September 2010

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>September 6</td>
<td>Labor Day Holiday: Classes dismissed and university offices closed</td>
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<td>September 10</td>
<td>Spring 2011 schedule available online</td>
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<td>September 21</td>
<td>Last day to change a full semester class to or from pass/fail</td>
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<tr>
<td>September 24-26</td>
<td>Family Weekend (see article below)</td>
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<td>September 29</td>
<td>Mid-Semester grades available</td>
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<td>October 4</td>
<td>Enrollment begins for spring semester classes</td>
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<td>October 13</td>
<td>Fall Career Expo for students</td>
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<td>October 23</td>
<td>Homecoming Weekend</td>
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<td>October 26</td>
<td>Last day to drop a fall semester course with a W</td>
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<tr>
<td>November 22-26</td>
<td>Fall Break and Thanksgiving Holiday: Residence halls close at 6:00 p.m. on Friday, November 19 and open at noon on Sunday, November 28</td>
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<td>December 6-10</td>
<td>Finals week</td>
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<tr>
<td>December 10</td>
<td>Residence halls close at 6:00 p.m., and will reopen at noon on January 9</td>
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TIPS TO ASSIST STUDENTS IN TRANSITION

Starting college is one of the most exciting and challenging times in your student’s life. Some of the developmental tasks facing students are achieving greater autonomy, building more mature relationships, and clarifying purpose in their lives. The college years are a time of transition, change, and growth. It’s helpful to bear in mind that growth involves both success AND failure.

Here are some tips for supporting this important transition:

**DO** Share in the excitement of your student’s adventure at Central.
**DO** Expect change and allow space for that change.
**DO** Expect that they will feel overwhelmed at times.
**DO** Listen and be supportive.
**DO** Encourage your student to bridge their old life with the new one at Central.
**DO** Encourage them to get involved in activities at Central.
**DO** Encourage your student to solve their own problems.
**DO** Build an adult to adult relationship with your student.

**DON’T** Rush in to fix or rescue them from their problems.
**DON’T** Encourage them to come home often.
**DON’T** Be surprised if your student changes his/her mind on a major or career choice.
**DON’T** Forget to take care of yourself or ignore your own developmental needs.

TOP TEN QUESTIONS PARENTS SHOULD ASK THEIR COLLEGE STUDENT

**Are you going to class?**
Skipping class is the #1 reason why students fail.

**Are you studying at least twenty-five hours per week?**
College is a full-time job. Students should be in class, studying, and doing homework about forty hours per week.

**Are you reviewing the material in each class at least weekly?**
If you review all material each week, preparing for an exam is much easier.
Are you scheduling your time to relax?
Everyone needs down time, but students need to learn to manage their time.

Do you know the last day to withdraw from a class?
After this date you cannot withdraw from a class. The last day to drop a semester course with a W is October 26, 2010.
*Please note: Some classes are offered on different schedules (not a full semester or half semester course) and the drop dates will vary per class.

Are you starting your assignments early?
The unexpected happens! Students get sick; their computer dies. Start assignments with plenty of time for the unexpected.

Have you seen your advisor?
Students need to meet with their advisor at the beginning of each semester and should meet again after mid-term grades are posted and before the end of the semester to review progress and plan for the next year.

Have you visited your professor during his/her office hours?
Professors like to help students. Do not hesitate to visit the professor during office hours.

Are you going for extra help?
There is a lot of help available – start here, www.ucmo.edu/ae/lc/.

Have you formed a study group?
Studying complex material is more efficient with a study group.

Questions provided by the Science Department of Old Dominion University.

“I THINK I WANT TO COME HOME!”

Although no two students will experience it in the same way or at the same time, homesickness affects about 60-70% of students at some point during their college career. Many students turn to their families and express thoughts of wanting to come home, questioning their choice of schools, or even whether college is right for them. Here are some common causes of homesickness and possible remedies:

<table>
<thead>
<tr>
<th>CAUSE</th>
<th>REMEDY</th>
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<tr>
<td>Unfamiliar surroundings and break with routine</td>
<td>Learn about your new surroundings; bring familiar items from home</td>
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<tr>
<td>Roommate problems and other negative situations</td>
<td>Identify problem area and address it directly; ask for help if needed</td>
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<tr>
<td>Change in social support; missing friends and</td>
<td>Develop new social circles; try not to be overly dependent on support from home</td>
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<tr>
<td>family from home</td>
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<tr>
<td>Difficulty initiating new relationships</td>
<td>Take chances! Accept invitations and make yourself available to new experiences</td>
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<tr>
<td>Too much time in passive activities</td>
<td>Exercise; join a group or club; initiate plans with other students; schedule in study time</td>
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<tr>
<td>Feeling overwhelmed by independence and</td>
<td>Realize that this is normal and part of the process of becoming self-sufficient; ask for help when needed</td>
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<tr>
<td>responsibility</td>
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<tr>
<td>Problems at home, or missing positive events at</td>
<td>Maintain open communication; plan a trip home for a big event</td>
</tr>
<tr>
<td>home</td>
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<tr>
<td>Personality factors, such as being shy, rigid,</td>
<td>Practice assertiveness, reaching out to others, and take risks on trying new things</td>
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<tr>
<td>or dependent on others</td>
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Parents should recognize that homesickness is a fairly normal experience and coming home may not necessarily be the best solution for their student. The most important thing is to acknowledge the feelings, identify what the cause is, and make a plan for changing things. Finally, it’s important to encourage students to not make any rash decisions, but to give themselves time to adjust and learn from the experience.

TIME MANAGEMENT

Students starting college may be surprised by the apparent lightness of their class schedule. They may spend 12-18 hours a week in class while how they spend the rest of their time is up to them. Some relish the freedom of having time on their hands,
while others are thrown off by it. In either case, if their time is frittered away, they could well end up not doing what they need in order to be successful academically and otherwise satisfied with their college life. How can this be?

For one thing, the typical full-time class schedule can be deceptive. Outside of class time, students need to read, do homework, do research, and so on. A typical guideline is to budget 2 hours of study time for each credit hour. So a 15-hour class load would require 45 hours a week of class and study time – a full-time job. If a student also works, that reduces the time they have left for other things.

Managing time well is critical to student success.

The Student Success Center (studentsuccesscenter@ucmo.edu) can help your student with time management. Students can come in to the Success Center and review a packet on managing time at their own pace or they can visit with an SSC faculty member. The packet includes a personalized schedule maker and suggestions for effective time management.

**PERSONAL SAFETY**

Many crimes can be prevented if students trust their instincts, avoid dangerous situations, and observe and stay aware of activities around them. Safety escorts are available on campus between 8 pm and 2 am by calling 543-4123. For more personal safety information, visit www.ucmo.edu/ps/.

**FAMILY WEEKEND**

Family Weekend 2010 will take place on September 24-26, 2010. Check out all the exciting events taking place during this special weekend at www.ucmo.edu/family. Also available on the website is information regarding local hotels, churches, and general Warrensburg information.

Family Weekend is a great way for students to spend quality time with their families. UCM offers a wide array of activities for families to feel welcome and have a great time.

We hope to see you at Family Weekend 2010!

**DIFFERENT RULES FOR COLLEGE**

College is different from high school in many respects. One example is grade requirements. While students might graduate from high school with a D average, D's are not good enough in college. Students must maintain at least a C average, a grade point average (GPA) of 2.00 or higher, to remain in good academic standing. Students whose averages fall below 2.00 are placed on academic probation. If they have a semester with less than a 2.00 average while on probation, they will be suspended from the university.

High schools usually keep parents informed about students' progress. The Family Educational Rights and Privacy Act (FERPA) gives parents the right to inspect and review students' education records. However, once students reach age 18 and leave high school, these rights pass to the students. The university cannot notify parents when their students are having academic difficulty. Parents will need to obtain that type of information from their sons or daughters.

**HOW THE COUNSELING CENTER CAN HELP**

When your student has any sort of personal problem that is getting in his or her way, the Counseling Center can help. To make an appointment, students can call us at 660-543-4060 or drop by the office in Humphreys Building, Suite 131.

One of our staff will discuss your student's concerns with her or him and assess her or his overall well-being. We will make suggestions about what sort of help might benefit your student.

The Counseling Center may provide a few sessions of counseling for your student or may recommend other services.

**If your student takes medication for a psychological condition, your student needs to either:**

- Keep his or her relationship with the treatment provider who has prescribed the medication, or
- Arrange to be seen by a provider in the local community

Likewise, if your student has been receiving ongoing counseling or therapy and needs to continue with that treatment, the relationship with his/her current provider should be maintained if at all possible or transferred to a provider in the local community. We can provide information about available psychological health care providers in the local community.
For any questions or further information, contact us at 660-543-4060. The Counseling Center is located in Humphreys Building, Suite 131. Or visit our web site at www.ucmo.edu/cc.