



Office of Retention Services

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Thanksgiving

There will be no classes from 7:00 am Wednesday, November 25th — 29th. Classes will resume on November 30th.

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SCHOLARSHIP QUESTIONS

Do you have 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. Many parents and students will have a lot of questions in regards to the spring semester, and Alisa can help. She can be reached by phone at 479-968-0343 or via email at

awaniewski@atu.edu.

CONTRACTS FOR THE SPRING

Students who reside on campus signed a contract for the entire academic year (Fall 2009-Spring 2010). Hopefully, no students will lose their scholarships, but if it does happen, please be aware that the loss of any academic scholarship does not warrant release from this contract for the second semester. Students who lose their scholarship should 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.

PRE-REGISTRATION

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, from 8 a.m. to 5 p.m. Monday through Friday (and 8 a.m. to 4 p.m. on Thursdays).

Keeping your family connected!



CONGRATULATIONS WONDERBOYS

The 2009 Football team finished 9-3 with a tough loss at North Alabama in the second round of the NCAA Division II playoffs. The Wonder Boys closed their most successful season since 2004 setting almost every single-season school record for passing, scoring, and total offense, along with setting a new single-season passing yard mark among all Arkansas Football playing schools as Tech passed for 4,635 yards. On the season, Tech set 12 single-season team school records, three single-game school marks, nine single-season individual marks, six single-season individual marks, and one single-season individual GSC mark! Read more about the remarkable season at <http://athletics.atu.edu/fball.htm>

BASKETBALL SEASON IS HERE



Come enjoy an exciting season of TECH basketball with the Wonderboys and Golden Suns! Both teams are currently 3-0! More information including schedules can be found at <http://athletics.atu.edu/>

Members of the 2009-10 Arkansas Tech Men's Basketball team are Front row (sitting from left to right): Chase White of Fort Smith, Ark.; Manager Brennan Gore.; Manager Josh Danner, Manager R.J. Smith and Matt Haney of Dardanelle, Ark. **Second Row (standing from left to right):** Willie Sanders of Jacksonville, Fla.; Renard Alen of New Orleans, La.; Volunteer Assistant Coach Chris Richardson; Graduate Assistant Coach Edmond Eddings; Head Coach Mark Downey; Assistant Coach Doug Karleskint; Volunteer Assistant Coach Todd Johnson; Athletic Trainer Shu Hayashi; Brandon Friedel of Victoria, Texas and Marcus Pillow of Russellville, Ark. **Top Row**

(standing from left to right): Kendall Pinkney of Dardanelle, Ark.; Jimmy Sherwood of Sharon, Mass.; Laithe Massey of Heber Springs, Ark.; Dusan Radivojevic of Belgrade, Serbia; Garrett Glover of Russellville, Ark.; Wagner Bueno of Sao Paulo, Brazil; Ryan Langhi of Nashville, Tenn.; James Giles of Somerset, NJ; Irvin Humphrey of Boutte, La.; Jeremy Dunbar of Niceville, Fla.; James Causey of Tangipahoa, La.; Russell Zachery of Lamar, Ark. and Dexter Hendrix of Benton, Ark.

Members of the Arkansas Tech women's basketball team for 2009-10 are: Sitting (from left to right):

Shaquillah Davis of Colorado Springs, Colo.; Laura Davidson of Greenwood, Ark.; Phagen Altom of Bald Knob, Ark.; Jackie Dennis of Danville, Ark.; Ashley Chisum of Bryant, Ark.; Jenny Vining of Marshall, Ark.; Jalessa Jetton of Nashville, Ark.; Amanda Curtis of Vilonia, Ark. and Sarah Martin of Muldrow, Okla. **Standing (from left to right):** Assistant Coach Julio Pacheco; Graduate Assistant Coach Amanda Grappe; Johnna tenBerge of Huntsville, Ark.; Samanta Ludwig of Toledo, Brazil; Natalia Santos of Sao Paulo, Brazil; Taise da Silva of Americana, Brazil; Anna Baran of Rzeszow, Poland; Katie Horsman of Fairfield Bay, Ark.; Jessica Weatherford of Bonnerdale, Ark.; Laura Beth Anderson of Springdale, Ark.; Manager Kayla Eveld and Head Coach Dave Wilbers.



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?

(Continued on next page...Student Overwhelmed)

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STUDENT OVERWHELMED

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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.

Signs That Your Student May be Overwhelmed

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 (they can call 479-968-0334 if they're not sure who their mentor is), or university counselor Ms. Valerie Breashears (located in Student Services on the 2nd floor of Doc Bryan) to help them get back on track. Being overwhelmed can be frightening and frustrating — your student needs your encouragement and support.

IMPORTANT DATES

THANKSGIVING HOLIDAYS

November 25th-29th

FINAL EXAMINATIONS:

December 9th - 15th

MOVE IN/RETURN DAY:

January 10th, 2010 (Noon)

CLASSES BEGIN:

January 11th, 2010

MARTIN LUTHER KING, JR. DAY:

January 18th, 2010

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