



OFFICE OF THE VICE CHANCELLOR
FOR EDUCATIONAL AND STUDENT SERVICES
& DEAN OF UNIVERSITY COLLEGE

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Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- ▲ Exploration and acknowledgement of personal values
- ▲ Long distance relationship strain
- ▲ Increased feelings of loneliness and homesickness
- ▲ A desire to feel connected to campus
- ▲ Roommate adjustments
- ▲ Experimentation with alcohol and other drugs
- ▲ Getting acclimated to new types of academic expectations
- ▲ Figuring out how to get organized and manage time
- ▲ Searching for a sense of belonging

Time Flies... Out the Window, If You're Not Careful!

Time management strategies for students

As your student gets in the "school groove," learning to work smartly and efficiently is a key to her success. Consider discussing time management strategies with her, such as the following...



Beware That Stuff Steals Time

It's so true. When you have too much stuff in your living space, you spend more time looking for things. By doing a "stuff purge," your student will be better able to get to things quickly while staying more organized.

Decompress Your Mind

A stressed, overactive mind is not as time efficient as a calm, collected one. So, whether your student uses breathing techniques, exercise or other stress management tools, it's important to make them a natural part of her everyday life. Not only will her time usage be more efficient, her body and mind will also be healthier!

Don't Over Schedule

There comes a time in some students' schedules where they just can't fit anything else in. So, learning to say "no" is important. It's much better to be realistic than trying to be all things

to all people. The latter is bound to disappoint someone and to overwhelm your student.

Use the In-between Times

That 45-minute chunk of time between a class and a meeting can be used wisely instead of wasted. That's several pages of reading for a class, studying for a quiz or buying a birthday card at the bookstore, writing it and mailing it out (or finding an e-card that'll serve the same purpose). Those in-between times add up quickly!

Avoid Weekend Reliance

During the busy weekday it's easy to say, "I'll get to that over the weekend." However, weekends often get full, plus it's important for students to give themselves some down time, too. So, encourage your student to not rely on weekends as his time to get most things done. Instead, he can dose it out over the weekdays, for maximum efficiency.

Time Stealers

Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook... all are Time Stealers. Ask your student if this is how he wants to be spending his precious free time.



H1N1 Flu: Reminders & Updates

We're heading into a fall filled with vaccinations for H1N1 flu, as we await

the final vaccine that pharmaceutical companies

have been working on. The H1N1



Warning Signs: Keep Watch

Some of the symptoms associated with the H1N1 flu are similar to seasonal flu: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Others also report diarrhea and vomiting.

Emergency warning signs in adults that require urgent medical attention include:

Difficulty breathing or shortness of breath

Pain or pressure in the chest or abdomen

Sudden dizziness

Confusion

Severe or persistent vomiting

Flu-like symptoms improve but then return with fever and worse cough

Encourage your student to contact the campus health center if he suspects that he is sick. And have him keep a careful eye out for vaccination information as it becomes available.

vaccine is meant to be used with seasonal flu vaccine, not in place of it. And who should receive it first?

When the H1N1 vaccine initially becomes available, the U.S. Centers for Disease Control's Advisory Committee on Immunization Practices recommends that these five groups receive the first doses:

- Pregnant women
- People who live with or care for children younger than 6 months old
- Health care and emergency medical services personnel
- All people from 6 months through 24 years old
- People aged 25-64 years old who are at higher risk for H1N1 because of chronic health disorders or compromised immune systems

You'll notice that traditional-aged college students are included in this batch. The number of people in these five categories totals 159

million in the United States. And, if the vaccine is limited initially, the categories have been narrowed down even further.

What Students Can Do: Reminders

In the meantime, it can't hurt to reiterate to your student what he can do to keep himself and others healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw that tissue in the trash right away
- Wash your hands often with soap and water, especially after coughing or sneezing or use alcohol-based hand cleaners
- Avoid touching your eyes, nose or mouth, since germs spread this way
- Try to avoid close contact with sick people

Here's to everyone's health.

Meryl Streep, The Empty Nester

Actress Meryl Streep, a mother of four, is about to become an empty-nester. Here's what she told Diane Sawyer on "Good Morning America" (August 3, 2009):

"My youngest is going to college in the fall. So much of your life focused on all of these kids. And [my husband] said to me, 'You know, 30 years now, we've had to be, somebody has to be home in September,' you know? And all the time. And we've never made any plans to go anywhere or do anything for 30 years, basically - without considering that. And now we can. It's sort of great."



Staying Fire Safe

Since January 2000, 135 students have died in campus related fires, according to Campus Firewatch. Over 83 percent of these fatalities in the U.S. occurred in off-campus housing. What did many of these fires have in common?

- Smoke alarms were missing or disabled
- Automatic fire sprinklers were lacking

- Smoking materials were disposed of carelessly
- Alcohol consumption impaired people's judgment

So, what can students do to keep themselves fire safe both on and off campus? Here are just a few things...

- Respond to every fire alarm quickly and compliantly—you never know when it's the real thing

September is Campus Fire Safety Month. It's a good time to share precautions with your student and to encourage him to take campus fire programming and warnings seriously.

Preparing for Family/Parent Weekend

It will soon be time to visit campus for this annual ritual. To make it a calm, positive occasion, here are a few questions to consider and act on ahead of time:

- **Where to Sleep?** Book a place to sleep, if you're planning to stay overnight. Hotels, bed and breakfasts, and campgrounds typically book up quickly.
- **What to Do?** Look through the campus listing of all there is to do that weekend. You may need to make reservations for certain things.
- **What Does He/She Want to Do?** Check with your student to see what he'd like to do during your visit. He may have certain things he'd like to show you and people he'd like you to meet.
- **How to Compromise?** Express the types of things you hope to do when on campus, too, so that everyone has some input into how things will go.
- **Who Will Come?** Determine if siblings and other relatives will be joining you.
- **Where and When to Eat?** Make meal reservations in town—it's a busy weekend! See if your student has a favorite joint she'd like to show you or if there's a restaurant that she's been itching to try.
- **What to Bring?** Ask your student if he'd like you to bring anything he needs to school and/or take anything back—that'll help you plan your vehicle space.

We look forward to having you on campus with us!



- Know where the fire exits are—have at least two ways out of each room
- Keep fire doors closed instead of propping them open—these are what keep fire at bay
- Don't tamper with fire alarms, fire extinguishers or sprinkler systems—they serve a vital purpose
- Follow the “no candles in the residence halls” rule—they often cause fires when burning unattended—and be extra careful if you choose to burn candles off campus
- Know how to use a fire extinguisher—use the PASS system: Pull the pin, Aim low at the base of the fire, Squeeze the lever and Sweep side to side slowly
- Keep an eye on your cooking and stay in the kitchen—unattended pans are the #1 reason for cooking fires
- If you're going to smoke, do so outside, never in bed, and consider the risks when you're drowsy or have been drinking—more people die from smoking-related fires than any other type
- Be alert—alcohol impairment greatly increases your chances of dying in a fire

For these and more tips, head to www.campusfiresafety.org/infobulletins.



Healthy U!

Since September is National Skin Care Awareness Month, National Yoga Month, Better Breakfast Month and Fruits & Veggies-More Matters Month, it's the perfect time to focus on healthy living! Here are some ways you can do just that with your student:



- Head to www.fruitsandveggiesmatter.gov to discover how many fruits and veggies you need, as well as what counts as a serving. Then send this info on to your student, as a chart he can post on

his fridge or an online document that he can refer to.

- Send/give your student a favorite skin care item as a surprise.
- Take a yoga class or do some other form of exercise and then talk with your student about how it made you feel.
- Have a Fruit 'n Veggie Taste Test one night with your family, trying different produce like star fruit, pomegranates, butternut squash and more. If your student lives away, take photos (here's Dad with kiwi slices for eyes!) and send them along.

Even if you and your student are separated by distance, it doesn't mean you can't support one another in the quest to live a healthier, happier life. In fact, it's vitally important that you serve as one another's cheerleaders in this pursuit. Here's to a healthier U!

A Healthy Breakfast

According to the Mayo Clinic, here is what forms the core of a healthy breakfast:

Whole Grains. Include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers or melba toast.

Low-fat Protein. Include hard-boiled eggs, peanut butter, lean slices of meat and poultry, or fish, such as water-packed tuna or slices of salmon.

Low-fat Dairy. Include skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses.

Fruits and Vegetables. Include fresh fruits and vegetables or 100 percent juice beverages without added sugar.

Experts at the Mayo Clinic suggest choosing one or two options from each category to round out a healthy breakfast. These options are available in the campus dining halls—students can get creative with what they mix and match to create good, healthy breakfasts.

Source: www.mayoclinic.com/health/food-and-nutrition/NU00197

Hispanic Heritage Month

From September 15-October 15, we celebrate Hispanic Heritage Month. Here are some quick and easy ways that you and your student can, too:

- ▲ Go to a Mexican, Cuban, Spanish or other spicy restaurant when you're visiting during Family/Parent Weekend
- ▲ Share a Spanish word of the day when you're emailing or texting one another
- ▲ Check out the intriguing stories of people in history, such as our new Supreme Court Justice Sonia Sotomayor, at www.biography.com/hispanic-heritage/ and share links with one another
- ▲ Talk about study abroad options and how your student can learn more
- ▲ Encourage your student to try some of the cultural cuisine offered in the dining hall – it's delicious!
- ▲ Send your student a filled piñata that she can use with her friends
- ▲ Or send some different types of coffee from Hispanic/Latino countries, such as Colombian coffee, café mexicano, shade-grown coffee from Central and South America, and more