One of the most visible links to Samford University’s past is an oak tree. Sherman Oak was the main gathering spot and center of campus life for decades of students on Samford’s East Lake campus. When Samford relocated to the current campus, healthy seedlings from Sherman Oak were chosen, gathered, cared for and then planted on the new campus.

It’s not unusual an oak tree has played such a prominent role in Samford’s history. Oak trees have long held places of honor and been symbols of place and might and strength. How fitting Samford would treasure a tree with heritage reaching back to the days of the Old Testament. The prophet Isaiah referred to the lawgivers as Oaks of Righteousness. Joshua made a covenant for God’s people and erected stones under an oak tree as a place of witness and remembrance. Even today, President Andrew Westmoreland often refers to trees when he talks of Samford’s heritage, “We sit in the shade of trees we did not plant.”

After years of care, today one of the seedlings from the original Sherman Oak stands tall and mighty in front of Samford Hall as a symbol of remembrance. Your sons and daughters are very much like this generation of Sherman Oak. You’ve cared for them and provided rich soil so their roots could grow deep, giving the stability needed to stand strong in life’s weathers. You’ve provided everything needed to allow them to stretch high with their lives and minds.

Now you are planting your sons and daughters in this place and entrusting them to Samford University to teach and guide them as they grow. Those of us at Samford don’t take this responsibility lightly and commit to do all within our ability to help them reach their full potential and calling. It is our privilege to partner with you in raising this next generation of oaks.

Susan Todd Doyle
Director, Office of Parent Programs
205-726-2375
sdoyle@samford.edu

Family Weekend 2017

Friday, Sept. 29
10 a.m.–6 p.m. Check-in and late registration
1–3:30 p.m. Parent Academy, classes taught by Samford faculty members for parents (requires pre-registration)
4–6 p.m. President’s welcome reception
5:30 p.m. Vespers
7 p.m. Samford women’s soccer vs. University of Tennessee at Chattanooga
7:30 p.m. How I Became a Pirate, Samford Department of Theatre and Dance

Saturday, Sept. 30
8:30–10 a.m. Parents Association breakfast
10 a.m.–12 p.m. Campus open houses
11 a.m.–2 p.m. Tailgate on the Quad, including parent chapter picnics
2 p.m. Samford football vs. The Citadel
7:30 p.m. How I Became a Pirate, Samford Department of Theatre and Dance

Sunday, Oct. 1
2 p.m. Hymn Sing
7:30 p.m. How I Became a Pirate, Samford Department of Theatre and Dance

Registration opens mid-August at samford.edu/parents.
**August 2017**

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**Family Weekend & Connections**

- **November 10–12**:李家族周末

**Move-in and Connections**

- Samford makes move-in an easy and fun memory. Students receive specific instructions ahead of time. Plan to go to lunch with your student's roommate and family. There is plenty of time to get the room set up and enjoy new friends.

- Family Welcome begins at 4 p.m. in the Wright Center and lasts 45 minutes. Plan to attend and tell your student goodbye at the end of this session. That's when Connections begins, a fun-filled weekend of activities designed to get students off to a good start.

**September 2017**

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**Looking Ahead**

- **October 1**: Register for Family Weekend (Sept. 27–Oct. 1) at samford.edu/parents and secure hotel reservations.

**Family Weekend Advice**

- The first weeks of college are crucial for students to make connections and establish good habits. A premature visit can disrupt the process, but a well-timed visit to campus a few weeks into the semester can help parents and students reconnect.

- Manage expectations by talking beforehand with your student to determine what time you'll spend together. Don't expect to spend every waking hour with your student. Your son or daughter now has a life full of activities that affirm how well he or she has adjusted.

- Don't read too much into your student's emotions. Their emotional reaction to your visit may be a factor of how much sleep they've gotten than their excitement or aversion to seeing you.

- Begin to form evaluations about your student's life, but keep most to yourself for now. Use this time to celebrate, not correct. Relax and have fun. Express confidence in how your student is doing.
### Happening This Month

#### October 2017

- **SUN**
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  - 22
  - 29

- **MON**
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  - 9
  - 16
  - 23

- **TUE**
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  - 17
  - 24

- **WED**
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- **THURS**
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- **FRI**
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#### November 2017

- **SUN**
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- **MON**
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- **TUE**
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- **WED**
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### Did You Know

The Samford Parent Scholarship Fund is a way Samford parents help each other!

This fund provides for students who are nearing graduation, whose families face sudden financial difficulties and who might not finish without financial help. Make a gift at samford.edu/parents.

### Academic Advising

Academic advising gives your student an opportunity to develop and evaluate the academic plan that will enable him or her to reach academic goals. Advisers are available to guide your student and ensure timely progression toward graduation. However, students have responsibilities related to advising each year. Remind your student to:

- Schedule an advising appointment as soon as available each semester. Advising appointments fit quickly once course registration nears.
- Use resources such as the undergraduate catalog, academic major guides and DegreeWorks to prepare for the advising appointment.
- Write down any questions he/she may have for an adviser and consult with his/her adviser before making drastic changes to an agreed-upon schedule.
- Communicate with his/her adviser on issues related to academic progress, a change in program, registration for study abroad, internships, courses to be taken at another institution or withdrawal from courses.

### God of Peace

**God of Peace,**

Please give my student a spirit of confidence and calmness. Thank you that we can do all things through Him who gives us strength. Help us not to be anxious about anything, but in everything with prayer, petition and thanksgiving, present our requests to you and the peace of God which transcends all understanding will guard our hearts and our minds through Christ Jesus. 

*(Philippians 4:13, 6)*

### God of Wisdom

**God of Wisdom,**

Please give my student a spirit of teachability and diligence. Thank you that your Word says if a wise man is instructed, he will be wiser still, and if a righteous man is taught, it will be added to his learning. Whatever we do, help us to do it all as working unto you and not unto man.

*(Proverbs 9:9, Colossians 3:23)*

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### Happening This Month

- Step Sing group sign-up opens
- Jan Term housing info mailed to students
- Summer and Fall 2017 study abroad applications open

### The Midterm Panic

Don't be surprised when you get a phone call this month fraught with panic about midterm grades, stress, relationships, emotional well-being and more. Your student is likely to feel everyone else has adjusted well and figured it all out. Not true. Anxiety runs high this month for many first-year students and, consequently, you. Remind your student of these academic resources:

- The Academic Success Center (131 Dwight Beeson Hall) helps students who are struggling with the transition to the college academic load and offers free tutoring in areas such as biology, chemistry, math, physics, reading, writing and Spanish. They also help students set and meet academic goals.
- The Communication Resource Center (222 Brooks Hall) offers free help with writing, speaking, critical reading, Cultural Perspectives (CT) and Communication Arts (CA).

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*(Proverbs 9:9, Colossians 3:23)*
Where to Invest

Your student has met many people and had a multitude of new opportunities. If he or she is still struggling to decide where to invest on campus, suggest a meeting with Laura Briedow or Anka Strand in the Office of Student Leadership and Involvement. If he or she is struggling to feel at home at Samford, suggest an appointment to visit with April Robinson, minister to students for pastoral care, or Dr. Matt Kerlin, assistant vice president of spiritual life and university minister. These staff members are great resources for students who are still deciding about friends, involvement and finding their place.

Encourage your student by explaining it’s not unusual to be still working through these decisions. Their friendships and areas of involvement in high school took years... are happy to talk with your student about concerns and explore ways to help him or her get plugged in and involved.

Looking Ahead >>>

It’s not too late to make adjustments. Talk with your student over the holidays about goals he/she would like to set for spring.

Victorious Father,

Please give my student a spirit of PURPOSE and SECURITY. Thank you that you help our eyes to look straight ahead and fix our gaze directly on you. Lord, you alone are our portion and our cup; you make our lot secure.

(Proverbs 4:25, Psalm 16:5)

Studying Abroad

Studying abroad is an opportunity of a lifetime and allows students to learn more about an academic discipline, a different culture and themselves. It is also an opportunity requiring planning very early in one’s college career. Applications for study abroad programs many times must be completed at least a full year ahead of the anticipated study. Students should begin talking with the Global Engagement Office and their academic advisers early in order to schedule study abroad.

Samford offers study throughout each academic year in London at its property, Daniel House, and in many locations around the world.

Mighty Counselor,

Please give my student a spirit of DIRECTION and AVAILABILITY. Thank you that whether we turn to the right or the left, our ears will hear a voice behind us saying, “This is the way, walk in it.” When we hear your voice saying, “Whom shall I send?” help us to respond with, “Me!” (Isaiah 30:21, 6:8)

Make a year-end, tax-deductible gift to the Samford Parent Scholarship Fund.
Staying Healthy

February is a difficult month physically for a majority of Samford students. Students burn the candle at both ends to meet the demands of classes and Step Sing rehearsals. If ever there was a month when time and health management are crucial, this is it. Many students sacrifice sleep and healthy eating practices for the sake of classes and Step Sing rehearsals. Encourage your student to balance these wares. Should they get sick, University Health Services, staffed by a physician and a nurse practitioner, is glad to see them and help them get back on the road to recovery.

Looking Ahead

I Love Cookies, sponsored by the Office of Spiritual Life, receives orders and delivers flowers, balloons, cookies and exam care packages throughout the year. Orders may be placed at I Love Cookies at samford.edu/spiritual-life or by calling 205-726-2825.

March

Looking Ahead

For most students, April is the most stressful month in the school year. This is a great time to drop a note in the mail to your student encouraging him or her. The Career Development Center (CDC) provides students with a variety of free services, including interest inventories; personality assessments; individual career counseling; a career research library; résumé assistance; mock interview opportunities; part-time internship and full-time job postings; employer information sessions; career and major expos; and career workshops. The freshman year is the best time for your student to begin connecting with the CDC. The CDC staff welcomes the opportunity to equip freshmen with tools for making major and vocational decisions, setting goals and pursuing personal development. Each class year, your student will enjoy guidance uniquely tailored to their major and year. When graduation comes, your student will be ready for employment!

The CDC also welcomes parents’ participation in connecting students with internship and job opportunities. If your place of business is interested in participating in the annual job fair or hosting or hiring Samford students, contact the CDC at career@samford.edu.

Merciful Savior,

Please give my student a spirit of strength and rest. Thank you for giving strength to the weary and increasing the power of the weak. Help us to find true rest in you alone, for our hope comes from you. (Isaiah 40:29, Psalm 62:5)

Did you know you can help welcome the next class of freshmen and their parents by joining the Office of Parent Programs to host Send Off Parties this summer? 

If you are interested in helping, email parents@samford.edu.
Managing Stress

How much stress is too much for your student? All parents face this question. When should you become concerned, and what should you watch for in your student?

- Sleep disturbances—getting too little sleep or sleeping too much
- Avoiding social activities—pushing against becoming more active or connected
- Excessive procrastination—missing classes, unnecessarily needing extensions for coursework
- Looming sadness—the inability to shake sadness, complaints like, “I don’t feel like myself.”

Listen to your student and try to understand his or her viewpoint. Encourage your student to seek advice or help from a faculty or staff member in developing a plan of action.

If you don’t see improvement and your concern grows, encourage your student to contact Samford’s Counseling Center at 205-726-2065 or the Samford minister to students at 205-726-2927.

Managing Newfound Independence

Many students returning home for the summer after freshman year and their parents discover new challenges. Your student has been responsible for setting his/her own schedule, deciding how late to stay out, who to hang out with, when to eat and for regularly making similar decisions. You both may find it stressful to determine how he or she will best fit back into home life and what your role in all of this is.

Encourage your student to talk about these ahead of time and avoid possible conflicts. Enjoy your maturing student and make it your best summer yet!

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Holy Father.

Please give my student a spirit of RESPECTFULNESS and HUMILITY. Thank you that we will show one another proper respect, love the brotherhood of believers, and fear and honor You, our King. Help us to be completely humble, gentle, patient and bearing with one another in love. (1 Peter 2:17, Ephesians 4:2)

Did you know Samford students served the community by investing 927,192 hours between July 2015 and June 2016?

Did you know 90% of Samford students are employed or in graduate school within six months of graduation?

Did you know 93% of Samford students are employed or in graduate school within six months of graduation?
A Prayer

FOR THE YEAR

Father,

I come to you in Jesus’ name and give (name of child) to you. You alone know his/her struggles and what is best for him/her. I release him/her to your care and protection and commit myself to pray for everything concerning him/her that I can think of or that you put upon my heart. Help me not to impose my will when I’m praying for him/her, but rather, enable me to pray your will be done in his/her life.

Father, I ask this season at Samford University be a time of spiritual and personal growth for him/her. Thank you for using the university’s academic advisors, professors, ministerial staff, mental health counselors, and health clinic in guiding the education and personal growth of (child’s name). Cause him/her to seek help from the appropriate individuals. Thank you for bringing godly friends and role models into his/her life.

I pray specifically for you to develop (name)’s mind, body and soul. Lord, give (name) a clear mind, a teachable spirit and an ability to learn. Instill in him/her a desire to attain knowledge and skill, and may he/she have joy in the process. Above all, I pray that he/she will be taught by you, for your Word says when our children are taught by you, they are guaranteed peace.

Father, I pray (name) will value the body you have given him/her and desire to care for it properly. I pray you give him/her the motivation to exercise regularly, eat well, drink plenty of water, and to control and manage stress in his/her life by living according to your Word. I especially pray you give him/her a heart that seeks purity. Whenever he/she struggles in any of these areas, may he/she turn to you and say, “Teach me your way, O, Lord” (Psalm 27:11).

Show me places where I continue to hang on to (name) and enable me to release him/her to your protection, guidance and counsel. Help me not to live in fear of possible dangers or failures but in the joy and peace of knowing you are in control.

In Jesus’ name, Amen.