From A to Z is a monthly e-newsletter sent to family and friends of students enrolled in Chatham College for Women. Through the e-newsletter, Dr. Anne Skleder, Dean of the college and Dr. Zauyah Waite, Vice President for Student Affairs and Dean of Students hope to connect and share information about the experiences of the students of Chatham College for Women.

As the buds try to push their way open on the trees on campus and all around Pittsburgh, we bring you greetings! As you can see, this has been a busy winter on campus. Our last edition was on the eve of Superbowl XLIII, and Chatham celebrated with the City the fantastic “nail-biting” victory together. The campus is busy gearing up for wonderful spring schedule of activities, events and University Commencement, and are in the midst of a once-in-a-lifetime exhibit Illuminations by world renown artist Naoko Matsubara. More on that in next issue! Happy Spring from Chatham University!

In addition to challenging minds in the classroom, Chatham encourages students to challenge their body with fitness and wellness initiatives. The Athletic and Fitness Center on Chatham’s campus offers a variety of activities such as the fifteen physical education courses that students may take for credit. Our most popular classes are yoga, lifetime fitness, basic swimming, and step aerobics. In addition, Chatham offers non-credit recreation opportunities including squash, indoor climbing, fitness training and intramural volleyball.

Drs. A. Skleder & Z. Waite

Students in Action @ Chatham

Super Bowl Party – Cheering on the Steelers and serving the community!!

February Late Night Mayhem: Make Your Own

International students posing with VP of Admissions, Michael Poll @ dinner with members of the Board of Trustees
Check out Chatham's Website: Big Thinking for a Big World. www.chatham.edu. Our homepage includes many new photos focusing on our important themes around the environment, global understanding, women's public leadership and entrepreneurship. We also encourage you to browse the academic pages (just click academics and then programs). Every faculty member has a photo and biography that helps families get to know our wonderful faculty. Program newsletters are often included. For example, check out this month's Science newsletter featuring profiles of all the Chemistry faculty and student accomplishments:

Chatham University celebrates Women’s History Month throughout March with a variety of programs that unless noted are free and open to the public. Join us as we celebrate and honor women from all walks of life. For a detailed Women’s History Month calendar please visit www.chatham.edu/documents/WHMonth.pdf

The Chatham athletics teams entered the Pink Zone on February 14. Since 2007, the Women’s Basketball Coaches Association (WBCA) Pink Zone initiative has assisted in raising breast cancer awareness. Chatham has sponsored activities each year since it began. Chatham’s basketball team put away their normal purple attire to wear pink uniforms in a home game against Bethany College. Two Chatham faculty members, Dr. Barbara Biglan and Dr. Mary Kostalos served as honorary coaches. The game had additional meaning this year as the teams paid tribute to Dr. Roxanne Fisher a Chatham faculty member who passed away from the disease in the fall. The teams raised over $400 for the Susan G. Komen Foundation at the ice hockey and basketball games.

Join us @ TAKE BACK THE NIGHT: Rally and Speak-Out. 7:30 p.m. on the Academic Quad by Eddy Theatre. Take part in this national movement to stop violence against women as Chatham University gathers with off-campus guests to take a stand. The evening will be a moving display of our community’s strength with anonymous survival stories and candlelight presentation, community expressions, and much more. The evening ends on an up-lifting note with a concert on the quad. You will not want to miss this! Presented by the Take Back the Night Coalition & Chatham College for Women

Taking the Classroom to the City. The Chatham Scholars attended “The Metamorphoses,” a play based on Ovid’s work at the O’Reilly Theatre in Downtown, hosted by Dr. Bill Lenz, Scholar Director. Said Mariah Crilley, ’12 “I think the night was a success. We were able to enjoy Pittsburgh, theater, and the company of each other, and learn more about the modern, or perhaps not so modern, theme of identity, a prevalent trope in Dr. Lenz’s first year scholars’ course on Literary Modernism.

What Chatham Has In Store for Students

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Think Entrepreneurially
**Important Dates for Students**

- **Spring Break (Saturday classes in session)**: 3/09 – 3/13/09
- **Withdrawal Deadline, Full Length Spring Semester**: 3/16/09
- **Withdrawal Deadline, Second 7-Week Semester**: 3/31/09
- **Easter Weekend (No Saturday Classes in Session)**: 4/11/09
- **Day and Evening Classes End**: 4/20/09
- **Second 7-Week Session Ends**: 4/20/09
- **Reading Day**: 4/21/09
- **Final Examinations**: 4/22 - 4/25/09
- **Maymester/Seniormester Begins**: 4/29/09
- **University Day/Buckets and Blossoms**: 5/01/09
- **Maymester/Seniormester Ends**: 5/22/09
- **Commencement**: 5/23/09

For a complete Academic Calendar, go to [http://chatham.edu/academics/calendar.cfm](http://chatham.edu/academics/calendar.cfm)

**Tips & Advice**

**HOW YOU CAN PREPARE YOUR STUDENT FOR A HEALTHY & PRODUCTIVE SPRING BREAK**

Did you know that most of spring breakers are college students? Although we do not recommend teenagers or young adults to participate in spring break parties, we also know that many of them will consider traveling for the break to have a “good time.” How can you prepare your student for a spring break experience?

1. **SET CLEAR EXPECTATIONS.** Statistics show that parents are still the most influential people in their young adults’ life. Take advantage of this opportunity and voice your opinion without imposing it.

2. **TALK TO YOUR DAUGHTER ABOUT SOME RISKS INVOLVED.** Remind your student of the risks of excessive consumption of alcohol, probable sexual activity, sunburn, and date rape to just name a few. The best precautions are the ones that she can decide to take on for herself.

3. **SHARE EMERGENCY NUMBERS.** Create a list of emergency numbers that student can take with her. She should keep that list at all times. Parents should also have the hotel number and cell phone numbers for the friends that will be traveling with their daughter in case of an emergency.

4. **COMMIT THEM TO THE “BUDDY SYSTEM”**. Make sure your students knows they should travel in groups – three or more is best.

5. **HELP THEM AVOID THEFT.** Spring breakers are easy targets for thieves. Your student should avoid carrying too much cash, wear expensive jewelry, or showcase her assets.

6. **COORDINATE WITH OTHER PARENTS.** If possible talk to the parents of the other people that will be traveling with your student. It would be helpful if the parents are being consistent in the approach. A same message for all travelers is best.

7. **ENCOURAGE AN ALTERNATIVE SPRING BREAK.** Many young adults are choosing other alternatives for spring break that involve community service. We, at Chatham, offer alternative to spring break through our activities/student affairs offices.

   *Adapted excerpt from Janie Lacy, MS /Mental Health Counselor – 2009 - [www.totallifecounseling.com](http://www.totallifecounseling.com)*

**Chatham Family & Friends Association**

**Volunteer for Rachel Carson Day 2009!**  April 15, 8:00am-1:30pm, Shadyside Campus

We are looking for volunteers to check in and guide groups around campus. If you are interested in volunteering, please email clasky@chatham.edu
“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!

Over the past four years, we have enjoyed an amazing growth in both the Chatham College for Women and the Colleges for Graduate and Continuing and Professional Studies. 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