Welcome Parents, Families and Friends... to Jumpstart! ORIENTATION
Changes Ahead!

Students aren’t the only ones to experience change when they start college!

When a family member begins college, the entire family undergoes significant change.
• Even especially when the student continues to live at home.

The good news is that students, parents, and families can survive and thrive through the college transition!

We’ve got some tips that can make help make this transition smoother for all of you.

Changing Roles

1. Your student is moving toward a new independence.
   • Previous household rules may be challenged to accommodate new freedoms and responsibilities.
   • Former roles and responsibilities may need to be renegotiated so that students are able to balance the new demands on their time.

2. Your role is changing, too.
   • Less caretaker and permission giver, more guide, advisor and sounding board.
   • Your relationship will continue to evolve as your student matures and gains more independence.
Navigating the Transition

College is a time of profound change and active learning.

1. Expect emotional ups and downs—college is stressful and demanding. New opportunities will bring excitement often tempered by anxiety.

2. College students change their career choice, hairstyle, clothes, language, and even habits. They may question religious beliefs in light of exposure to other ideas. While these changes may be distressing to family members, remember that most students eventually come to share their family’s values.

3. Allow your student the opportunity to fully express new viewpoints and opinions.
Navigating the Transition

Because your student is experiencing many new challenges and assimilating much new information, he or she may vacillate on previously firm decisions.

1. Anticipate and tolerate uncertainty and change in their priorities, choices and decisions.
2. The typical college student will change his or her major 3 to 5 times before they earn their degree. Rather than indecision, this behavior reflects an active exploration of career interests and goals.
Navigating the Transition

Your student will remember and value your support, as well as the freedom to direct his or her own college experiences.

1. Keep communication lines open. Conversations about college and the transition should be happening *now*, before the semester starts.

2. Devise a strategy to keep in touch and connected once the semester has started. At the same time, allow your student space to experience their independence.

3. Understand that your college student may choose not to participate in some family traditions, in favor of activities with new friends or new responsibilities.
Navigating the Transition

Your student will occasionally make mistakes, suffer disappointments, or fail at something.

1. Promote independent problem-solving. Your student will benefit greatly by developing resilience and grit through coping with challenges and hardship. Resist the urge to rush in and fix things!

2. Avoid giving unsolicited advice. When your student approaches you with a problem or concern, he or she may just be looking for a listening ear, not a solution.

3. Although your student has many new challenges ahead, remind yourself that they possess the abilities, skills, and talents to manage them.

4. Learn all you can about UVU and the resources available to support your student’s academic success, as well as their physical, mental, and emotional health. Learning about campus resources can help you provide guidance when your student experiences challenges.
First Things First: FERPA

According to the Family Educational Rights and Privacy Act (FERPA), a college cannot provide information about a student’s class attendance, grades, academic progress, or participation to anyone but the student and select college personnel **without the student’s permission**.

- Designed to protect the student’s privacy but may cause tension with family members who have a genuine concern about the student’s academic progress or who are helping to fund his or her college education.

- Your student may choose to grant you access to their personal educational information. Parents, spouses, guardians, etc., must all be granted access by the student.
First Things First: FERPA

• Student completes the Student Release of Information online
• Go to my.uvu.edu, Student Tab, “My Academics” page to find link
• Pick a password that you can remember
• Verification of password will be required for telephone conversations
• Photo proof of identification required for in-person requests for information

“I hereby authorize the following individual(s) access to my Utah Valley University (UVU) academic, financial aid and financial information upon request with proof of photo identification (or verification of password for telephone conversations).”
Campus Safety

College campuses mirror the larger society with respect to crime.

• Your student should keep the same precautions with respect to person and property that he or she would anywhere else.

• Institutions are required by federal law to report the number and type of criminal acts that occur on campus each year. UVU statistics can be found at uvu.edu/police/crime_info/statistics.html
Campus Safety

- UVU has a fully licensed and functioning police department.
- Office located in Gunther Technology (GT) 311
- **801-863-5555** (if an emergency call 9-1-1)
- UVU police are willing to assist with a variety of security concerns:
  - Walk your student to their car
  - Stalking threats
  - Keys locked in vehicles
- Emergency Text Message Service
  - Students must opt-in for this service
Ombuds

*om-buh dz, n.*: a person who investigates and attempts to resolve complaints and problems between students and the university.

- The Ombuds is confidential, multipartial, independent.
- We can help with:
  - Maintaining your student’s rights on campus
  - Mediation of interpersonal conflicts
  - Academic complaints and conflicts
  - Discrimination
  - Grading procedure disputes
  - School policy and procedures
  - Housing Landlord disagreements
  - Other problems or disputes

Info found under “Support Systems” Page 10
GreenBucks

Rather than carrying cash or credit cards, students may deposit money into an account for on-campus purchases only.

1. Helps control discretionary spending.
3. Can be used as a meal plan only (Gold Plan).
4. Visit Campus Connection or uvu.edu/campusconnection/cards/
5. UVU Gift Cards are available, too!
UVU PlusCard

A student ID card and a Visa debit card combined to help your student manage their busy life.
UVU’s Resources for Success

Many students tend to underutilize college support services or wait too long to access them.

1. Emphasize to your student that making good use of campus resources is a sign of strength, not weakness.
2. Familiarize yourself with the support services and resources at UVU so that you can provide guidance when asked.

Keep this guide in a handy location at home so that you can reference it when needed!
Academic Support

Students who breezed through their high school academics may be unprepared for the rigor of college coursework.

1. College study time recommendation: 2 hours study for every 1 hour spent in class.

2. Encourage your student to seek out help at the very first sign of apprehension or difficulty.

3. Is your student math-phobic?
   a. uvu.edu/mathsuccess/
   b. Encourage your student to complete their math requirement within their first four semesters (quantitative literacy).

“Learning Assistance & Tutoring” Pages 4-5
Financial Aid

Students cite financial difficulty as one of the top reasons for leaving college before completion.

1. Discuss paying for college and managing college expenses now. Typical costs include:
   a) Tuition, books, supplies, lab fees & student fees
   b) Transportation to campus and work (bus pass, fuel, vehicle maintenance, etc.)
   c) On-campus parking
   d) Eating meals away from home
   e) Campus events & student activities
   f) Housing & utilities
Financial Aid

Students cite financial difficulty as one of the top reasons for leaving college before completion.

1. UVU offers a comprehensive and varied program of financial assistance.
2. We encourage all students to apply, whether they think they “qualify” or not.
3. They don’t have to accept any aid that they don’t want.
4. FAFSA must be completed even for many UVU-based scholarships (fafsa.gov).
5. Apply early / as soon as possible.
Student Health

UVU promotes & supports wellness for the body, mind & spirit of our students.

1. Student Health Center: [uvu.edu/studenthealth/](http://uvu.edu/studenthealth/)
   a. Low cost services for UVU students with medical and psychiatric care, psychological services, learning disability assessment services, and suicide awareness and prevention.
   b. No insurance accepted.

2. Free & low-cost wellness programs to enhance physical and emotional wellness

3. Membership options in our new Student Life & Wellness Center: [uvu.edu/campusrec/slwc](http://uvu.edu/campusrec/slwc)
UVU promotes and supports a diverse campus environment dedicated to inclusion.

- Women’s Success Center
- Multicultural Center
- Veteran Success Center
- First-Generation Students
- Accessibility Services
- And more!
We’re here for you!
This has been a crash-course in UVU basics. Don’t worry, we don’t expect you to remember it all.

1. Website: uvu.edu/parents
2. Email: parents@uvu.edu