

The PFP Post

Issue 13: September 2020

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Parent & Family Association Fall Meeting and Meet & Greet
Wednesday, October 7, 2020 @ 7pm EST

Join us for this virtual gathering to kick off University Weekend. This will be a great opportunity to learn more about the weekend's events, meet other family members, and find out what events will be coming up this semester. A Zoom Link will be sent a few days prior to the event to all individuals registered to receive emails through our Family Listserv. To have your email added, simply email a request to family@stockton.edu.



University Weekend
October 8- 11, 2020

While there is much uncertainty in today's world, Stockton University is excited to continue planning the traditions that make our university so special. The purpose of University Weekend has always been to showcase the amazing aspects of Stockton and create a Stockton celebration for students, faculty, staff, alumni, and families. While we love the opportunity to invite our alumni and families back to Stockton's campus, we've decided to do things a little bit differently this year by packaging up University Weekend and bringing it YOU!



Meet the Staff/Spotlight on: the Office of Student Development

Jeff Wakemen, Director of Student Development



Tell us a little bit more about you and your office:

Hello I'm Jeff Wakemen, Director of Student Development, and we are the go to office for all the clubs and organizations, along with many of the leadership training, community service and campus wide celebrations that happen on campus. I've been part of the Stockton Family for 5 years and was in a similar position at William Paterson for over 12 years before coming home to South Jersey!

As part of my work, I am the lead advisor for the Student Senate and about 20% of the 180 Clubs and Organizations we have on campus. I also work with a great team who help advise the rest of the clubs, the fraternities and sororities, University Weekend, major programs like the Woodstockton concert, and Relay for Life. We do a lot of educational and social justice programs, like Spaces, Deeper Spaces, Cultural Theme Celebrations etc. We run a major online platform called the Ospreyhub and the Osprey Advantage where all the involved students manage their budgets, their events, and their rosters for those organizations. We also oversee a co-curricular record called the OspreyAdvantage.

It is a fun job and I really get to see the best of the student experience and add education and value to everything they do outside the classroom. We really work hard to make sure the real world skills of professionalism, values congruence, leadership, public speaking, teamwork, and an understanding of the wider world are all part of the student leader toolbox when they graduate!

How many clubs and organizations are there and what is the benefit of getting involved?

We have over 180 from with all kinds including Religious and cultural identity groups (like Unified Black Students Society, Los Latino Unidos, Christian Fellowship, Hillel, Asian Student Alliance, etc), Professional academic groups for almost every major (like Sustainability Trust, Math Club, Pre-Physicians Assistant club, etc), Fun Social Groups (like Gaming Club, Car Club, Equestrian, Bollywood Dance, etc.) and Advocacy Service groups (like Active Minds, Circle K, and Advocates for Autism). They join either by finding them on the OspreyHub, meeting someone on campus who invites them to a meeting, or by attending our Get Involved Fair. As students transition to leadership roles and attend events they are exposed to many leadership and learning opportunities. Our goals are to have a student become a well rounded adult who not only knows the subject matter of their classes, but can also manage a budget, build a program from start to finish, market an event, work with a diverse set of peers, hold each other accountable, become a civically engaged and aware citizen, and communicate well! When they are writing their resume, or at the first job interviews, they will have way more experience then an average college graduate. Questions like, "have you ever had to deal with difficult people," "have you ever had a project fail and what did you learn," or "have you ever completed a project you are proud of," will be easy to answer for a student leader.

Fraternities and Sororities are another great place to learn all these skills plus the added benefits of a life long connection with a network that is much larger than just the Stockton Community. Fraternities and Sororities also have the added benefit of coming together on a set of shared values including a stronger sense of Brotherhood or Sisterhood. Of course you may have heard of downsides to Fraternity and Sorority life, but we do have policies and procedures to make sure we are doing everything we can in partnership with the leaders to keep everyone safe. We have a strong community highlighted with higher GPA's and success rates than the average student. We hold our groups accountable, and this accountability is part of the learning process. We do have some unrecognized student groups who operate without any campus oversight. We do not recommend anyone get involved with these groups and a list of our currently recognized groups is on our website and if there are any concerns please feel free to reach out to us!

How, as a family member, can I encourage my student to become involved, especially with physical distancing and remote club activities?

The best thing a family member can do is encourage your student to be involved with something they want to do! Make friends and attend events beyond their classes. The worst thing I hear about is people eating lunch in their car because they are too afraid to meet new people and haven't found a social network on campus. In these times of physical distancing it might be harder to just "run into" people, so making an extra effort to go to the OspreyHub and find an event or club to get involved in is even more important. Just ask them ... What's going on at the campus? Have you attended a virtual club meeting or event? What are you doing other than classes? These questions will go a long way to supporting our efforts and your students in getting involved!

More Information about us and all the club and organizations can be found on:

OspreyHub: <http://stockton.edu/ospreyhub>

Or at our office webpage: <https://stockton.edu/student-development/>

To find out more about Fraternity and Sorority Life: <https://stockton.edu/fraternity-sorority-life/index.html>

Or you can check out our New YouTube Channel that has many of our training programs and a great introduction video!

<https://www.youtube.com/channel/UCFMhMXdP5JmSOpuXUFWepLA>



A Focus on Wellness

As we continue on into the Fall semester, we want to acknowledge the major stresses that the transition back to courses while navigating societal challenges can bring. This stress can manifest in many different ways, and you as a family member can be influential in validating your student's feelings and helping them remember their resources. Whether your student is a new or returning student, here is some helpful information to keep in mind if you notice signs of physical or

Learning Access Program

Any student registered at Stockton University with a diagnosed physical, learning, or psychological disability can use the Learning Access Program. When a student self-discloses their disability to the Learning Access Program (LAP), they should submit documentation that identifies the student's diagnosed disability, functional limitations, and suggested accommodations. The documentation will be reviewed on a case by case basis during a personal intake interview with one of our coordinators. Accommodations are designed to provide equal access for academic success while maintaining the academic standards of the program.

Counseling

In addition to providing free, short-term, confidential counseling to Stockton students, the Counseling Center also offers Group Counseling, and partners with other campus resources to provide opportunities for mindfulness. Virtual counseling sessions are available.

Health Services

Health Services is an acute care clinic open to currently enrolled students with no fees or insurance required for the services rendered. Through a partnership with AtlantiCare Physicians Group, Health Services is staffed by one physician, one nurse practitioner, two registered nurses, and a nutritionist.

Women's, Gender, and Sexuality Center

The Women's, Gender & Sexuality Center empowers students who identify as women and all genders who identify as LGBTQIA+, victims of power-based personal violence, and community allies. The WGSC will accomplish this by promoting equality and justice, ensuring access to opportunities, and providing services through education and advocacy.

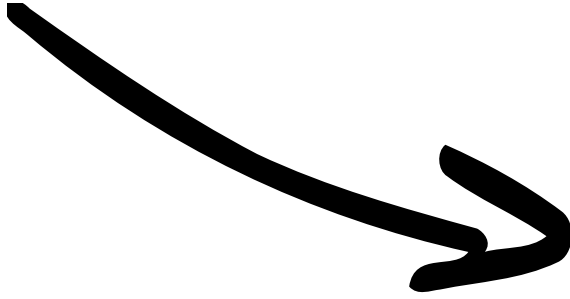
Peer Education

Peer Education provides a holistic comprehensive approach to educating about all health topics. In addition to promoting Wellness Center services and providing specific health related information, workshops are provided on the topics of communication skills, healthy relationships, setting goals, and managing stress. A variety of free fitness classes, meditation instruction, and numerous health related events are also offered. The Peer Education program provides a general studies class for credit where students can learn how to relay accurate information to their peers, become certified as a peer educator, and possibly be hired to work on our team.

Want to catch up on more helpful tips and information from Parent & Family Partnerships?

All previous issues of the PFP post are now archived on the PFP website!

Click here to view previous newsletters!



SOAR SAFELY, OSPREYS!

stockton.edu/fall2020

Follow Stockton's office of Parent & Family Partnerships on Facebook and Instagram to stay up to date with the newest updates, tips, events, and support!

Click the icons to follow us!

