

Parent and Family Relations Council Meeting Minutes  
Tuesday, October 20, 2009  
7:00 P. M.  
Oren Gateway Building, Room 100

Attending: Charmayne Sletten, Sally Daniels, Dennis Connolly, Debbie Connolly, Nancy Thorson, Kim Grzesiak, Rachel Korstad, Steve Korstad, Katherine Sanders, Sandy Samuelson, Terri Draxton, Tim Matyi, Elaine Matyi, Linda Ringstad, Nancy Guilbeault

The meeting was called to order by Charmayne Sletten at 7:05 pm. Introductions and welcomes were made by Sally Daniels.

The evening's speaker was Nancy Guilbeault, Director of the Center for Counseling and Health Promotion. The discussion centered on two central themes, ability of college students to work through the difficult challenges facing them as they navigate their way through their college experience and how parents can support their college student. Ms. Guilbeault outlined the resources available to students, such as, information and activities for leading a healthy life. They also offer additional health care resources like stress management, drug and alcohol use education, and counseling services. Parents were encouraged to maintain lines of communication with their student to be able to guide them through the difficult and exciting moments of their college experience. Students and parents who have concerns or questions regarding services offered through the Center for Counseling and Health Promotion are encouraged to call 612-330-1707.

Ms. Guilbeault recommended two books for parents to shed some insight into their college student's ever changing world, Why Do They Act That Way? by David Walsh, and What is Happening to Their Brain by Ken Winters.

Sally Daniels thanked the volunteers who generously gave their time to assist with Augsburg's Homecoming 2009.

Advent Vespers will be held at Central Lutheran Church on Friday, December 4 at 5:00 and 8:00 pm and on Saturday, December 5 at 2:00, 5:00, and 8:00 pm. This is the 30<sup>th</sup> anniversary of Advent Vespers. If you are interested in ushering, please contact Sally Daniels.

Velkommen Juul will be held on Friday, December 4. This annual event begins with chapel at 10:20 with Norwegian Christmas food served in Christensen Center immediately following. This wonderful event is a great way to begin the holiday season.

### Upcoming Events

- Friday and Saturday, December 4 and 5 – Advent Vespers, Central Lutheran Church
- **Tuesday, January 19, 2010 – 7:00 p.m. – PFRC Meeting, (Oren Gateway, Room 100)**
- Tuesday, February 16, 2010 – 7:00 p.m. – PFRC Meeting (Christensen Center, Mpls. Room)
- Friday and Saturday, February 19 and 20, 2010 – Admissions Scholarship Weekend
- Tuesday, March 16, 2010 – 7:00 p.m. – PFRC Meeting (Oren Gateway, Room 100)
- April (TBA) – PFRC Meeting at Augsburg House
- Saturday, May 1 – Graduation

Debbie Connolly/Kim Grzesiak  
Parent and Family Relations Council  
Secretary and Secretary Elect