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Dates to Remember

Sept. 29th -
Last Day to
withdraw with
80% tuition re-
fund

October 13th -
Mid term Grade
Reports

INSIDE TRACK

September 2010

FAMILY DAY 2010

On September 18th, Arkansas Tech University held it's annual Family Day. Cody Slaughter and Tony Witt, two award-winning Elvis Tribute Artists performed for the entire TECH family. From beginning to end, they had the crowd going. In



addition; sno-cones, cotton candy, inflatables, face-painting, discounts at the bookstore, and the free food made it a huge success. Although the temperature was a challenge, everyone seems to have had a great time! Make plans now to attend the 2011 Arkansas Tech University Family Day!

WHAT YOU HAD TO SAY...

Just a few of the comments from parents...

- "My family definitely enjoyed the day—thanks to you and your crew for a job well done. With the heat, the sno-cones were my favorite!"
- "I thought it was amazing! Very well organized. Campus organizations were represented and having fun! The Elvis impersonators were amazing! I especially loved the "young Elvis!" He sounded like the real deal! I thought Family Day was huge success."
- "I really enjoyed the day... The discount tickets and free food were very much appreciated. The Elvis's (sic) did great too—my mother loved them. Thank you for supporting the families and students."
- "I am impressed with Arkansas Tech and everything about it. My son is a freshman there in the band. I can't say enough good about your college. I have three kids in all different colleges and Tech is off the chart! Thank you for all you do!!"



Keeping your family connected!



TUTORING CENTER OPEN FOR FRESHMEN

If your son or daughter is struggling with Algebra, English, Biology, or 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.

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 jboque@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 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

- | | | |
|-----------------|-------------------------|----------------------|
| • October 9th | TECH vs. OBU | 6:00 pm |
| • October 16th | TECH vs. SAU | 6:00 pm (Homecoming) |
| • October 30th | TECH vs. Valdosta State | 2:00 pm |
| • November 13th | TECH vs. Southwest Bap. | 2:00 pm (Senior Day) |

2010 ATU FAMILY DAY



2010 ATU FAMILY DAY



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 freshman 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 may still be 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 holiday.
- 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 seven 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 **74** 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.

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
September 2010

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