

Family Association



Your input matters

Residence Services has created a web page specifically for families aimed at keeping you informed about what is happening in UND's residential community. Check this site www.housing.und.edu/reshalls/parents.shtml/ for information about Housing, Dining, ID card, and ResNet offices. You can also make a difference by speaking out about your experiences and help us improve the way we do business. Please take the short web survey for families at the site or send us your comments to housing@operations.und.edu

Aviation families

Please look for Aviation Family Weekend materials in the coming months. Aviation Family Weekend is tentatively scheduled for the third week in April.

Family Association website

The Family Association Website is designed to help families find the services, event information and useful family resources the University provides. Families can access Family Weekend schedules and registration information, order their student a UND Care Package, access the Family Association Newsletter Archives or find contact information for important university support services. Check it out at www.und.edu/dept/divsos/familyassociation

Tips for Families:

Preparing your student for the social aspects of college

Your student is one of 15 million attending college this year. They have survived college entrance exams, written college applications, and sorted through the piles of colorful college brochures. Now that your student's post-secondary education is underway, they will face an array of options, ranging from academic to social.

Like most families, you probably have mixed feelings about your student going to college. While you're proud to see them pursuing higher education, you know you'll miss them. You know you've done a good job getting them to this point and feel pretty confident that they're prepared for this next phase of their lives. But how many of today's college-bound students are really prepared for the alcohol and other drug challenges they'll face when they enter college?

What can you do to help them be better prepared?

You can do a lot to help your student be better prepared for the social aspects they will face in college. As you know, drinking under age is illegal, but the facts are that many older adolescents are already experimenting with drinking. Recent studies show that over 50 percent of high school students report drinking alcohol in the past month. The incidence of drinking could increase when your student finds themselves with a new sense of freedom away from the watchful eyes of their family. Helpful hints for talking to your student about alcohol:

Communicate -Identify your expectations for your student about drinking. Make sure your expectations are reasonable, well thought out, and convey trust and support.

Use **"teachable moments" to have open and honest conversations with your student.** (Watching a college football or basketball game, packing to leave, shopping for new clothes, or timely news events about drinking in college, etc.)

Ask your student about their expectations and correct those that seem inflated. Many students will come to college with false pretenses, having heard stories from older brothers and sisters about all the drinking and partying that takes place in college. While many students do drink, there are many others who don't. It's helpful if you have done some research up front to be able to provide them with a list of activities on campus that don't involve alcohol.

Keep the lines of communication open—now and while your student is in college. Make yourself available to them if they need to talk. Listen to your student,



UND student takes advantage of the last days of summer.

CONTINUED ON REVERSE

2004 ACADEMIC CALENDAR

Dates are subject to change

FALL 2004

| | |
|------------|---|
| Aug. 20 | Residence Halls Open |
| Aug. 20-22 | Welcome Weekend |
| Aug. 24 | Fall Classes Begin |
| Sept. 6 | Labor Day - No Classes |
| Sept. 2-3 | Fall Tuition and Fees Due |
| Sept. 7 | Last day to add a full-term course |
| Oct. 15-16 | Family Weekend 2004 (During Homecoming) |
| Oct. 25-28 | "Keep Going" Spring Registration Info Program |
| Nov. 5 | Last day to drop a full-term course |
| Nov. 11 | Veteran's Day - No Classes |
| Nov. 25-26 | Thanksgiving Recess - No Classes |
| Dec. 10 | Reading and Review Day - No Classes |
| Dec. 13-17 | Final Exams Week |
| Dec. 17 | Winter Commencement |

SPRING 2005

| | |
|------------|---|
| Jan. 9 | Residence Halls Open |
| Jan. 11 | Spring Classes Begin |
| Jan. 17 | Martin Luther King Jr. Day - No Classes |
| Jan. 20-21 | Tuition and Fees Due |
| Jan. 25 | Last day to add a full-term course |
| Feb. 21 | Presidents' Day - No Classes |
| Mar. 14-18 | Spring Recess - No Classes |
| Mar. 25-28 | Easter Holiday - No Classes |
| April 1 | Last day to drop a full-term course |
| May 6 | Reading and Review Day - No Classes |
| May 9-13 | Final Exams Week |
| May 14 | Spring Commencement |

More information on UND events can be found at www.und.nodak.edu

keep an open mind and remain calm, even if they tell you things that may shock you. If you express anger or judgment over their behavior, they may not feel comfortable sharing with you in the future. By putting your emotions aside and listening, you may learn a lot that will better prepare you to guide them toward healthier decisions in the future. However, pay special attention if you hear descriptions of a pattern of heavy drinking that may need intervention. Let your student know that they can always talk to you if they're worried that their drinking is a problem. They need to know that even though you might be disappointed, you will support them.

College student inventory

Encourage your student to participate!

During the summer 2004 Getting Started program, students were administered the College Student Inventory (CSI). A product produced by Noel Levitz as part of their Retention Management System, the CSI is a 100-item instrument designed to identify the needs of students in three categories:

- **Academic motivation**
- **General coping skills**
- **Receptivity to support services**

The CSI measures attitudes and motivational patterns that students bring with them to college. Students' responses to items on the inventory are analyzed and a report is sent back to the campus in the fall.

During a student's first meeting with their advisor, the report is shared and strategies are discussed to enhance the student's overall educational success. As a family member, you can encourage your student to make an appointment with his/her academic advisor to discuss the results of the inventory. Only through the sharing of the inventory results will a student benefit from the suggestions offered. The results are written in very clear language, and are designed to give the student encouragement and guidance. The report is intended to give students insight into their own strengths and areas for improvement. For more information about the College Student Inventory, please contact Student Academic Services at 1-800 CALL UND ext. 2117.

Send a touch of home, send a UND care package

One of the best ways you can let your student know you are thinking of him or her is by sending a care package. In an unofficial survey taken of UND Family Association student members, packages and mail is on the top of the list of things they like to receive from their families. (Money was number one!) The UND Family Association has created a variety of care packages you can send to your student. For more information call (701) 777-6468.

Thinking of You Basket

\$15.00

- 2-Bottles of Juice or Soda
- 2-Bags of candy
- 2-Candy bars
- 2-Granola bars
- 1-Bag of chips
- 1-Box of Ritz cheese bits
- 1-Pack of gum

Study Mug

\$10.00

- UND coffee mug filled with cookies,
- hot chocolate, hot cider and herbal tea
- (one packet of each)

Care Fruit Basket

\$10.00

- 2-Apples
- 2-Oranges
- 1-Banana
- 2-Packages cheese and crackers
- 2-Granola bars

Valentines Day Cookie

\$10.00

- 12" Chocolate Chip Cookie
- (You can purchase this cookie any time throughout the year but it will only be delivered on Valentines Day.)

To place an order go to the Family Association webpage at www.und.edu/dept/divsos/familyassociation