

Parents Newsletter

MILLERSVILLE UNIVERSITY OF PENNSYLVANIA

Winter 2007



IMPORTANT CONTACT INFORMATION

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Health Services
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CULTURAL EVENTS AT MILLERSVILLE

For a complete listing, details,
and ticket information
regarding Cultural Events at
Millersville please visit:
www.millersville.edu/~ArtsAtMU/

HOW TO AVOID MRSA

Editor's note: With the outbreak of an infection called Methicillin-resistant Staphylococcus aureus (MRSA) at high schools and college campuses throughout the nation, Millersville University has received calls from concerned parents. This article includes information about what MRSA is, how it is transmitted and how it can be prevented. There were cases of MRSA on the Millersville campus this fall; however, all were treated successfully.

MRSA is a type of bacterium that is an extreme form of a staph infection. According to the national Centers for Disease Control and Prevention (CDC) MRSA infection is usually seen as abscesses such as boils or pimples. These skin infections commonly occur at sites of visible skin trauma, such as cuts, abrasions and areas of the body covered by hair.

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Holly Freas-Webster

WELCOME CENTER

Starting this fall, prospective students and their guests will receive a new-and-improved welcome from the Office of Admissions. That's due to the creation of a new Welcome Center on the first floor of Lyle Hall.

What was formerly the general information desk in the Lyle Hall lobby will become the arrival point for visitors who are prospective students. The parlor will be part of the Welcome Center, and plans are underway to turn it into an attractive and interactive waiting area for families. Some of the interactivity will come through computer kiosks where students can learn more about majors of interest and special events, or read student blogs and leave comments. There will be old-fashioned interactivity, as well, with Millersville students designated as "lobby hosts" talking with visitors and sharing their own campus experiences.



Doug Zander

STOP STRESSING OUT!

Ways To Help Your Child Deal With the Pressures Of School

A fresh start in a new location may be stressful for any new college student. Being surrounded by new faces can cause serious emotional stress for a student away from home. Recent news articles have highlighted the growing concern regarding the emotional difficulties of college students. To help this problem, parents should make regular contact with their children and continue to maintain supportive relationships with students in order to provide direction in times of distress.

According to Dr. Kelsey Backels, director of the Center for Counseling and Human Development at Millersville University, the main stresses that college students deal with include relationship problems, family problems, depression, anxiety, body image and eating disorders and test anxiety. However, there are ways that students can deal with these stresses in a healthy manner.

"Positive ways to deal with stresses of juggling classes, jobs and new friends include balancing work, study, rest, and fun, and making time for all four every day," said Backels. "Taking time out for exercise, sleep and healthy eating are important. Also, learning to prioritize and say no sometimes may help from becoming overwhelmed, which is something I see a lot of in our students."

"The best advice for incoming freshmen is to get involved, but take it slow," said Backels. "Figure out how much time and energy your classes will take, and then get involved in one extracurricular activity at a time. If you have a job, limit your hours to 12 hours a week. It is easy to fill in all the hours of your day, but you have no time or

energy in reserve if you get sick or encounter an assignment that takes longer than you thought it would. Spend time each day alone and time each day with friends."

When it comes to making it through the first year of college without their parents, Backels finds that for the most part, students figure it out. However, it is evident that parents will be concerned about the well-being of their child, especially when their child is in a new environment. In order to help parents cope with the separation from their children, Backels suggests that "parents deal with their own separation issues by keeping in touch with their children in unobtrusive ways such as sending them cards, etc., in the mail. Keep emails short and newsy and keep your questions to a minimum. Expect that your child will be very busy and will call you when he or she has time or needs to talk. Also, expect that your child will recover from problems faster than you will. It is important to always be a parent but also important to find other things to do with your time and energy."

The counseling center offers free and confidential counseling to students. There are five licensed psychologists, one certified addictions counselor and one consulting psychiatrist with a wealth of experience in helping college students. Parents should encourage their child to visit the center if they are in need of help. Parents can visit the center's website at www.millersville.edu/~counsel if they have any questions.



Kelsey Backels

UPCOMING EVENTS

January 14, 2008
Spring Term begins

January 21 – No classes

January 30 – Martin Luther King Jr. Celebration
Kathleen Neal Cleaver, 7:30 p.m.
Student Memorial Center
Free and open to the public

February 21 – March 2
Little Shop of Horrors
A University Theatre production
Call (717) 872-3129 for tickets

March 1 – Ailey II dance
7 p.m. Lyte Auditorium
Call (717) 872-3811 for tickets

March 4 – Anna Funk Lockey Lecture
Dr. James Comer
7 p.m. Lyte Auditorium
Free and open to the public.

March 20 – Latino Celebration
Drs. Kimberly Mahaffy and Shawn Gallagher
"To be Seen, Heard and Remembered: A Call to Action for Latinos and Friends"
11:30 a.m. – 1 p.m. Gordinier Hall
Free and open to the public, pre-register at (717)872-3787

March 20 – Conrad Nelson Lecture
Heimo Wallner – Austrian Printmaker and Animator
7 p.m. Myers Auditorium
Free and open to the public



Kathleen Cleaver



Ailey II Dance Company

TRAINING FUTURE RESPIRATORY THERAPISTS

Millersville University and Lancaster Regional Medical Center recently announced an educational partnership to prepare students for careers as respiratory therapists.

Millersville's program in respiratory therapy is one of the oldest programs in the nation having its roots in a training course first given at the former St Joseph's Hospital, now Lancaster Regional Medical Center, in 1963. The program is accredited by the Committee on Accreditation for Respiratory Care (CoARC) and the Commission on Accreditation of Allied Health Educational Programs (CAAHEA).

"This is a wonderful example of Millersville University partnering with a first-class hospital to offer our students the best of both worlds: high quality education on campus, combined with hands-on clinical training and laboratory work at Lancaster Regional," said Francine G. McNairy, president of Millersville.

"Lancaster Regional is extremely proud to be associated with Millersville University and their respiratory therapy program. The students will be an excellent addition to our team and our staff welcomes them and the opportunity to be part of a teaching environment. Many of our employees are Millersville graduates, and the University has an outstanding reputation not only for teaching

but for having their students remain in our community," said Mike Cowling, CEO of Lancaster Regional Medical Center.

The respiratory therapy program at Millersville University consists of three years of on-campus study followed by a 16-month professional training program at Lancaster Regional. As part of the program, students receive training rotations at major regional medical institutions including Christiana Hospital and A.I. DuPont Children's Hospital in Delaware, Hershey Medical Center and Lehigh Valley Hospital. The program emphasizes critical thinking and decision-making skills. Millersville University students graduate with a baccalaureate degree and the requisite training for licensure to provide respiratory services to patients.

Pennsylvania requires respiratory therapists to be licensed; the majority of graduate therapists are employed by hospitals. The U.S. Department of Labor lists the job market as "very good" for respiratory therapists. "Never has a graduate of our program been unsuccessful in securing employment following graduation," said Dr. Vilas Prabhu, provost at Millersville. "Often they have several offers from which to choose." The class that graduated in December 2005 reported their anticipated first-year earnings ranged from \$36,421 to \$59,588 with a mean salary of \$48,502. When offered, sign-on bonuses can range from \$3,000 - \$15,000.

MAJOR RENOVATIONS FOR STUDENT MEMORIAL CENTER

The Student Memorial Center (SMC), pronounced "smack," is where much of the action happens at Millersville University and plans are to keep it that way. Located across from Gordinier Hall, on South George Street, the SMC is in the process of a \$20 million renovation project that will be completed by the start of the 2009-10 school year.

The SMC renovation and expansion project will be done in several phases. The first phase will involve converting two of four racquetball courts into a 2,000-square-foot cardiovascular fitness center. The original fitness center will become an area for aerobics, yoga and Pilates exercise classes.

"We went into this with an open mind seeking to identify what the specific student needs were going to be," said Robert Slabinski, CEO of Student Services Inc., and Student Lodging Inc., nonprofit corporations that provide services for Millersville University.

The next phase would add 8,000 square feet to the fitness center and would be an open recreation area with more fitness equipment plus a 4,000-square-foot balcony. A full size gym will be attached to the fitness center. An expanded computer lab, a food court and more room for the Student Affairs offices and student clubs and organizations will also be part of the renovations.

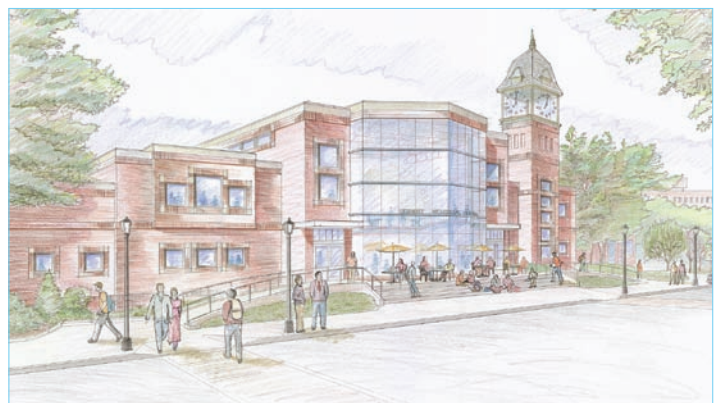
When the project is complete, the SMC will have a clock tower, three levels with an atrium in the center and an escalator leading up to the second-floor food court. The front and back of the building will be glass.

"I think most students I've talked to are happy that we are being proactive," said former student senate President Andrew Moyer.

"One of the students' main gripes is the fitness center – how busy it is, how people struggle to get on the equipment."

A \$10 million Student Sports Education Center will be built along Fredrick Street, near the SMC. It will include an indoor track and four full-size multi-purpose courts for basketball, tennis, volleyball and badminton. Construction of the Student Sports Education Center is slated to begin in the 2009-10 school year. Plans are for both projects to be completed by 2011.

"These are the kinds of facilities that promote quality of life and social interaction," said Slabinski. "They will provide a focal point on campus where students will have the opportunity to interact socially and pursue activities important to a healthy lifestyle."



Future Student Memorial Center (SMC)

HOW TO AVOID MRSA *continued from pg1*

"The most important thing to know [about MRSA] is that MRSA skin infections can occur in any environment. But, we can manage it by having good personal hygiene and cleaning practices," said Pat Weidinger, Millersville University's director of safety and environmental health.

The CDC has developed the **5 C's**, which are common settings where MRSA is more likely to be transmitted: **C**rowding, frequent skin-to-skin **C**ontact, **C**ompromised skin (i.e., cuts), **C**ontaminated items and surfaces and lack of **C**leanliness. The 5 C's commonly occur in environments such as, schools, dormitories, military barracks, households, correctional facilities and daycare centers. If an individual does become infected with MRSA, Millersville University has several options available to students. Holly Freas-Webster, Health Sciences nurse, said, "The earlier MRSA is treated the better! Millersville University's healthcare providers at Health Services are licensed medical professionals available to the student. Students do not have to pay a fee to see the licensed medical professional on campus. The common antibiotics that are prescribed are inexpensive, and if the student has a prescription plan we will write a prescription."

Freas-Webster says there are many ways to protect yourself and your loved ones from getting MRSA. You can begin to protect yourself today by:

- **Practicing good hygiene!** Keep your hands clean by washing with soap and water or using an alcohol-based hand sanitizer. Showering immediately after participating in exercise will also reduce the chances of contracting MRSA.
- **Cover up!** Cover abrasions or cuts with a clean dry bandage until healed.
- **Avoid sharing personal items!** You, your family, and others in close contact should avoid bare skin contact with shared personal items (towels or dirty clothes) and use a barrier such as clothing or a towel between your skin and shared equipment.
- **Maintain a clean environment!** You can do this by cleaning frequently touched surfaces that come into direct contact with people's skin.
- **Keep your room clean!** – A clean environment is a good health practice. Leaving dirty towels and sweaty socks on the floor could be a habitat for germs like MRSA.

The recommended tips to preventing MRSA does not stop your chances from contracting the infection but it does greatly reduce them.

WELCOME CENTER *continued from pg1*

The group presentation and campus tour has long been a staple of the prospective student's campus visit, and that will continue. However, student tour guides and the graduate assistants who manage the program will be challenged this year to turn everything up a notch.

"Millersville University provides an educational experience that is second to none, and it is important that our visitor program reflects the same high standards," says Doug Zander, admissions. "We want all of our visitors to remember their visit to Millersville University as the best experience of their college search."

The new Welcome Center is just one piece of an enhanced visit program that includes a new emphasis on interactive communication such as IM, blogs, and specially tailored social networking sites for prospects – all of which are fast becoming standard tools in admissions recruitment. At the same time, there will be an emphasis on print communication which continues to be an important form of outreach to parents who are key partners in the college search process.

H A S S L E - F R E E ! ONLINE TICKETS AVAILABLE NOW AT MILLERSVILLE

No more waiting in line to get your tickets! Tickets for Millersville University events may now be purchased online at **www.MUTicketsOnline.com**.

Customers can order tickets online 24 hours a day, seven days a week at their convenience. The new website allows patrons to go online and select their own seats or have the computer pick the best available seats. The new software permits users to view customized ticket packages.

For more information about the new website and program, please contact Lydia Yeager, Ticket Sales Manager for Student Services, Inc. at (717) 871-5522 or lyeager@ssi.millersville.edu.



Millersville University
SEIZE THE OPPORTUNITY

Millersville University is an Equal Opportunity/Affirmative Action institution. A member of Pennsylvania's State System of Higher Education.

The Parents Newsletter is produced for the parents of all Millersville University of Pennsylvania students.

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