

PARENT COVID COMMUNICATION UPDATE_Sept. 8

Parents -

As we begin our third week of classes, we want to share with you several items that may be of interest to you this week.

Email from Dean Sturgeon

Last week, **Al Sturgeon**, vice president of student life and dean of students, sent the following email to students regarding ways to get involved on campus this semester.

Dear Lipscomb Students,

Thank you for the positive attitudes and patience you have exhibited as we have returned to on-campus living and learning. I am consistently impressed by you. For the returning students, I know that you have enjoyed the opportunity to be with your friends again, even if things aren't exactly the same. For the new students, I know that the adjustment has more challenges than normal, and you have already displayed such resiliency in your short time here.

I have received emails from several parents of new students concerned about the lack of things for you to do on campus, and I feel that pain deeply and personally. With prohibitions on fall sports, artistic performances, and any of the typical large events we would normally share together, it is surely a different experience so far. The state of the virus in Nashville has been such that "staying at home" as much as possible is the standing advice, and when your new home is on campus, that is particularly challenging. Plus, in addition to recent and strong restrictions from our local health department as well as restrictions placed on us internally for health and safety precautions that have caused us to cancel certain plans, we have been intentionally cautious in the first couple of weeks so that we did not have major outbreaks that would force us to immediately close the doors to campus. However, now that we are a couple of weeks in, you will start to see more opportunities for engagement popping up. I write to you all today to let you know of the types of opportunities that are here for you.

I encourage you to participate in every single category below to the extent that you can:

1. Join a student organization. One of the best ways to get involved is to join a student organization with students interested in the same things as you. We have 45 official student organizations and a "student organization fair week" is scheduled next week in The Square from 11 am-1 pm each day where you can sign up. And we want more organizations! If you don't find an organization that represents your interests, then get one started! Check out the [Student Organization Handbook](#) for step by step details on how to start your own club. (And although new freshmen aren't eligible to join a social club during the first semester, start meeting club members and learning about the various options.)

2. Join a group fitness class. Campus recreation offers dance, HIIT, spin, and yoga classes each week, and I encourage you to join in (especially spin classes since my wife teaches a couple of them!). Many of you are student-athletes or have your own workout routines, but for the rest a group fitness class will be a great way to stay healthy and meet people. Fitness Friday is taking off as well with the added benefit of getting outdoors. (I am a runner and an old man who runs early in the mornings, so if anyone is interested in developing an informal running club with me, send me an email!)

3. Invest in your Breakout chapel. We have intentionally created a huge number of breakouts this year so that the numbers can be smaller and you can get to know students interested in the same conversations as you. Those launch the week of September 14, so you will soon have a great group of people to get to know and spend time with each week. (Plus, these are required, so you can't help it!) In addition, I also encourage you to do more than just watch The Gathering each week. Use that rhythm and those messages to engage others in conversation all around campus.

4. Build a relationship with your mentor. For freshmen, the new Lipscomb Mentoring Network is nearing its launch. This is a fantastic opportunity to form a close relationship with someone who can talk you through the adjustment process and simply be a new friend. Don't miss out on this opportunity.

5. Join the fun SAB activities. The Student Activities Board ("SAB") is here to produce fun events on campus, and their first event (the ever-popular Trivia Night) happened last night. There will be weekly events from SAB to participate in, including upcoming events like virtual scavenger hunts, Throw Back Tuesday crafts/activities, painting classes, and more. Be sure to follow [@lipscombsab](#) on Instagram to stay up to date and join in the fun.

6. Take part in your residence hall programs. The residence life team has done an amazing job getting everyone moved in safely and teaching everyone how to live safely together in community. Starting next week, be on the lookout for weekly programs in each residence hall to build community. Contact your RA or RHD to learn what is happening.

7. Join a local church. Please don't miss this opportunity! Many college students do, and those that do are really missing out. Nashville has so many churches and campus ministries that would love to welcome you in and love on you as a college student. Joining a local church is not abandoning your home church; instead, it is a place for you to be a part of an intergenerational family in your new home away from home. Check out the Office of Spiritual Formation's [church directory](#) for a list of churches and campus ministries that are out there waiting for you.

8. Be a part of OID. Another important time investment is to participate in our Office of Intercultural Development ("OID"). In addition to meeting people like you on campus, it is critical that you meet people different than you as well, and OID provides everyone the opportunity to do just that. Follow OID on Instagram to stay connected to the weekly opportunities:

[@oidlipscomb](#). Last night's "Student Voices" roundtable conversation about the recent shooting of Jacob Blake was a great opportunity to engage in important and challenging conversations.

9. Dive into your classes and academic interests. Of course, you need to go to class and do your homework, too! But I'm talking about more than that. Don't just go to class and do your homework -- dive in fully into your coursework and major. Use your professors' office hours to get to know them, ask questions, and explore your academic interests. In addition, use our great team in the [Career Development Center](#) or in the [Office of Spiritual Formation](#) to explore your God-given passions and the possibilities. College provides a unique opportunity to form personal relationships with faculty members and career counselors who are here to invest in you.

10. Don't forget to be you. Finally, in addition to all of the above, don't forget to just be you. If you love reading or drawing or binge-watching Netflix or writing stories or playing video games or whatever else, make time to do the things that you love. Remember my advice to bring one of those chairs that your parents hauled around to your soccer matches? Temperatures will start to feel a little more like fall soon, so find a beautiful spot on our campus, sit and enjoy the outdoors, and read or draw or dream or whatever you love to do.

If you join a student organization, take a group fitness class, dive deep into your Breakout chapel, talk regularly to your mentor, join the SAB fun, participate in your residence hall program, be a part of a church, join in with OID, jump into your coursework, and do the things that make you "you" each week, you surely won't be bored! And, you will soon create those relationships that make college a special place.

In addition, be in conversation with your student government ("SGA"). The SGA is there to represent you on campus. Their annual retreat is this weekend as they seek to be your voice, so talk to your class senators and share your thoughts and ideas on what more can be done.

Again, I appreciate you all and am so grateful for your resilience as we work our way into a semester unlike any other.

Yours,
Al Sturgeon
Vice President of Student Life and Dean of Students

REMINDER: Free Flu Shots for University Students

With the COVID-19 pandemic continuing through the summer and the fall flu season around the corner, Lipscomb University has made plans to ensure that every university student at Lipscomb has access to a free flu shot given on campus this fall. Bison Flu Fest, coordinated by Lipscomb's chapter of the American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP) and Lipscomb University Health Services, will set up a two-day flu shot clinic in the Allen Arena concourse on Sept. 23 and 24. Students will receive additional information and

notification about Bison Flu Fest in the near future. [Read more](#). Be sure to discuss this opportunity with your student and encourage them to get their FREE vaccination during this event.

COVID-19 Dashboard

To view the latest weekly Lipscomb community COVID-19 statistics visit the [Campus COVID Statistics](#) website.

Health Tip of the Week:

Physical health: Staying physically healthy provides long-term health benefits for everyone!

Here are a few tips for taking care of your physical health:

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Read more about the benefits of staying physically active [here](#).

Web Resources

For more detailed information about the plans for our careful and safe return to campus in August, please visit the [Return to Campus](#) website or email questions to COVIDquestions@lipscomb.edu.

Please feel free to contact me if you have questions or if we may be of service to you in any way. Have a great week!

Sincerely,

Stephanie Carroll

Assistant Vice President for Annual Giving and Alumni & Parent Engagement