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## Dates to Remember

Sept. 23rd  
Last Day to  
withdraw with 80%  
tuition refund

October 19th  
Mid term Grade  
Reports

# INSIDE TRACK

## September 2009

## FAMILY DAY 2009

On September 26th, from 3:00pm to 6:00pm, Arkansas Tech University will once again host "Family Day." Join us at the Plaza (next to the football stadium) and bring your lawn chairs & blankets for a fun afternoon of activities followed by the football game.

### ACTIVITIES INCLUDE:

(PLEASE BRING LAWN CHAIRS AND BLANKETS)

- Family cookout at 3:00pm (Free hotdogs and soft drinks)
- Free Cotton Candy, Sno-cones, and Popcorn
- Face painting for kids of all ages
- 4 large Inflatables
- Visiting with Tech faculty and staff
- 15% off at the Tech Bookstore (Campus hours 1:00pm—5:00pm)
- Concert featuring Beatles tribute band **British Export** beginning at 4:00pm
- A Family Day coupon for half-priced football tickets (\$4.00 general admission, \$2.50 for students, 5 years and younger—free (regular price is \$8.00 and \$5.00))
- Arkansas Tech vs. UAM with kick-off at 6:00 pm at Thone Stadium

*Family Day is sponsored by the Division of Student Services, Tech Foundation & Alumni Association, Student Government Association, Student Activities Board, and the Residence Hall Association.*

## BRITISH EXPORT TO PERFORM

On September 26, at 4:00 pm, Arkansas Tech University will host British Export! This award winning Beatles tribute band is from Chicago, Illinois. Not only have they performed on the same stage as the Beatles at The Cavern Club, Liverpool, Abbey Road Studios, London, Cleveland's Public Hall, and Chicago White Sox park — they are the only Beatles tribute band to win the Beatfest "**Battle of the bands**" three times in two different cities (New York and Chicago) defeating over 100 other bands. British Export will play all your favorite Beatles songs from "Can't buy me love", "I saw her standing there" "Twist and Shout" all the way to "Revolution". So come join the fun and enjoy a great concert that you will never forget!



## Keeping your family connected!

## TUTORING CENTER OPEN FOR FRESHMEN

If your son or daughter is struggling with Algebra, English, Biology, or many other General Education classes, tell them to check out the Doc Bryan Tutoring Center. Located in Doc Bryan 247 (just above Doc's Place), the Tutoring Center is open Monday-Thursday from 6-9 p.m. and offers free tutoring in the following subjects:

- **Beginning, Intermediate, and College Algebra**
- **Foundational Comp, Comp I, and Comp II**
- **Intro to Biology**
- **Principles of Biology**
- **Intro to Physical Sciences**
- **Several other freshman level classes**

Mike Bogue, Coordinator of the Bridge to Excellence (B2E) mentoring program, supervises the center, which is staffed by one Graduate Assistant and six trained student tutors, all of whom sport a GPA of 3.0 or higher.

Given the need for such a center for freshmen, Mr. Bogue hopes students will take advantage. "I think right now we're one of the best kept secrets on campus," Bogue says. "But I hope by the end of this semester, we'll be one of the best known student resources on campus."

For more information, contact Mike Bogue at (479) 968-0334 or email him at [jbogue@atu.edu](mailto:jbogue@atu.edu).

## ARKANSASTECHNEWS.COM

Would you like to know what is going on at Arkansas Tech University? Then there is a website for you. Go to [www.arkansastechnews.com](http://www.arkansastechnews.com) to find out the latest and see what everyone is talking about. There you will find current information, pictures of recent events, and stories from around the campus and River Valley.

## WONDERBOYS FOOTBALL HOME GAMES

- |                  |                       |                      |
|------------------|-----------------------|----------------------|
| • September 26th | TECH vs. UAM          | 6:00 pm (Family Day) |
| • October 10th   | TECH vs. SAU          | 6:00 pm              |
| • October 17th   | TECH vs. West Georgia | 6:00 pm (Homecoming) |
| • October 31st   | TECH vs. Delta State  | 6:00 pm (Senior Day) |

# STAY THE NIGHT

If you are interested in staying in Russellville during Family Weekend, you need to make your reservations as soon as possible. Many hotels provide an Arkansas Tech University discount, just mention "TECH Family Day" or "Arkansas Tech University" to see if a discount is available.

- **American Best Value Inn and Suites**  
(479) 968-5511 | 204 Lake Front Dr Russellville, AR 72802
- **Best Western Inn**  
(479) 967-1000 | Interstate 40 Exit 81 And Hi Russellville, AR 72801
- **Budget Inn**  
(479) 968-4959 | 1206 E Main St Russellville, AR 72801
- **Comfort Inn**  
(479) 968-2424 | 2714 E Parkway Dr Russellville, AR 72802
- **Days Inn**  
(479) 968-1404 | 204 Lake Front Dr Russellville, AR 72802
- **Economy Inn**  
(479) 968-4400 | 2200 N Arkansas Ave Russellville, AR 72802
- **Fairfield Inn by Marriott**  
(479) 967-9030 | 120 E Harrell Dr Russellville, AR 72802
- **Hampton Inn**  
(479) 858-7199 | I 40 Exit 81 Hwy 7 Russellville, AR 72801
- **Holiday Inn**  
(479) 968-4300 | Highway 7 North And Interstate Russellville, AR 72801
- **Holiday Inn**  
(479) 968-1240 | 705 S Elmira Ave Russellville, AR 72802
- **La Quinta Inn & Suites**  
(479) 967-2299 | 111 E. Harrell Dr Russellville, AR 72802
- **Motel 6**  
(479) 968-3666 | 215 W Birch St Russellville, AR 72802
- **Park Motel - Russellville**  
(479) 968-4862 | 2615 W Main St Russellville, AR 72801
- **Relax Inn of Arkansas**  
(479) 968-6332 | Highway 64 E Russellville, AR 72801
- **Super 8 Motel**  
(479) 968-8898 | 2404 N Arkansas Ave Russellville, AR 72802

### THE TRANSITION TO COLLEGE: HELPING YOUR STUDENT ADJUST

Certain times in the school year are universally challenging to college students. Parents who understand and are knowledgeable about the freshman year are better prepared to assist their students. Below are some typical challenges faced by some students during the freshmen year.

#### **September**

- Everything is new and exciting but also a little bit scary.
- Students may be upset by minor things.
- They may demonstrate a lack of interest, concentration, and motivation.
- Their sleeping and eating patterns might change.
- Academic and social problems can become magnified.

#### **October**

- Students begin making the adjustment to college.
- They are experiencing greater comfort, making friends, adapting to the various educational approaches, becoming involved, and establishing routines.
- There are still some challenges such as roommate problems.
- They may be wondering: "Do I fit in here?"
- Their first test grades are returned.
- They have mid-term exams and their grades are posted.
- Experiencing some consequences for decision making.

#### **November**

- Academic pressure due to procrastination, workload, and lack of ability.
- Panic, fear, and cramming as many papers/projects are due before the Thanksgiving holidays.
- Excitement and/or anxiety regarding going home for Thanksgiving.
- First series of campus-wide illness. (cold, flu, strep, etc.)

#### **December**

- Anxiety over preparations for finals.
- Excitement and/or anxiety regarding going home for the holidays.
- Sadness about leaving new friendships and/or love relationships.
- Roommate challenges continue.

#### **What Can Parents Do?**

- Be understanding as your son or daughter adjusts.
- Listen to your son or daughter.
- Stay interested in their lives.
- Express unconditional love and support.
- Let them solve their own problems.
- Remind them of other transitions and successes.
- Encourage them to be involved in the [Bridge to Excellence](#) mentoring program.

# FACEBOOK, MYSPACE, TWITTER, ETC.

## Safety concerns with online social sites

Arkansas Tech University has made student safety a major priority and that extends beyond reminding students to lock their doors and not to walk alone after dark. Another area of concern is **online safety**.

Ask your student about Facebook, MySpace, Twitter, and other social networking websites. Ask if they participate and if so, what sort of information they post.

Arkansas Tech is cautioning students against publishing personal information on these sites. Revealing an address, telephone number, date of birth, or schedule can put an individual's safety and identity at risk.

Other hazards associated with online communities? Prospective employers are now also visiting these public sites, and in some cases, rescinding job offers based on information they discover. As the popularity of online social networking continues to increase, ATU will take measures to remind students to stay safe, and we are asking parents to be partners in this process.



## BRIDGE TO EXCELLENCE

### *Has your student met their Bridge to Excellence Mentor yet?*

Bridge to Excellence (B2E) is a Freshmen mentoring program that has proven results. After six years of collecting data on the program's participants and non-participants, we have found the following:

For every 100 first-semester freshmen, **88** will return for the spring semester if they participated in B2E by meeting at least one time with their mentor. For every 100 freshmen who **did not** participate in Bridge to Excellence, only **72** return for the spring semester

Please encourage your student to meet with their mentor.

If your student can't remember who their mentor is, have them contact Mike Bogue at [jbogue@atu.edu](mailto:jbogue@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 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

[bhenderson3@atu.edu](mailto:bhenderson3@atu.edu) 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