

RANDOLPH COLLEGE

Founded as Randolph-Macon Woman's College in 1891

July 2007

## Seasonal Student Issues

Here are a few things your student may be experiencing this month:

### New Student Issues

Students preparing to dive into college for the first time may have a lot of things on their minds, such as:

- **Feeling sad about leaving established friends and family at home**
- **Concern about issues of "belonging" and finding a comfortable place on campus**
- **Excitement coupled with anxiety about making a fresh start**
- **Worry about academics being "hard" and beyond their abilities**
- **Thinking about what type of first impression they'll make**
- **Concern about roommates and housing (if living on campus)**
- **Wondering what to pack and what to leave at home since space will be limited**
- **What to expect during orientation and what questions to ask so they'll be prepared for the fall semester**

## It's Actually Easy Being Green!

# Energy Conscious Habits for Students

**A**re you constantly turning off the lights in empty rooms? Amazed at how much printer paper your family uses in a week? As your student prepares for school this fall, you may want to talk about some of the ways she can be energy conscious in the campus residence halls or wherever she may live. A little bit of effort will go a long way—and hopefully these habits will make their way into your home too.

Here are some easy conservation tips and strategies to share with your student:

### In Your Room:

- Use compact fluorescent bulbs to save energy and cut pollution.
- Bring a desktop lamp and use it—why light the whole room to read a sheet of paper?
- Turn off the lights when you leave your room.
- Close the windows. If it's too hot, contact the facilities staff to turn down the heat.
- Close shades or blinds when it's hot and open them when it's cold.
- Don't block your radiator with furniture.
- Always print double-sided.
- For three copies or less, use the printer; for more, use a copier.
- Use the back of paper, and when it can't be used anymore, recycle it!

Recycling paper reduces water use by 60%, energy by 70% and cuts pollution in half.

- Buy items you know you'll use in bulk to save on packaging,

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### Shut It Off!

Did you know that many appliances use energy even when shut off? Compare some everyday appliances:

**Laptop:** 27 watts starting up; 15 watts sitting idle

**Dell monitor:** 50 watts when turned on, even if computer (CPU) is off

**Dell CPU:** 3 watts when shut off; peak of 61 while starting up; 33 while idle; 27 in "standby"

**iMac flat screen:** Peak of 67 watts starting up; 46 sitting idle; drops down to 4 when in "sleep"

**Cordless phone/answering machine:** 3-6 watts

**Cell phone charger:** 1-6 watts

**Computer speakers:** 3 watts when turned off!

**Stereo:** 3 watts when off; 7 watts when listening to the radio; 10 playing a CD

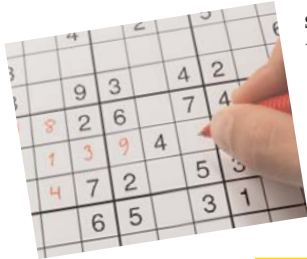
What can you do? Unplug it when you're not using it!



# Top 10 Ways Students Can Keep Their Brains in Shape This Summer

## And Parents/Families Can Join Them!

**K**eeping the brain in shape is a year-round pursuit. Yet, many students don't use their brains in the same, knowledge-seeking manner as they do during the regular school year. So, here are some simple ways for them to jog that noggin'—and for you and your family to join in the action!



1. Play word and number games like Soduko and Scrabble. Do crossword puzzles and word jumbles. Thinking logically to accomplish these tasks stretches the brain muscles.
2. Eat fish and other brain foods!
3. Test your memory recall after being in a large group setting, whether it's a church picnic or a family reunion. See how many names and relationships you can remember.
4. Read a book with multiple characters that you have to work at keeping straight. Then, discuss the story and the character's interactions with others who are reading the same thing.
5. Listen to public radio in the morning or watch world news in the evening to keep in touch with what's happening in the world.
6. Learn something new on the computer.
7. Move around—an active body contributes to a healthy mind!
8. Write something regularly, whether it's a letter, an email or a journal entry, just to keep those skills in practice.

9. Pick up a newspaper or news magazine when waiting to get your oil changed or your hair cut. Those few minutes reading substantial "stuff" can keep the brain from getting rusty.
10. And, take risks to learn something new. If there's a local writer's institute, go listen to the authors who are

speaking. If there's a local farmer's market, buy a vegetable you haven't tried before and look up a good recipe for it.

Learning is all around and keeping the brain limber and ready for the fall semester is often much easier than you think!

## Energy Conscious Habits for Students

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buy recycled paper products, use natural laundry detergent and cosmetics, and buy decorative items for your room from thrift stores.

### In the Bathroom & Other Common Areas:

- Use cold water when washing clothes by choosing "bright colors" on the washing machine. This conserves natural gas.
- Wash and dry full loads of clothing and clean lint filters after each use.
- Turn off the water when brushing your teeth and washing your hands.
- Limit your shower to five minutes (to really save water, you can turn off the water in your shower while you soap up and then turn it back on to rinse off). Reducing shower time by one minute can save 1,000 gallons of water a year!
- Use a cloth towel to dry your hands and you will save trees and water and reduce chemicals.
- Do not use toilets as a trashcan. Each time you flush trash down the toilet, you waste up to seven gallons of water.

- Turn off everything while you are gone for school breaks and weekends.
- Remember to turn off electrical equipment and lights in common area spaces when you leave.
- Report energy waste, leaky faucets and running toilets.
- Check with staff about creating a "FREE box" in your residence hall, where people can donate clothes, accessories and other items they no longer use. Encourage students to check out the box and take what they like. One person's trash is another's treasure!

**How Much Energy Are You Using?**  
Want to calculate your energy use? Visit <http://energy.uiowa.edu/ResHallChallenge.htm> to estimate wattage for a variety of appliances.

Ensure that your student goes off to school with an environmentally-friendly mindset and she's sure to become even more responsible and conscious. Living the green life makes the environment better for all.

**Source:** Vassar College's (NY) Committee on Sustainability



## The Problem of Music Piracy

# Today's Pirates Seek a Different Kind of Treasure

**“Take what you can and give nothing back.”**

Shared at the end of *Pirates of the Caribbean: At World's End* from one pirate to another, this quote has meaning far beyond the open seas in Disney's blockbuster hit. Today's pirate credo is still the same: Why pay for something when you can have it for free? In this case, the pirates are after music. And the Recording Industry Association of America (RIAA) says enough is enough. Stealing music in today's digital age is unethical and illegal.

### The Treasure They Seek

According to the RIAA, “Piracy” generally refers to the illegal duplication and distribution of sound recordings.” There are four specific categories of music piracy, with online piracy being the most rampant on college campuses nationwide. A favorite pastime for many of today's college students, online piracy is the “unauthorized uploading of a copyrighted sound recording and making it available to the public, or downloading a sound recording from an Internet site, even if the recording isn't resold.” Popular websites such as [www.limewire.com](http://www.limewire.com) and [www.bittorrent.com/](http://www.bittorrent.com/) make obtaining music illegally very easy.

### Congress Fights the Pirates

According to the *Associated Press*, numerous higher education institutions—and individual college students—have been warned, and subsequently fined, for online piracy. The RIAA and U.S. Congress have led a campaign against digital piracy on college campuses for the last sev-

eral years. In late spring, the U.S. House of Representatives' education and judiciary committee began their latest

crackdown effort by targeting the 19 schools that have

received the most copyright complaints from the RIAA. These schools were asked for information about their anti-piracy policies and to complete a survey to help determine future legislative action.

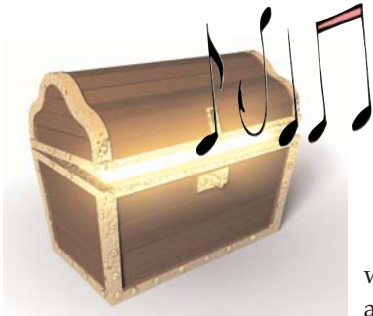
They also issued their first batch of “pre-litigation” letters to students in violation of federal copyright law,

### Today's Pirate Life is Bad for All

Music piracy has a significant impact on the music industry. But it also hurts the general public. It's easy for people to say, “Artists and record producers make millions, so what's the difference?” In actuality, music piracy does hurt the record companies and the artists, but it also costs consumers and retailers. We pay more, and honest business owners end up out of business because they can't compete with the pirated prices offered by illegal vendors.

to offer them the chance to settle at a “substantially discounted” rate what they owe for downloading music illegally—and keep the RIAA from filing lawsuits that would appear on their public record. We're talking thousands of dollars in charges.

These 400 letters were the first in approximately 5,000 that will be sent each year. The letters will be  
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## Insurance Tips 176

### Take Stock of the Stuff

*Before your student heads to college in the fall:*

- ❖ Have him take stock of his belongings, says the Missouri Department of Insurance.
- ❖ Have him estimate and itemize the dollar value of what he'll have with him at college.
- ❖ Then, encourage him to update this list annually and keep it in a safe place, such as a safe deposit box or at your house.

*When your student gets to school in the fall:*

- ❖ Encourage her to ask about an “Operation ID”-type program, often run by the campus public safety department in conjunction with residence life. They provide an engraver so students can engrave an ID number (NOT their social security number!) on the back of major items and then keep a list on file with public safety. This allows public safety to help students even more effectively should any of their engraved items be stolen.

**Sources:** Missouri Department of Insurance, <http://insurance.mo.gov/>; Texas Department of Insurance, [www.tdi.state.tx.us](http://www.tdi.state.tx.us/); Kansas Insurance Department, [www.ksinsurance.org](http://www.ksinsurance.org/); National Association of Insurance Commissioners, [www.naic.org](http://www.naic.org)

## Heading to Orientation

### Making the Most of Your Time on Campus

**A**s you and your student head to campus for orientation, keep a few tips in mind:

- ▲ **Soak It All In.** Attend various sessions, talk with campus staff and students, and get an overall sense for what this institution is all about.
- ▲ **Get Involved.** Meet other parents, ask questions and get involved in what's going on. It's one of the best ways to start feeling like a true part of the campus community.
- ▲ **Let Your Student Do Her Thing.** There will likely be separate sessions for students and parents/families. Go off to your different workshops and then come back together to share notes!
- ▲ **Keep Stress to a Minimum.** There are so many people at orientation who are there to make this a great experience for you and your student. Try not to stress about the little things and allow the campus staff to lend a hand.
- ▲ **Ask Questions.** There's no such thing as a dumb question at orientation—we're here to provide answers!
- ▲ **Focus on Your Student.** Orientation is about helping your student navigate the lay of the land and get more comfortable before classes kick in. Encourage, support and cheer her on during this important first step.

## Sun Safety for Sons & Daughters

**O**n a lovely day, there is nothing more enjoyable than getting out into the warm sunshine and feeling those delicious rays on your skin. Yet, students need to be reminded that those same rays can do harm to their skin, too. Here are some quick tips from the American Academy of Dermatology to help you and your student prevent long-term skin damage and still have fun in the sun this summer!



- ✓ Stay out of the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- ✓ Use sunscreens that have a Sun Protection Factor (SPF) of 15 or greater.
- ✓ Reapply sunscreen every 2 hours when outdoors, especially if you are swimming or sweating.
- ✓ Wear a wide, broad-brimmed hat to protect your face from direct rays.
- ✓ Wear sunglasses with UV protective lenses.
- ✓ If you are going to be outdoors for any length of time, stay in the shade whenever possible. Take an umbrella to the beach.
- ✓ Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.
- ✓ Be especially careful if you have fair skin with blond, red or light-brown hair.

## Today's Pirates Seek a Different Kind of Treasure

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sent to administrators to deliver to students; the students who don't respond within 20 days will face lawsuits.

### Creating a New Pirate Code

Although this legal battle has been all over the news, many students are still unaware of the potential consequences at stake. They may think that they are safe if they aren't sharing music. They aren't. If they have downloaded music illegally,

they should think twice about keeping it on their computer. And once they get to school and connect to the network, their IP address will make it easy for investigators to pinpoint them as a source of illegal activity.

Talk with your student about music piracy this summer. If they're looking for pirate action, suggest they get a parrot and visit the movie theatre. It's legal—and more fun.

