



THE LINK

fsc parent newsletter

FSC's Counseling Center Encourages Students to Make Time for Wellness

We hope that the holiday break provided families and students with much-deserved time to reconnect and recharge. At the start of this 2024 spring semester, the Counseling Center sent Mocs three simple tips to help students pause, reflect, and transition back to the world of academic engagement:

1. Establish a routine.
2. Rekindle and maintain strong connections with those you trust.
3. Ensure you are attending to basic needs, such as sleeping, maintaining healthy nutrition, and hydrating.

The FSC Counseling Center's holistic wellness approach aims to help the campus community achieve a well-balanced path to academic and personal success. Students may make an appointment online any time ([link](#)). Follow the Counseling Center on Instagram for more resources @fscounselingcenter.



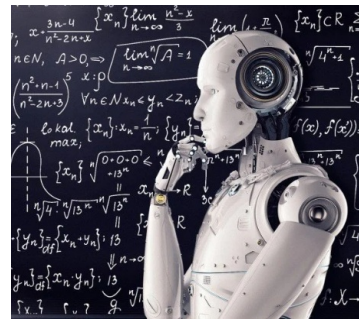
Learn More About FSC's Exercise Science Program

One hundred percent of 2023 graduates from FSC's Exercise Science program were accepted to the graduate school of their choice. Learn more from Dr. Sara Terrell, our Exercise Science Program Director, about how engaged learning in the EXS program leads to remarkable student outcomes.

Click [here](#) for more information on the Exercise Science Program.

Artificial Intelligence and Higher Education

During this academic year, FSC's Teaching and Learning Center is offering faculty professional development initiatives on the topic of AI—including how it impacts student learning, and methods for leveraging use of this rapidly evolving technology to benefit outcomes. Click below to read more about what roles experts say AI will play in higher education in 2024. ([Link](#))



REMINDERS

MLK DAYS OF IMPACT

Ordway 162
January 11th -12th
10 AM - 3 PM

Join SGA, ACE, MSC, and the rest of the student body as we prepare and package 10,000 meals for local families in need.

MLK Days of Impact

This long-standing FSC service tradition invites all students to remember the legacy and impact of the Rev. Dr. Martin Luther King, Jr. As a shining example of the Cornerstone values we hold so dear, each year we seek to emulate Rev. Dr. King's vital contributions to our society by participating in service to others.

On January 11 and 12, students can volunteer to join teams preparing and packaging 10,000 meals for local families in need in Ordway anytime between 10 AM - 3 PM. In observance of Martin Luther King Day, students do not have classes on January 15.



Fraternity and Sorority Life

Joining a fraternity or sorority is one of many ways Mocs can explore leadership opportunities, philanthropy, and service, and through their involvement in Greek Life, students develop strong bonds with each other and alumni. Interested students should attend [Meet the Greeks](#) on January 11 and sign up for men's [IFC Recruitment](#) (February 11-17) or women's [Panhellenic Recruitment](#) (February 1-4).



Relaunch

On January 16 at 5pm (rescheduled date), all of FSC's clubs and organizations will table on Mr. George's Green, offering students new opportunities to engage in areas of passion and interest.

Housing Selection 2024-25



Students will receive housing selection information via their FSC email in early February.

Weeks of Welcome!

In collaboration with campus partners, The Center for Student Involvement offers nightly ways for students to engage, connect, and discover a sense of belonging.

[Schedule link](#)

DID YOU KNOW?

- Florida Southern College campus improvements performed over winter break include: installation of new micro-fridges and common area furniture in Publix Commons; new furniture, lighting, and a dessert bar in Wynee's Bistro; framing and new construction of the Adams Athletics Center (completion date: Fall 2024).
- The office of Student Support and Family Engagement is seeking Orientation Leaders for Fall 2024. Returning Orientation Leader applications open later this month, and new Orientation Leader applications open in February. Students can find more information on Engage.
- Students can learn more about upcoming Junior Journey and Study Abroad options on the FSC Student Portal, under the "Travel" tab.
- Representative works by the founder of modern sculpture Auguste Rodin are currently on display at the [Polk Museum of Art at Florida Southern College](#). The Polk Museum of Art at FSC, a Smithsonian affiliate, is one of the nation's leading academic fine art museums, and admission is always free.

RESOURCES



For upcoming important dates, please access the academic calendar.

CALENDAR



DINING ON CAMPUS

Twelve venues offer everything from home-style meals to healthful on-the-go options, keeping our Mocs happy and healthy.



EMERGENCIES

If weather causes cancellations, closings, or other school-related emergencies, we will alert the community via the text message system.

Parent & Family Page

Florida Southern has a page for parents and family members.

Counseling Services

Florida Southern offers free, confidential, individual counseling and support groups.

Student Health Center

In partnership with Lakeland Regional Health, FSC provides quality, accessible health care. Walk-ins are welcome.

Student Accounts**Community Living****Bookstore****Academic Center for Excellence****Athletics**

To see updates & reminders throughout the week, follow our **Parent Facebook page**.

