

Family Association



Personal Safety

BE PREPARED

- Be aware of your surroundings.
- Project an attentive demeanor.
- Walk confident and steady pace.
- Listen and act on your intuition.
- Pay attention to what you hear from other conversations.
- If you suspect someone is following you, walk toward a populated area. Do not walk directly home.
- There is safety in numbers.
- Don't be afraid to ask for an escort to your vehicle or residence.
- Adopt a frame of mind that will allow you to recognize and avoid potential threats.
- Vary your routine: drive or walk different routes every day.
- Don't hesitate to call 911 if you sense something is not right.
- Whenever possible stay in well-lit areas.
- If you're in trouble attract help anyway that you can - scream, yell for help or yell fire.
- Keep your family and friends advised of your whereabouts.
- If you are in an elevator with another person stand near the control panel. If you're attacked press the alarm button and as many control buttons as possible.

STREET PRECAUTIONS

- When on the street, walk facing oncoming traffic. It will be harder for someone to abduct you.
- Try not to overload yourself with packages. If you must have your hands full, visualize how you would respond if approached.
- Make eye contact with people when walking.
- Scarves are easy grab. Be sure they are worn sensibly.
- When you're alone avoid wearing headphones, try not to be engrossed in reading and avoid talking on cellular phones for long periods of time.
- Be aware of cars that pull up to you or pass you repeatedly.

Does your student work while going to UND?

If your student is considering a job while attending UND or already has a position in their major, they may have an opportunity to receive credit for their job experiences. University of North Dakota Cooperative Education would like families to know about this program.

Cooperative Education at UND is an educational program that enables students to integrate classroom learning with practical professional experience in the field(s) of study. It is based on the philosophy that learning extends beyond the classroom. The combination of classroom learning and practical experience is a superior method of education. Students are paid while they earn credit for this experience.

What are the requirements for the Cooperative Education Program?

- ✓ Must be a full-time undergraduate student planning to graduate from UND.
- ✓ Must have the recommendation of their major department.
- ✓ Must have a cumulative grade point average of 2.0 on a 4.0 scale or special permission from the major department.
- ✓ Must be available to work at least 15-20 hours per week.
- ✓ Attend a Co-op Orientation Meeting.

This is an opportunity for students participating in the program to develop good professional work habits, test their career objectives, and gain valuable work experience and professional contacts that will help in seeking employment after graduation. It is also an opportunity to observe a potential employer and workplace before accepting full-time employment.



Reading the Dakota Student between classes

There are a number of employers participating in Cooperative Education and the list continues to grow. Employers work with the University of North Dakota in structuring a program that fits them and the student. Your student may participate in an alternating Co-op Program, where they rotate between full-time school and periods of full-time work; a parallel program, where students attend classes on a full or part-time basis while working part-time in a company or agency; or they may participate in summer programs on a one-time or repeatable work experience.

To find out more about Cooperative Education opportunities, have your student contact Terryl Erickson, coordinator at (701) 777-4105 or their individual academic departments if they are interested. If you need more information, please visit the web site at www.career.und.edu

CONTINUED ON REVERSE

2004-05 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*

Who can I turn to?

During the Getting Started program when your student was a new, wide-eyed freshmen, we may have had the opportunity to meet. We know that you were given a lot of information as was your student that day and at subsequent orientation programs. We talked about where to turn for help for various questions or issues that your student might be faced with during the university experience. The university provides a wide range of programs and services that might be utilized to enhance your student's opportunity for success. One such service is the Crisis Coordination Team.

Before I describe this service, let me say that most events that occur in our students' lives are dealt with by the students themselves or they seek those services that may provide needed assistance. This is an expectation of adulthood and in keeping with student development theory. We want our students to take care of their business and/or develop those problem-solving skills to do so. However, there are emergency situations that our students or their families encounter where some assistance is needed. These may include a death in the family, an accident or severe illness or other personal situations. This is where our Crisis Coordination Team may be of assistance.

The Crisis Coordination Team consists of several campus and community agencies that work to provide a coordinated response to the needs of our students and their families. Should you encounter an emergency situation where you need some assistance, please call the Dean of Students office, (701) 777-2664, during the regular work day or the Crisis Coordination Team number (701) 777-3491, during nights, weekends or holidays. Someone will be available to assist you. Remember, if you need police, fire or ambulance services, dial 911.

Thank you for being a part of the UND community!

Jerry Bulisco
Associate Dean of Students
Director of Judicial Affairs and Crisis Programs

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