

December 2019

Help your student deal with stress, get PHINvolved, and have a happy holiday season!



Jacksonville University Parents and Families

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Helping Your Child Manage Stress

by Nancy Gilreath P'21 and Loren Rutulante P'21, P'23

Happy Holidays! As co-chairs of the President's Parents Council, one of our focus areas is communication – to make sure parents and families are aware of the resources available at JU, and of the commitment that the University has to each student. You have put your trust in JU to provide your students with first-rate opportunities to learn and grow. We recognize that the support of family and administration is essential to our students' success at JU. We have spoken with President Tim Cost '81, Provost Christine Sapienza, Dean Kristie Gover and other representatives of JU at nearly every level. From our interaction with the administration and faculty, we can confirm that at JU, student well-being is the highest priority. No student is anonymous, and there is a team available to guide and advise at every turn.

While the holidays are an exciting time, the pressure of exams, celebrations and visits home can also be stressful. The availability of stress management and mental health resources is a priority for JU. From speaking with JU families, we have learned that every family experiences bumps in the road as their student transitions to college and then to self-sufficiency – from turning clothes pink the first time they do laundry, to enduring a difficult break-up while away from home, getting a "C" for the first time, or perhaps something even more serious. While anxiety is a necessary part of growth, having a toolkit of resources can provide a smart, healthy way to manage it. The Student Solutions Center helps students overcome hurdles they may run into on campus by connecting them with the right resources. The Student Solutions Center office is located on the second floor of the Davis Student Commons and can be reached at (904) 256-7700 or studentsolutionscenter@ju.edu. JU provides free counseling, tutoring resources, office hours, an advisor system and stress relief activities throughout the school year. We are thrilled that the new Health Sciences Academic Center, scheduled to open in 2020, will expand the resources that are currently in place.

The President's Parents Council consists of families who support JU in various ways, including by attending meetings and making a philanthropic commitment to the University. If you are interested in learning more about the President's Parents Council, please feel free to reach out to [Lauren Griffith](#) or [Mary Anne Jolly](#). Here's to a healthy and successful 2020!

Happy Holidays from the Office of Parent & Family Engagement!

On behalf of the Office of Parent & Family Engagement and your JU Family, we wish you a wonderful holiday season and a happy new year!

Contact the Office of Parent and Family Engagement

Phone: (904) 256-7599

Email: family@ju.edu

Bikes on Campus

Before your students head home for the holidays, be sure to have them move their bikes into their residence halls or check that they are locked to an appropriate rack. Campus Security will clear the campus of all unlocked bikes over the break and they will be available for pickup on January 6, 2020. With questions or for assistance, please call the security office at (904) 256-7585.

Connect

[Learn more about the President's Parents Council.](#)

[Fill out the Parent Information Form](#) to ensure your contact information is up-to-date and stay on top of all things JU!



Career Resource Center Celebrates New Space

The Career Resource Center (CRC) is excited about their significant progress since moving to the first floor of [Howard Administration Building](#) this year. Providing students with more space and resources to develop their career readiness has resulted in a 42% increase in the number of student appointments and a 28% increase in the number of drop-in sessions.

Families, encourage your students to come check out the new space – and to schedule an appointment with the CRC



2019 Dates to Remember

December 9-13: Final Examinations Week

December 14 - January 5: Winter Break

January 6: First Day of Classes

March 6-7: [JU Waterfront Celebration](#)

March 9-13: Spring Break

April 16: Global Toast: If you're interested in having [a toast location in your city](#), please contact us at family@ju.edu.

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today! Students can make appointments in person or by contacting the CRC at (904) 256-7054 or careers@ju.edu.



Get PHINvolved

Your student may have left the nest, but you are now a part of our pod! If you're interested in getting more plugged into your Dolphin Family, please [fill out this form and find ways you can get PHINvolved now!](#) From speaking to fellow families and prospective families in your hometown, to being a social media ambassador, to connecting your employer with our Career Resource Center - there are a multitude of ways to get PHINvolved whether you are near or far from your student's college home.

Residential Life Important Dates

December 14: Residence halls and apartments final day to checkout for Winter Break if leaving JU

January 3: Spring Residence Hall Move-In begins at noon – Winter Break housing ends

January 6: First day of classes

Dining Services Important Dates

December 13: Last day of dining service for the semester

- The designated Winter Break dining location is Waves located in Oak Hall. Waves accepts Flex dollars, Dolphin Dollars, or cash/credit card. Waves will feature an enhanced menu and additional prepackaged offerings to accommodate breakfast, lunch, and dinner dining. (Find all current hours on our [Dining Services website](#).)
- The River House Pub will be open Monday, December 16 and Tuesday, December 17 from 11 a.m. - 2 p.m. for those looking for another on-campus lunch option.

January 10: Last day to change dining plan for the semester

Faculty Spotlight

A software engineering project, a program to help empower English language learners locally, and an advertising and marketing campaign for a local cancer charity won awards during Jacksonville University's first [Community Impact Competition](#).

Give Back While Your Shop

Shopping online this holiday? With AmazonSmile you can give back while you shop at no extra cost to you! Learn more at smile.amazon.com. Search for Jacksonville University to support JU students!

Be sure to fill out the [JU Parent Information Form](#) to ensure you receive University communications.

Jacksonville University

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April 17: Charter Day of Service and Big Green Give

April 23: Commencement Ceremony for Graduate & Doctoral Degrees

April 24: Senior Stroll: *Sponsored by the Office of Alumni Engagement and [GOLD Phin Society](#).*

April 25: Commencement Ceremony for Bachelor's Degrees

[Dolphin Travel Program 2020](#)

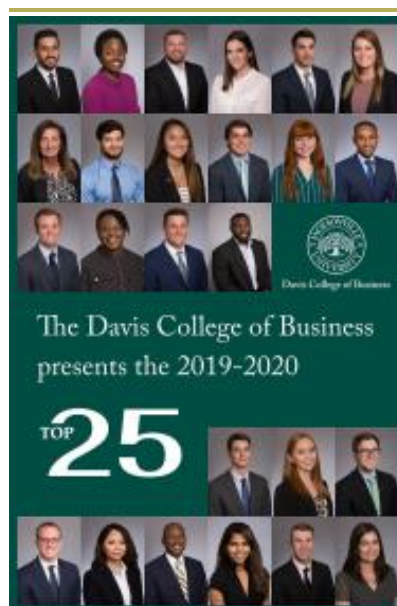
[Academic Calendar](#)

[Performing Arts Schedule](#)

Campus Map



Join the JU Parents & Families Facebook Group



Student Spotlight

The Davis College of Business (DCOB) recently announced its 2019-20 Top 25 high-performing undergraduate and graduate students and future business leaders.

[Read more about DCOB's 2019-20 Top 25 Students in WAVE Magazine Online.](#)



JACKSONVILLE UNIVERSITY

DOLPHINS FOR LIFE

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