



ARKANSAS  
TECH  
UNIVERSITY

Parent Relations

Luke Heffley,  
Parent Relations Coordinator  
Doc Bryan Student Services  
Center, Room 222  
1605 Coliseum Dr.  
Russellville, AR 72801

[lheffley@atu.edu](mailto:lheffley@atu.edu)

Phone: (479) 964-3281

Fax: (479) 968-0208

[www.atu.edu/parents](http://www.atu.edu/parents)

## FINALS

Finals will be  
from  
Wednesday,  
December 7th  
– Tuesday,  
December  
13th.

# INSIDE TRACK

## November 2011

## PRE-REGISTRATION

Has your student prepared for spring classes? By now, all freshmen should have met with their advisor, completed a schedule, and enrolled for the upcoming semester. Students can still pre-register 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) or call 479-968-0272.

## CONTRACTS FOR THE SPRING

Students who reside on campus signed a contract for the entire academic year (Fall 2011-Spring 2012). 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 (479-968-0271) to determine if any additional funds are available to assist them in meeting their contractual obligations with the Office of Residential Life.

**Keeping your family connected!**

# 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

*(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
- 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 **Mrs. Lori LeBahn** (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.

## THE RHYTHM OF COLLEGE LIFE

Certain times in the academic year tend to be universally challenging to students. 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.\*

- *Much panic, fear, and cramming as finals and paper deadlines are approaching.*
- *High temper as stress mounts.*
- *The realization that some friends may not be returning next semester.*
- *Financial strain due to holiday gifts and travel costs.*
- *Excitement/anxiety about returning home for the holidays.*

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



# SCHOLARSHIP QUESTIONS?

*Do you have scholarship questions and nowhere to turn? If you have questions about academic 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 email at [awaniewski@atu.edu](mailto:awaniewski@atu.edu). Questions about ATU Foundation Scholarships should be directed to Christi Brown in the Tech Development Office. She can be reached by phone at 479-968-0400 or email at [cbrown54@atu.edu](mailto:cbrown54@atu.edu). Questions about the Arkansas Academic Challenge Scholarship (or Lottery Scholarship) should be directed to Charity Smith in the Tech Financial Aid Office. She can be reached by phone at 479-968-0399 or email at [cstuart@atu.edu](mailto:cstuart@atu.edu). Many parents and students will have a lot of questions in regards to the spring semester and these ladies can help.*

**INSIDE TRACK**  
November 2011

## DATES TO REMEMBER

### FINAL EXAMINATIONS:

December 7<sup>th</sup> — 13<sup>th</sup>

### MOVE IN/RETURN DAY:

January 10<sup>th</sup>, 2012 (Noon)

### CLASSES BEGIN:

January 12<sup>th</sup>, 2012

### MARTIN LUTHER KING, JR. DAY:

January 16<sup>th</sup>, 2012

### 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 Dr. Lori LeBahn would be glad to speak to your student about academic situations, behaviors, relationships, and feelings that students might be having. Office hours are Monday—Thursday, 8:00 am until 4:00 pm.*

479-968-0276.



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## UNDECIDED? NO PROBLEM!

Is your student unsure about his/her major and career? Consider suggesting career development. Career Services Coordinator, 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](mailto:jhudnall@atu.edu) for more information.