Greetings

Dear Bridgewater College Families,

Welcome from the BC Family Council! We hope that your student had a successful fall semester and is already well engaged in the spring term. Dr. Bushman and I have enjoyed getting to know many students during our first seven months here at BC. Whether it was at a football game, dinner at the President’s House or serving the students at the traditional late-night exam breakfast, we’ve had a number of opportunities to meet with students and listen to their stories, and we look forward to many more such opportunities in the months ahead.

This spring will be a busy one on campus with many opportunities for your student to be more deeply involved in the life of campus. In April we celebrate the College, our students, and our faculty and staff during Inauguration Week. The installation ceremony itself will be held on April 11, and students have already been part of the planning for the event.

I hope that your son or daughter has a challenging and fulfilling semester, and, as always, please feel free to contact me - or any member of the Family Council - with suggestions or concerns you may have.

– Suzanne Bushman

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A DAY IN THE LIFE OF

Rashaan Evans ’16

8 a.m. Rashaan goes to his first class of the day. During the spring semester, he is taking communication studies and psychology classes, his major and minor respectively. His dream job is working in public relations for dance crews, introducing people to dance and getting them interested in dance as art and performance. Classes take up most of the morning and early afternoon. One of his favorite aspects of Bridgewater is “the way you get to know everyone” on a small campus, including his professors.

1 p.m. Rashaan goes to work in the admissions office as a work-study student, helping with anything they need, such as stuffing mail to prospective students. Coming to BC from Queens, New York, Rashaan loves the different experience of being at a college set in a small town. “The city forces you to have a certain drive and attitude. It makes you into who you are as a person when you live there. People here accept you as you are and have a more relaxed, laid-back attitude towards life.”

5 p.m. By 5, Rashaan is at work teaching dance lessons or taking classes at Ballet Extension in Bridgewater. Rashaan is passionate about dance, teaching or taking classes in hip-hop, ballet and jazz. “I like how free it is and how you are able to express yourself through the motion of dance,” Rashaan said.

7 p.m. Rashaan is back on campus for the BC dance team practice. The dance team performs at home athletic events throughout the year. Rashaan practices dance “at least four hours a day.”

9 p.m. By this time, Rashaan is back in his room to study and work on homework. Rashaan believes coming to Bridgewater has helped him see life from a completely different perspective and enjoys interacting with students, faculty and staff who come from a different background. He thinks of it as “seeing how the rest of the world lives,” as opposed to being in New York, where it feels like “you’re at the center of the world.”

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Student Resources

Chip Studwell, Director of Academic Support cstudwel@bridgewater.edu, 540-828-5370

Paige French, Director of Health Services pFrench@bridgewater.edu, 540-828-5384

Randy Hook, Director of Counseling Services rhook@bridgewater.edu, 540-828-5358

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Ed Huffstetler, Director of Academic Advising and Associate Dean for Academic Affairs ehuffste@bridgewater.edu, 540-828-5332

Stephanie Wilson, Director of the Center for Cultural Engagement swilson@bridgewater.edu, 540-828-5749

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Returning Student Reservation Deposit is due March 7, 2014.

bridgewater.edu/files/Reservation-Deposit.pdf
Keep the Focus: Resources for Resolutions

As we get further into the new year, it’s harder to keep those resolutions we started with such good intentions. If you or your student is struggling, you might be wondering how you can keep those goals in front of you and move toward accomplishing them.

Whether the goal is getting better grades, getting in shape or finding a job, the practice of setting new goals is essential to growth. While students often make a good start on their intentions, sustaining the desired hours of regular study, visits to the library and writing job applications can sometimes drop off.

In the moment, talking with friends, going to a game and 20 other things can be more appealing. There’s always something to do on a college campus!

When in college, I thought that students who did well academically and landed jobs were genetically gifted and had a little luck along the way. The reality is that people who are effective at what they do set goals and build in the necessary resources to support the change they are trying to make.

There are many great resources at Bridgewater to support student goals. Here are a few academic resources to sustain those goals, enhance learning and reduce stress:

- Tutoring Services – a great way to structure ongoing study sessions for college learning
- Academic Coach Program – students can get help with organizing and managing academic work
- Learning Strategy Workshops – offered throughout spring semester
- Baldridge Reading and Study Skills Program, Feb. 17-21 – sponsored by Academic Support Services
- Disability Services – students who utilize accommodations or other support services do better academically

For more information regarding tutoring services, the Academic Coach Program, learning workshops, the Baldridge program or disability services, contact me at 540-828-5370 or cstudwel@bridgewater.edu.

Remember, college students can occasionally get side tracked and not be as productive as we want them to be. That’s a good time to keep the big picture in mind and consider what is needed to move toward that goal. Having been there, I know that parenting college students can increase stress, and we can all use help from time to time.

I wish you all the best. Please contact me if there is anything at all I can do to assist you or your student.

Dr. Chip Studwell
Director of Academic Support and Disability Services

**BRIDGEWATER COMMENCEMENT ’14**

Schedule of events:

Friday, May 16
6 p.m.
Baccalaureate

Friday, May 16
7 p.m. (approximate)
Baccalaureate Dinner

Saturday, May 17
10 a.m.
Commencement

More information to come: bridgewater.edu/academics/academic-affairs/commencement-and-baccalaureate
Construction is underway at Nininger Hall. The west addition has begun to take shape, and a new framework surrounds the College Street entrance. Health and human sciences faculty and athletic team coaches are occupying temporary offices across campus as they await the exciting transformation of the existing space. The next phase will begin at the end of basketball season, with completion scheduled for the beginning of fall semester this year. New classrooms and improved facilities will benefit the entire BC student body as these changes enhance the College’s reputation throughout the region.

For more information, visit: bridgewater.edu/nininger-campaign
Norovirus Prevention and Treatment
Paige French, Director of Health Services

What is norovirus?
Norovirus is also referred to as a stomach flu. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes the stomach or intestines or both to get inflamed.

Those who are infected with norovirus are most contagious 2-5 days after infection but can remain infectious even after recovery for several weeks. Norovirus can survive for long periods outside a human host depending on the surface and temperature conditions. It can stay for weeks on hard surfaces and up to months or years in still water.

Proper hygiene and hand washing are vital to preventing the spread of norovirus.

How is it different from other stomach viruses?
Norovirus can involve both vomiting and diarrhea, but does not have to involve both. It lasts longer and is more severe than other commonly occurring stomach viruses. It can involve multiple episodes of vomiting and diarrhea a day, as well as significant abdominal cramping that typically lasts 1-3 days or longer.

Norovirus is highly contagious, and is the cause of about half of the reported instances of foodborne illness in the U.S. Leafy greens, fresh fruits and shellfish such as oysters, or any food handled after being cooked, can get contaminated.

What are the symptoms of Norovirus?

- Sudden onset
- Diarrhea
- Vomiting
- Nausea
- Abdominal cramps
- Low-grade fever
- Body aches
- Fatigue

How is it treated?
Currently, there is no specific medication or vaccine for norovirus, and it cannot be treated with antibiotics. Drinking plenty of liquids, especially water, is important to replace fluids and prevent dehydration.

Those unable to keep fluids down can get significantly dehydrated within 12 hours and should seek medical evaluation. Otherwise it is recommended that those infected with a stomach virus isolate themselves, drink plenty of fluids and wash their hands and surfaces well with disinfectants.

Bridgewater College students should email their professors to let them know they are ill to make arrangements to make up work missed. If you work, stay home. As with any outbreak of illness, prevention is the key.

For more information, visit: cdc.gov/norovirus/about/index.html