Service at MC - it's part of our mission

Did you know that Manchester students contributed more than 19,000 volunteer hours last year to their college, community and churches? Community volunteerism can be an important of the college experience, and the Manchester College Office of Volunteer Services (OVS) encourages students to take part by organizing and facilitating a variety of service opportunities, both near and not so near campus. The OVS locates and plans service projects and connects students, individually or as part of a group, with an organization or agency that is a good fit for everyone.

In addition to the rewards that come from helping others, students who volunteer are enriched in many aspects of life. Volunteering provides opportunities for students to experience life outside of their day to day worlds, helps them to become better communicators, and gives them a break from their own routines.

On campus, Hunger and Homelessness Week, Nov. 14-21, not only includes a food drive, but individual events designed to increase awareness of people affected by homelessness in the community and beyond.

Students who would like to travel during spring break to provide service can participate with a Habitat with Humanity group that takes students to a different location each year. Participants raise money for the trip by holding events such as Shack-a-thon, for which they build a massive cardboard hut on the College mall and spend the night inside.

For those who would like to dedicate a summer to volunteer service, Pathways is a 10-week program that sends students to soup kitchens, homeless shelters, hospices and various locations across the country.

Learn more about volunteer service at Manchester College at the OVS and Pathways websites.
Supporting your student through end of semester pressures

Danette Norman Till, Director of Counseling Services

The end of the semester can bring multiple stressors as students realize deadlines for assignments, prepare for upcoming finals, and anticipate the upcoming holiday break and/or opportunities to work for extra income. Whatever stresses a student may be facing, here are some tips for parents:

- Know your student and how he/she likes to be supported, and then provide that support.

- Be willing to listen. If your student is feeling as if he/she will never get it all completed, offer words of encouragement and support to instill confidence in his/her abilities.

- Encourage basic health and self care, i.e. reminders to schedule time for sleep and for eating healthy meals in addition to studying.

- Suggest campus resources such as the College’s Success Center, which provides academic support and help with writing.

Interested in sending your student something to show you care, but don’t know what to send? Here are some suggestions to help reduce study pressures:

- Stress balls

- Healthy snacks: popcorn, trail mix, dried fruit (Avoid high sugar snacks – sugar can create a false “high” and then a low which adds to drowsiness, and it can lower immune system.)

- Basic over the counter cold medicines, since stress can lower immunity and the ability to fight off colds

- Study supplies, such as pens, pencils, highlighters

- Gift card/certificate to an area merchant or the MC Campus Store

- Notes of encouragement

Learn more about supporting your MC student at the Counseling Services website.
Join us for a holiday concert or show!

The holiday season brings special arts and entertainment events to Manchester College, and family and friends are always invited to come to campus for concerts, plays and arts events!

**Performing Arts Events**

**One Act Plays by New Students**  
Friday and Saturday, Nov. 13 - 14, 7 p.m.  
Wampler Auditorium

**Choral Concert - “Dance, Dance My Heart”**  
Friday and Saturday, Nov. 20 - 21, 7:30 p.m.  
Wine Recital Hall

**Swing Dance with MC Jazz Ensemble**  
Thursday, Dec. 3, 7 p.m.  
Upper College Union

**Manchester Symphony Orchestra Concert – “Holiday with the Americans”**  
Sunday, Dec. 6, 3 p.m.  
Cordier Auditorium

**Symphonic Band/Jazz Ensemble Concert**  
Friday, Dec. 11, 7:30 p.m.  
Cordier Auditorium

For a complete 2009-2010 schedule of music events, visit the Music Department Performances and Events page.

**Fine Arts Exhibits**

**Gallery G (in the College Union)**  
Hours: Monday - Friday, 8 a.m. - 5 p.m.; Sunday, noon - 3 p.m., or by appointment

**“From Chaos to Clarity,” Sculptures by Michael D. Burman**  
Now through Nov. 29, 2009

**“Impressionism Gone Wild,” Paintings by Penny French-Deal**  
Dec. 4, 2009 - Feb. 21, 2010

**Link Gallery (in Otho Winger Hall)**  
Hours: Daily 8 a.m. - 8 p.m.

**“Cat Davis: Senior Exhibition”**  
Now through Nov. 30, 2009

**“The Max and Joyce Douglas Nativity Collection”**  
Dec. 4, 2009 - Feb. 5, 2010

For more information about fine art exhibits at MC, contact Thelma Rohr, chair,
Department of Art, 260-982-5327 or tsrohrer@manchester.edu

For more campus events, see the MC Campus Calendar.

Questions? Feedback? E-mail familyconnections@manchester.edu.
Click here to unsubscribe to Family Connections.