

## Dates to Remember

- Last day to withdraw from a class with a "W" is **November 19th.**
- **Thanksgiving Holidays** start at 7:00 am on **November 26th.** **Classes resume** at 7:00 am on **December 1st.**

# INSIDE TRACK

## October 2008

## MID TERMS. WHAT IS THAT?

Within the next few days, your freshman student will receive their mid-term grades. What are mid-term grades? These are grades that only **freshmen** receive and they are only a measure of where the student is halfway through the semester.

If the grades are not satisfactory, remind your student that there are tutoring and help labs for them. For example the Doc Bryan Tutoring Center is open from 6-9 pm Monday thru Thursday. For more information about the center, feel free to contact Mike Bogue at 479-968-0334 or email [jbogue@atu.edu](mailto:jbogue@atu.edu).

Page four of this newsletter shows how to calculate your student's grade point average (GPA). Your student can also check their grades online.

## A VERY "SPECIAL" TIME

October 4th was truly special! Over two thousand friends and family members came out on a cool Saturday to get some food, cotton candy, sno-cones, and hear the classic sounds of the Southern rock group 38 Special! From beginning to end, Donnie Van Zant and the band had the crowd enjoying every minute. Whether it was "Hold on Loosely" or the smell of fresh cotton candy, something had everyone in a good mood. The entire day was a great experience and from the comments that parents have sent in, it seems that the day was a huge success. Make plans now to attend the 2009 Arkansas Tech University Family Day!



### COMMENTS ABOUT FAMILY DAY...

**Just a small example of the comments about Family Day...**

"I truly can't imagine anything the university could have done to make the day any more enjoyable."

"We had an awesome time."

"You guys did a great job. The concert (two thumbs up). Our grand daughter enjoyed the "rides." I love the Tech game day atmosphere."

"I thought Family Day was great!"

"I just wanted to let you know that we thoroughly enjoyed family day. The concert was great."

### 2008 ATU FAMILY DAY





# AND THEN THERE WERE THREE:

## Helping Siblings through the College Transition

You never thought the day would come that your children who argued over clothes, divided their shared room down the middle with masking tape, and avoided each other at school would actually be sad to say good-bye.

Sibling relationships can be enduring, and a sense of loss can be felt when an older sibling heads off to college.

### Staying Connected

Whether a sibling is feeling lonely or confused about their new perceived role in the family, there are a variety of ways that parents can help those children at home stay connected with an older sibling at college.

#### Plan family gatherings

**Plan** a dinner out for just family when the college student comes home to visit.

**Explore** a new city by meeting halfway between home and college for a day.

**Have** the younger sibling(s) and college sibling(s) collaboratively plan a family weekend getaway.

#### Virtual connection

**Plan** weekly phone calls for younger siblings to talk with their older sibling.

**Provide** access to email for siblings back home.

**Help** a sibling prepare a college care package.

**Snail** mail is always fun to get, so encourage siblings to write each other regularly.

Plan a campus visit: **Sibling Weekend, Homecoming, Athletic Events**

### Opportunities to Reconnect with Siblings Still at Home

Multiple changes are happening for the college sibling, and similarly the siblings left behind are experiencing change in a newly constructed family unit. Consider how you can:

#### Anticipate the new “family order”

The middle child or younger child will now take on the role of the oldest in the family.

Resources such as transportation, bedroom space, computer, etc. may need to be reallocated appropriately amongst those siblings still at home.

This is the time to give special attention and support to the siblings still at home.

#### Be careful not to send a “guilt trip”

**It is easy to try** to “make” an older sibling spend time with a younger sibling, but allowing the reconnection to happen naturally will lead to a long-term renewed relationship.

**Be careful** not to make a returning student feel guilty for wanting to spend time with friends, bringing new college friends home, or needing alone time, rather than spending time with family.

#### Family Reconfiguration When College Student Arrives Home

A homecoming will require adjustments.

Younger siblings experience mixed emotions and may need support from parents if they feel that a returning college student is monopolizing family time and resources.

Younger siblings may be confused by perceived and real changes in their college sibling. Once able to talk about everything and anything, siblings have led different lives over the past few months and may need to become re-acquainted.

The middle or youngest sibling has become comfortable with his role as the “oldest” the past few months, and will need to adjust to the adapted family hierarchy once again.

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# FREE FLU SHOTS

With flu season right around the corner, Arkansas Tech University is currently administering free flu shots to all current students.

Students must have an appointment. The location of the Health and Wellness Center is Dean Hall, room 126. The student needs to call 479-968-0329 to set up an appointment.

INSIDE TRACK  
October 2008

## HOW IS GRADE POINT AVERAGE CALCULATED?

### How is Grade Point Average (GPA) calculated?

Arkansas Tech University has provided a website that will automatically calculate the GPA. It is [http://www.atu.edu/acad/advisingcenter/GPA\\_Calculator.htm](http://www.atu.edu/acad/advisingcenter/GPA_Calculator.htm)

Each letter grade is worth grade points: A = 4, B = 3, C = 2, D = 1, F = 0. For each course your student has taken, multiply the number of units (credits) for each course by the number of points for the grade you received. For example:

CLASS	COURSE #	# OF HRS.	GRADE	TOTAL
ENGL	1013	3	C (2)	6
BIOL	1014	4	C (2)	8
HIST	1503	3	B (3)	9
MATH	1113	3	D (1)	3
		13 Units		26 Grade Points

Now, divide the number of grade points by the number of units to get your semester GPA. **26 divided by 13 = 2.0 GPA.**

### 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>

## 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](mailto:bhenderson3@atu.edu) for more information.

**TECH**  
Parent Association