

## Member of First Co-ed Class, Liza Lucy '74 Took Unique Career Path



Alexandra '12 and Liza Prior Lucy '74

When Liza Prior Lucy '74 entered Lafayette in the fall of 1970, she helped make history. Along with 145 other women, she helped transition the College from an all-male bastion into a coeducational institution. A talented psychology major (she was a lab instructor, president of the student psychology club, and graduated with honors), she went on to graduate school with the intention of becoming a clinical psychologist.

"Who could have predicted," she reminisces, "that making a quilt for my boyfriend's waterbed during my sophomore year would have been the pivot that determined my future career?"

Lucy went on to become a quilt, needlepoint, and knitting designer, and expert quilt maker, who has collaborated with celebrated textile designer Kaffe Fassett on four hardcover art books on quilts and 13 commercial pattern books. Together they have taught quilt making at the Victoria & Albert Museum in

London and other venues in Europe and the United States. Lucy is the owner of Glorious Color, Inc. in New Hope, Pa., a source for quilting kits with fabrics designed by Fassett and others.

Over a dozen of Lucy's quilts are on display in Skillman Library's Lass Gallery through Dec. 31 in an exhibition titled Quilts in Glorious Color. The inspirations for the patterns come from a variety of sources.

Several are based on historic quilts in the Victoria & Albert Museum; others are based on American regional quilts; still others were inspired by "found" designs—the tiles of St. Mark's Basilica in Venice and a collection of hat boxes in the American Museum in Bath, England. During Homecoming, Lucy unveiled a 1970s-themed quilt she created in honor of the Class of 1974—featuring posters, photographs, album covers, and other iconic images from the era—that is now on display alongside the others.

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### Parents, Grandparents, and Alumni: Back to School

The Alumni Summer College is an initiative designed to provide alumni, parents, and friends an opportunity to return to campus for a three-day academic immersion. The program, which features ten 90-minute classes, is sponsored by the Office of Alumni Affairs in collaboration with the Office of the Provost. By all accounts, 2010's inaugural event was an overwhelming success. Parents, grandparents, and alumni from 14 states and class years ranging from 1951 to 2008 called it "fascinating, engaging, and invaluable." Visit the Alumni College website for more details, testimonials, and photos at <http://alumnicollege.lafayette.edu/>.

We hope you will consider joining us July 21-24, 2011, for our second Alumni Summer College. Stay tuned for more details.



## Cheering on Our Students' Accomplishments

When alumnus **Joe Maddon '76**, the smart, successful, and extremely entertaining manager of the Tampa Bay Rays, was on campus earlier this semester to receive an honorary degree from Lafayette, I was eager to hear his public lecture because he had promised to talk about his somewhat unconventional approach to leadership. Joe did not disappoint.

As a college president, I was especially intrigued by some of the words and phrases he uses to motivate himself and his team. He emphasizes the importance of "process," for example, to reinforce the point that a desired outcome can only be achieved if the proper process is followed. A sign he posted prominently in the clubhouse reminds his players that "fortune favors the bold," and he adds shorthand notes such as W.I.N. (for What's Important Now?) at the top of the lineup card he prepares before each game.

The only leadership guidance Joe offered that I would have difficulty following was "Do Not Be A Fan." While that advice makes sense for a baseball manager, whose job is to focus on the game and "stay two or three steps ahead" of the action, I cannot imagine not being a fan of Lafayette College and its students.

In fact, one of the most enjoyable things about being Lafayette's president is that I have so many opportunities to cheer for our students and celebrate their successes. Having taught a number of them in my art history seminar, I know how inspiring it can be to watch as they immerse themselves in a challenging academic subject. They impress us with their commitment to leadership and service—and with their remarkable talents as actors, activists, artists, athletes, musicians, and poets. It is gratifying to applaud what they accomplish as undergraduates and to imagine the even greater things that lie ahead for them.

I understand why Joe Maddon is unable just to lean against the dugout railing in Tropicana Park, cross his fingers, and wish for a miraculous comeback in the bottom of the ninth. But I genuinely enjoy being a fan. And I hope that you, as Lafayette parents, will join with me in cheering for your children and taking every opportunity to display our pride in the "home team."



Daniel H. Weiss

## Quilter

(continued from page 1)

While Lucy's specific career choice may be unique, her trajectory from a strong student in one of Lafayette's popular majors via graduate school to a successful professional life spun from her extracurricular activities is not unusual for students in our liberal arts setting. Lucy's daughter, **Alexandra**, is a member of the Class of 2012. Who can predict what she will be doing 40 years from now?

**Rebecca Metzger**  
Reference & Instruction Librarian  
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## New Fellowships and Health Professions Website

**Parents and students are encouraged** to visit the new and vastly improved web pages for the health professions at <http://healthprofessions.lafayette.edu> and external scholarships at <http://externalscholarships.lafayette.edu>. The health professions site is for students interested in attending medical, dental, optometry, veterinary, and other health professional schools. The external scholarships site has information for funding for undergraduate and postgraduate study, research, civic engagement, etc. This site shows how easy it is to explore different funding opportunities to match students' passions and interests and to submit campus applications directly to the College for purposes of campus endorsement or feedback prior to officially submitting their applications to the scholarship foundations themselves.

If your student hasn't had a chance to check out the myriad world of opportunities available to him or her, our websites are a great place to begin!

**Julia A. Goldberg**  
Associate Dean of the College  
Fellowships and Health Professions  
(610) 330-5080  
goldbeja@lafayette.edu

**Parents**, if you have questions or would like more information on a topic, please feel free to contact the person whose name appears at the end of each article. Please send address changes, comments, or suggestions to me at the address or number on the right. I look forward to hearing from you!

—Donna Krivoski, Director, Parent Relations

**Hill to Home** brings news from College Hill to families at home. It is published twice yearly by the Division of Communications for Lafayette College Parent Relations. **Editor:** Donna Krivoski. **Photos:** Chuck Zovko.

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## What's New in Easton?

**A museum dedicated to** the history of Lehigh and Northampton counties and a cosmopolitan café are some of Easton's newest attractions.

### A DAY AT THE MUSEUM

If you're planning a visit to Easton during the winter months check out downtown's newest attraction, the Sigal Museum at 342 Northampton Street. This modern glass building provides a fitting façade for this historical museum of the 21st century. The Sigal Museum (named for the Sigal family who once operated a successful retail establishment on the site) highlights the history and culture of Northampton County with an impressive collection of artifacts and dynamic displays. Operated by the Northampton County Historical & Genealogical Society, the museum opened its doors on Aug. 14 and has been drawing a crowd ever since. The extensive library features an impressive array of never-before-seen books and documents, while interactive exhibits highlight the Lenape Indians, the county's first inhabitants. Other displays celebrate the diverse cultures of the county's European settlers, including



Image courtesy of Spillman Farmer Architects

Pennsylvania Germans, Scots-Irish, English, Welsh, Italians, and many others. More modern displays showcase the area's industry and tell the story of innovative companies like Just Born and Martin Guitar. And of course, no museum visit is complete without a visit to the gift shop! Here you'll discover a thoughtful collection of handcrafted jewelry, pottery, quilts, books, and some fun and colorful PEEPS® merchandise.

### NEW DOWNTOWN RESTAURANT

State Café & Grill is a great place to enjoy lunch before the museum or dinner afterward. The newly opened restaurant, just around the corner from the State Theatre, features an American menu with a cosmopolitan twist. The café's cozy atmosphere is a perfect fit for a cold winter day, and friendly owners Juan and Melanie Martinez always offer a warm welcome. Try their Sunday brunch with live music from 11 a.m.–2 p.m.

## Karen Clemence Named President-Elect of Northeast Association of Pre-law Advisors



**When Karen Clemence** joined the Northeast Association of Pre-law Advisors (NAPLA) in 2005, she wasn't thinking about taking on a leadership role.

But Clemence, Senior Associate Dean of the College, ended up making several presentations at that year's conference, then served two terms on the association's board of directors. Now, she's joining a long line of association officers from schools such as Wellesley, Cornell, Columbia, and Princeton as she assumes the role of the association's president-elect this year.

Clemence's role at Lafayette includes advising students about the law school application process, including helping them devise strategies for succeeding on the LSAT and preparing a personal statement. "It's the longest and shortest

two pages they'll ever write," she says.

"Crafting a story that effectively communicates with the admissions people and isn't trite or a failure is a real accomplishment."

Clemence says her membership in the association has given her the opportunity to learn more about how to help students get into the best schools. "It strengthens my networks," she says.

Clemence adds that between 25 and 30 Lafayette students apply to law school each year. "Last year, 100 percent of our students got into at least one law school," she says, adding that two went to Harvard and another is heading there this fall.

"So much has to do with students making the right choices for themselves and knowing what to do to get into the best school they can."

## Dress for Success 101

In the Office of Career Services, we often hear the question, “What does professional dress actually mean?” As employers have relaxed their dress codes, students have become more confused than ever about what to wear to career fairs, interviews, and the first day on the job. Terms such as “business casual” allow for personal judgment in selecting an outfit for the day. Employers may feel they have made things easier on their employees by providing more latitude in attire choices, but many students and young professionals stress over how to make the right choice.

Although there are many interpretations of the terms mentioned above, there is still one constant—a student should wear a business suit to an interview, at least for the first meeting with an employer. A business suit is defined as a jacket and pants or skirt sold together as a matching set. For women, this may include a patterned or solid color jacket that is a different color from the skirt, but they are still a set. Even if the student will not wear formal attire to the workplace (a civil engineer certainly won’t wear a suit on a construction site), it is still necessary for the initial interview and attendance at a career fair or networking event. Appropriate accessories, such as dress shoes, pantyhose for women, and dark socks for men, are required.

At Lafayette’s fall Career Fair, students arrived in a variety of outfits, ranging from



Students network with alumni at the annual Career Fair.

a traditional suit to black jeans and converse sneakers. It is understandable that first-year or sophomores might not own a suit, but should have the appropriate substitute of dress pants, shirt, and tie for the men; and dress pants or skirt, blouse (preferably with a blazer) for the women. Retailers such as Macy’s, Kohls, Banana Republic, and J. Crew sell these kinds of items. Students arriving in inappropriate dress were not allowed to enter the career fair, and this included inappropriate footwear. A suit worn with sneakers negates the entire professional look.

Once a student is hired for an internship or full-time job, it makes sense to dress in the style fitting the particular work

setting. But young professionals must err on the side of caution concerning more formal choices in the range of acceptable attire. This is necessary to portray the professional image that will lead others to form positive first impressions. A professional look goes a long way in setting the stage to be taken seriously in the workplace. Of course, the individual’s performance will be the ultimate path to respect and success.

Students should contact the office at (610) 330-5115 or stop by 201 Hogg Hall for guidance.

**Rachel Moeller '88**  
Associate Director, Career Services  
moellerr@lafayette.edu

## Grade Reports

Instructors are asked to submit grades for all students earning a D or F at mid-term. Copies of these grades are available to students online and were distributed to their class dean and academic adviser so they can assist the student in handling their academic difficulties.

Final grades are available to students online at the end of each semester. Students wishing to obtain a printed copy of the report can request one from the Office of the Registrar before the end of the term. In addition, fall grades for first-year students will be mailed to students at their home address.

**Frank Benginia**  
Registrar  
(610) 330-5090  
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## Student Phonathon Under Way

Alumni, parents, and friends are encouraged to go ahead and answer their phones the next time they see an unknown number or “610...” show up on caller ID. For the next 12 weeks, the person on the other end is likely to be a current student ambassador from the Lafayette College Phonathon.

From 6–9 p.m., Sunday–Thursday, students will share what’s new on campus with alumni, parents, and friends of the College. Phonathon staff also will ask for financial support of Lafayette College.

Students work extremely hard to generate gifts in support of Lafayette through the annual fund. Remember, your gift is important each and every year. For 2010/2011, the annual fund endeavors to achieve 37 percent participation and generate \$7 million in support of

Lafayette’s educational mission. All money generated will not only support the most critical needs of the College, but will also create the financial flexibility needed to enhance the Lafayette experience that students take advantage of each and every day.

We greatly appreciate your support, encouragement, conversation, and time. Take time to engage in an exciting conversation about life on College Hill with one of 20 students who are working hard to make Lafayette an even better place to live and learn.

**Vivienne Felix '03**  
Assistant Director of the Annual Fund  
(610) 330-5013  
felixv@lafayette.edu

## The Coming Home Transition

If your student comes home during the semester break, it will be a time of transition. You will have lived separately while your student enjoyed some newfound independence. This can be challenging to reconcile when you are living under the same roof again. So, here are some things to keep in mind as you all lovingly make this transition work.

Discuss, don't order. A student who has been living independently for the past few months will naturally balk if ordered to do something. Have discussions instead, where there is give and take and you both listen to one another.

Consider compromise. Where can you compromise so that you and your student can meet in the middle?

Prepare for differences. As students learn new things and meet new people, chances are that some of their views will change. Be prepared for them to express different opinions and to discuss varied topics – it is all part of the learning curve.

Agree to disagree. As you discuss new topics, you and your student may not

always see eye to eye. This does not mean anything about whether you are respected or not. It is more about testing newfound knowledge and interests. So, agree to disagree on certain topics and to listen to one another's different perspectives. You will learn a good deal from one another.

Reintegrate into family life. Students who have been away for a while may need time to reintegrate back into family life. Their sleep patterns may not jive with everyone else's. They may take some nudging to participate in household chores. And siblings will need to get used to one another again. Just be prepared that this reintegration won't happen automatically.

The coming home transition will be OK as long as you prepare for changes and remain open to your students. Before they come home, discuss expectations for the break. Talk about a lot of different things when they are home, make them feel welcomed. Hopefully, for some families, the Thanksgiving break "test run" will make the semester break even better!

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## Public Safety Office Provides a Secure Campus Environment

The mission of the Office of Public Safety is to provide a safe and secure environment for members and guests of the campus community. The office operates 24-hours-a-day, 7-days-a-week with a staffed dispatch center. Police and security officers are on duty at all times to assist the campus community and visitors. The office also provides escorts to members of the campus community upon request from any college-owned facility to another college-owned facility. The office responded to over 13,500 calls for services last year.

Officers **Cathy Snyder** and **John Tosado** offer crime prevention programs. Students are encouraged to take advantage of various programs offered such as "Project ID," which involves the engraving of property with identifying information. Additional information on crime prevention is available on our website.

**Jeff Troxell**, assistant director of public safety, coordinates environmental safety programs including fire drills and fire safety programming. All residence halls are protected by full sprinkler and fire detection systems. **Jim Meyer**, assistant

director of public safety, supervises all criminal investigations. Questions regarding parking and traffic issues are handled by dispatcher **Carol Grube**, who oversees the parking program.

Students are encouraged to provide emergency and missing person contact information to the College. Please remind your student to have up-to-date emergency contact information in their Banner Self-Service account.

Students and parents are encouraged to sign up for the e2Campus Emergency Alert Service, which sends alerts as a text on a cell phone or by email in the event of an emergency on campus. Currently, 59% of students are registered for the emergency alerts. There is a link to the sign-up form on the public safety and parent websites. For a more detailed description of the programs offered, go to <http://publicsafety.lafayette.edu/>.

**Hugh Harris**  
Director of Public Safety  
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[harris@lafayette.edu](mailto:harris@lafayette.edu)

## Commencement Dates:

May 21, 2011  
May 19, 2012  
May 25, 2013

## Family Weekend Photos

Find your family in the photos from Family Weekend 2010. Go to the photo link on the Family Weekend page on the parent website. You can order prints directly from the Shutterfly.com site.

## Emergency Alert Service

e2Campus is a service that enables students, faculty, and staff to receive text alerts on their cell phones and by email in the event of an emergency on campus. It permits Lafayette administrators to send a brief alert via text message and email to those who have signed up for the service. Go to the parent website for more information and to sign up to receive e2Campus alerts.

## Electronic News

*The Marquis Mailer* is a free monthly email newsletter for all Lafayette alumni, parents, and friends. You can subscribe directly from the parent website. You also may choose to subscribe to the daily *From the Hill* that includes stories about campus events and student and faculty news. Keep up to date on Lafayette news!

## Public Safety Escort Service

The Office of Public Safety offers rides to students and staff from any college-owned building to any college-owned building. This is a 24-hour-a-day/7-day-a-week service and can be requested by calling public safety at its non-emergency number, (610) 330-5330.

## Family Emergencies

Unfortunately, family emergencies and tragedies may happen while your student is at Lafayette. Should an occasion arise whereby a student must be notified about a death or emergency in the immediate family, we ask that the student not be notified directly. Instead, please call the Office of the Dean of the College at (610) 330-5080, so that the student can be notified in such a way that support systems are in place, should they be needed. The Office of Religious Life and the chaplain's staff also are available for support in times of crisis.

## January Interim Housing

**During the January interim session,** College housing is available for students who are enrolled in an interim course, conducting EXCEL research, employed on campus, or participating on an intercollegiate athletic team.

For safety and energy conservation reasons, interim residents are consolidated into designated buildings for the three-week session. For interim 2011, the following residence halls will be open: Farber, Fisher East, Fisher West, Kamine, Keefe, Ramer, Rubin, and Watson Hall. In addition, students in Watson Courts and college-owned off-campus apartments may receive individual permission to stay in their space.

Interim students who regularly reside in one of the designated buildings will be assigned to their regular rooms. Students registered for interim housing who do not regularly reside in one of the designated residence halls will be encouraged to make

arrangements to occupy a friend's room in an interim building. Such arrangements between students do not necessitate that the regular occupant move his/her belongings out (with the exception of Kamine Hall, see below). Interim students who do not make such arrangements will be assigned a vacant space in an interim building.

With the exception of Kamine Hall, regular occupants of the interim buildings will not be required to move out between semesters. Kamine Hall also will be used during the winter inter-session – the two-week period between the fall semester residence hall closing in December and interim session residence hall opening in January. Winter inter-session housing is available only for international students who have extenuating circumstances related to travel and students with intercollegiate athletic obligations. Due to the small number of students residing on

campus during this period, students will be consolidated into fewer buildings.

Current residents of Kamine already have received information related to moving out between semesters including options for on-campus storage.

To reside on campus during the interim session, students must meet the stated residency criteria and complete the interim housing registration process. Registration information, including the interim housing fee, is on the Office of Residence Life website.

For further information about interim and winter inter-session housing, please see the residence life website.

**Sarah M. Yencha**  
Assistant Director of Residence Life  
(610) 330-5335  
yenchas@lafayette.edu

## Parents Fund Update

**The 2009-10 academic year** was another record-setting one for the Parents Fund. Parents and grandparents of current and past students contributed \$803,646 toward a variety of college initiatives, and the Parents Fund surpassed the previous record set in the 2008-09 academic year. Consistent annual support from parents is vital in allowing the College to achieve its goal of helping each student realize his or her full potential.

Special thanks are extended again this year to **Karyn Chabora P'12**, Parents Fund chair, and her team of Parents Fund agents. Agents play an important role in our success by contacting other families and encouraging them to lend their financial support to Lafayette. Also, thank you to all families who financially contributed to the fund. Your generosity is greatly appreciated.

As we start the 2010-11 Parents Fund drive, please consider supporting the College with a gift to the unrestricted annual fund or to the area of campus that is most important to you and your student. Every gift matters, every year, and we are counting on you!

**Joe Samaritano**  
Director, Parents Fund  
(610) 330-5047  
samaritj@lafayette.edu

## • WILLIAMS CENTER FOR THE ARTS CALENDAR •

### December

- 3 Orpheus with Kate Royal
- 4 Concert Choir and Chamber Singers
- 5 Marquis Consort (3 p.m.)
- 6 Lafayette Percussion Ensemble
- 8 Lafayette Jazz Ensemble
- 11 Lafayette Concert Band

### January

- 28 Orpheus with Vadim Gluzman

### February

- 3 Lar Lubovitch Dance Company: *Jazz Trilogy*
- 6 Saxophone Summit (3 p.m.)
- 8 Ethos Percussion Group

### March

- 2-5 College Theater: *Hear Me Roar*
- 8 Kenny Werner Quintet
- 9 Chamber Music: Piffaro, with King's Noyse and Ellen Hargis
- 10 New Music Lafayette
- 18 College Music Society Composers' Showcase
- 22 Zakir Hussain and Niladri Kumar
- 24 Viver Brasil: *Feet on the Ground*

### April

- 13-15 College Theater: *King Ubu (Ubu Roi)*
- 16 Venice Baroque Orchestra, with Giuliano Carmignola
- 25 Lafayette Percussion Ensemble
- 30 Concert Choir and Chamber Singers

### May

- 1 Concert Choir and Chamber Singers (4 p.m.)
- 1 Chamber Orchestra
- 4 Lafayette Jazz Ensemble
- 6 Marquis Consort
- 7 Lafayette Concert Band

All shows are 8 p.m. unless otherwise noted. For more information, call (610) 330-5009 or email [blatta@lafayette.edu](mailto:blatta@lafayette.edu).



## Student Government Strives to Unify Students

The 2010 Student Government representatives are currently in the second and final semester of their terms. Because two members went abroad this semester, elections were held for their positions this past month. I'm proud to announce that **Katie Ische '12** has been elected to the position of student life co-chair, and **John Bachner '11** has been selected as our new public relations chair. We are also currently in the process of electing members of the Class of 2014 to the First-Year Class Council.

One of the goals of Student Government has been to promote school spirit in an effort to further unify the student body. To this end, we were proud to hold our first Fall Fest on Oct. 30 in conjunction with Lafayette Activities Forum (LAF). This event included bobbing for apples, pumpkin carving, local vendors, and music from a student band, The New Mechanics, as well as renowned singer/songwriter Peter Francis, formerly of Dispatch.

Student Government worked with LAF to bring two prominent comedians from College Humor to Lafayette during

Rivalry Week, the week preceding the Lafayette-Lehigh football game. Thanks to the efforts of **Mahmoud Djindiev '13**, Student Government also has initiated a new tradition: a tree will be planted on Lafayette's campus for each incoming class. The growth and transformation of the new trees over time will come to symbolize how Lafayette has unified and developed each class.

While there are many other projects on which Student Government is working, let me leave you with this: our primary purpose is to serve as a liaison between the student body, the faculty, and the administration. To this end, we could not operate without you, the parents and families. For an up-to-date list of representatives complete with bios, please visit the Student Government website at <http://sites.lafayette.edu/stugovt/>. Thank you again for your support as Student Government looks forward to another semester of change and innovation!

**Stephen Gadomski '11**  
Student Government President

## Get the POINT?

A new means of communication to parents was initiated this semester. The Lafayette POINT— Parent Office Info, News, and Tips— is an email that is sent from the Office of Parent Relations as timely information or news arises that may be of particular interest to parents. A POINT is sent to all current parents who have a valid email address on file. POINTs have been sent with information about surveys, flu shots, alcohol policies, safety issues, and updates on career services. If you have not received these emails this semester, please send your email address, along with your student's name and class year, to [krivoskd@lafayette.edu](mailto:krivoskd@lafayette.edu). Be a parent who gets the POINT!

**Donna Krivoski**  
Director of Parent Relations  
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[krivoskd@lafayette.edu](mailto:krivoskd@lafayette.edu)

## Test Anxiety: Is It Affecting Your Student?

You've studied hard and you feel prepared for the exam. You sit down in class and your professor begins passing out the exam. Suddenly, you blank out—completely. You are frozen and feel so nervous that you can't get it together. You can't remember any of the answers you knew without hesitation last night.

This is what it is like to have test anxiety—and some college students experience test anxiety so strongly that it interferes with their concentration and performance.

Test anxiety is actually a type of performance anxiety, which occurs in a situation where someone feels the need to do very well. Just like when someone feels pressure on the opening night of a play or during a big competition, test anxiety can cause a stomachache, tension headache, racing heartbeat, and more. Some people with severe test anxiety actually feel like they will pass out or become sick.

Anyone can experience test anxiety, but those most likely to have trouble with test-taking are those who are perfectionists or who tend to worry a lot. Additionally, when students do not prepare enough for

a test but really need to do well, they may experience test anxiety.

You can help your student prepare for exams by sharing these tips:

- ▶ **Handle stress in a positive way.** Stress is the body's warning mechanism, and in this case, it is reminding you to do what needs to be done to be well-prepared. Instead of complaining or worrying, let stress serve as a guide for planning out a study strategy.
- ▶ **Get help when needed.** If you are getting so stressed about a test that you are forgetting everything you know, you should talk with someone in the ATTIC (Academic Tutoring and Training Information Center) located on the third floor of Scott Hall. The center can offer some additional coping strategies, study skills, and possibly a tutor.
- ▶ **Develop a study schedule.** The more students study, the more prepared they feel. Developing a study plan—and

sticking to it— can reduce test anxiety because students will feel more confident and therefore expect to do well.

- ▶ **Think positively.** Acting and thinking positively generally ends in positive results. Sending negative messages to yourself can contribute to anxiety.
- ▶ **Be accepting of mistakes.** Nobody is perfect—and nobody expects that you are. Doing your best is the best you can do.
- ▶ **Take care of yourself.** Eat well and get a good night's sleep leading up to the exam. This will keep your mind working at its best.

Learning to manage the stress that comes along with performing well will help your student in so many ways, beyond just taking exams.

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# LAFAYETTE COLLEGE

## Parent Relations

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Easton, PA  
Permit No. 108  
First Class Mail

## Hire a Personal Trainer for Your Student for Spring Semester

The Office of Recreation Services is offering 3-, 5-, or 10-session personal training packages at the Fitness Center. Students will receive individualized instruction and motivation, positive feedback, and goal-oriented workouts. Please contact [howellk@lafayette.edu](mailto:howellk@lafayette.edu) or go to <http://recreation.lafayette.edu> for details.

## Parent Website

Visit the parent website for additional information, hotels, restaurants, calendars, and links to areas of interest for parents. Go to [www.lafayette.edu/parentsfamilies](http://www.lafayette.edu/parentsfamilies).

## Parent Volunteer Day

The annual meeting of the Family Weekend and Communications committees of the Lafayette Parent Association will be held on Saturday, Jan. 22, 2011. This is the day students return to campus for the spring semester. If you volunteered for one of these committees, you will receive detailed information in the mail closer to the date.

## Local Chocolatier on the Today Show

The owner of Antoinette Chocolatier in Phillipsburg, N.J., will appear on NBC's *Today* show with Jane Pauley at 8 a.m. Dec. 7. The special segment called "Your Life Calling" will focus on individuals who have changed careers after serving many years in one position. The segment will include footage of chocolate-making classes held at the shop. The shop offers special discounts and classes to Lafayette students and faculty. Visit [www.AntoinetteChocolatier.com](http://www.AntoinetteChocolatier.com) or call (908) 859-4545, for more information.

## Making a Medical File

Students often get so caught up in their busy lives that they forget to make appointments to visit the dentist, doctor, and other medical professionals. Unfortunately, this is a bad practice that can become a bad lifetime habit, as students fail to put their well-being first. Help your student take responsibility for his/her health. Consider creating a medical file for your student that contains the following:

- ▶ list of up-to-date vaccinations
- ▶ names of medications he/she is currently taking
- ▶ list of allergies
- ▶ dates of last doctor visits
- ▶ contact information of his/her medical professionals, including addresses, phone numbers, and websites
- ▶ health insurance ID numbers
- ▶ emergency contact person and phone number
- ▶ any other details that would be helpful to know

Parents won't do this for their students forever, yet providing the start of their medical file with all the details allows them to take stock of their medical history—and to take responsibility for what has to be done next as they take steps into adulthood. Here's to your student's health!

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## • DATES TO REMEMBER 2010-11 •

### November

24-28 Thanksgiving holiday

### December

10 Last day of classes  
15 Financial aid renewal information available online  
14-21 Final exams  
21 College housing closes

### January

2-21 Designated residence halls open for interim session  
3-21 Interim session  
22 Parent Volunteer Day  
22 College housing opens for spring semester  
24 First day of classes

### March

12-20 Spring break

### April

4-15 Preregistration, fall 2011

### May

2-6 Financial aid application deadline for returning students  
6 Last day of classes  
9-16 Final exams  
21 Baccalaureate and Commencement

### June

30 Financial aid awards available to ontime applicants  
30 Closing date for Annual Parents Fund