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 Israelites 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 and Family Programs
205-726-2375
sdoyle@samford.edu
Friday, October 4
12-5 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

Saturday, October 5
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. Furman

Sunday, October 6
2 p.m. Hymn Sing
Did you know excitement, anxiety, loneliness and homesickness are all part of the first-year college student emotional roller coaster? They are normal and generally temporary.

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**Looking Ahead >>>**

**Register for Family Weekend (Oct. 4-6)** at samford.edu/parents and secure hotel reservations.

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<tr>
<th>National Chocolate Chip Day</th>
<th>Five-installment Payment Plan Enrollment Closes</th>
<th>Follow Samford Parents on Facebook, Instagram and Twitter for Info Throughout the Year</th>
<th>September 4-5</th>
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**Move-in and Connections**

Samford makes freshman move-in an easy and fun day. Students receive specific instructions ahead. **Arrive between 8 a.m.–12 p.m.** Dozens of volunteers will greet you curbside, unload the car, show you where to park and carry all of your student’s belongings to the room. 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.

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<th>September 9-10</th>
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<tr>
<td>E-bill Emailed to Students and Authorized Users</td>
<td>Consulting the Online Academic Calendar is Important as Deadlines Can Change</td>
<td>Freshman Move-in (8 a.m.–4 p.m.) and Family Welcome (4–5 p.m.)</td>
<td>Freshman Forum Applications Close</td>
<td>Samford Football vs. Youngstown State in Montgomery, Alabama</td>
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**Faithful Lord,**

Please give my student a spirit of **ASSURANCE** and **TRUST**. Thank you for telling us you know the plans you have for us; plans to prosper us and not to harm us; plans to give us a hope and a future. You say in your Word to not lean on our own understanding. Help us to acknowledge you in all our ways so you will make straight paths. 

*(Jeremiah 29:11, Proverbs 3:5-6)*

**HAPPENING THIS MONTH**

- Make sure you have activated your Samford Parent Communication Portal account
- Freshman Forum applications are available online at Samford.edu/leadership
- Make sure your student has added you as an authorized user at samford.edu/go/ebill
- Student information, including billing, is restricted by FERPA. Ask your student to consider adding you to the release so school officials may speak with you about their record

**Your School, Your City**

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<tr>
<td>Classes Begin</td>
<td>University Convocation</td>
<td>If Your Student Withdraws From Samford During the Term, Financial Penalties Could Apply. Visit <a href="mailto:onestop@samford.edu">onestop@samford.edu</a>.</td>
<td>Student Organization Fair</td>
<td>Last Day to Drop/Add a Fall Course</td>
<td>Freshman Class Officer and Senator Election Applications Close</td>
<td>Freshman Forum Applications Close</td>
<td>Samford Football at Tennessee Tech</td>
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### 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. Family Weekend is timed for just such a visit. This weekend is for things that lighten the mood and lift the spirit.

A bit of preparation and forethought can help it be so.

- 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 more 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.

### Did you know

Studies show first-year students who use the library often have higher GPAs than those who don’t?

### Looking Ahead

October brings the new pressures of midterms. Encourage your student to get ahead and make appointments with professors to talk about expectations and assignments.
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 (101 Dwight Beeson Hall) helps students who are struggling with the transition to the college academic load and offers free tutoring in select courses. They can also work with private tutors for others. They also help students set and meet academic goals through individual academic consultations.

- The Communication Resource Center (222 Brooks Hall) offers free help with writing, speaking, critical reading, Cultural Perspectives (CP) and Communication Arts (CA).

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)
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.

**Looking Ahead**

Are you interested in hosting a Samford international student for Thanksgiving? If so, contact the Office of Global Engagement at geo@samford.edu.

### 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 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 fill 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.

### Happening This Month

- Jan term housing info emailed to students
- Student Activities Council committee applications open

### 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)*

### Looking Ahead >>>

**This is a great time** to put together an exam care package to encourage your student after the Thanksgiving holiday.

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**Data and Time**

- Last Date to Withdraw from a Course or the University Without an Academic Penalty
- Deadline to Submit Pass/Fail Form for a Course Being Taken in the Current Semester

**Homecoming**

- Samford Football at Western Carolina
- Samford Football at Auburn
Did you know Samford students can participate in more than 110 official organizations focused on areas such as academics, culture, faith, politics, service and sports? It’s not too late to join.

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**EXAMS**
Residence Halls Close at 9 a.m.

**RESIDENCE HALLS CLOSED**
Christmas Day

**CHRISTMAS HOLIDAY (University Closed)**
Residence Halls Closed

**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.

**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 an Office of Student Leadership and Involvement staff member. If he or she is struggling to feel at home at Samford, suggest an appointment to visit with one of the Office of Spiritual Life staff members. They 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 to develop. These don’t always neatly fall into place in one semester. These staff members are happy to talk with your student about concerns and explore ways to help him or her get plugged in and involved.

**HAPPENING THIS MONTH**
- Talk with your now-independent student about expectations you will have for each other during the holidays.
- Jan term financial aid applications available at samford.edu/go/onestop

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 advisors 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.

### Happening This Month

- Deadline to Submit Pass/Fail Form for a Course Being Taken in the Current Term on Jan. 10
- Payment plan for spring term opens Jan. 15 and closes Jan. 29
- Step Sing Banner Drop

### Looking Ahead

**Is your student service-minded?** Several campus groups sponsor service opportunities during Spring Break. Now is the time to explore options.

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<td>Last Day to Add or Drop a Jan Term Course(s)</td>
<td>University Closed</td>
<td>Residence Halls Open for Jan Term Students</td>
<td>Classes Begin</td>
<td>Jan Term/Spring Term E-bills Emailed to Students and Authorized Users</td>
<td>Final Exams</td>
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<td>Classes End</td>
<td>Classes End</td>
<td>Residence Halls Closed</td>
<td>Step Sing Tickets Go on Sale to the Public</td>
<td>Step Sing Tickets Go on Sale to Show Participants</td>
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<td>Martin Luther King Jr. Day</td>
<td>Classes Begin</td>
<td>Last Day to Add/Drop a Spring Course(s)</td>
<td>Full Payment for Jan Term/Spring Term Due Unless Student is Enrolled in Payment Plan</td>
<td>Step Sing Tickets Go on Sale to Show Participants</td>
<td>Enrollment Cancellation for Nonpayment of Spring Charges</td>
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## 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 wisely. Should they get sick, University Health Services, staffed by a nurse practitioner, is glad to see them and help them get back on the road to recovery.

### Happening This Month

- Department merit scholarship applications open
- Fall housing info emailed to students
- Resident Assistant applications open
- Samford Recruitment Team applications open

### Looking Ahead >>>

**The CDC 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.

### Happening This Month

- **National Groundhog Day**: 2
- **E-bill Emailed to Students and Authorized Users**: 9
- **The CDC Staff is Happy to Discuss Summer Internships and Employment with Students**: 10
- **President’s Day**: 16
- **The CDC Will Help Your Student Draft and Polish a Resume**: 18
- **SGA Executive Board, Senator and Class Officer Election Applications Open**: 23
- **SGA Executive Board, Senator and Class Officer Election Applications Close**: 26
- **Summer 2020 Graduation Application Deadline**: 13
- **Valentine’s Day**: 14
- **FAFSA Priority Filing Deadline**: 14
- **STEP SING Payment Plan Installment and E-bill Payment Due**: 4
- **STEP SING**: 11

### Events

- **Summer 2020 Graduation Application Deadline**: 5
- **STEP SING**: 11
- **Payment Plan Installment and E-bill Payment Due**: 5
- **E-bill Payment Due**: 8
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- **E-bill Payment Due**: 8

### Did you know

Step Sing is one of Samford's oldest traditions, dating back to 1951? More than 1,200 Samford students were involved in last year's show.

**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)*
### Happening This Month
- **Samford Gives Back** registration opens
- **Connections Leader** applications open
- Jan and spring term 2021 study abroad applications open
- Fall term housing sign up
- Registration begins for summer terms and fall semester
- Student accounts should be up to date before registration begins

### Making Career and Major Decisions
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; resume assistance; mock interview opportunities; part-time, internship and full-time job postings and assistance; 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!

### Supreme God
**GIFTEDNESS** and **WISDOM**. Thank you for instructing us that we should use whatever gift you have given us to serve others as faithful stewards of your grace in various forms. Help wisdom to enter our hearts and knowledge to be pleasant to our souls.

(1 Peter 4:10, Proverbs 2:10)

### Looking Ahead
**For most students**, April is the most stressful month in the school year. This is a great time to drop an encouraging note in the mail to your student.

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### Did you know?
You can help welcome the next class of freshmen and their parents by joining the Office of Parent and Family 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 classwork
- **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 205-726-4083 or the university minister at 205-726-4538.

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**Did you know** Samford students serve their community throughout the year and on a special day in April called Samford Gives Back?

- Samford Gives Back
- Summer term housing sign-up
- Student organization awards
- Fall term 2020 registration begins

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**Looking Ahead >> >> >>**

**Volunteer to help** the families from your state tailgate together during Family Weekend. Email your interest to parents@samford.edu.

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- Payment Plan Installment and E-bill Payment Due
- Summer Term Financial Aid Applications Available at samford.edu/go/onestop
- Renting a Storage Facility with Friends is a Great Way for Students to Store Residence Hall Belongings Inexpensively Over the Summer
- E-bill Emailed to Students and Authorized Users

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<th>EASTER MONDAY HOLIDAY</th>
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Mighty Rock,

Please give my student a spirit of **EMPOWERMENT** and **PEACE**. Thank you that the prayers of the righteous are powerful and effective and he has peace whose mind is stayed on you. Help us to have peace in all things as we pray without ceasing. *(James 5:16, Isaiah 26:3)*
Did you know 96% of Samford students are employed or in graduate school within six months of graduation?

### 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 or 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 relate to you on a daily basis. Keep in mind your student’s newfound freedoms are a good thing! The goal all along has been to raise a responsible adult. You’ve done it! Instead of asking your student to return to his or her high school life, consider shifting new family responsibilities, along with freedoms, to him or her for the summer. Talk about these ahead of time and avoid possible conflicts. Enjoy your maturing student and make it your best summer yet!

### Happening This Month

- Summer term bills emailed
- Jan term and spring 2021 study abroad applications close

#### Happening This Month

- **Looking Ahead >>>**
  - Students receive fall housing assignments via email in mid-July.

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### Exams

- Residence Halls Close at 9 a.m.
- Mother’s Day

### Commencement

- Memorial Day Holiday; University Closed

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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)

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Campus Directory  All numbers are 205 area code.

**Samford University Switchboard**  726-2011
**Samford University Information/The Hub**  726-2407
**Academic Success Center**  726-2698  success@samford.edu
**Admission**  726-3673  samford.edu/admission
**Athletics**  726-2966  samfordsports.com
**Athletics Tickets**  726-DOGS (3647)  samfordsports.com
**Bookstore**  726-2834  bookstore.samford.edu
**Campus Recreation**  726-2794  njmadsen@samford.edu
**Career Development Center**  726-2980  career@samford.edu
**Communication Resource Center**  726-2137  crc@samford.edu
**Counseling Services**  726-4083  samford.edu/go/counseling
**Dining Services**  726-2385  samford.edu/go/dining
**Disability Resources**  726-4078  disability@samford.edu
**Diversity**  726-2614  diversity@samford.edu
**Greek Life**  726-2028  samford.edu/greeklife  greeklife@samford.edu
**Health Services**  726-2835  samford.edu/departments/health-services
**Library**  726-2748  library@samford.edu
**One Stop**  726-2905  onestop@samford.edu
**Parent and Family Programs**  726-2375  samford.edu/parents  parents@samford.edu
**Post Office**  726-2933  postoffice@samford.edu
**Public Safety**  726-2020  publicsafety@samford.edu
**Registrar**  726-2911  registrar@samford.edu
**Residence Life**  726-2956  reslife@samford.edu
**Spiritual Life**  726-2825  samford.edu/spiritual-life
**Student Activities**  726-2031  samford.edu/students/activities
**Student Leadership and Involvement**  726-2471  samford.edu/students/student-leadership
**Study Abroad**  726-2741  samford.edu/global-engagement/study-abroad
**Technology Services Help Desk**  726-2662  support@samford.edu
**Theatre Box Office**  726-2853  tickets.samford.edu
**Transportation (Parking) Services**  726-4146  parking@samford.edu

Schools

**School of the Arts**  726-2778  samford.edu/arts
**Howard College of Arts and Sciences**  726-2771  samford.edu/arts-and-sciences
**Brock School of Business**  726-2364  samford.edu/business
**Beeson Divinity School**  726-2991  beesondivinity.com
**Orlean Beeson School of Education**  726-2745  samford.edu/education
**School of Health Professions**  726-4512  samford.edu/healthprofessions
**Cumberland School of Law**  726-2400  samford.edu/cumberlandlaw
**Ida Moffett School of Nursing**  726-2746  samford.edu/nursing
**McWhorter School of Pharmacy**  726-2008  samford.edu/pharmacy
**School of Public Health**  726-4674  samford.edu/publichealth
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.