

Parent Scope

A Publication of the St. Lawrence University Parents Committee

Spring 2007

THE ST. LAWRENCE EXPERIENCE:

One Parent's View

By Joe Rulison P'07

It seems like yesterday that Karen and I were dropping our senior daughter, Mallorie, off for her first year at St. Lawrence. Three and half years later we are preparing for her graduation while she is busy preparing for law school admission.

Our SLU experience started in the fall of 2003. Mallorie had heard of St. Lawrence and wanted to visit the campus with a friend for an "Admissions Day." We made the drive from Rochester, N.Y., to Canton to tour the campus. We were all amazed by the new athletic facility, the friendliness of the student who served as our guide and the professors who outlined academic expectations. The Student Center at that time was just a hole in the ground, but the outstanding Brewer Bookstore added to our curiosity as we were guided from building to building.

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Joe and Mallorie Rulison

home. That was far from the case. She embraced campus life and became extremely active in the student body while balancing her course load. During the first year, we battled snow to enjoy a hockey game and a pizza or two with her.

In her sophomore year, Mallorie joined a sorority, Chi Omega, and as a junior she studied on St. Lawrence's program in London for a semester. Her experience in a different country along with an internship in a solicitor/barrister's office proved to be a turning point. We saw her maturity, confidence, independence and passion for the law come to life; a desire to pursue law school was now on the horizon.

From our perspective, her St. Lawrence experience has provided Mallorie with focus and skills to carry her throughout life. Whether she becomes a lawyer, judge and/or community leader, she has the knowledge, confidence and desire to pursue her future on her own terms. The St. Lawrence experience has given us comfort knowing that Mallorie is well prepared for the future and well equipped for almost any obstacle or challenge that may come her way.

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As Mallorie proceeds through her final semester, we remind her of her responsibility to her University. As her future looks extremely bright, we encourage her to give back both financial support and personal involvement in coming years. At the same time, we feel it is our responsibility as parents to show Mallorie our commitment to SLU. Not only have we provided additional financial support, but we have also worked to help seniors pursue job opportunities in the marketplace upon graduation.

Our experience with SLU has been extremely rich for us and rewarding for our daughter. We look forward to our continued involvement with the University as well as Mallorie's continued commitment as an alumna. ■

Joe Rulison is market president of Bank of America Rochester in Rochester, N.Y. He was on campus last fall as a Laurentian in Residence, participating on panels and in formal and informal meetings with students and faculty on the finance industry.

It's All About Smart Choices

By Rachel Henderson '06

It's no secret drinking is a concern in college. St. Lawrence has implemented one solution that is having some success — AlcoholEdu® for College, an online high-risk alcohol prevention program used at more than 450 colleges and universities nationwide. This year marked the second time St. Lawrence made the program mandatory for all incoming first-year students.

The purpose of AlcoholEdu® is to educate students about alcohol and its risks — for example, understanding Blood Alcohol Content (BAC) and how alcohol will interact with certain medications — while enabling students to make healthier and safer decisions. Ultimately, Steve Horwitz (*pictured*), associate dean of the first year and professor of economics, says, “The course is not saying ‘don’t drink,’ but is explaining how to choose wisely. We are looking for two things. Are the students making smarter choices? And do their choices reflect their understanding of alcohol and its risks?”

First-year students are required to devote up to three hours to the course before their first semester commences. An exam at the end determines whether they pass. St. Lawrence has set the passing grade at 75%; students are required to take the course until they pass. A second part of the course comes later in the first semester, when students submit data on their behavior before college and in college.

Kaitlynn Reyell '09, Saranac Lake, N.Y., was among the first set of students to take the course. “Afterwards I realized how much I learned from it and how important it is for incoming first-year students to understand the risks related to drinking,” she recalls.

Results have been very encouraging. According to Horwitz, “The downward trend in major alcohol incidents in 2005-06 has continued through the fall of 2006 and our alcohol transports have continued to be below their levels of years past. Students seem to be more aware of and concerned about their peers’ actions and behaviors. They look out for each other.”



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—Steve Horwitz

Reyell supports Horwitz’s positive analysis. “I learned things I hadn’t been aware of,” she says. “It was valuable to learn that BAC affects each body type differently, and hangovers can last longer than anyone realizes. The course taught us that even when hangovers seem to be gone, they can affect schoolwork days later. We all want to have fun in college, but we need to put the academic work ahead of everything.” She is the daughter of Robert H. ’76 and Joan Reyell and the granddaughter of Halsey Myers Reyell ’53 and the late Robert J. Reyell ’52, all of Saranac Lake.

Horwitz also gives credit to the First-Year Program. “The nature of the FYP helps create this awareness among students, because the students are spending time together talking about issues like alcohol,” he says.

Parents of incoming first-year students receive information about AlcoholEdu® and can complete the course through an account set up for their benefit. Additionally, AlcoholEdu® is available to First-Year Program faculty, athletic teams and the Greek system. ■

Adapted from a story in the Summer/Fall 2006 St. Lawrence Magazine.

ON THE SIDELINES:

Saints Making Educated Choices

St. Lawrence has been awarded a three-year, \$30,000 Choices Program grant by the National Collegiate Athletic Association (NCAA) for the academic years 2006-07 through 2008-09. With assistance from the grant, the University has launched a comprehensive program called “Saints Making Educated Choices.” A collaborative effort of the intercollegiate athletics and recreation department, the student life division, St. Lawrence’s Wellness Initiative and several student organizations, it’s a campus-wide initiative to educate and influence students to avoid high-risk alcohol use and abuse.

The program launched in October.



St. Lawrence Director of Intercollegiate Athletics and Recreation Margie Strait (*left*) said, “The program will help students take ownership of their actions and engage in healthy choices regarding alcohol use during their college experience and beyond. We’re proud to have been selected and thank the NCAA for its support of this important initiative.”

Established in 1991, the program encourages NCAA institutions and conferences to implement and evaluate effective campus-wide programs that integrate student-athletes and athletics into alcohol education efforts. Funding programs are designed to work toward the elimination of high-risk consumption of alcohol on college campuses by promoting low-risk choices. ■

Bridge to the Real World

By Megan Bernier '07

Available: 5-bedroom townhouse, 2 bathrooms, fully furnished and carpeted, full kitchen with hardwood floors. Cable, heat, electricity provided. Located on golf course. Rent includes room and board.

It's hard to find the perfect place to live, much less a place with all of these perks, but some 120 St. Lawrence seniors are given the chance each year to do just that. The Steiner Senior Townhouses, which opened in 2003, are conveniently located on campus. Not only do the chosen seniors enjoy all the amenities listed, but they also get to live with their friends, don't have to worry about paying monthly bills, and, most important, govern themselves.

Why are the townhouses self-governed? "Our intention has always been for the townhouses to be a transitional living opportunity for seniors," says Associate Director of Residence Life Michele Burns (pictured, above right). "The concept does not include student staff such as community assistants because we feel the students are able to self-govern."

Seniors living in the townhouses quickly learn that while there are many advantages to being self-governed and living on their own,



living independently also means taking on a bit more responsibility (doing their own dishes, cleaning up after themselves). For **Ryan Prenger**

(above), of Baltimore, Md., that extra responsibility is another lesson the self-governance process teaches.

"We deal with issues not only within our own townhouses, but as a community," says Prenger, the son of Michael and Jan Prenger of Baltimore. One problem the townhouses encountered this year was first-year students coming to parties uninvited. "We've learned how to handle these problems on our own before involving the administration or security personnel," he says.



"Our intention has always been for the townhouses to be a transitional living opportunity for seniors."

—Michele Burns

Five townhouse residents, including Prenger, sit on the Townhouse Executive Council and work with student life staff to ensure that the self-governance process continues to run smoothly. "We began the council the first year as a means of talking about concerns, issues, challenges, successes and upcoming activities they wished to plan for all units," Burns says.

The council holds bi-weekly meetings with Dean of Student Life Joe Tolliver, Associate Dean of Student Life Rance Davis '80, Assistant Dean of Student Life and Director of Residence Life Matha Thornton, and Chief of Safety and Security Pat Gagnon. "In the beginning of the year, we went over rules that were in place as well as new ideas for the upcoming year," Prenger says. One of the ideas implemented was registering parties by simply e-mailing Davis or Gagnon, rather than going through the student life division.

The council also provides a liaison between townhouse residents, administrators and safety and security. "Joe, Matha, Rance and Pat have really helped us understand what it takes



in order to have the privilege of self-governance," says **Danielle Weaver** (above), another Executive Council member who is from Jamestown, N.Y. and the granddaughter of University Board of Trustees Chair Larry

Winston '60. "Communicating the administration's expectations so the students can achieve these expectations is so important." In addition, each of the 24 townhouses has a representative who meets with the council monthly.

"The students have been successful at addressing concerns that arise. From our perspective, self-governance in the townhouses has worked well this year," Burns says.

Prenger and Weaver, along with other townhouse residents, agree. And after living like this, no senior will ever want to leave. ■

University communications intern Meg Bernier is one of those seniors who don't want to leave the townhouses, where she has lived this year. She is the daughter of James and Kendall Webrle Bernier '80 of Alpharetta, Ga.

What does it take for a student to live in the townhouses?

With only 120 openings and more than 500 seniors on campus, living in the townhouses has become a distinction and honor. "Rising seniors complete an application in the early spring which details some of their academic and co-curricular involvement on campus," Burns says. "Some students believe the townhouses are reserved for students who have the best grades, but we are looking for well-rounded applicants.

"We ask that students share what they have been involved with on campus each semester, and also indicate any leadership positions they might have held in clubs, teams and organizations. Selection is based on the citizenship a student has displayed on campus, as well as his or her campus and community involvement." —MB

Don't Put It Off!

By Megan Bernier '07

It's never too early to begin planning for the future. That's why Carol Bate (*right*), director of career services at St. Lawrence, and her staff are constantly working on new ways to reach students and get information to them about internships, jobs and other opportunities that will better prepare them for the competitive job search they will face come senior year.

"Many students don't think it's necessary to visit career services before their senior year, but this is a dangerous misconception," says Bate. "The career process is a reflective and thoughtful process and takes time. Most students don't get to senior year and magically know what they want to do, so it's better to start planning well before that."

She and her staff encourage first-year students to begin visiting the office regularly, whether it's to look through the many resources and books or to meet with a staff member about career thoughts or a peer advisor about starting a resume. "It's a good idea to come in early to begin your resume and exploring career opportunities," Bate says. "It's much easier to start developing your resume during your first year and continue to build on it throughout your college career than to try to remember everything you've done over the course of three or four years when you need a resume to apply to an internship or job."

One of the things Bate emphasizes is the importance of internships. "Once you're in college, you have only three summers to gain



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—Carol Bate

experience with the opportunity to discover what career fields really do or don't appeal to you," she says. "If you wait until junior year to look for internship opportunities and your experience tells you that you don't want to pursue that field, you won't have an opportunity to do an internship in another area."

Today, many employers are looking for college graduates who have had some kind of internship experience. First-year students, sophomores and juniors can turn to career services to find internships in fields they are

interested in pursuing after graduation.

"We offer a lot of programs and workshops about how to find the right internship and have a database of over 5,000 internships, including about 50 sponsored by alumni each summer," Bate says.

Events sponsored by career services are held throughout the year to help students unveil more about their potential career paths, including Laurentians in Residence, a program held once each semester that focuses on a particular industry, Bate notes. "The alumni who participate are advanced in their careers. These are professionals who have had the St. Lawrence experience, and gone on to be very successful. They have a lot to share with students." Parents also sometimes participate; see page 1 for the comments of one.

For sophomores, career services offers a career class with six sessions focusing on personal exploration. "We look at personal values, career possibilities and goal-setting," Bate says. The course is designed to help sophomores make informed choices in the major declaration process as well as to help them work closer to discovering a potential career of interest."

Career services can also help the student who has no idea about what the future might hold. "We have lots of resources and inventories to help students find out who they are, where their interests are and what they might want to pursue," Bate explains. Students can meet with a professional staff member to begin a formal self-assessment process or just to talk about what might interest them.

Bate's advice for parents? "Tell your student to take advantage of the many opportunities he or she has here at St. Lawrence and to get involved in a variety of experiences. Exploration is really important. Also, don't be afraid to let them fail. Let them discover that some things don't work out for them. It's a way to find things they aren't good at and don't like. There's a lot of value in that." ■

Megan Bernier took advantage of an alumni-sponsored internship and never had to leave campus, since it was in the University communications office. She already has a short-term post-graduation job lined up, as a swim coach in her hometown of Alpharetta, Ga.

COMING SOON TO A COMPUTER NEAR YOU:

Electronic Billing

St. Lawrence will implement electronic billing of tuition and other charges near the end of the Spring Semester. Students with accounts receivable balances will receive a monthly e-mail notice containing a link to a Web site from which they may view their current bill as well as prior bills.

Students may provide their parents with their PIN number so that parents can view these bills at any time. Families will also be able to

make payments electronically from this same link.

Students and families who prefer to receive a paper bill will be able to opt for this traditional method of billing. Under this option, bills will be mailed to the student's home address before the beginning of each semester.

More information on this new billing method will be distributed to students and their families; please stay tuned. ■

TO HELP YOU PLAN FOR THE WEEKEND:

Commencement 2007

Can you believe four years have flown by so quickly? As seniors celebrate 100 Days before graduation, they, and their families, are starting to plan for Commencement ceremonies the weekend of May 18-20. Families of seniors have received a letter and resource guide from Chair of the Commencement Committee Lisa Cania, with assurance that the Commencement Web site, www.stlawu.edu/commence/index.html, will be updated regularly with news.

Tentative Schedule of Events —Saturday, May 19—

2:00 p.m.

Friends of the Libraries Lecture
—Herring-Cole Hall

3:00 p.m.

Phi Beta Kappa Induction

About 10% of the senior class is elected to membership in this national honor society. The ceremony is open to all as a celebration of academic achievement.
—Gunnison Memorial Chapel

3:30–5:00 p.m.

President's Reception for graduates, parents, faculty and trustees
—MacAllaster House

5:00 p.m.

Commencement Concert:
The Laurentian Singers
—Gunnison Memorial Chapel

6:15 p.m.

Roman Catholic Mass
—Gunnison Memorial Chapel

6:30 p.m.

Senior Class Dinner Dance

This annual event is planned entirely by the Senior Class, and is a chance to gather with other families for a great dinner and wonderful music. Ticket information will come from the class. Contact thewitt@stlawu.edu with questions.
—Leithead Field House

—Saturday, May 20—

8:15 a.m.

Baccalaureate Service of Celebration
Baccalaureate is a traditional interfaith service of reading, poetry and music, a chance for reflection and thought before the Commencement ceremony begins.
—Gunnison Memorial Chapel

9:00 a.m.

Seniors begin robing and line-up.
—Noble Center Quad



10:00 a.m.

Commencement

St. Lawrence has three speakers, to be announced, each of whom will receive an honorary degree and speak briefly.

Commencement will be followed by a reception in the Herring-Cole Grove or (in case of heavy rain) Leithead Field House.

12:00 noon

ROTC Commissioning Ceremony

—Herring-Cole Hall

1:00–3:00 p.m.

Buffet lunch available at \$5 per person
Seniors are guests of the University — grab a last bite before beginning your travels!
—Dana Dining Center

6:00 p.m.

Residences close.

Campus Services

Accessibility

Graduates with family members who require special assistance should contact University communications, 315-229-5585, to make arrangements for special seating and parking. If any graduate has a family member with a hearing impairment, call that number or e-mail lcania@stlawu.edu as soon as possible.

Accommodations

St. Lawrence residence halls will be available for family accommodations, and there's always plenty of room. Your St. Lawrence senior should make reservations for you after Spring Break, so that your family has had time to finalize travel plans. Seniors should visit the office of residential learning communities in the Student Center, in person, to discuss reservations. If you wish to reserve rooms at a local establishment, we provide a list of regional motels, inns and bed-and-breakfast venues on our Web site.

For a list of area residents who rent rooms or homes to visiting families, contact Sharon Henry at shenry@stlawu.edu.

Announcements

Brewer Bookstore sells graduation announcements during the spring semester.

Caps and Gowns

Caps and gowns are provided to seniors courtesy of St. Lawrence through Brewer Bookstore and are available during Senior Week.

Dining

Campus dining halls will be open during the weekend and meals will be served on a pay-as-you-go basis. Information on hours and costs will be provided at Commencement time.

Parking

Parents and guests should use the parking facilities on the perimeter of campus and enjoy St. Lawrence's walking campus. Please call 229-5555 to arrange a ride. No vehicles will be allowed inside the campus perimeter after Saturday at 5:00 p.m. The University also will provide shuttle service from 8:30 to 10:00 a.m. from parking lot E to the Commencement site and from noon to 2:00 p.m. from the Commencement site to Parking Lot E for those guests who have difficulty walking distances. Parking Lot E will be reserved for families with Special Access Parking passes. Security staff, trained student emergency medical technicians (EMTs) and Student Safety Patrol members will be on campus to assist as well.

Photography

The University has engaged Genesee Photo Systems to capture the moment each student receives his or her diploma. They will send proofs to students' home addresses and families may elect to purchase photos directly from this firm. Families are invited to videotape the awarding of degrees from the designated area at the left side of the stage.

Tickets

There are no tickets needed for graduation. Our facilities accommodate all guests.

Weather

Commencement is held outdoors on the Creasy Commencement Commons. Check the weather reports to determine appropriate attire. If in case of heavy rain Commencement is moved indoors, the Web site will be updated Saturday afternoon and students will receive e-mails. No tickets are necessary in either the outdoor or indoor location. ■

Want to
"Stay in the Know"?

Check out St. Lawrence's Web site,
www.stlawu.edu/parents

PARENT GIVING

You Make a Difference in the Lives of Our Students

While we are grateful for gifts from every supporter, those from parents are particularly meaningful; you have entrusted your child's education to St. Lawrence, and your gift tells us they have been well served. Thank you for contributing to the continuation and strengthening of St. Lawrence programs that shape students during such a formative period of their lives.

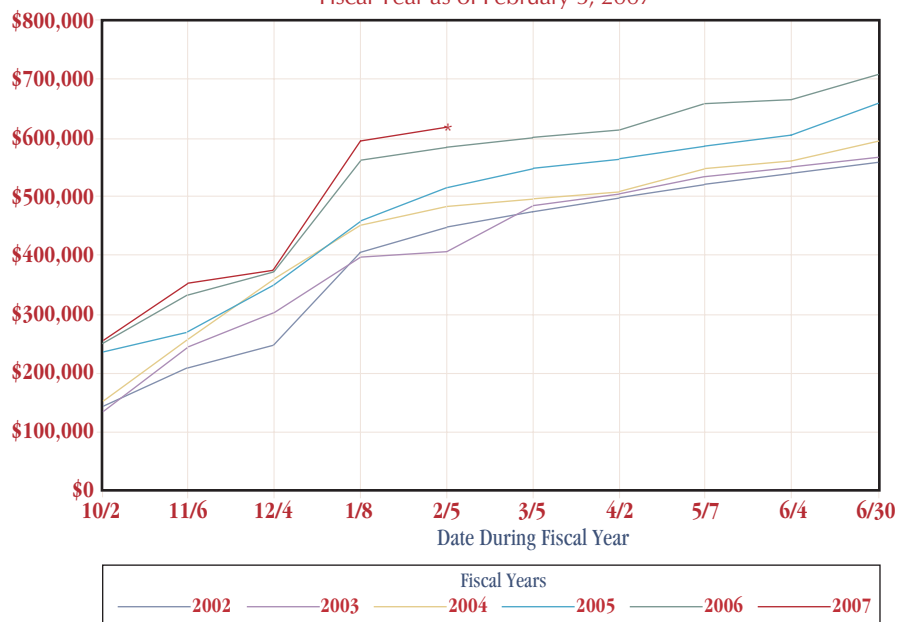
As of February 5, 2007, cash and pledges made to the Parents Fund totaled \$623,057. This represents an increase in contributions over the prior year by 7% and of almost 21% compared to 2006 and 2005 respectively.

Our goal for the fiscal year 2006-2007 Parents Fund is \$675,000. Last year, 1,227 parents and grandparents made gifts to the Parents Fund, ranging from \$5 to \$50,000. We would like to improve our participation to over 1,300 parents and grandparents making gifts to the Parents Fund. As this is written we are at 1,035 donors, down slightly from last year.

These annual operating gifts support student scholarship and financial aid, library resources, technology, academic and athletic programming and other ongoing, critical needs of the University. When you think about gifts to the Parents Fund, think about all the things that make the St. Lawrence experience so unique. Those experiences would not be possible without your generous support.

Parents Fund Comparison

(cash and pledges)
Fiscal Year as of February 5, 2007*



The foundation of St. Lawrence parent giving is the Parents Committee, which celebrates its 50th anniversary this year. This year the committee consists of 135 families, each making leadership gifts to the Parents Fund of at least \$1,500.

Each gift to the Parents Fund is critically important to the University. The generosity of parents makes your student's St. Lawrence experience extremely rewarding.

On behalf of all our students, thank you very much for your support of the Parents Fund!

If you would like more information on the Parents Committee or would like to make a gift, please call Jennifer McElroy at 315-229-5572 or Jim Michaels at 315-229-5877, or visit our Web site: www.stlawu.edu/parents.