

UGA Parents and Families

The Newsletter of the
UGA Parents & Families Association
Summer 2006



A Letter from Rodney Bennett

Dear Parents:

Welcome to the University of Georgia! This marks the beginning of a life-changing experience for your family. We are aware of the many accomplishments that your student has already earned and we are confident that your son or daughter will continue to thrive in this rich environment.



The University of Georgia community is a place where students are offered a multitude of opportunities to find their niche. They will be able to grow both personally and professionally throughout their tenure here. Our distinguished academic environment as well as our warm social climate blends perfectly to form

a unique experience unparalleled by any other institution in the country.

Here at UGA, your student can grow and be successful both inside and outside of the classroom while experiencing all that Athens and the University have to offer. The combination of dedicated faculty members, exceptional administrators, a spirited and enthusiastic student body, and a loyal and active alumni association will provide your student the skills needed to compete and be successful in the global economy as a UGA graduate.

We hope that you will find everything you and your family need for a seamless transition into college through resources provided to you during orientation, in publications like this newsletter and on various University Web sites year round. We also hope that your student will take advantage of the leadership and social opportunities provided through our 500 plus student clubs and organizations.

We will be happy to answer any additional questions or concerns that you may have about our services and programs or any other questions about the University of Georgia.

Again, I welcome you to the UGA family.

Sincerely,
Rodney D. Bennett, Ed. D.
Vice President and Associate Provost for Student Affairs
and Dean of Students

Academic Calendar 2006-2007

Fall Semester 2006

Advisement	Aug. 14
Late Registration	Aug. 15
Classes Begin	Aug. 16
Drop/Add for undergraduate courses	Aug. 16-21
Holiday (Labor Day)	Sept. 4
Midterm	Oct. 4
Midpoint Withdrawal Deadline	Oct. 9
Fall Break	Oct. 26-27
Holiday (Thanksgiving)	Nov. 22-24
Classes Resume	Nov. 27
Classes End	Dec. 6
Reading Day	Dec. 7
Final Exams	Dec. 8, 11-14
Commencement	Dec. 15

Spring Semester 2007

Advisement	Jan. 4
Late Registration	Jan. 5
Classes Begin	Jan. 8
Drop/Add for undergraduate courses	Jan. 8-11
Holiday (MLK Jr. Day)	Jan. 15
Midterm	Feb. 26
Midpoint Withdrawal Deadline	March 1
Last Day of Classes (prior to spring break)	March 9
Spring Break	March 12-16
Classes Resume	March 19
Classes End	April 30
Reading Day	May 1
Final Exams	May 2,3,4,7,8
Commencement	May 12

Summer Semester 2007

May Session	
Late Registration	May 14
Classes Begin	May 15
Drop/Add	May 15-17
Midterm	May 24
Midpoint Withdrawal Deadline	May 24
Memorial Day: Classes will meet*	May 28
Classes End	June 4
Final Exams	June 5
Commencement	Aug. 4

*The University will not observe Memorial Day as a holiday this year in order to observe Christmas Eve, December 24.

Counseling & Psychiatric Resources in Student Affairs

Counseling and Psychiatric Services (CAPS) is a unit of the University Health Center committed to providing a wide range of services designed to promote the academic, personal, social and psychological growth of students at the University of Georgia. We offer short-term individual, couples, and group counseling for students experiencing a range of psychological difficulties. Limited psychiatric services are also available to UGA students.

Additional Counseling & Psychological Resources at UGA

Center for Counseling and Personal Evaluation (CCPE) provides professional services for a wide range of emotional, interpersonal, and educational concerns.

The Center welcomes university students, faculty, and staff as well as community residents living in Athens and all the surrounding counties.

The McPhaul Family Therapy Clinic is a training and research center administered through the Department of Child and Family Development. We provide services to individuals, couples, families and groups.

The Psychology Clinic is an independent community mental health facility operated by the Clinical Training Program of the Department of Psychology at the University of Georgia serving Northeast Georgia and the UGA communities.

The School Psychology Clinic offers comprehensive psychological assessment services to children between the ages of 2 – 18 years. The School Psychology Clinic does not offer psychotherapy services.

UGA Parents and Families

THE NEWSLETTER OF



The University of Georgia

THE
UGA PARENTS & FAMILIES
ASSOCIATION

PUBLISHER
THE
UNIVERSITY OF GEORGIA

EDITOR
ANDREA JOHNSON SWILLEY

201 Holmes/Hunter
Academic Building
Athens, GA 30602-5582
(706) 542-3564

FAX (706) 542-8225

aswilley@uga.edu

DESIGN
UGA
Public Affairs/Publications

COPYRIGHT © UGA 2006

What are they SAYING?!

A College Parent's Guide to text messaging, email and things SMS...

Emoticons

The word "emoticon" is a combination of "emotion" and "icon." They are visual shortcuts that add zest to the often flat text of chat or instant messaging. Here are some of the more common emoticons:

:~)	smile
:~))	big smile (double chin)
::-D	laughing
;-)	wink
:-(frown
:-/	smirk
::-P	sticking tongue out
::-O	surprise
8-	confused/concerned
!-(black eye
!-)	proud of black eye
#:~0	shocked
>>:-<<	furious
>:-(<	annoyed
};-)	devilish

Acronyms

Acronyms abound in chat. Since chatting is inherently text intensive, it's understandable that chatters use shortcuts for common phrases. Here's a list of common chat acronyms — it's the G-Rated version.

LOL	Laughing Out Loud
ROFLOL	Rolling On Floor Laughing Out Loud
TTYL	Talk To You Later
TTFN	Ta Ta For Now
BRB	Be Right Back
AFK	Away From Keyboard
TY	Thank You
TYVM	Thank You Very Much
YW	You're Welcome
HB	Hurry Back
WB	Welcome Back
NVM	Never Mind
GMTA	Great Minds Think Alike
NP	No Problem
IMO	In My Opinion
IMHO	In My Humble Opinion
IMNSHO	In My Not So Humble Opinion

From *The College Parent Advisor* / published by the College Parents of America

Eight points for parents Speaking with students about alcohol

Any parent who reads the newspaper or watches news on television has seen and heard tragic stories about the outcome of excessive drinking on campus. Parents are frightened by these stories and have every right to be.

As a resource, advisor and advocate for the more than 32 million households with parents of current and future college students throughout the United States, College Parents of America (CPA) shares this concern.

CPA is advising parents to talk with their children about the impact of high-risk drinking on their lives and their responsibilities to themselves and as peers. CPA also is negotiating for possible insurance incentives for students signing pledges against high-risk drinking and drinking and driving. In addition, CPA and the U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Prevention are working together to further involve parents and other parties in individual campus and other local efforts.

In cooperation with William DeJong, Director of the Higher Education Center, and Linda Devine, Assistant Dean of Student Life at the University of Oregon, College Parents of America has developed the following eight talking points to assist parents in talking with their students about alcohol.

1. Set clear and realistic expectations regarding academic performance. Studies conducted nationally have demonstrated that partying may contribute as much to a student's decline in grades as the difficulty of his or her academic work. If students know their parents expect sound academic work, they are likely to be more devoted to their studies and have less time to get in trouble with alcohol.

2. Stress to students that alcohol is toxic and excessive consumption can fatally poison. This

is not a scare tactic. The fact is students die every year from alcohol poisoning. Discourage dangerous drinking through participation in drinking games, fraternity hazing, or in any other way. Parents should ask their students to also have the courage to intervene when they see someone putting their life at risk through participation in dangerous drinking.

3. Tell students to intervene when classmates are in trouble with alcohol. Nothing is more tragic than an unconscious student being left to die while others either fail to recognize that the student is in jeopardy or fail to call for help due to fear of getting the student in trouble.

4. Tell students to stand up for their right to a safe academic environment. Students who do not drink can be affected by the behavior of those who do, ranging from interrupted study time to assault or unwanted sexual advances. Students can confront these problems directly by discussing them with the offender. If that fails, they should notify the housing director or other residence hall staff.

5. Know the alcohol scene on campus and talk to students about it. Students grossly exaggerate the use of alcohol and other drugs by their peers. A recent survey found that University of Oregon students believed 96 percent of their peers drink alcohol at least once a week, when the actual rate was 52 percent. Students are highly influenced by peers and tend to drink up to what they perceive to be the norm. Confronting misperceptions about alcohol use is vital.

6. Avoid tales of drinking exploits from your own college years. Entertaining students with stories of drinking back in "the good old days" normalizes what, even then, was abnormal behavior. It also appears to give parental approval to dangerous alcohol consumption.

CONTINUED ON NEXT PAGE

Alcohol CONTINUED FROM PAGE 3

7. **Encourage your student to volunteer in community work.** In addition to structuring free time, volunteerism provides students with opportunities to develop job-related skills and to gain valuable experience. Helping others also gives students a broader outlook and a healthier perspective on the opportunities they enjoy. Volunteer work on campus helps students further connect with their school, increasing the likelihood of staying in college.

8. **Make it clear – Underage alcohol consumption and alcohol-impaired driving are against the law.** Parents should make it clear that they do not condone breaking the law. Parents of college students should

openly and clearly express disapproval of underage drinking and dangerous alcohol consumption. And, if parents themselves drink, they should present a positive role model in the responsible use of alcohol.

Talk with your student about alcohol. While parents may not be able to actively monitor students away from home, they can be available to talk and listen, and that is just as important. It can do more than help shape lives, it can save lives.

Reprinted with the permission of College Parents of America, 2000 N.14th Street, Suite 800, Arlington, VA 22201-2540. Call toll-free 1-888-761-6702 for additional information.



**THE PARENTS & FAMILIES ASSOCIATION OF
THE UNIVERSITY OF GEORGIA
WILL HOST THE FIRST-YEAR
PARENTS AND FAMILIES WEEKEND**

September 29, 2006 - October 1, 2006

Web Resources for Parents

Dr. Mom's Guide To College

www.lions.odu.edu/~kkilburn/dr_mom_home.htm

Student Affairs

www.uga.edu/studentaffairs/

Parents and Families

www.uga.edu/studentaffairs/pfassociation/index.shtml

Student Financial Aid

www.uga.edu/~osfa/

University Housing

<http://www.uga.edu/housing>

Disability Resource Center

www.drc.uga.edu/

Parking Services

www.parking.uga.edu/

Community Campus Coalition

www.uga.edu/coalition/

Parent's Guide to College Life

The following excerpts are from the book *Parent's Guide to College Life* by R. Raskin. They offer parents a useful guide to the sometimes surprising and confusing situations that arise when young people go off to college.

"The administration is not the enemy. Most administrators are in the business because they care about the students. Most are willing to help whenever possible. But, by the same token, just because you don't get your own way does not mean the administrator didn't listen, didn't care, or didn't try to help."

"Freshman Move-In-Day Tip: If you bring a small tool-kit you'll gain instant brownie points from other kids and their parents."

"Dorm-Room Toolbox Tip: If you want your child to be instantly valued in the dorm hierarchy, send her to school with a toolbox. Include a hammer and nails, a tape measure, screwdriver, gaffer tape, sticky tack (for hanging things up on walls that won't allow nails), an extension cord, and pliers. You can even add a small level, a wrench, or a glue gun. It makes a great going away gift for any college-bound student."

"Who Can I Talk To If I Suspect My Child Needs Help?" Campuses have a directory of trained professionals who can help your student. These can include substance abuse prevention educators, health services staff members, counseling staff, and the Dean of Students. Parents are encouraged to give them a call if there's a problem and be persistent in their search for the help they are looking for."

"When It's Time To Be A Party Pooper: 'Sometimes students need a small failure on a paper or project as a 'wake-up' call, so do not be surprised if this happens,' says Patterson and Jackson, both at Elon University. 'If grades slip and you suspect too much partying, you need to sit down and have a sound and rational talk to assess why their academic performance is suffering.'

Cheryl Brown, Director of Admissions at SUNY Binghamton says it's a question of balance. 'Students will party when they go to college. It's a way that many 18-22 year-olds define their social life and college experience. The problem comes when students can't balance their social life against their academic

demands or have difficulty standing up to peer pressure. Students who have had some experience in high school at teen parties and social gatherings may have already outgrown some of the novelty of staying out late and overdoing it. For others, it can be devastating.

Look for the warning signs. If you call and the child seems to be sleeping the day away, take this as a clue. If he pulled an all-nighter finishing a big paper, that's on thing. If, on the other hand, he sounds hungover, make sure it doesn't become business as usual. Ask for a copy of his class schedule and check-in from afar once in a while. E-mail and instant messenger are also good resources. Many times students will leave telltale away messages on the IMs (like 'partying at John's house') and you can see what they have been up to. You might try using Google to type your child's name in, too. If, on the off-chance, she turns up at a Spring Break brawl or topless coed site...well, it's worth knowing."

"Dropping a class may affect financial aid or the student's full-time status. So they should fully understand the school's requirements before doing so."

"Will I Be Able To See My Child's Grades: One of the biggest eye openers about being the parent of a college student is that you're not automatically entitled to see anything having to do with them...not their grades, not their medical records, nothing. When you realize that you're paying for the privilege of seeing nothing, it's even stranger.

You will not be getting their grades in your mail. You have no right to see their grades without their explicit permis-

CONTINUED ON NEXT PAGE

UNIVERSITY OF GEORGIA
FOOD SERVICES



(706)542-1856 x 0

www.uga.edu/foodservice/gift_o_gram.html

Surprise your favorite UGA person with one of our Gift-O-grams offered throughout the year.

Provided by
Campus Catering

Parent's Guide CONTINUED FROM PAGE 5

sion unless you have a signed authorization or proof that they are your financial dependents.

Jim Van Wingerden, Parent Relations Director of Calvin College says that the rules of the game have changed thanks to the interpretation of FERPA (the Family Educational Rights and Privacy Act) enacted in 1974.

FERPA is a federal law that established rules and restrictions as to who does and doesn't have access to grade information of the college student's records. 'In some cases, parents are ensured access to grade information if the college student is claimed as a legal dependant on the parent's income tax statement,' says Wingerden. 'In other cases, a student who is over 18 must sign a waiver that authorizes the college to share grades with the parent. Parent-access-to-grades policies are also nuanced by development theories, which basically take the view that college students will be most successful in the transition towards becoming responsible adults when the college interacts with them (instead of their parents).

In other word, schools may have different interpretations of FERPA, but most colleges would like to see the

student step up as masters of their own grades. All the same, it's a good idea to have your child sign the waiver that allows you to see their grades as a matter pro forma."

"Will Someone Tell Me If My Child Isn't Doing Well Academically?"

No, as crazy as it seems, they won't. Again, federal law requires universities to respect the privacy rights of adults, and students are considered adults the day they turn 18. Student records, including grades and transcripts, are considered confidential by most colleges and universities and are not released – not even when a student is failing."

"What If I Need To Make Emergency Contact?"

If there's an emergency and you aren't able to get in touch with your child, contact the Office of Student Support. They should be able to locate her and have her call home. If it's after regular business hours, you may need to call campus Security instead. Having one of her friend's phone numbers for emergencies doesn't hurt, either."

Raskin, R. (2006). *Parent's guide to college life*. New York: The Princeton Review.

WHO ARE THE MILLENNIALS?

Basic Statistics

- Born in or after 1982
- Presently 80 million (largest generation)
- The oldest entered college Fall of 2000
- Life expectancy of 75 years
- 3 most popular names

<u>Males</u>	<u>Females</u>
Michael	Jennifer
Jason	Jessica
Christopher	Ashley

Defining Characteristics

- | | |
|--------------------------------|---------------------------------|
| • Conventional | • Confident |
| • Special | • Sheltered |
| • Self-Assured | • Stressed |
| • Achieving | • Team-oriented |
| • Racially diverse | • Technology savvy |
| • Extremely close with parents | • Less interested in humanities |

The College Millennial Student

- Exposure/Experimentation with "grown up" activity
- Exposure to vast information but less in depth
- Different patterns of social connection and intimacy
- Increasingly high levels of stress and anxiety
- Technological proficiency
- Part-time employment
- Ambitious but unrealistic expectations
- Well aware of campus and community rules, regulations and political correctness. However, see it as a challenge to find a way around the rule.

(From: *Millennials Rising: The Next Generation*, Neil Howe & William Strauss)