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Christmas Break

*There will be NO
classes on the
ATU campus
from
7:00 am,
Dec 16, 2009 –
7:00 am,
Jan. 11, 2010.*

INSIDE TRACK

December 2009

RESIDENTIAL LIFE...

Temporarily Checking Out!

Finals Week: All students must be out of their rooms within 24 hours of their last final or 5pm on Tuesday, December 15, 2009. They need to notify their RA (Residential Assistant) when they are leaving. The students don't need to move all of their belongings as they will after the spring semester; all they need to do is make sure that all trash has been taken out and that the windows and doors have been locked.

Room Changes: Any student approved to make a room change must physically move out of their current room and into their new assignment before 5pm on Friday, December 18, 2009.

Halls Open: All students can return to campus on Sunday, January 10, 2010 any time after 12:00 noon.

Students needing to stay for any period over the break: Any student wishing to stay in their residence hall room any night over the break who has not already completed a Break Housing Request form must do so before 12 noon on December 14th. These forms are currently available in the Residential Life Suite in Doc Bryan 229.

HOME FOR THE HOLIDAYS

Part of you may be thrilled to have your student around for the holidays. Yet, it's okay if there's another part of you that is apprehensive. Reuniting with your student during the holiday break is your first chance to spend extensive time together since the summer — and it can be an adjustment!

To help you manage the transition positively, keep a few things in mind:

Don't over-plan your student. You may want to go shopping, visit relatives, bake, golf and go to the movies with your student. There is nothing wrong with that! Just be sure to leave some wiggle time for them to spend with friends and to recoup from the semester, too.

Make Commitments Known Ahead of Time. Let your student in on what's been planned so far so that they know what to expect. That way they will feel a part of the family while still feeling like their time is their own, too.

Keeping your family connected!



HOME FOR THE HOLIDAYS...CONTINUED.

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Find Out Schedules. What does your student ALREADY have planned?

Talk About "House Rules." Will your student still have a curfew? Can they have friends stay overnight? Talk now so you can come up with the rules together and avoid arguments.

Be Prepared for Change. Some of your student's views may have altered because of things they learned in a class or actions they experienced through a campus organization. It's all part of the college experience as they comes into their own.

SEASONAL STUDENT ISSUES

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- Much panic, fear, and cramming as finals and paper deadlines are here.
- High temper as stress mounts.
- The realization that some friends may not be returning next semester.
- Financial strain due to holiday gifts and travel costs.
- Excitement/anxiety about returning home.

TAG! YOU'RE IT: SHOW YOUR TECH PRIDE

Have you ever wanted one of those great college license plates but couldn't get one for your favorite university? You're in luck! The Arkansas Tech University license plates are here.

Now you and your student can have the opportunity to show TECH pride on the road. The license plates can be purchased for your vehicle either online or at your local revenue office.

You can even get yours personalized to further show your personal TECH pride. Click [HERE](#) for more information or ask in person the next time you renew your tags.



HAVING THE ACADEMIC PERFORMANCE CONVERSATION

First semester grades will arrive in your mailbox within the next couple of weeks. Are you prepared to have the appropriate conversations with your student about their academic performance? Regardless of whether or not they got all A's or all D's, addressing grades should be a priority this winter.

For the student who **hasn't done so well:**

Be supportive and understanding. You might be disappointed in your student's performance. Chances are they are disappointed in themselves as well. If this is the case, try to be constructive in your criticism and conversation. What's done is done. It's important to focus on fixing the issues for the future—so a poor grade report doesn't arrive again.

Explore the reasons for the performance.

The *why* behind the poor grades is what is most important. Perhaps your student is struggling with a professor and needs support in handling the situation, or maybe your student spent too many nights goofing off and not enough nights studying. Whatever the case, get to the root of the issue and address it.

Brainstorm some strategies for improvement. Although college students are considered "adults," they still need help. It could prove very helpful to sit down and brainstorm together. Some potential areas to discuss include:

- *Daily study habits*
- *Skills including note-taking, writing, reading, and test taking*
- *Room set-up*
- *Class schedule*
- *Out-of-class involvements and responsibilities*
- *Whether a learning disability might be coming into play*

For the student who **has done well:**

Give kudos and celebrate! Getting good grades in college is tough to do, especially for first-year students and those balancing coursework with athletics, a job, or other co-curricular activities.

Have a special dinner, post the grade report on the fridge, etc. This occasion warrants some recognition!

Discuss what your student learned this past semester. Which class was most engaging and why? What were they able to apply from classes to their life? Will they be taking any additional courses to further explore a particular subject area?

Review study techniques and other preparation strategies that worked well.

What tricks did your student discover? Will they be using the same strategies next semester?

Will they be trying anything new? Skill include note-taking, writing, reading and test taking.

No matter what, let your student know that you're on their side. While getting good grades is your student's responsibility, being confident that they have your support helps. You'll be less likely to get surprised with poor grades too, as you'll be able to maintain open lines of communication.

Remember, college is all about learning. Sometimes, it's the flops that teach the most.

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TECH BASKETBALL

Come out to Tucker Coliseum and enjoy Arkansas Tech University Basketball. Both teams are currently undefeated at 7-0! This is the first time the women's team has been 7-0 since the 1997-98 season and the first time the men have been 7-0 since 1963-1964!

Women's Basketball: (Home games)

- | | | |
|------------------------------|------------|---------|
| • TECH vs. St. Gregory's | Dec. 13th, | 2:00 pm |
| • TECH vs. Midwestern State | Dec. 30th, | 7:00 pm |
| • TECH vs. Southern Arkansas | Jan. 9th, | 4:00 pm |
| • TECH vs. Henderson State | Jan. 14th, | 5:30 pm |

Men's Basketball: (Home games)

- | | | |
|------------------------------|------------|---------|
| • TECH vs. Drury | Dec. 8th, | 7:00 pm |
| • TECH vs. Ecclesia College | Dec. 17th, | 7:00 pm |
| • TECH vs. Champion Baptist | Jan. 5th, | 7:00 pm |
| • TECH vs. Southern Arkansas | Jan. 9th, | 6:00 pm |
| • TECH vs. Southern Arkansas | Jan. 9th, | 4:00 pm |
| • TECH vs. Henderson State | Jan. 14th, | 7:30 pm |

To find out the latest news and schedules of TECH athletics, go to <http://athletics.atu.edu/>

HERE FOR YOU

Even though it will soon be the holiday season, please know that the Parent Relations office is still here for you. If you have any questions about next semester please do not hesitate to ask. My contact information is 479-964-3281, and my email is lheffley@atu.edu. As mentioned in the November parent newsletter, scholarship questions can be directed to Alisa Waniewski in the Tech Admissions Office. She can be reached at 479-968-0343 or by email at awaniewski@atu.edu.

UNDECIDED? NO PROBLEM!

Is your student unsure about his/her major and career? Consider suggesting career development. The Career Development office will provide a series of personality assessment tools that will be used to help your student find his/her ideal major or career based upon interests, motivational traits, personality, values, abilities, aptitudes, personal work style, and work environment preferences. Have your student contact our Career Development office at (479) 968-0278 for more information.

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ON CAMPUS COUNSELING SERVICES

Did you know that the University has counseling services that are FREE to the students? Located in Doc Bryan Building, room 233, counselor Valerie Breashears or Dr. Larry Root would be glad to speak to your student about academic situations, behaviors, relationships, and feelings that students might be having. Office hours are Monday—Friday, 8:00 am until 5:00 pm.

479-968-0276.

TECH
Parent Association