When in doubt, reach out!

As students settle into their routines and families adjust to the fall schedule, I become excited about the opportunities that lie ahead for all of us connected to Emory. From President Jimmy Carter’s 31st Annual Town Hall Meeting to Homecoming (September 25-28), Emory remains filled with vibrant fall traditions.

Another vibrant tradition includes Family Weekend on October 25-27. We welcome families to campus where they continue to enjoy the connections with their student, other families, faculty members, and administrators. We have designed the schedule to highlight the life of the mind with Faculty Master Classes featuring some of Emory’s most talented professors, resources for families, and ample time to enjoy your student’s company. I hope that I will get to see you during Family Weekend. You may find out more about the schedule and register at http://family.emory.edu/programs/family_weekend.html.

Because the adjustment to the start of the academic year sometimes requires some additional support for our students, this edition highlights our world-class Counseling and Psychological Services (CAPS) office. We have a support network at Emory that we encourage students to access, and CAPS represents the heart and soul of our caring and compassionate community.

As I have written in past newsletters, when in doubt, reach out! Thank you for your generous support of Emory through your support of your loved one and our student.

I look forward to seeing you in Atlanta very soon.

All the best,

Andy Wilson, PhD
Senior Associate Dean for External Relations
Division of Campus Life
From providing leadership for the Residence Hall Association to serving as a technical support assistant in the Dobbs University Center, Tampa-based College senior Niketu "Niko" Patel has distinguished himself as a champion for the residential experience at Emory. A psychology major with plans to become a neurologist, Niko became involved in residential life almost immediately upon his arrival when he was elected Hall Council President of Few and Evans Halls. His passion for using the residential experience as the foundation for Emory’s vibrant community grew with his involvement in the Emory Scholars program and additional leadership roles with the Residence Hall Association including serving as President.

Niko comments, “Emory is special to me in so many ways. As a prospective student, I spent one night at Emory and I knew that it was where I wanted to attend college. There is something about Emory’s campus that makes it inviting to different individuals. The teachers, faculty, upperclassmen and members of Campus Life help integrate new and existing students into the community. You can walk around campus and see that there is so much synergy everywhere you look. Whether it is in Asbury Circle or at the DUC, I always see people enjoying themselves around campus. I cannot really say what this, but there is an Emory spirit that unites students together.”
STUDENT SPOTLIGHT: Niko Patel 14C

Niko also pursues a rigorous liberal arts education to prepare himself for life and to pursue his dreams of becoming a physician. He says, “Emory is unique in the sense that it encourages students to do what they are interested in. There are numerous campus resources and connections that help students be successful in their endeavors. To quote President James Wagner, ‘Emory aims to make students life-ready, not job-ready.’ I believe that this philosophy in higher education sets Emory apart from other institutions. Being a senior in the college, I am glad to be at a university that firmly believes in preparing us for anything the world throws at us.”

Early in his senior year, Niko has already become reflective of what his time at Emory means to him and his advice to families. He said, “My years at Emory have been exciting and full of opportunities. I admit that, at times, I forgot to stay in touch with my family at home. I got caught up in the moment and forgot about my roots. I think it is important for families to be patient with their sons and daughters while being away from home. There is no need to freak out and call campus life because your child hasn’t called you back or spoken with him or her in a day. Give your children some time alone, let them discover who they are, and grow into the person they will be after college. I understand holding back is hard and constantly checking up on them is innate. However, I learned that true connections are shown by letting go and see if it flies back on its own.”

Niko Patel’s passion, diligence, and commitment to Emory’s distinctive residential liberal arts education at a research university has made it better for him having been here.
Counseling and Psychological Services

Emory University's Counseling and Psychological Services (CAPS) provide free, confidential counseling for enrolled undergraduate, graduate, and professional students. Consultation, outreach and educational workshops are also provided for Emory's faculty, staff, and students. CAPS staff members know that student life is a transitional period and can bring pressure and stress. They help students understand this period, find ways of coping with crises, and grow from their experiences. They also work with administrators, faculty, and other campus community members to increase the effectiveness of student services in the area of mental health.

An Emory student interested in arranging an appointment can call (404) 727-7450 or come to CAPS (1462 Clifton Road, Suite 235). For frequently asked questions about CAPS, go to http://studenthealth.emory.edu/cs/about/faqs.html

IMPORTANT DATES

October 8-11  The Visit 2013: His Holiness the XIV Dalai Lama
October 14-16  Fall Break
October 25-27  Family Weekend
October 28  Spring registration
November 9  Emory Cares Day
November 28-December 1  Thanksgiving Recess
December 10  Classes End
December 12-19  Exam Period
December 19-January 12  Winter Break
Family spotlight: The Tiansay Family

For Raul, Ruth, and Madison Tiansay, life has been about experiencing new cultures. Natives of the Bay Area of San Francisco, the Tiansays enjoy living in a major city with diversity in arts, dining, and a connection with outdoors. Travel is an extension of culture, with the family having spent Christmas in locations ranging from Australia to Brazil. When daughter Madison, now a sophomore in the college, was looking for colleges, Emory had a certain appeal that stood out above other choices.

A large part of the Emory appeal for the Tiansays was the draw of an "excellent academic institution with a world class liberal arts program that puts a high value to giving back or 'paying it forward' regardless of a student's field of choice." Another positive includes the low student-teacher ratio that allows for interaction and discourse that enhances the learning experience. Tying into their love of culture, the Raul and Ruth were looking for a change of pace from the West Coast culture they have enjoyed over the past thirty years in the Bay Area. Finally, after visiting, the entire family was impressed with the warm, inviting community that they saw from professors, administrators, and students around campus.

One thing keeping the entire family involved with the Emory community is what Raul calls "a very personable leadership style that permeates from the top," from President James Wagner all the way to the local Alumni Association leaders connecting with the Emory community at large. It is here that the Tiansays have become plugged in, becoming Emory ambassadors at events such as Emory Cares Day and the new student receptions as a way to share their love with more families.

When asked what advice to give parents to help with the transition to Emory, Raul and Ruth had much to say. "Our advice to families is to embrace change, as it is inevitable, and to expect excellence as Emory is an outstanding learning institution with a warm, inviting community. Moreover, we encourage families to remain mindfully engaged with their child as they transition to college life. This task requires prudence, discernment, open communication, and a dose of street smarts (particularly on the parent's side!). Staying connected was a work in progress at first, but as the year progressed, our actions (or in many instances, inactions) allowed us to better understand Madison's challenges, pressure points, and opportunities, which then allowed us to respond appropriately."

Madison has enjoyed continuing her love of volleyball, music, and fashion while at Emory. Raul is a marathoner, a self-described 'weekend warrior,' and reality TV aficionado, while Ruth is an aspiring chef, event planner, and social butterfly.
ALL ACROSS THE COUNTRY, AS LONG JULY DAYS FADE INTO SWELTERING AUGUST NIGHTS, PARENTS OF COLLEGE-BOUND FRESHMAN LIE AWAKE PERSPIRING WITH DREAD AS MUCH AS HEAT: "CAN HE BALANCE A CHECKBOOK?" "WHAT WILL SHE DO IF SHE GETS SICK?" "I DON’T THINK SHE UNDERSTANDS HOW MUCH TROUBLE SHE CAN GET INTO FOR UNDERAGE DRINKING."

YOU HAVE ONLY A FEW MORE WEEKS TO PASS ALONG ALL THE ADVICE YOUR CHILD NEEDS TO KNOW. HOW WILL YOU COVER IT ALL, AND WHAT HAPPENS IF YOU FORGET TO MENTION SOMETHING IMPORTANT?

HIGH SCHOOL GRADUATES, HOWEVER, RARELY LISTEN PATIENTLY AS THEIR PARENTS DELIVER WARNINGS ABOUT CAMPUS SAFETY OR LECTURES ON HOW THE FAMILY HEALTH INSURANCE WORKS.

THERE ARE THINGS YOUR STUDENT NEEDS TO KNOW FOR THE PURELY PRACTICAL DEMANDS OF COPING WITH LIFE IN A NEW SITUATION. THERE ARE THINGS YOUR STUDENT’S COLLEGE WANTS YOU TO DISCUSS WITH YOUR CHILD. THERE ARE EVEN A FEW THINGS YOUR CHILD WOULD APPRECIATE HEARING FROM YOU. THE TRICK IS TO FIGURE OUT WHEN YOU’RE OFFERING USEFUL INFORMATION AS OPPOSED TO UNWANTED ADVICE OR AN INDEX OF ADMONISHMENTS.

THROUGHOUT THAT LAST SUMMER AT HOME, YOU WILL THINK OF THINGS YOU WANT YOUR CHILD TO KNOW BEFORE SHE LEAVES. YOUR TENDENCY MIGHT BE TO CALL HER INTO THE KITCHEN AS A TOPIC POPS INTO YOUR MIND WHILE YOU’RE FIXING DINNER OR READING THE NEWSPAPER. YOUR DAUGHTER, HOWEVER, WON’T BE IN ANY MOOD TO PULL HERSELF AWAY FROM THE COMPUTER TO SUBMIT TO WHAT SOUNDS LIKE ANOTHER LECTURE. SOME PARENTS HAVE SUGGESTED THEY HAVE MORE SUCCESS WHEN THEY SET AN APPOINTMENT WITH THEIR STUDENT AND EXPLAIN WHY A SUBJECT IS IMPORTANT.

GIVE BACK-FAMILY AMBASSADOR PROGRAM

Family Ambassadors volunteer to assist with outreach activities to support other Emory families. Family Ambassadors give of their time and perspectives to nurture a strong community of Emory families. Some activities may include:

**Panel Volunteers:** Serve as panelists at various programs to provide perspectives of families

**Orientation Volunteers:** Staff the Parent and Family Programs hospitality table during New Student Orientation

**Family Weekend Volunteers:** Staff the Parent and Family Programs hospitality table during Family Weekend

**Reception Host:** Faculty and administrators travel the country to meet families in key cities throughout the year. Host a reception at your home, office, or club.

BECOME A FAMILY AMBASSADOR TODAY!
EMORY STUDENTS DEMONSTRATE LEADERSHIP on a daily basis through their involvement with residence life, Volunteer Emory, Greek organizations, athletic teams, a capella groups, and countless other activities. Ajay Nair, senior vice president and dean of Campus Life, is committed to fostering this sense of leadership and service in every Emory student. Make your gift today to the Campus Life Fund for Excellence and help provide the opportunities for students to hone leadership skills and prepare for the future.