



Office of Student Success

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## SPRING BREAK

**There will be  
NO classes on  
the ATU cam-  
pus during  
Spring Break  
(March 21st  
thru March  
25th)**

# INSIDE TRACK

## February 2011

### SPRING BREAK: RIGHT AROUND THE CORNER

*Spring Break can be a great time for your student to have fun and enjoy some well-deserved time off. It can also be a time that important decisions are made that can have serious consequences. Talk with your student NOW and make sure that they are aware of some of the dangers. Here are a few tips...*

**Discuss exactly where they are going and what they will be doing.**

**Ensure that they will be accessible.** Maybe have a certain time that they will call and "check in."

**Make sure they travel with a buddy** (get his/her name & contact information as well as his/her parents' contact information).

**Make sure they know the law.** If traveling out of state or out of the country, there can be some serious consequences if laws are broken.

**Give them important emergency contact numbers/medical documentation.** Make sure all information is current.

**Give your opinion.** You CAN say no! Yes, they are adults, but contrary to what you might believe, they do listen to you. If you feel uncomfortable about what they are doing, let them know. Sharing your own experiences can be a great way to show your student that you care for a reason.

**Promote alternatives.** There are many choices for students during Spring Break: Missionary trips, volunteerism/community services, and staying at home are just some of them. Whatever their choice, discuss it with them openly and honestly. That way, the "break" will be good for everyone!

## DAYTIME HELP AVAILABLE!

### DAYTIME TUTORING HELP AVAILABLE!

In past newsletters, you've received information mentioning the Doc Bryan Tutoring Center, which offers tutoring at night from 6-9. But if your student needs **daytime** help with Math, Biology, or Chemistry—Tech also has resources available:

#### THE MATH HELP LAB

**Location:** Doc Bryan 247 (above the Doc's Place Convenience Store)

**Days and Times:**

**Monday-Thursday 9 a.m. – 5 p.m.**

**Friday 9 a.m. – 2 p.m.**

The lab offers tutoring for Beginning Algebra; Intermediate Algebra; College Algebra; and more. Staffed by upper level math students.

*(continued on next page...)*

Keeping your family connected!



# MATH, BIOLOGY & CHEM LAB

## THE BIOLOGY HELP LAB

(continued from page one)

**Location:** Doc Bryan 247 (above the Doc's Place Convenience Store)

**Days and Times:**

**Monday** 4 – 6 p.m.      **Tuesday** 3 – 5 p.m.  
**Wednesday** 2 – 4 p.m.      **Thursday** 4 – 6 p.m.

The lab offers tutoring for all levels of Biology (including Intro to Biology and Principles of Biology).

## THE CHEMISTRY HELP LAB

**Location:** Doc Bryan 247 (above the Doc's Place Convenience Store)

**Days and Times:**

**Tuesday** 2 – 5 p.m.  
**Wednesday** 2 – 5 p.m.  
**Thursday** 1 – 5 p.m.

The lab offers tutoring for all levels of Chemistry (Chemistry I & II and Survey of Chemistry)

Along with History, Physical Science, Physics and Pre-Calculus which is offered in the evenings, these labs can be very beneficial to your student.

If you have any questions, contact Mike Bogue at (479) 968-0334 or [jbogue@atu.edu](mailto:jbogue@atu.edu).

# BASKETBALL SCHEDULE

*The Golden Suns are currently ranked #5 and the Wonderboys are #12 in the latest National USA Today/ESPN Division II Coaches' Poll!*

*Men's & Women's Basketball: (Home games)*

|   |                  | <i>Golden Suns</i> | <i>Wonderboys</i> |
|---|------------------|--------------------|-------------------|
| • TECH vs. #3 Delta State                         | <b>Feb. 19th</b> | 4:00 pm            | 6:00 pm           |
| • TECH vs. Ouachita Baptist                       | <b>Feb. 26th</b> | 4:00 pm            | 6:00 pm           |
| <b>March 4-6</b> Gulf South Conference Tournament |                  | Southaven, MS      | Southaven, MS     |
| <b>March 12-15</b> NCAA D-II Regional Tournament  |                  | TBA                | TBA               |
| <b>March 23-26</b> NCAA D-II Elite Eight          |                  | St. Joseph, MO     | Springfield, MA   |

For more information about ALL of the Arkansas Tech sports, go to...

<http://athletics.atu.edu/>.

## COMMUNICATING WITH THE COLLEGE: WHY, HOW AND WHEN?

### WHY?

As a parent, you want the absolute best for your student, and because of this you probably struggle with when to intervene and when to steer clear of challenging situations that arise in his life. This struggle does not end when he goes to college, and recent research actually suggests parental involvement in a college student's day-to-day activities is increasing. It has become so common that Neil Howe and William Strauss, authors of *Millennials Go to College*, have given this parenting style a name—"helicopter parenting"—to signify "hovering" over a student's life.

### HOW?

How can you be a partner with the college in supporting your student's personal growth and development without hovering? Below are some common college student experiences that parents can easily be pulled into, with suggestions on how to empower your student to handle each situation himself.

**1. Roommate Conflict.** Your son has complained to you for weeks that his roommate is messy, stays up late, and interrupts his studying and sleep.

— First, encourage him to talk with his roommate about his observations, concerns and possible solutions. You can even role-play this conversation with him to help him get comfortable.

— If that doesn't work, suggest he talk with his Resident Assistant to help mediate a roommate meeting or provide strategies for conflict resolution.

— What Not to Do: Call the roommate's parents, call the Director of Residence Life, or call the President of the College – more gets done when your student goes through the proper channels.

**2. Grade Conflict.** Your daughter feels that a professor is grading her unfairly.

— First, help her identify why she believes the grading is unfair. Faculty members have open office hours, so encourage her to schedule a meeting after class or stop in to share her concerns with the professor.

— If that doesn't work, suggest she meet with her academic advisor to discuss the situation and see what other options are available to address her concern.

— What Not to Do: Call the faculty member, call the Academic Dean, or call the Academic Advisor.

**3. Minor Conduct Violation.** Your student has been found guilty of a behavioral conduct violation.

— First, breathe! Then discuss the violation, the choices made, and the consequences of his inappropriate behavior.

— Second, advise and support him as he goes through the campus judicial process, and help him reflect on what he has learned from the experience, and how his behavior will change in the future.

— What Not to Do: Call a lawyer, call the Dean of Students, or attend the judicial hearing.

### WHEN?

There certainly are times that contacting the college directly is appropriate and necessary. However, when possible, try to limit your contact with the college during times of crisis to seeking suggestions on how your daughter can further help herself. Challenging situations are a part of the learning process. When parents limit their involvement to suggestions and advice, students gain confidence, self-responsibility, and a skill-base that will last them a lifetime.

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# NEVER TOO EARLY...

In next month's Arkansas Tech University Family Newsletter, there will be some very important information about housing and contracts for 2011-2012. It is never too early to discuss living arrangements for the fall with your student .

Remember... **Single students under 21 and with under 60 hours of college work completed are required, as space permits, to live on campus in University-owned housing.**

## ROUND ONE!

Generally, this time of the semester, the students have just taken their first round of tests. How did your student do? Ask them about their tests and find out if this semester has started differently from last. We have study labs and tutors available.

## HEALTH 101

*From Dr. Larry Root, Associate Dean for Student Development*

The Arkansas Tech Counseling Center has partnered with **Health 101**. This is a 20+ page online magazine on health and wellness issues, as well as many other topics which will be sent to your student each month.

A four-plus page version of the magazine will go to you if we have your e-mail address. The first day of each month a new issue will be sent, starting with a special Orientation Issue. This issue features articles like "What do Professors Really Expect?," "The Roommate Survival Guide," and "The 5 Habits of Healthy People." These provide excellent advice to help your student get off to a great start in her/his college career.

Then, the first of each month you will receive a reminder for the next issue and a link. It's as easy as that! By the way, the parent version contains a link that will provide access to the full 20+ page student issue. You can opt out of receiving the link at any time.

**Health 101 Parent Website:** <http://readsh101.com/go2atu-pp.html>

## 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.

INSIDE TRACK  
February 2011

### 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