



Office of Retention Services

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Thanksgiving

There will be no
classes from 7:00
am Wednesday,
November
24th – 28th.
Classes will re-
sume on No-
vember 29th.

INSIDE TRACK

November 2010

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 parent 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 2010-Spring 2011). 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 23rd**, all freshmen should have met with their advisor, completed a schedule, and enrolled for the upcoming semester. Students can still pre-register after November 23rd 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 the 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!



THE RHYTHM OF COLLEGE LIFE

Certain times in the academic year tend to be universally challenging to student. Parents who understand the ups and downs of the first college year are better able to help their student negotiate the challenges of transition to college. Below are listed some typical adjustment issues faced throughout the first year.*

November

- *Midterm grades returned*
- *Roommate challenges become clearer*
- *Many exams/papers due before Thanksgiving*
- *Excitement and/or anxiety regarding going home for Thanksgiving*
- *Catching cold or flu and being away from home*

* From *Helping Your First Year College Student: A Guide for Parents*, Richard H. Mullendore and Cathie Hatch.

NEW SERVICE ON CAMPUS

Arkansas Tech University recently received a Federal grant from the National TRiO Program to establish a Student Support Services program, which is now fully staffed and is currently accepting applications for student participants.

Student Support Services' goal is to reach first generation college students, students with limited income, or students with disabilities to facilitate their successful completion of college as well as assist them in transition to Graduate School.

This program will not be a replacement to the services Arkansas Tech University already offers, but it will be an additional enhancement for the 140 students who participate in the program. Student Support Services will accomplish this by giving the students accepted into the program an individualized support system and achievement plan designed just for them.

The student participants will also be able to take part in workshops, cultural enrichment activities, and tutoring services all specialized to enhance their collegiate life as well as further their academic success.

If you have any questions or know of an eligible participant, please contact Jaime Martin, Director of Student Support Services, at jmartin@atu.edu or by phone at 479-880-4121.

BASKETBALL SEASON IS HERE

Arkansas Tech Women's Basketball has been tabbed as the **No. 1 team** in the Preseason *USA Today*/ESPN WBCA Division II Coaches' Poll. With its **No. 1** preseason ranking, Tech becomes the first Gulf South Conference school to sit atop the *USA Today*/ESPN WBCA Preseason D-II Coaches' Poll since the organization began the preseason rankings for Division II prior to the 1996-97 season. In addition, it is also the first time Tech has ever been **ranked No. 1** in the WBCA Poll.

Arkansas Tech Men's Basketball is **ranked 13th** in the Preseason NABC/Division II Coaches' Top 25 Poll. Tech ended last season ranked No. 1 in the final NABC/Division II Coaches' Poll after winning a school **record 30 games** and earning its second consecutive Gulf South Conference Championship. The men advanced to the second round of the NCAA D-II South Regional for the second straight year.

2010-11 WONDER BOYS & GOLDEN SUNS



Members of the 2010-11 Arkansas Tech Men's Basketball team are Front row (sitting from left to right): Volunteer Assistant Coach Ben Stiles; Assistant Coach Doug Nichols; Head Coach Doug Karleskint; James Causey of Tangipahoa, La.; Laithe Massey of Heber Springs, Ark.; Jared Williamson of Russellville, Ark.; Daimion Garrett of Evansville, Ind.; Graduate Assistant Coach Aaron Johnson; Graduate Assistant Coach Brandon Friedel and Manager Brennan Gore. Back Row (standing from left to right): Athletic Trainer Chang Choi; Chase White of Fort Smith, Ark.; Willie Sanders of Jacksonville, Fla.; Johnie Davis of Canton, Ohio; Jeremy Dunbar of Niceville, Fla.; Blake Mitchem of Fort Smith, Ark.; James Giles of New Brunswick, N.J.; Ridas Pulkauninkas of Ukmerge, Lithuania; Jacob Pio of Romance, Ark.; Matt Haney of Dardanelle, Ark.; Kendell Pinkney of Dardanelle, Ark.; Ricky Allen of Little Rock, Ark. and Student Assistant Coach Josh Danner.

Members of the Arkansas Tech women's basketball team for 2010-11 are: Sitting (from left to right): Shanae Govan of Crossett, Ark.; Jackie Dennis of Danville, Ark.; Sarah Martin of Muldrow, Okla.; Laura Beth Anderson of Springdale, Ark.; Shaquilah Davis of Colorado Springs, Colo.; Jenny Vining of Marshall, Ark.; Samanta Ludwig of Toledo, Brazil and Lindsey Root of Marion, Ark. Standing (from left to right): Assistant Coach Julio Pacheco; Graduate Assistant Coach Amanda Miller; Laura Davidson of Greenwood, Ark.; Casse Vaughn of Little Rock, Ark.; Katie Horsman of Fairfield Bay, Ark.; Jessica Weatherford of Bonnerdale, Ark.; Taise da Silva of Americana, Brazil; Natalia Santos of Sao Paulo, Brazil; Jae Tucker of Little Rock, Ark.; Whitney Donahue of Clinton, Ark.; Lindsey Burgener of Hattiesville, Ark. and Head Coach Dave Wilbers. For more information and schedules, go to www.athletics.atu.edu/



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

(continued from previous page)

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

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.

DATES TO REMEMBER

THANKSGIVING HOLIDAYS

November 24th-28^h

FINAL EXAMINATIONS:

December 8th - 14^h

MOVE IN/RETURN DAY:

January 11th, 2011 (Noon)

CLASSES BEGIN:

January 13th, 2011

MARTIN LUTHER KING, JR. DAY:

January 17th, 2011

UNDECIDED? NO PROBLEM!

Is your student unsure about his/her major and career? Consider suggesting career development. Career Development Specialist, Jeff Hudnall 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 or email

jhudnall@atu.edu for more information.

INSIDE TRACK
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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

CONTACT INFO CHANGED?

Has your contact information changed since you joined the TECH Parents Association? To make sure you are receiving all the valuable information from the Office of Parent Relations, please update your contact information as soon as possible. You can do this in a number of ways. Feel free to email Luke Heffley (lheffley@atu.edu) or call 479-964-3281. You can also update your information online at <http://questionpro.com/t/ABhz6ZHmfz>

Email addresses often change or sometimes entered incorrectly into our database, so if you are a member of the Association but haven't received any emails from the Parent Relations Office, please update your email address ASAP.

First time joining the Association? By joining the TECH Parent Association, you will receive regular communication from this office regarding everything from updates to campus events to late-breaking situations as soon as possible. To join for the first time, click <http://questionpro.com/t/ABhz6ZHbQd>

You can also complete the document below and send it to:
Luke Heffley, Parent Relations Coordinator, Arkansas Tech University, 1605 Coliseum Drive,
Doc Bryan Building, Room 233, Russellville, AR 72801

(PLEASE PRINT)

NAME(S) _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____

HOME PHONE NUMBER _____

CELL PHONE NUMBER #1 _____

CELL PHONE NUMBER #2 _____

EMAIL ADDRESS _____

SECOND EMAIL ADDRESS _____

STUDENT NAME(S) _____

RELATIONSHIP TO STUDENT _____