Cedar Crest College

THE FALCON COMMUNICATOR

November/December 2010

Kate Carannante Joins Cedar Crest College as New Director of Career Planning

Cedar Crest College is pleased to announce the hiring of the new director of career planning, Mrs. Kate Carannante. Kate started on Monday, November 15th.

In addition to her experience as a director of career services and working with faculty to create internship opportunities, she has experiences that include: Adjunct Faculty, Student Involvement (activities,) and Club Advisor.

Kate will assume the day to day operations for running the career planning office (a huge operation) by developing internships, career workshops and professional development training sessions, creating semester-long calendars, updating resources, promoting the value of a career development to faculty, staff, and students, and planning Job/Internship and Graduate Fairs.

Kate believes in the mission of the college and looks forward to working with faculty to help students seamlessly transition from course theory to practice. Her dedication to educating the whole student (mind, body, spirit) will be instrumental in supporting the College’s goal for developing future leaders.

Please encourage your student to start the career planning process early.

Winter and Spring Invoices Mailed Nov. 15

Winter and Spring invoices were mailed the week of November 15th. The Winter due date is December 6, 2010 and Spring due date is January 5, 2011.

Monthly ebills are sent to the students Cedar Crest email account. If you would like to receive ebills, please have the student login into my.cedarcrest.edu and go to the Current Students tab then navigate to Student Financial Services, then to First Year/Transfer Traditional Students or Returning Traditional Students.

Click on Go to Cashnet, click "Add New" in the "Parent Pins" box. (enter the "login name" that you will use as a username: the logon and password will be sent to you in an email). Once this is set up by the student, you will receive ebills once a month. If you have any questions, please contact Student Financial Services at 610-606-4602.

Residence Halls to Close for Winter Break Dec. 22

The residence halls will close completely for Winter Break at 12 noon on Wednesday, December 22, 2010, and will reopen on Sunday, January 16, 2011, at 12 noon.

The Career Planning office at Cedar Crest College offers a wealth of services to students and alumnae seeking jobs and internships.
ATHLETICS DEPARTMENT FALL 2010 HIGHLIGHTS

Dan Donohue
Assistant Director of Athletics

The fall sports season has just ended and basketball is right around the corner, but the big news in the Athletic department is something that happened off the field! For the second consecutive year, the Colonial States Athletic Conference has awarded Cedar Crest the CSAC Institutional Academic Excellence Award. This prestigious honor is bestowed annually upon the institution whose athletes have attained the highest cumulative grade-point average among the twelve institutions that comprise the conference. The award was formally presented by President Ambar to the officers of the Student-Athlete Advisory Committee at a reception for all student-athletes that was recently held at the President's house.

The tennis team, under coach Lynn Piglia, had a great season. At one point during the season, she enjoyed a streak of eight consecutive victories at number 2 doubles with both Kuebler and Lee as partners, and was named to the CSAC Player of the Week Honor Roll. While the team did not advance in the Tournament this year, several players were awarded All-Conference honors, including Kuebler, Dichter, Lee, and sophomores Sarah Wicks and Nina Colangeli.

New head coach Cindy Joseph brought a fresh perspective to the field hockey team, who had an interesting season. At one point midway through the year, the team's only victories had come in overtime games, including one which had gone past double-overtime and into the final attempt of a ten-shot stroke-off before the Falcons were victorious. The running joke at the time was that the field hockey team could win any game if it just went long enough! By midway through the season, the team began to gel and their victories started to come within regulation time, capped off with a nice 3-2 win over Bryn Mawr to close the season. The team finished 5-14 overall, and seniors Eryn Ziegler and Jess Sanchez and sophomore Lindsay Harrison were each awarded CSAC All-Conference Honorable Mention honors. Other departing seniors include Adrienne Maurer, Jen Decky, Caitlyn Beiswenger, and Jess Macko. Coach Jo now turns her attention to lacrosse, which she will begin coaching this spring.

Another new face in the department was soccer coach Nicole Pietrobon. Coach Pietrobon inherited a small but spirited team, and immediately began raising their profile and morale with several innovative ideas. At the beginning of the season, to build familiarity with the ball, keep soccer in the forefront of the minds, and identify themselves as student-athletes to the rest of the campus, the soccer players were required to carry a soccer ball with them everywhere they went - to practice, to meals, even to class. This move certainly got people's attention! The players also worked on becoming a closer team by wearing coordinating colors every day for practice - black one day, green the next, red the following, and so on. To observers, it seemed like the team was always in uniform, even for practice.

The volleyball team entered the season with the tall task of replacing a large crop of seniors who had graduated the previous year. Coach Maile delivered with a talented but young crew that included six freshmen. Although it took some time for such a disparate group to learn to play together, by the end of the season the team was putting together some solid sets and finished the season 5-18. This season's squad featured only two seniors, Danielle Niles and Lauren Seale, who will be moving on after this year. Seale, a setter, made her mark during the season by breaking the school's career assist record of 1758, set in 2006 by Helen Luu. She did so during a 3-0 home win over Valley Forge Christian in September.

Finally, the cross country team needed to do some rebuilding this season as well, after losing their top five runners from last year. The remaining team members were asked to raise their game to make up for their departed teammates, and they certainly responded. The runners each set individual goals towards which they worked all season. While the caliber of competition varied throughout the season from Division I opponents like Lehigh and Villanova down to their more comparable CSAC peers, the girls were single-minded in their progress towards their goals. By the time of the season-ending CSAC Championship, in which Cedar Crest finished eighth, everyone

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Help! My Daughter Is Away at College: Easing the Transition

Nancy Roberts, PhD, CRNP, RN
Cedar Crest College Health & Counseling Services

It’s a big transition—leaving home, starting classes. With the transition to adulthood there will be plenty of challenges for your student to surmount. It is important that they figure out how to do these things independently, but they may need support. The phone is the natural thing to think of—you want to talk to your student, to hear their voice and know that when they tell you “I’m fine,” they sound like they really mean it. But we at Health and Counseling Services suggest thinking carefully before you call.

You don’t want to be too intrusive, so try to lean toward hanging back a bit. This transition is a big step to independence and adulthood, and as parents you don’t want to do anything to undermine the process.

This is not to say that you shouldn’t have contact with your daughter. One of the most helpful things is to share your expectations for communication with your daughter and set some ground rules about your expectations for contact. It’s often easier for them to call you, than for you to find busy students in their rooms. Let them know that you would like to hear from them once or twice a week. Set a time like Sunday night or if they can’t call on Sunday have them call on Saturday to tell you why. Parents worry, and having a plan to hear that familiar voice once a week helps.

A phone call once a week works for many families, but each situation, each student, each parent-child relationship is different, and it’s okay to work out a plan that fits your family’s individual needs.

E-mail is another form of communication that works well for many families. Student hours are totally different and they may not be in there room between 5 and 10 p.m., when you’re home from work and want to talk to them.

E-mail also is less intrusive. Your student can answer your queries when it’s convenient for them, even when they aren’t in their rooms. Instant messaging is another popular way to stay in touch, but remember, again, not to be too intrusive.

But what if you hear from your daughter too often? This is also fine. Be open to your student’s need to reconnect, even if it sometimes feels like too much. Typically there’s a kind of give-and-take, as students try out their independence and then need to refuel emotionally. They may initiate phone calls home to reconnect with the safety and support they’ve felt there. Don’t discourage this as it is an element of providing them with support.

The same is true of visits home. It is true that students who stay on campus over the weekend tend to meet people more easily, because there’s less studying and more social time, leaving campus periodically is healthy. When you’re in the residence halls and your focus is academics and maybe a job and you have a big to-do list and a lot of stress, it’s good to get away and reconnect with family and friends.

Parents can also call and talk with residence life staff if they are concerned. While the Family Educational Rights and Privacy Act (FERPA) stipulates that staff may not share confidential information, including whether a student is seeing a counselor, parents should feel free to call and ask whether a particular pattern of behavior seems typical of the college adjustment process or whether it’s something more.

For most students, the adjustment to independence and college life may be cyclical, but it will eventually occur, and parental support can go a long way toward smoothing the way. And although technology—e-mail, instant messaging, and cell phones—are ways to let your child know you’re thinking of them, there’s another, time-tested technique that still works when you want to say “I’m thinking of you.”

If you stand by the mailboxes and watch the facial expressions of those who get something, you get a clear idea of what it means to students. If parents want to make their kids’ day, send the occasional card or package—a box of homemade cookies that they can share with their floor or just a note that lets them know you’re thinking of them. Students may love technology, but they get very excited by U.S. mail.

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had reached their goals and many had run career-best times during the season. Sophomore Tori Kuehler led the team for the majority of the season, and in the Championship freshman Tammy Touhsaent finished first for the Falcons in a time of 23:14. Looking forward, seniors Chealsea Anagnoson, Nora Allen, Colleen Curran and Becky Koch will certainly be
The Crestiad - CCC’s Student-Run Newspaper

The Crestiad is a student run newspaper. It publishes an issue every week. Its primary goals are to keep students informed about events and issues of concern to the Cedar Crest community, and to provide students with an on-campus internship-quality media experience.

Get the latest issue of the Crestiad online every Thursday at www.cedarcrest.edu This is a great way for Parents and Families to stay up-to-date with campus news.

Parent and Family Council Seeks New Members

The Parent and Family Council is a voice for all current families of Cedar Crest College students. The group’s focal point is to serve as a liaison between the college and parents. Join today and help us to create the next generation of women leaders!

The Cedar Crest Parents Council focus areas are:
- To offer a parent’s perspective to the College
- To plan events and programs for fellow and prospective parents during key celebrations (i.e., Homecoming, Fall Family Weekend, Commencement, etc.)
- Serve as well-informed college ambassadors in the community
- Assist with recruitment efforts

All parents are part of the Parent’s Council. Provide your email address to stuaffairs@cedarcrest.edu and we will sign you up for campus alerts as well as future Cedar Crest events. For additional information, please contact Dr. Denise O’Neill, Associate Dean of Student Affairs at doneill@cedarcrest.edu.