeks!).

Make healthy food choices. Nutrition is important to mental wellness. Encourage your student to keep eating and to try to eat healthy food. If you enjoy sending care packages, consider what fruits or other healthy snacks your student likes and include the healthy options in the box along with the cookies.

Exercise and participate in recreational activities. Although this is a very busy time of the year, encourage your students to continue to find time to exercise and to participate in recreational activities they enjoy. Exercise is one of the most successful interventions for decreasing stress. And taking time to relax through exercise or recreation decreases the likelihood of burnout. The Counseling Center often encourages students to try meditation, yoga, or hiking and we are happy to connect students to local resources for these activities.

Take care of yourself. Yes, this is for you, parent or guardian. First of all, you know by this point that you parent better when you are mentally well. Additionally, your stress can increase your student's stress. Stress begets stress. A stressful response to a student's stress can increase the student's stress. The best response and support for your stressed student is a calm (and validating) response. And, lastly, modeling self-care and appropriate stress management is the best message you can send your student about the importance of taking care of their wellness.

Joel Klepac, Mike Spears, and I wish you and your student a good end to the academic year. Don't hesitate to contact us about any mental health concerns.

STUDENT HEALTH UPDATE

FROM KATHY JONES, RN
DIRECTOR OF STUDENT HEALTH SERVICES

Spring is just around the corner. Time for sunshine, colorful flowers, fresh green grass (yes, Kentucky bluegrass is green), beautiful blooms, and evidence of new life throughout this fabulous place we call home. While Central Kentucky is known for its beautiful rolling hills and plush farmland, it is also a place where spring time allergy-causing culprits abound. Pollen is plentiful in the spring! For allergy sufferers it is a time for experiencing a runny nose, stuffy nose, sneezing, stuffy ears, watery and itchy eyes, post-nasal drainage, sore throat, hoarse voice, and a non-productive cough. If your student has a history of seasonal allergies, ask if they have what they need to address symptoms. Some students who are new to the area may experience allergy symptoms for the first time. Consider sending a care package with supplies. Allergy symptoms can range from mild to severe. Untreated allergy symptoms can make a person feel miserable.

Most allergy medications are now available over-the-counter. According to a local ENT, it is best to begin with a steroid nasal spray. Then consider adding an oral antihistamine. If the antihistamine causes drowsiness, either take it at bedtime or select a non-drowsy option. Call this stating the obvious but falling asleep in class is a definite detriment to learning. If symptoms persist, perhaps prescription Singulair will help.

Those with asthma that is triggered or worsened by spring time allergies should work with their

doctor or the physician assistant in the student health office to find an effective combination of treatments.

Some alternative or complimentary treatments may be worth a try for mild allergies. Nasal saline irrigation may help but caution must be applied to ensure cleanliness of devices or containers used.

Distilled water should be used since tap water is not safe to use for this purpose according to the FDA. Some debate exists on the effectiveness of taking a "dose" of local honey daily. Taking a probiotic may be helpful. Some believe in the combination of lemon, lavender, and peppermint essential oils.

Visit the National Institutes of Health website for more information about allergic rhinitis and other allergies <https://nccih.nih.gov/health/allergies>

Student health staff members are ready to help. A doctor is available four mornings each week, Monday – Thursday, 7:30 a.m. – 8:30 a.m. and a physician assistant is available during regular clinic hours, Monday – Friday. Allergy shots can be administered in the student health office on campus. Our staff will work with the student's allergist office to provide allergy shots. Students can have their allergy vials and dosage sheets sent to Centre College Student Health. There is a self-help shelf in the lobby where students can pick up sample-sized packets of antihistamines, decongestants, and other over-the-counter medicines without having to see a provider for an evaluation. Sample sized packages are free. We wish you and your student a very happy and healthy spring term!



CAREER CHATS & EMERGING PROFESSIONALS SERIES

FROM JOY ASHER, DIRECTOR OF THE CENTER FOR CAREER & PROFESSIONAL DEVELOPMENT

Our highly successful Career Chats and Emerging Professionals series continue this year. For both of these monthly series, alumni speakers are brought in virtually from around the world to discuss their careers and give advice to students interested in getting into those fields. Alumni speakers cover a wide array of career fields and have come from organizations including Facebook, the United Nations, CBS, Baptist Health, Save the Children, Pandora, PricewaterhouseCoopers, and many more.

The Emerging Professionals series feature alumni, CCPD staff, and employers who provide information and advice on an array of professionalism topics. Topics typically covered include professional communication, networking, resume/CV writing, landing a summer internship, interviewing, and navigating your first “real” job.

For dates and topics for this year’s remaining Career Chats and Emerging Professionals events, see the CCPD upcoming events section of this newsletter.

SUMMER INTERNSHIP, RESEARCH, AND PROJECT FUNDING PROGRAMS

FROM MINDY WILSON, ASSISTANT DIRECTOR, CENTER FOR CAREER & PROFESSIONAL DEVELOPMENT

Please help your student remember that the application deadline for our summer internship funding programs is fast approaching! All funding applications are due on April 5. Centre College provides competitive financial support for students completing high-caliber unpaid or low-paid domestic or international internships.

The Center for Career & Professional Development can help locate top-notch internships and can offer advice for students locating internships on their own.

Centre’s internship funding program goals:

- To support students who are building upon their academic and career-related pursuits with internships.
- To facilitate student participation in experiential career exploration.
- To expand the diversity of internship opportunities in which Centre students participate.
- To help students access an internship that would be difficult to pursue without funding support.

Currently, Centre provides internship funding for the following types of internships:

- General awards for internships in any career field
- Specific awards for internships in: education, environmental studies, state government, federal government, healthcare and medical, dietetics, and nursing.

Students may apply for up to \$5,000 in financial support, though the average award amount is \$2,600. If your student would like to discuss any of these options, they can schedule an appointment with a career counselor by calling or stopping by the Center for Career & Professional Development.

For more information about Centre’s funding opportunities, eligibility requirements, and policies, go to our Internship Funding webpage: www.centre.edu/after-centre-internships/internship-funding.

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CAREER & PROFESSIONAL DEVELOPMENT EVENTS

MARCH 13

Environmental Careers (Career Chat) 11:30 a.m.

MARCH 29

How to Be Successful in Your First "Real" Job
(Emerging Professionals SERIES) 11:30 a.m.

APRIL 5

Summer internship funding application deadline

APRIL 10

Arts Administration Careers (Career Chat)
11:30 a.m.

APRIL 18

Etiquette Dinner 5:30 p.m.

APRIL 26

Graduate School Success
(Emerging Professionals series) 11:30 a.m.

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COMMENCEMENT HEADQUARTERS

FROM MEGAN NOLTEMEYER

Commencement Headquarters is your one-stop online information access for Commencement weekend. The Commencement Schedule and other information has been posted and we encourage you to visit this webpage often to stay up-to-date on changes and information, dates, and times.

COMMENCEMENT HEADQUARTERS
<http://www.centre.edu/commencement/>

Please feel free to contact Megan Noltemeyer with any questions you may have about Commencement.

Megan Noltemeyer
Commencement Coordinator
Phone: (859) 238-5341
Email: megan.noltemeyer@centre.edu

CONTACT CAREER & PROFESSIONAL DEVELOPMENT

Phone: (859) 238-5283
Email: careers@centre.edu
Office: Carnegie



GRACE DOHERTY LIBRARY NEWS

A reminder for students: The reference librarians, student assistants, staff, and the reference desk are available to answer research questions from 8:30 a.m. until 10 p.m. Sunday through Thursday. From finding sources, to obtaining materials from other libraries using interlibrary loan, to citing sources, the reference team is here to support student research, saving time and energy in the process!

On March 26 we will host Affrilachian poets, Bernard Clay, Dorian Hairston and Danni Quintos as they present an evening of poetry on the theme of identity and place. The poets will provide a short workshop for interested participants. The following week on April 2nd those who participate in the workshop will present their work to the campus.

Librarians Carrie Frey and Beth Morgan worked with campus partners Amy Frederick and Andrea Abrams in collaboration with faculty and staff at Furman University, Rollins College, and Washington and Lee University to write a grant titled: Uncovering our Collections: The Pathway to Diversity. Librarians will partner with alumni and local communities to discover photographs and conduct oral interviews relating to desegregation. We were awarded \$30, 000 by the Associated College of the South for this first grant stage. The eventual goal will be to develop a shared

digital collection for the ACS schools participating. This is an important project and we look forward to sharing news as we make progress.

Grace Doherty Library recently hosted a Human Library designed to facilitate conversations between students, faculty, staff and members of the larger Danville community. The event, in its second year, allowed individuals to “check out” human “books” for thirty minutes of conversation about whatever topic the “book” had prepared. Carrie Frey, the associate director of library services, explained that this event played a larger role in enhancing the creativity of education at Centre.

READ MORE ABOUT IT HERE....

<https://www.centre.edu/centre-encourages-social-dialogue-on-and-off-campus-with-human-library/>



UPCOMING LIBRARY EVENTS

NOW - MARCH 9

Spring Book Club, Sing, Unburied, Sing by Jesmyn Ward

MARCH 26 AND APRIL 2

Affrilachian Poetry Celebration and Workshop
Vahlkamp Theater from 8 to 10 p.m.

APRIL 2

Edible Books Event

APRIL 9

Faculty Research Showcase

APRIL 23

Dia De San Jordi



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