



ARKANSAS
TECH
UNIVERSITY

Parent Relations

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Dates to Remember

Mid-terms will be
posted around
October 12th
Early Registration
for classes :

November 7th—
22nd

Thanksgiving
Holidays:

November 23rd—
27th.

End of Course
Exams:

December 7th—
13th.

INSIDE TRACK

September 2011

FAMILY DAY 2011

On September 24th, Arkansas Tech University held it's annual Family Day. The award-winning Rolling Stones Tribute band—SATISFACTION had the crowd satisfied! In addition to the band; sno-cones, cotton candy, inflatables, face-painting, discounts at the bookstore, and the free food made it a huge success. Everyone had a great time. It will be one family day that no

one will soon forget! Make plans now to attend the 2012 Arkansas Tech University Family Day! More pictures can be found [HERE](#).



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 the Doc Bryan Convenience Store), 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 and Comp I**
- **Intro to Biology**
- **Principles of Biology**
- **Intro to Physical Sciences**
- **Several other freshman level classes**

For more information, contact Luke Heffley at (479) 964-3281 or email lheffley@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 8th | TECH vs. North Alabama | 6:00 pm |
| • October 22nd | TECH vs. SE Oklahoma (Homecoming) | 6:00 pm |
| • October 29th | TECH vs. East Central OK (Senior Day) | 2:00 pm |



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 years of 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 Jeff Hudnall at jhudnall@atu.edu.

UNDECIDED? NO PROBLEM!

Is your student unsure about his/her major and career? Consider suggesting career development. Interim Director of Career Services, 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.

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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 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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