



Office of Retention Services

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Graduation

**Saturday,
May 15th,
10:00 am
and 2:00
pm.**

INSIDE TRACK

May 2010

CONGRATULATIONS

Your child has made it through their freshmen year of college! Both you and your student should be commended! The freshmen year can be a very difficult one, and the changes that occur from high school to now can be overwhelming. Now, let's get ready for the second year! Your student's sophomore year should be a very exciting and rewarding experience. Be aware that sometimes sophomores feel they are "stuck in the middle" because they have left the "starting gate," but since they are too far away to see the "finish line," they can get very frustrated. Many programs are geared towards that first-year experience and therefore, sophomores feel left out. Sometimes you will hear this called the "Sophomore Slump." It is normal and expected. In the upcoming July parent newsletter, you will find some wonderful tips on how to handle this potential situation.

HOW DID WE DO?

The office of Parent Relations truly hopes that you and your student enjoyed their freshmen year. We have created a survey to find out how we did during the previous year. How was the newsletter? What did you think about the website, as well as other services on campus? Did you attend many Tech activities or any at all? Were you satisfied? These questions, along with a few others, will help our office serve you better. Please take a few minutes to complete the following survey:

<http://questionpro.com/t/ABhz6ZHbQh>

Your time and participation is greatly appreciated!

Keeping your family connected!



TECH FOOTBALL

Arkansas Tech University — Home football games, Fall 2010.

Thursday	September 2nd	Lambuth University		7:00 pm.
Saturday	September 18th	Henderson State	FAMILY DAY	6:00 pm.
Saturday	October 9th	Ouachita Baptist		6:00 pm.
Saturday	October 16th	Southern Arkansas	HOME COMING	6:00 pm.
Saturday	October 30th	Valdosta State		2:00 pm.
Saturday	November 13	Southwest Baptist	SENIOR DAY	2:00 pm.

SUMMER ISSUES

It is a time of mixed emotions when college students return home for the summer. Here are a few things that some families may be experiencing over the next three months:

- Your student discovers changes to his or her room while they were gone.
- Your student wants to invite their roommate and friends for a visit.
- Your student has made big changes to their appearance.
- You and your student need to discuss long-term plans.
- Your student feels split between their family commitments and personal schedule.
- Your student's summer job might not have worked out.

Please have an open discussion with your student about these and other topics; hopefully, it will make your summer one to remember! For some answers to the above situations and other great tips for parents, read "Tips on Surviving Your College Student's Visit" at ...

http://parentingteens.about.com/od/collegeinfo/a/college_student.htm

For the latest news and information about Arkansas Tech University, visit TECH NEWS at
www.arkansastechnews.com.

AGREE TO DISAGREE

You and your student may not always see eye-to-eye on certain things. Politics, diversity, religion...there are any number of hot-button topics that can start a verbal tussle. Yet disagreements can actually be good for your parent/student relationship. The key is agreeing to disagree in a respectful, open-minded manner.

You can do that by:

Not taking differences in opinion personally. If your student takes a different stance than you do, it's not because she hates you or disrespects you.

Sharing your pride. The fact that your student is an independent, critical thinker, no matter his opinion, can be a source of great pride. Don't forget to praise your student for his abilities and his curiosity. Having an intentional discussion about agreeing to disagree is an important step in developing an adult relationship with your student. Let the conversations begin!

Engaging. Let your student know that, just because you have had differences in opinion before, you're still very interested in hearing what she has to say about things. Don't avoid the tough topics. You can both learn a great deal from one another by engaging in meaty conversations.

Listening. Allow your student to say his piece, without interrupting to inject your opinion. Show that you're listening by maintaining eye contact, keeping an open posture, and reflecting back some of the things he is saying. Sometimes just knowing that you're being **listened to** makes all the difference in the world.

Keeping an open mind. We can all change our minds once we hear the facts – or those facts can clarify a pre-existing opinion. Stay open to that possibility as you and your student exchange opinions and perspectives. It's all part of being a growing, engaged human being.

Face-to-face Disagreements

Sometimes the intense conversations happen when you and your student are face to face, especially during the extended summer break. Your initial tendency may be to “keep the peace” during your limited face time with your student. Yet, avoiding topics that could lead to disagreements can cause important things to go unsaid, so encourage your student to express his or her opinions, whether you agree or not. Ask that he listen to yours. That face time may result in your communication pattern opening wider as you and your student learn to talk about the tough stuff, disagreements and all.

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RETURN TO SENDER

If your student lived on campus, they should have already filled out their intent form for their post office box. (Forms and reminders were placed in the post office boxes numerous times)

This lets the post office know if the student will be using the box in the fall and whether or not to forward mail during the summer. If your student hasn't done this, they need to contact the TECH Post office as soon as possible.

INSIDE TRACK
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UPCOMING EVENTS...

<i>May 15th</i>	<i>Graduation</i>
<i>June 7th</i>	<i>First Summer Term Starts</i>
<i>July 12th</i>	<i>Second Summer Term Starts</i>
<i>August 21st</i>	<i>Entering Freshmen Move-in</i>
<i>August 23rd</i>	<i>Returning Students Move-in</i>
<i>August 25th</i>	<i>First Day of Fall Classes</i>
<i>September 18th</i>	<i>2010 Family Day</i>
<i>October 16th</i>	<i>2010 Homecoming</i>

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.

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.

TECH
Parent Association