



Salisbury University

Parent News

FALL 2008

Academic Calendar and Important Dates

Fall 2008

- Oct. 17-19 Homecoming
- Oct. 31-Nov. 2 Family Weekend
- Tues., Nov. 25 Residence Halls Close at 5 p.m.
- Nov. 26-28 Thanksgiving Break
- Mon., Dec. 1 Classes Resume
- Fri., Dec. 12 Last Day of Classes
- Sat., Dec. 13 Reading Day
- Dec. 15-19 Final Exams
- Fri., Dec. 19 Residence Halls Close at 5 p.m.
- Sat., Dec. 20 Commencement

Family Weekend 2008 Friday-Sunday, October 31-November 2

Hello Sea Gull families! The fall semester has successfully begun, and we are actively planning for your return to campus for Family Weekend 2008! We have an exciting weekend planned for you including informative interest sessions; opportunities to interact with faculty, staff and administration; spending quality social time with your student; and many entertainment opportunities. Here are some highlights of the weekend:

ACADEMICS

Open Classrooms: Parents are invited to sit in on class of interest to experience what your student is experiencing in the classroom.

Teacher Education and Technology Center (TETC) Tours: Take a tour of our newest building on campus.

ENTERTAINMENT

Family Weekend Fall Festival: For families that will be joining us Friday evening on Halloween, we have a free, fall festival for children including pumpkin decorating, games, candy and more.

Family Weekend Showcase 2008: Come see some of SU's finest as you are entertained by free, select performances of SU's dance and singing student groups.

Illusionist/Mentalist Wayne Hoffman: Prepare for an exciting and mind-boggling (and free) performance Saturday evening! You just won't believe it!

FOOD & FUN

Leadership Brunch: Take advantage of this unique opportunity to have lunch with the SU president, faculty and executive staff. Seats are limited and registration is required. Don't miss out!

Post-Game Social: After the football game, enjoy a free, sweet autumn afternoon treat sponsored by the Parent and Family Association. Free.

Our Town Dinner Theatre and Recipes from Home Dinner: Experience some of your favorite family recipes while enjoying a readers' theatre performance of Thornton Wilder's classic American play.



Jazz Brunch: The musical talent of the band Muskrat Sally entertains while you enjoy a great brunch!

STUDENT SERVICES

"Ask the Experts": Talk with Career Services staff members, upper-level students and employers to gather informative details about planning and developing your student's career!

Financial Aid: Get an overview of financial aid programs and current developments in the world of financial aid.

Study Abroad: The Center for International Education gives you information and resources if your student is thinking about studying abroad.

CHECK IN TABLE

Guerrieri University Center (table outside the Link leading to the Commons), 8:30 a.m.-7 p.m. Friday, 8 a.m.-1 p.m. Saturday. Stop by to get updated information and schedules for the weekend's events and/or pick up your reserved tickets for the Leadership Brunch. Registration materials have been sent to your students' permanent home address. If you have not yet received the mailer, the brochure is also available online to view. Weekend activities are still being planned, so please check the Family Weekend Web site (www.salisbury.edu/parents/familyweekend/index.html) for up-to-date information. We look forward to seeing you soon!

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www.salisbury.edu/parents

Parents as (Life) Coaches

by Jennifer Berkman, Student Health Services, Wellness Program and Outreach Director

As students transition from adolescence to becoming young adults, the journey can be rocky at times. As parents, it is sometimes difficult to know when, how and how much to help our kids through the various situations they will have to learn how to handle. Being physically distant from each other during the college years can make this circumstance even more challenging for parents and their students.

I vaguely remember sitting on the sidelines of my children's games and fighting the urge to run on the field when one of them was injured. My husband quickly reminded me that my son would never speak to me again if I made such a spectacle. My daughter would probably love the attention, but the coaches, referees and other players might not appreciate me holding up the game for so long. So, I sat there, many times with my heart in my throat, willing for my child to move, watching them stumble to the sideline and waiting for the outcome to be communicated to me (which was usually AFTER the game). If they were struggling to play well on a given day I surely wanted to tell the coach to pull them to protect their self-esteem! Little did I know that the coach knew more than I did about helping a child live through and deal with adversity, or just a bad day.

Growing through college and navigating the many life experiences that students will face can be much like this. We often want to jump in, as parents, and rescue our children from any hurt, difficulty or negative experience. Some of our children (secretly or overtly) want that intervention for the attention it brings, some resent it and want us to butt out, and others are just lazy and love that someone else will take care of everything for them, so they pretend or think that they can't.

You know your child. But you may not know exactly how to support them through every situation that they are dealt (or create themselves!). You may fight the urge to jump in or you may jump in anyway and get the scolding. Even if you don't get the scolding, you may not have done your student any favors by resolving the difficulty yourself, rather than coaching/guiding them through the experience. Young adults, who don't have to learn how to handle situations because others do it for them, continue to depend on others to do it for them. Most of us, as parents, want our children to become confident decision makers and problem solvers and, ultimately, to be able to be responsible for and take care of themselves. After all, you can't get on the field and play the game for them, but you can encourage and prompt (always positively and with good sportsmanship!) from the sidelines (or quite a distance away). You can't be on the field after



every injury, but you can encourage them to get up, dust off and get ready for the next play. Parents as life coaches are critical in the healthy development of young adults.

Some suggestions for becoming a life coach for your student include keeping the lines of communication open...! Help your student to understand that one of the most important skills in life is to ask for help when it's needed. Let them know you are there for them no matter how challenging the event may be. Communicating through difficult times is another important life skill. Even if a situation seems difficult to you (they are in trouble or have made a bad choice), take a deep breath and keep talking/listening! Or perhaps they are sick or struggling academically and are having trouble navigating the system. Students often don't know where to start or what resources are available to them. Sometimes they minimize the situation or ignore it because they just want it to go away on its own. That's why two-way communication is so important. Reinforce with them that they are not at Salisbury by mistake ... they got accepted on their own merit. Remind your student to stay on top of any situation—whether it is academic, social, legal, physical or emotional—most things don't disappear on their own. Coaching them to be proactive in taking care of all the areas of their lives can go a long way in gaining the most positive outcome.

Encourage your student, early on, to establish their own systems of communication with RAs, professors and other professionals on campus such as counselors and healthcare

providers. Let them know how helpful it is to cultivate relationships with others so that if they need to deal directly with someone, the relationship is established and can be a tool for them. EVERYONE wants them to be successful and happy in college. Help them to understand that knowing their resources before a problem arises is critical to their success. Remind them that when they are struggling, usually, the earlier the intervention, the better the outcome. In addition, when they come to you for help:

- Listen and then ask what they have done so far about the situation.
- Ask them what other options might be available to them.
- Brainstorm with them if they are at a loss and don't have many ideas of their own.
- Point them in the right direction. Give them resources and contact information, but allow them to make the decision and the call.
- Coach them about important points to make or how to express themselves if they are not strong in these areas yet.
- Give them your vote of confidence; let them know you are proud of them for handling the scenario and that you are available if they need to get back to you.
- Follow through to see what they decided to do and how it went.
- Keep the lines of communication open—keep listening and talking (WITH them, not AT them)!

Once the situation or “play” is over, debrief with your student. Just like any good coach, review what went right and what went wrong. Each situation that they handle helps them build a new life skill for the next event. Each circumstance will provide “lessons learned” and make the outcome for each subsequent event likely to be more successful. Eventually, your student will gain their own confidence in their ability to handle life, but they'll always depend on your coaching, past and present. Becoming an effective life coach can be very rewarding as a parent. Most students won't handle every scenario perfectly for a while. Sometimes they will get that penalty, run an imperfect play or get hurt. Resist the urge to run on the field or to try to play the game for them. Hopefully, they will come back to you after the bumps, scrapes and sloppy plays and let you know they were okay, after all. Watching your student come into their own as an adult who can navigate life on his or her own means they (and you), ultimately, won the game!

Welcome to the New Center for Student Achievement

by Dr. Heather Holmes, CSA Director

Welcome to the beginning of the new school year! Along with the start of a new semester, come new and exciting things at Salisbury University. We are proud to present a new initiative on our campus this fall, the Center for Student Achievement. The mission of the Center for Student Achievement (CSA) is to enhance student learning, academic success and personal growth through engagement in the Salisbury University academic community.

The CSA provides workshops each week on academic skills and strategies. Some of the workshops provided include improving study skills, note taking strategies, test taking, time management, presentation skills and stress management. These workshops offer students an opportunity to improve their skills and develop strategies to help them succeed in their academic career. The CSA also provides an Early Intervention Program that is designed to target students experiencing academic

difficulty during mid-semester reports and students on academic probation. The CSA serves as a clearinghouse for tutoring programs already established on campus, making referrals and offering online math learning modules. Tutoring services are offered on a drop-in basis in the CSA for selected courses in the spring 2009 semester. The CSA is developing a supplemental instruction program focusing on courses in which students often struggle. The CSA partners with faculty to help students win distinguished scholarships. Preparation workshops for the PRAXIS, GMAT and GRE are also planned.

The Center for Student Achievement is here to help students reach their academic potential. Through our supplemental instruction, tutoring and skills workshops, individual meetings with a staff member, and other services, we intend to help students move from good to great! For more information on the Center for Student Achievement



you can visit our Web site at www.salisbury.edu/achievement/. The CSA is currently open Monday, Tuesday, Wednesday from 9 a.m. to 7 p.m.; Thursday and Friday 9 a.m. to 5 p.m. and Sunday from 4 p.m. to 10 p.m. We are located in Guerrieri University Center Room 213. We will be celebrating our Grand Opening 3-5 p.m. Thursday, October 30. Encourage your student to check it out!

Parents as Partners: Parental Notification

by Edwin Cowell, Dean of Students

We know that alcohol and other drugs on college campuses are priority issues of concern for all college and university administrators. We also know that parents are concerned about the presence, effect and consequence of student alcohol and other drug use and its effect on the community. In an effort to continue to actively engage parents as partners in the education and safety of our students, Salisbury University has adopted a policy of notifying parents if a student, under the age of 21, is found responsible for violating the University Alcohol or Drug policy.

The Family Educational Rights and Privacy Act (FERPA) has a provision allowing institutions of higher education to disclose information to parents regarding their students' violations of the campus alcohol and other drug policy. What does this mean for you as a parent? It means that you may get a notice from the Office of Student Affairs informing you that your son or daughter was found responsible for violating the alcohol and other drug policy. Unless there are extenuating circumstances, the Office of Student Affairs will generally not notify parents of students under the age of 21 of first-time violations. The Office of Student Affairs will notify parents of all



second and subsequent violations or if the student is determined by the Office of Student Affairs to be a danger to himself/herself, others or to property. In most circumstances, parents of students under the age of 21 will be notified of any drug violations.

The letter you receive will contain only the information that your son or daughter was found responsible for violation of the alcohol or drug policy. It will not contain information from reports, any hearing that occurred or the sanctions that your student received. Our goal here is to facilitate an open line of communication between the

student, the University and parents. The University has very specific expectations for future behavior, and it is our hope that parents can engage in the same type of conversation with their student to reiterate those expectations and offer any support your student may need.

Salisbury University is committed to the success of our students; therefore, much of our judicial process is intended to be educational while at the same time, holding students accountable for their actions. Thus, we ask that you please join us in this endeavor to help educate and keep our students safe, and to become successful contributing members to society.



Program Planning 101

What exactly is program planning? Simply put, program planning is the time when current students meet with their assigned academic advisor to plan their academic course schedule for the following semester. It is during these conferences that course selections for the upcoming semester, General Education and major requirements, long-term academic planning, and academic issues are discussed. Academic advising is a critical component to the success of your student achieving their educational, career and life goals.

As a parent, here are some key components for you to understand about program planning in supporting your student through this process:

- Both students and faculty advisors have responsibilities in the advisor/ advisee relationship.
- Students can access their advisor's name through their Gull Net account.
- During program planning, students are responsible for making an appointment with their assigned advisor and arriving to the appointment prepared and on time.
- Students should always check their GroupWise (@salisbury.edu) e-mail account as their advisors may be contacting them that way.
- Students should log into Gull Net before the meeting with their advisor to access their student center and review their degree progress, remaining requirements and create a list of courses in which they are interested in enrolling.

- Your students' academic advisor will activate them to be eligible to register online via Gull Net during their assigned registration time period. If students do not meet with their advisor, they will not get activated to register and will need to wait for open enrollment (January) to register for classes.
- Program planning occurs in the middle of the fall and spring semesters for current students to register for the following semester. Please encourage your student to understand all the responsibilities of program planning.
- Any holds on a students' account will prevent them from being able to register during pre-registration.

We understand that parents are a valuable resource and support for their son or daughter in making major, career and educational decisions. In addition to understanding the program planning process, we offer parents a resource to understanding the role of academic advising in college success, promoting advising and other student support services on campus, and enlisting family members as partners and referral agents in your students' college career. A pamphlet, sponsored by the National Academic Advising Association and the National Resource Center for the First Year Experience, titled "A Family Guide to Academic Advising" (D.C. Smith, V.N. Gordon, 2003) is a helpful guide to academic advising and is available at the Salisbury University Bookstore.

Family Weekend Photos

September 28-30, 2007



Activities Calendar

Check out what is happening at SU!

www.salisbury.edu/calendar