We began 2009 by welcoming new Chatham Women during Orientation, followed by two weeks of welcoming programming. Our community came together once again to celebrate the very historic Inauguration. As we move more deeply into the semester the A to Z partnership is gearing up for two months of programming around Black History Month, Women of Color HerStory Month and Women’s History Month, many student scholarship and award opportunities, plus activities associated with our Year of Brazil. As we write we join the entire City of Pittsburgh as we gear up for a big campus event to support the Steelers in Superbowl 43. Wishing you a wonderful February!

Over 400 Chatham students, faculty and staff came together to witness the Inauguration of the United States 44th President, Barack Obama. Our celebration was picked up online by NY Times, to view visit http://www.nytimes.com/interactive/2009/01/18/us/politics/inauguration-photos.html#/2137
Late Night Mayhem – Rodeo Party

Murder Mystery & Casino Night

Murder Mystery and Casino Night

Ice Skating @ Schenley Park

Ice Hockey Team Has Playoff Berth in Sights, Chatham’s ice hockey team earned its third ECAC Women’s West win of the season in a come from behind, overtime thriller against SUNY Oswego on January 24. Swimming Team Proved that “Smart Women Sweat,” The Chatham team has demonstrated academic prowess when it was named an Academic All-America Team in 2007-2008 by the College Swimming Coaches Association of America. The swimmers have now proved that “Smart Women Sweat” by winning the Smart Women Sweat Invitational meet hosted by Agnes Scott College.

What Chatham Has In Store for Students

Art exhibits, film screenings, lectures and student reflections are just some of the events planned as Chatham University welcomes the community to celebrate Black History Month throughout February. Chatham’s Black History Month will honor the history, culture and contributions of African-Americans with events open to everyone. An event poster is available for download at www.chatham.edu/bhm, and Chatham’s calendar of events is available online at www.chatham.edu/events. For more information call 412-365-1281 or email studentactivities@chatham.edu.

Graduate & Adult Student Open House February 8, 2009, 1:00PM - 3:00PM, Athletic and Fitness Center.

The Graduate & Adult Student Open House is an opportunity for adult students to meet informally with faculty members from our graduate programs and representatives from our admissions, financial aid, and housing departments. Current Chatham College for Women students interested in entering 5-year masters programs or entering graduate programs upon graduation are encouraged to attend. Counselors will also be on hand to meet with students interested in both our residential and online programs. Light refreshments will be provided as well as campus tours at the event’s conclusion. Registration is at: http://www.chatham.edu/admissions/openhouse_register.cfm

“Seniormester” and University Graduation -- New Traditions!

Chatham has a special tradition of a three week session during May in which the focus is on intensive and experiential classes, often featuring trips, on-campus events and visiting scholars. This year a new dimension will be added. A group of faculty, staff and students have developed a calendar of events designed specifically for the Class of 2009 — the graduating Chatham College for Women Seniors. Among the many events will be: resume and interview workshops, academic showcase of student senior tutorials, service projects, social events, workshops on living sustainably and taking
students in February. Questions and ideas are welcome. Please contact Anne Skleder, at 412 365 2467 or Askleder@Chatham.edu. Seniormester will provide the ideal lead-up to a wonderful weekend of graduation celebrations. This year Chatham University will celebrate all those graduating during one weekend, with graduation ceremonies on Saturday, May 23, 2009.

Meet the Faculty: Exercise Science
Dr. Carena Winters Hart is assistant professor of Science and program coordinator of the Exercise Science program at Chatham University. She has a primary appointment in the undergraduate exercise science program. In addition, she teaches an online Master's course in Wellness Physiology for Chatham's College of Continuing and Professional Studies (CCPS). Dr. Winters has been instrumental in designing the new exercise science major curriculum and has designed/developed a fully-functioning Health and Human Performance Laboratory (HHPL) on campus. This laboratory affords students the opportunity to apply principles of exercise physiology to their learning experience, providing a superior experience to the common observational role of an undergraduate exercise science student. She serves as the director of the student wellness initiative and teaches holistic wellness as part of the general education curriculum. Dr. Winters comes to Chatham with a research background as a clinical/research coordinator and public educator on a number of NIH-funded projects in the area of behavioral modification weight loss, muscle metabolism, and physical activity epidemiology. In addition, she has coordinated the Pittsburgh-area center of a multi-center pharmaceutical-driven weight management trial. Her research areas of interest include substrate metabolism, physical activity epidemiology, exercise and obesity, and exercise in the prevention and management of chronic disease. (Excerpted from article published in January, Chatham Science News. For full article and complete newsletter and more information on the sciences at Chatham, please go to http://www.chatham.edu/departments/sciences).

Important Dates for Students

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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Withdrawal Deadline, First 7-Week Session</td>
<td>2/09/09</td>
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<tr>
<td>Midterm Grades Due</td>
<td>2/19/09</td>
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<tr>
<td>First 7-Week Session Ends</td>
<td>2/23/09</td>
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<tr>
<td>Second 7-Week Session Begins</td>
<td>2/24/09</td>
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<tr>
<td>Add/Drop Deadline, Second 7-Week Session</td>
<td>3/02/09</td>
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<td>Spring Break (Saturday classes in session)</td>
<td>3/09 – 3/13/09</td>
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<tr>
<td>Withdrawal Deadline, Full Length Spring Semester</td>
<td>3/16/09</td>
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<tr>
<td>Withdrawal Deadline, Second 7-Week Semester</td>
<td>3/31/09</td>
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<tr>
<td>Easter Weekend (No Saturday Classes in Session)</td>
<td>4/11/09</td>
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<tr>
<td>Day and Evening Classes End</td>
<td>4/20/09</td>
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<tr>
<td>Second 7-Week Session Ends</td>
<td>4/20/09</td>
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<tr>
<td>Reading Day</td>
<td>4/21/09</td>
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<td>Final Examinations</td>
<td>4/22 - 4/25/09</td>
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<td>Maymester/Seniormester Begins</td>
<td>4/29/09</td>
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<td>University Day/Buckets and Blossoms</td>
<td>5/01/09</td>
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<tr>
<td>Maymester/Seniormester Ends</td>
<td>5/22/09</td>
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<tr>
<td>Commencement</td>
<td>5/23/09</td>
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For complete Academic Calendar (including Spring, Maymester and Summer 2009 schedules), go to http://chatham.edu/academics/calendar.cfm

Parenting Tips for Parenting College Students
The following parenting tips are adapted from "Letting Go: A Parent’s Guide to Understanding the College Years" by Karen Coburn and Madge Treger (1997)

Tip #1: Visit (But Not Too Often)
Visits by parents (especially when accompanied by shopping sprees and/or dinners out) are another part of the first-year events that first years are reluctant to admit liking but appreciate greatly. These visits give the student a chance to
introduce some of the important people in both of his/her now-important worlds (home and school) to each other. Additionally, it’s a way for parents to become familiar with (and, it is hoped, more understanding of) their student’s new activities, commitments, and friends. Spur-of-the-moment “surprise visits” are usually not appreciated.

**Tip #2: Do Not Repeatedly Tell Your Student That These Are The Best Years of Their Life**

The freshman year can be full of indecision, insecurities, disappointments and, most of all, mistakes. They’re also full of discovery, inspiration, good times and new friends (typically, friendships made in the first year are maintained throughout the undergraduate years, and often afterwards). The beauty of our memory process is that it downplays the negative and enhances the positive, so we have forgotten those bad times, and we typically only pass on the good times. Because students come to college with larger-than-life expectations, it takes them a while to accept that being unhappy, afraid, confused, disliking people and making mistakes is normal, predictable, and part of growing up. Those parents that accept and understand the highs and lows of their student’s reality are providing the support and encouragement where it’s needed most.

**Tip #3: Take Care of Yourself**

Having your child begin their college career can be a stressful experience for parents. Attend to your own emotional needs and find support for dealing with whatever emotions you are feeling. Make “wellness” a goal for yourself with enough sleep, healthy diet, and adequate exercise. Find a new creative outlet for yourself and spend some time “recharging” by doing special things for yourself. Many parents find it helpful to relish in the fact that providing your child with the opportunity to go to college is a wonderful gift.

**Tip #4: Trust Them**

Remember that, for your daughter coming to the University is an important developmental step towards full adulthood. Finding oneself is a difficult enough process without feeling that the people, whose opinions you respect most, are second-guessing your own second-guessing. Keep the following thought taped near your telephone and computer: “I love you and want for you all of the things that make you the happiest; and I have come to realize that you, not I, are the one who knows best what those things are.”

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Over the past four years, we have enjoyed an amazing growth in both the undergraduate and graduate colleges. One of the major reasons contributing to this growth is the referrals we gratefully receive from alumnae, friends and parents of current students. One of our best forms of advertising is through word of mouth referrals. If you are aware of a student who would benefit from a Chatham University education, please feel free to reply to this email and simply request that an admissions packet be sent:

- directly to the student
- to you to deliver to the student
- to you so that you may deliver it to a specific high school or organization

Students are always welcome to visit our web site and fill out a request for information to be sent via the postal service, email or a phone call from one of our counselors. Thank you in advance for introducing Chatham to an inspiring young woman in your life.

Sincerely,

Michael Poll
Vice President for Admissions  admissions@chatham.edu  412-365-1825 or 800-837-1290

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“Be a part of the creation of a Chatham family and friends community!”

Chatham’s Family and Friends Association would like to inform you of the ways you can be involved in the many aspects of university life. Please reply to this email if you are interested in being involved in any of the following activities and/or if you would like to know more about the Chatham Family and Friends Association:

- **Career Center** Help place students in worthwhile internship opportunities
- **Admissions** Spread the word! Your recommending Chatham to prospective students helps the university grow
- **Events** Volunteer at events like Admitted Students Day and Family & Friends Weekend
- **Profiles** Volunteer to be profiled on the Chatham website!
- **Parent to Parent** Be available to other Chatham parents & prospective parents for questions & conversation
Host a Chatham Family and Friends Association informational reception

You are one of our most valuable resources! Make your presence in the Chatham community known!