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Thanksgiving

*There will be NO
classes on the
ATU campus
due to the
Thanksgiving
holidays from
7:00 am,
Nov. 26th –
7:00 am,
Dec. 1st, 2008.*

INSIDE TRACK

November 2008

CONTRACTS FOR THE SPRING

Parents of first-time freshmen should receive a letter from Dr. Jerry Forbes, Dean of Students on or before the Thanksgiving break. This letter includes tips for parents and also information about housing contracts for the spring semester. Students who reside on campus have signed a contract for the entire academic year (Fall 2008-Spring 2009), and the loss of any academic scholarship does not warrant release from this contract for the second semester. Students who lose their scholarship are encouraged to work with the office of Financial Aid to determine if any additional funds are available to assist them in meeting their contractual obligations with the Office of Residential Life.

COMMUNICATION WITH STUDENT

How often do you communicate with your son or daughter at Arkansas Tech University? Once a day? Twice a day? More? Arkansas Tech University's Parent Relations office is conducting a survey to see how often parents and family members communicate with their students. During this day and age, communications between student and parents are happening far more frequently than in days gone by. The once-a-week pay phone call from the lobby has been replaced with cell phones, text messaging, emails, and social site networks.

Please take the following survey; it will take less than one minute of your time. The survey is strictly voluntary and completely anonymous, and you can access the survey at the following link.

<http://www.questionpro.com/akira/TakeSurvey?id=1079706>

Keeping your family connected!



SCHOLARSHIP QUESTIONS

Scholarship questions and nowhere to turn? If you have questions about CURRENT scholarship requirements, they should be directed to Alisa Waniewski in the Tech Admissions Office. She can be reached by phone at 479-968-0343 or via email at awaniewski@atu.edu.

TIME TO PRE-REGISTER FOR SPRING CLASSES

Has your student prepared for spring classes? By November 25th, all freshmen should have met with their advisor, completed a schedule, and enrolled for the upcoming semester. Students can still pre-register after November 25th, but classes fill quickly, so it is in their best interest to pre-register as soon as possible. If your student has any questions, they can visit the Registrar's office in Doc Bryan Building, room 153.

UPCOMING EVENTS...

Women's Basketball:

- | | |
|---|---|
| • TECH vs. <i>Midwestern State</i> | Nov. 15 th , <i>Tucker Coliseum</i> 4pm |
| • TECH vs. <i>Ozark Christian</i> | Nov. 18 th , <i>Tucker Coliseum</i> 5:30pm |
| • TECH vs. <i>St. Gregory's</i> | Nov. 24 th , <i>Tucker Coliseum</i> 7pm |
| • TECH vs. <i>Mid-America Christian</i> | Dec. 4 th , <i>Tucker Coliseum</i> 5:30pm |
| • TECH vs. <i>Southern Nazarene</i> | Dec. 9 th , <i>Tucker Coliseum</i> 7pm |

Men's Basketball:

- | | |
|--|---|
| • TECH vs. <i>Northeastern State</i> | Nov. 15 th , <i>Tucker Coliseum</i> 6pm |
| • TECH vs. <i>Texas College</i> | Nov. 18 th , <i>Tucker Coliseum</i> 7:30pm |
| • TECH vs. <i>Hillsdale Freewill Baptist</i> | Dec. 4 th , <i>Tucker Coliseum</i> 7:30pm |
| • TECH vs. <i>Tabor College</i> | Dec. 4 th , <i>Tucker Coliseum</i> 7pm |

LAST DAY TO DROP WITH A "W":

November 19th

FINAL EXAMINATIONS:

December 10th - 16th

MOVE IN/RETURN DAY:

January 11th, 2009 (Noon)

CLASSES BEGIN:

January 12th, 2009

WHEN YOUR STUDENT IS OVERWHELMED

Many students are guilty of it at one point or another: holding “I had less sleep than you did” or “I’m SO busy!” contests. This tends to be a particular phenomenon among student leaders, who are often some of the busiest students on campus. They swap tales of all-nighters, crammed schedules and three-page To Do lists, almost as a badge of honor, to prove that they are in demand and working hard.

If you suspect that your student is swamped and feeling overwhelmed, there are a few things you can do:

_ Ask them to list out their activities and responsibilities for the semester. What time commitment is required for each per week?

_ Then, ask them about things they **want** to accomplish this semester, whether it’s doing really well in a particular class, taking an extra-curricular class, or spending quality time with new found friends.

_ Looking at their list of commitments, ask them where they are going to fit in their “wants.”

_ Also, remind them of responsibilities that they may not have considered, such as getting their resume up to par for a summer/fall internship, researching grad schools or volunteering at the local social service agency as part of their class work.

_ Once the time commitments seem to be laid out, talk with your student about living with a crammed-full schedule. Is this how they want to operate? What happens if a friend needs them for moral support due to a death in the family? Will they only be able to be half there because their commitments are so rigid? Or what if the opportunity to go away on a retreat presents itself? Will the backlog of things on their “To Do” list prevent them from grabbing the chance? Feel free to use examples from your own life or those you’ve observed to talk about missed opportunities due to too-full schedules.

_ You may also want to talk about how some student leaders feel valued proportional to how busy and needed they are. Does your student identify with his work and accomplishments more than he identifies with just being himself? You may only touch the tip of the iceberg with this topic, as delving into it deeper could benefit from the assistance of a trained counselor.

_ Then, talk about what could be cut from your student’s schedule. Don’t make suggestions; let him do that. What activity is on the list that doesn’t feel totally worthwhile? Could he be a member of an organization instead of an officer? What are some ways to whittle the schedule into something that is manageable while still being satisfying?

These kinds of conversations can help students take their personal health and well-being into consideration a bit more. You can help your student see that you’re not judging her by the quantity of her involvements but by the quality of her commitment. Have some intentional conversations to let her know that it’s NOT a contest to see who can be the busiest and get the least sleep. A balanced life is much more worthwhile.

(Continued on page 4...Student Overwhelmed)

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STUDENT OVERWHELMED

Signs That Your Student May be Overwhelmed

(from page 3)

They are...

- Constantly feeling behind
- Feeling like they're letting people down
- Paralyzed by multi-tasking
- Not as reliable as they used to be
- Burned out
- Tense to the point of anger and other intense emotions (crying, swearing, etc.)
- Worried about how others perceive them
- Not able to get a handle on various commitments
- Consistently disorganized
- Frustrated with themselves
- Scattered and unfocused

If you're concerned that your student isn't handling things well, help them break down the commitments in their life into more manageable chunks. Also, suggest that they talk things out with their residence hall RA, their B2E mentor, or university counselor Ms. Valerie Breashears to help them get back on track. Being overwhelmed can be frightening and frustrating—they need your encouragement and support.

AN OPPORTUNITY TO GIVE

There is a way you can continue to offer educational and growth opportunities, not just for your student, but for all Tech students. This special opportunity, which is yours as a Tech parent, is to provide support for the **TECH LOYALTY FUND**, Tech's annual fund. Unfortunately, tuition and fees do not cover all the costs of a Tech education. Fortunately the **TECH LOYALTY FUND** provides this much-needed support for your student. The **TECH LOYALTY FUND** enhances teaching, learning, and living at Arkansas Tech University in the form of increased student scholarships, improved campus life, updated technology, and strengthened academic and co-curricular programs. Your gifts to the **TECH LOYALTY FUND** provide additional funding for a myriad of programs and services, from library acquisitions, to career development, to athletic programs. These unrestricted gifts to the **TECH LOYALTY FUND** add value to the Tech experience for each student, just as they add value to the Tech degree for each graduate.

You can make an online gift at <http://givetotech.atu.edu/> to the **TECH LOYALTY FUND**, or to any program of your choice.

For Further Information, Call or Write:

Kristin Smith
Director, Tech Loyalty Fund
Development Office
Arkansas Tech University
P.O. Box 8820 Russellville, AR 72801
(479) 968-0405
1 (888) 275-8321 ksmith@atu.edu

UNDECIDED? NO PROBLEM!

Is your student unsure about his/her major and career? Consider suggesting career development. Career Development Specialist Brian Henderson will provide a series of personality assessment tools 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 or email

bhenderson3@atu.edu for more information.

INSIDE TRACK
November 2008

Emergency Text Messaging System

REMINDER: TECH has an early warning system as an additional means of communicating with the campus community during emergency situations. Students and parents who register receive a text message warning in the case of a serious campus emergency. To join the system, text the word **"tech"** to the number **50618**. Leave the subject line blank. After the message is sent, you will receive a confirmation message.

For more parent information, please visit our website at ...

<http://www.atu.edu/parents>

TECH
Parent Association