A GUIDE FOR PARENTS OF
FIRST-YEAR
TRANITIONS
2019
A GUIDE FOR PARENTS OF
Providence College Students
PROVIDENCE COLLEGE is a Catholic, Dominican, liberal arts institution of higher education and a community committed to academic excellence in pursuit of the truth, growth in virtue, and service of God and neighbor.

Providence College was founded in 1917 by the Dominican Friars at the invitation of Bishop Harkins to provide a Catholic education in the arts and sciences.

Faith and Reason
Providence College is confident in the appeal of reason, believes that human beings are disposed to know the truth, and trusts in the power of grace to enlighten minds, open hearts, and transform lives. Providence College maintains that the pursuit of truth has intrinsic value, that faith and reason are compatible and complementary means to its discovery, and that the search for truth is the basis for dialogue with others and critical engagement with the world.

Academic Excellence
Providence College is committed to academic excellence, and holds itself to the highest standards in teaching, learning, and scholarship. Its core curriculum addresses key questions of human existence, including life’s meaning and purpose, and stresses the importance of moral and ethical reasoning, aesthetic appreciation, and understanding the natural world, other cultures, and diverse traditions. Providence College honors academic freedom, promotes critical thinking and engaged learning, and encourages a pedagogy of disputed questions.

Community and Diversity
Providence College seeks to reflect the rich diversity of the human family. Following the example of St. Dominic, who extended a loving embrace to all, it welcomes qualified men and women of every background and affirms the God-given dignity, freedom, and equality of each person. Providence College promotes the common good, the human flourishing of each member of the campus community, and service of neighbors near and far.

Veritas and Providence
Providence College brings the eight-hundred-year-old Dominican ideal of Veritas to the issues and challenges of today. It seeks to share the fruits of contemplation in an increasingly global and diverse society, and to praise and bless all that is good and vital in human endeavors. Providence College supports the Dominican mission of preaching the gospel of Jesus Christ to a new generation of students and helping them discover God’s providence in their lives.
BEFORE IT WAS A PLACE NAME, providence was a theological term denoting God’s loving plan to bring each created being into fulfillment. Thus the name Providence College does not merely reflect the location of the school, but rather its deepest mission: to provide an environment where each person created in the image and likeness of God comes to understand his or her identity and role in God’s plan for us.

At Providence College, we prepare our students — your sons and daughters — to make the best possible decisions for fulfilling their roles within God’s plan. As parents, you likewise play a major role in God’s plan for them, a role that is in transition as they enter adulthood and begin their College studies. *First-Year Transitions* is designed to help you understand and help your students participate fully in College life and in the academic and extracurricular opportunities offered to them.

Education at PC addresses the whole person — mind and body, heart and soul. We build upon the academic and spiritual foundation of our students, so that — with the gift of God’s grace — we can enable and inspire them to be transformed. I invite you to join with us in supporting your students’ transformation and the realization of their own providence.

— REV. BRIAN J. SHANLEY, O.P. ’80
PRESIDENT
College students mature at different rates and bring a variety of different coping skills to their situation. As with any process, there are certain tendencies that occur for first-year students of which parents should be aware. The “ebbs and flows” of each semester tend to follow certain cycles.

College provides a unique opportunity for parents and the institution to collaborate as partners in the development of first-year students. Identifying issues, encouraging use of support systems, and recommending new strategies are appropriate roles for both a concerned parent and a caring institution. This collaborative effort requires all of us to review our expectations about personal responsibilities. Our common goal is to advance students’ problem-solving skills, not to solve their problems or to make decisions for them. Given the investment parents make today in higher education, this can be a particularly difficult challenge.

This parent guide contains two parts. Part one is comprised of information on resources and a glossary of common terms. Part two is a calendar of typical student and parent issues and important deadlines. Some of the issues identified in this guide may not occur at the times indicated here, may never occur, or may occur in entirely different ways than described here.

This guide can provide a wealth of knowledge and a unique perspective of a student’s first year. Hopefully, it will assist parents with possible challenges their son or daughter might encounter.
Confidentiality of Student Educational Records

The Family Educational Rights and Privacy Act (FERPA) of 1974, as amended, is a federal privacy law prohibiting disclosure of personally identifiable information from the educational records of students without prior written consent. Education records are any records maintained by the College that are directly related to a student; they include financial aid, academic, and disciplinary records, and other personally identifiable information.

There are a number of exceptions that permit disclosure without consent, including one for health or safety emergencies. Specifically, a school may disclose personally identifiable information from an education record “to appropriate parties in connection with an emergency if knowledge of the information is necessary to protect the health or safety of the student or other individuals”. “Appropriate parties” may include parents, law enforcement authorities, emergency responders, public and other members of the community.

Additionally, consent is not required for disclosure of information from education records to “school officials” who need the information to perform a professional, job-related task. A school official is a person employed by the College in an administrative, supervisory, academic or research, or support staff position (including Public Safety staff and Student Health Center staff); a person or company with whom the College has contracted as its agent to provide a service instead of using College employees or officials (such as an attorney, auditor, or collection agent); a person serving as a trustee; or, a student serving on an official committee (such as a disciplinary or grievance committee, or assisting another school official in performing his or her tasks).

If a student wishes to authorize disclosure of confidential information to parents/guardians or any other designated individual, institution, or entity, a student would complete and sign a specific authorization form; such authorization would remain in effect for as long as the student is enrolled at the College or until the student revokes consent in writing.

Students may obtain more detailed information about FERPA, including the procedures for exercising their rights, from the Office of the Registrar, Harkins Hall, Room 310.
Glossary of Terms

**Academic Advisor:** faculty member responsible for helping a student explore academic alternatives, assists in choosing courses, goal-setting, and referrals.

**Academic Dismissal:** disqualification from continued matriculation which can occur in several ways: academic probation for two successive semesters, or cumulative quality grade point average (GPA) less than 1.58 at the end of the second semester of the first year.

**Academic Probation:** a warning of severe academic danger: cumulative quality grade point average at the end of the first semester of the first year is below 1.60 and/or between 1.58-1.799 cumulative at the end of the second semester of the first year.

**AP Credits:** course credit for AP exams with a score of four or greater. Students are still expected to meet the College’s requirement of eight full-time semesters.

**Dean's Honor List:** a 3.55 GPA or better attained at the end of a semester with no grade less than a “C,” full-time status, and in good standing.

**GPA:** grade point average is obtained by dividing the total number of quality grade points by the total number of credit hours attempted.

**Grade Reports:** students may access mid-semester and final grades via Providence College’s Web information system, CyberFriar, provided all administrative, disciplinary, and/or financial obligations to the College have been fulfilled. Students who wish to receive a final grade mailer every semester or in any given semester must complete a “Final Grade Mailer Request” form in the Office of the Registrar.

**Hall Director:** professional who coordinates services and staff of each residence hall; serves as a resource person and referral source for students.

**Internships/Experiential Education:** a supervised work experience that exposes students to professional responsibilities in a career field of interest. An internship can be paid, volunteer, or for academic credit.

**majors:** area of specialization consisting of a cluster of related courses drawn from one or more departments; usually requires a minimum of 30 credit hours.

**minors:** cluster of thematically related courses drawn from one or more departments; usually 15-18 credits.

**Promissory Note:** written agreement to repay student loans.

**Proxy Access:** Feature within CyberFriar that allows students the ability to grant access to their mid-term/final grades and financial aid information to their parents or guardians. Authorization to access this information must come directly from the
student due to the protection of student rights under the Family Educational Rights and Privacy Act (FERPA).

**Renewal FAFSA**: Free Application for Federal Student Aid; returning students receive renewal information in the months leading up to the renewal deadline.

**Resident Assistants (RAs)**: upperclass students who reside in the residence halls and provide assistance and support to students on their floors. During the academic year, they coordinate special activities and programs for their students.

**Student Handbook**: handbook for full-time students that provides information about student life at Providence College, its activities, and the procedures and regulations which apply to it.

**Undeclared**: students who enter the College without a declared major and are assigned to a specially trained academic advisor to assist them in their decision-making process, leading to the selection of a major.

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**Frequently Contacted Offices & Services**

**Academic Services, Office of**

**PHONE**: 401.865.2494

This office offers tutorial services for all undergraduate students. It also provides and facilitates academic services for physical and learning disabled students as well as student-athletes. A Writing Center is also housed in this complex.

**Bursar/Student Accounts/ Student Loans, Office of**

**PHONE**: 401.865.2284

This office is responsible for tuition, billings, and payment.

**Center for Career Education and Professional Development**

**PHONE**: 401.865.1290

Through individual and group sessions, students are assisted with exploring academic and career options, developing career-related experiences, and discerning who they want to be after graduation. Students are assisted in all stages of the internship and job search process.

**Chaplain’s Office/ Campus Ministry**

**PHONE**: 401.865.2216

The chaplain’s office provides many services and programs and strives to help students to integrate spiritual, intellectual, and personal growth. The chaplain and other campus ministers are available to students of all faiths to help and support them in times of crisis or difficult decision making.
Frequently Contacted Offices/Services

Dean of Undergraduate and Graduate Studies, Office of  
PHONE: 401.865.2495

The dean’s office, which oversees the academic progress of all undergraduate and graduate students, is the office of academic referrals relative to interpretation of current policies and regulations. A special dean for first-year student concerns, questions, and general advisement is available on a full-time schedule in this office.

The office is responsible for the review of all grades and degree-bearing programs, monitoring student academic status (probation, dismissals, graduation year adjustments, etc.), development of new academic programs, changes in curriculum, and conferral of all honors, i.e. dean’s list, graduation honors, etc.

Registrar, Office of  
PHONE: 401.865.1033

Services provided: Online and in-person course registration, paper and e-transcripts, midterm and final grade mailers, enrollment verifications, release of confidential information and non-disclosure of directory information in accordance with FERPA, changes in degree programs, changes in name/addresses, coordination of transfer credit — including AP, IB, Dual Enrollment, study abroad credit evaluation, veteran’s benefits.

Financial Aid, Office of  
PHONE: 401.865.2286

The office oversees federal, state, and institutional loans, grants/scholarships, student work opportunities, and other forms of financial assistance.

Orientation, Transitions, and Leadership, Center for  
PHONE: 401.865.1085

The center is focused on the preparation, progression, and success of students from the moment they step onto campus. Annual programming includes New Student Orientation, the Transformation Leadership Retreat, the Leadership Fellows Program, and more.

Personal Counseling Center  
PHONE: 401.865.2343

Personal counselors are available to assist students in examining areas in
their lives that range from everyday challenges to serious crises. All services, including individual counseling and peer support groups, are confidential within the limit of the law and ethics. When deemed appropriate, referrals are made to on- and off-campus resources.

**Providence College Parent Program**  
**PHONE:** 401.865.1550

This program provides comprehensive resources for parents that are designed to enhance their understanding of the college experience. Resources include a comprehensive website and handbook for parents, newsletters, a blog, and e-communications which are distributed to parents throughout the academic year. A “Language Bank” is also available to assist non-English-speaking families.

**Residence Life, Office of**  
**PHONE:** 401.865.2392

The residence life office oversees those aspects of student life that constitute on-campus residence, room assignments, meal plans, safety, and social growth.

**Office of Public Safety**  
**PHONE:** 401.865.2391  
**PHONE:** 401.865.2222 (Emergency)

This department is charged with the responsibility of protecting the College community and College property and facilities. The department provides highly visible, preventive motor, foot, and bike patrols on campus; responds quickly to the needs of individuals on campus; and provides personal safety escorts as requested.

The department also oversees emergency management services. Providence College complies with the federal regulations relating to the Crime Awareness and Campus Security Act. That report is available at the Office of Public Safety.

**Student Activities and Cultural Programming, Office of**  
**PHONE:** 401.865.2211

This office is responsible for coordinating a wide variety of student activities/cultural programs, assisting clubs and organizations with day-to-day tasks, and event planning. It is also responsible for the general coordination of Slavin Center, and programming within the McPhail's Entertainment Facility.

**Student Health Center**  
**PHONE:** 401.865.2422

The center provides comprehensive and confidential services for full-time undergraduate students. Visits to the center are free — there is a charge for any testing or referrals off campus, as well as prescriptions dispensed by the providers. EMTs are available when the clinic is closed weeknights and weekends.
June & July

Student Issues
Desire to separate from parents but needing reassurance • Great expectations! • Reluctance to communicate feelings

Parent Issues
“Letting go” • Communicating feelings • Check out health insurance for college-bound students

Tips and Resources
- Parents and students review materials in the New Student Orientation mailing.
- Check out “To Do List” and deadlines.
- Discuss with your student: ability to do laundry, cleaning, writing checks, keeping a budget, and money management issues.
- Discuss expectations with your commuter student, i.e. study location, time management, socializing (curfews), etc.
- Be prepared by keeping an open mind, being flexible, and accepting cues from your student.

“*We want to help parents to help students to help themselves. An important part of this process is to provide parents with the necessary support so that they can encourage students to learn to identify and make use of campus resources.*”

— JACQUELINE KIERNAN MACKAY
DIRECTOR OF PARENT PROGRAMS

Important Events
Advising and Registration Days for new students and parents • Parent Orientation • Renewal Award notifications distributed electronically to returning students who met deadlines on time • First Monthly Payment Plan due for those enrolled in Tuition Management Systems Payment Plan by June 1 • Fall semester bill published • Email notices sent to students and any parent email addresses set up by the student • Student Health Forms and Immunization Records due to the Health Center by July 19

- Bank accounts can be opened during orientation and throughout the academic year. Santander Bank has a branch located in the Slavin Center as well as ATMs (automated teller machines) in both Slavin Center and Ryan Center.
- It’s OK if you don’t see much of your son/daughter during orientation. The process of exploring a new environment has begun.
- All incoming students are required to submit a confidential health record which should contain a current physical and all immunizations.
**Student Issues**
Saying good-bye • Communicating feelings • Excitement and doubts • Questioning decision-making skills • Packing up and moving out • Living at home and commuting • Keeping long-distance friendships alive • Having second thoughts

**Parent Issues**
Saying good-bye • Communicating feelings • Anticipation • Assisting with packing up and moving out • Living at home with a commuter student

**Tips and Resources**
- Dealing with many questions including, “How will you feel about not seeing your student on a daily basis?”
- Check out “What to Bring List” from the Office of Residence Life.
- Coping with separation anxiety (if you’re feeling doubts, they will too).
- Discuss expectations about personal values, alcohol, coping with peer pressure.
- Check out “Talking To Your Student About Campus Safety” on the PC Parent website at https://parents.providence.edu
- Don’t rush to make physical changes right away (such as planning a den or workout room when your child moves out).
- Sometime during this month, the Office of College Events will send a local “Hotel Brochure” to help you plan visits to Providence during major College events.
- Plan ahead and be aware of moving-in dates and times designated by the Office of Residence Life.

**Important Events**
First-year housing assignments sent to student’s email account first week of August • Email regarding student employment opportunities sent to first-year students, sophomores, and transfer students awarded federal work study • Fall semester bill due Aug. 15 • FaithWorks, International Welcome, Transitions, and Urban Action pre-orientation programs for first-year students Move-in day Aug. 22 • Fall Orientation Aug. 22-25 (all first-year and transfer students) and Labor Day weekend (first-year students only) • Classes begin Aug. 26
Student Issues
Homesickness (adjustment) • Risk-taking • Self-discovery • Finding your way around campus, i.e. classes, mail • Communicating needs with friends, roommates, professors • Dealing with loss — old friends, siblings, community base • Roommate adjustment • Time management and procrastination • First tests, papers, quizzes • Balancing work commitments and academics • Social pressures (alcohol, fitting in) • Adjustment to class schedules • Frustration over expectations vs. reality of introductory courses • Examining values — your own and others’ • High incidence of “poisons” (ivy, oak, sumac) • Negotiating new environment • Expectations vs. reality of college life • Managing money

Parent Issues
Feelings of separation and loss • Changes in family routine/patterns • Financial concerns • Anxious about son’s/daughter’s adjustment • Unsure about how to respond to son’s/daughter’s ambivalence in response to new environment • Adjustment to some negative changes in son/daughter, i.e. impatience, short temper • Adjustment to some positive changes in son/daughter, i.e. realizing and appreciating deeds of parents

Reactions to homesickness may vary — sometimes you may not know what to say, but being an empathetic listener can make all the difference.

Parents: Check out the PC Parent website for helpful information for first-year parents at https://parents.providence.edu

Tips and Resources
• Asking open-ended questions, such as “How did that feel?” or “What do you think?” encourages communication and avoids superficial answers.*
• Encourage your son/daughter to work out situations to the best of their ability. A good way to communicate your support and concern is by recommending your child use campus resources. Personal counseling, chaplain’s office, and residence life staff can provide special support at this critical time. See the Correspondence Directory to help you make an appropriate referral.
• Recommend that your son/daughter attend the Involvement Fair hosted by the Office of Student Activities and Cultural Programming along with Student Congress. It is an easy, non-threatening way to connect with other students, sign up for clubs and organizations of interest, and to learn about different activities on campus. The Fall Involvement Fair is held during Fall Orientation.
“Change can be exciting, but it can also be stressful. Students need to recognize that family and friends can be an important resource to help them in adjusting to that change. They also need to remember that although relationships can take on new dimensions, such things as family rituals, styles of communication, value systems, and memories of good times are very much a part of who they are.”

— JACQUELINE KIERNAN MACKAY
DIRECTOR OF PARENT PROGRAMS

Important Events
Fall Orientation continues Aug. 31-Sept. 1 • Labor Day, no classes Sept. 2 • Disbursement of federal and institutional money • Students can follow up with supervisors on jobs for which they have applied • Fall Involvement Fair • Horizons and Connections retreats • Fall Career Expo and Major/Minor Fair Sept. 25

Focus on strengths — encourage, affirm — even if your son/daughter gets a “C” or lower, and brainstorm ways to improve.

To help with homesickness, meetings with RAs and residents on your son’s/ daughter’s floor will occur.

To encourage students to communicate expectations, RAs and hall directors help with “roommate agreements.”

Suggest that your son/daughter call 401.865.2348 for information on how to get involved in fall intramural sports. This can provide another way to meet new people and continue an interest in sports involvement.

Encourage your son/daughter to get to know faculty and take advantage of office hours.

*FROM Let the Journey Begin: A Parent’s Monthly Guide to the College Experience.
Student Issues
Adjustment issues may continue, i.e. homesickness, loneliness • Planning first “official” weekend home (Columbus Day) • Long-distance relationships may begin to weaken • Stressing over mid-semester exams • Balancing academics and co-curricular activities • Social pressures (alcohol, fitting in) • Questioning their choices when grades don’t meet expectations • Anticipation of family members visiting during Homecoming Weekend

Parent Issues
Adjustment to son’s/daughter’s first weekend home • Concern over mid-semester grades • Continued awareness of changes in family patterns • Homecoming Weekend anticipation/excitement regarding family time and campus events

Tips and Resources
• Be aware that managing money may become an issue, i.e. anticipating different needs.

• There are many ways to become involved in campus life, i.e. clubs, organizations, McPhail’s Entertainment Facility (open 7 days a week), lectures, films, etc.

"This can be an especially challenging time as students experience their first semester of mid-term exams. Encourage your student to try to achieve a balance of a healthy diet, adequate sleep, and exercise to help keep stress levels low. I know that my daughter found the Office of Academic Services to be a great resource to learn some good time management strategies.”

— PARENT OF A FIRST-YEAR STUDENT

• If there are roommate conflicts, students should talk with their RA and/or hall director. These staff members are trained to mediate conflicts and assist students in their transition to living on campus. Room changes will not be considered until October and/or when all other options for mediation have not been successful.

• A great “stress buster” is exercising at Concannon Fitness Center.

• Now may be a good time to suggest a visit to the Center for Career Education and Professional Development to begin the process of self-assessment, i.e., interests, abilities, values, etc. Resources such as SIGI Plus can be valuable tools in this initial stage.

• Encourage your son/daughter to take advantage of free RPTA bus services throughout the state. Schedules are available at the Slavin Information Desk/Ticket Office or online at RPTA.com.

• Remind your student to use the Shuttle Service. Information about schedules
can be found on the transportation page of MYPC portal.

- Encourage your son/daughter to reconnect with their academic advisor.

- If you have concerns about your son's/daughter's drinking behavior, share them honestly and directly. If you have serious concerns, you may want to recommend a visit to the Personal Counseling Center.

- Issues of time management and learning “when” to study, “what” to read vs. skip over, and “how” to approach each course can be frustrating.

- Remind your son/daughter of academic support services — tutorials, Dean’s Office, Academic Services, faculty, etc. This can be especially important during mid-semester time.

**Important Events**


**Care Packages**

Early October might be a good time for a “Care Package” from home including goodies, hometown newspaper clippings, money, etc.

**SEND CARE PACKAGES TO:**
FRIAR BOX #1  
1 CUNNINGHAM SQUARE  
PROVIDENCE COLLEGE  
PROVIDENCE, RI 02918-0001
November & December

Student Issues
Holiday issues — missing being home to help prepare for the holidays • Health — colds, flu, “the blues” • Alcohol use may increase due to stress over exams, papers, Christmas parties • Worrying about plans for semester break • Course registration concerns • Papers due! Finals! Grades! Stress! • Returning home: connecting with old role models, i.e., teachers, coaches, etc., and comparing first-semester college experiences with friends who attend other colleges

Parent Issues
Dealing with son/daughter who is in process of change • Planning for the holidays • Providing support and encouraging responsibility and follow-through during stressful times • Adjusting to new behaviors during semester break (hair, dress, accent, food preferences, establishing boundaries, etc.)

Tips and Resources
• Encourage your son/daughter, if overwhelmed, to ask for help as soon as possible, and emphasize that they are not alone.

• Remind your son/daughter of the importance of exercise and good eating to ward off illness.

The stress is on! Make sure your son/daughter is aware of ways to deal with stress, e.g., exercise, sleep, good nutrition, and checking with the Personal Counseling Center for stress-management tips and to fine-tune coping skills.

• Be prepared for a range of reactions on their part during the Christmas break, i.e., student might need to “veg out”; others may take a “whirlwind” approach in connecting with old friends; some may need the opportunity to reflect on successes and frustrations of the first-semester college experience.

• Be mindful that studying for first-time college finals can be overwhelming for many students. They may need you as a “sounding board.” Just listening may be enough. Sometimes suggesting resources like Tutorial Services (Academic Services) can both be reassuring and provide some much needed direction.

• Be aware of the powerful impact of peer pressure, particularly the impact on a student’s decision to drink.

• Students receiving low mid-semester grades can expect to be contacted by the Dean’s Office to discuss academic strategies.

• Office of Financial Aid will also contact students whose GPA or
course completion rates do not meet minimum federal standards.

- Encourage early contact with academic advisor for registration.

**Important Events**

Spring semester bill published — email notices sent to students and any parent email addresses set up by the student • Thanksgiving Recess Nov. 27-Dec. 1 • Office of Financial Aid begins to communicate renewal deadlines and required application materials to returning students for the following academic year • Deadline for course withdrawal (WD) Nov. 26 • Last day of classes Dec. 6 • Reading Period Dec. 7-8 • DWC Exam Dec. 9 • Reading Day Dec. 10 • Exam Period Dec. 11-14* • Spring Semester bill due Dec. 15

“Parents often feel they have no influence over their student’s drinking, but the research actually suggests otherwise. We encourage parents to have candid conversations with their students about alcohol use, risks, and strategies to deal with this issue in college. Students tend to overestimate how much others are drinking and underestimate the risks of alcohol abuse. The College works very hard to raise awareness and teach strategies to help our students stay safe.”

— SUSAN ELLINGWOOD
CLINICAL & SUBSTANCE ABUSE COUNSELOR,
PERSONAL COUNSELING CENTER
January & February

Student Issues
Returning semester issues — readjustment to new routines/renewing strategies that worked first semester • Weather — cabin fever, “the blues” • Decision-making stressors — add/drop, pass/fail, etc. • Missing those who did not return, family, home friends, etc. • Pressure to improve first-semester grades • Questioning choice of major/transferring to another college • Stress over Valentine’s Day when not dating • Loneliness • Health — flu, weight gain

Parent Issues
Health issues — not being able to care for sick son/daughter; concern over missed classes and grades • Worry about son/daughter who did poorly in the first semester • Missing your son/daughter and getting back into a routine that is still new to family

Tips and Resources
• Support your son/daughter’s efforts in setting new goals for second semester.
• Peer support groups sponsored by the Personal Counseling Center can be especially helpful at this time.
• Regretting choices made last semester requires a proactive response on the part of your son/daughter. Remind them of the importance of meeting with their academic advisor and first-year dean to review first semester academic performance.
• Office of Financial Aid will also contact students whose GPA or course completion rates do not meet minimum standards.
• Urge your son/daughter who may be suffering with a cold or flu to make contact with the Student Health Center. In cases of extended absences, the dean’s office should be notified.
• To help with cabin fever, remind your student to check his or her Morning Mail to find out about campus activities and events.
• Remind your son/daughter that this is a good time to connect with the Concannon

“My son’s first year journey was filled with both excitement and challenges. We celebrated his accomplishments and supported him through stressful times. As a parent, it was helpful to know that PC has so many wonderful support services and we certainly encouraged him to use them when needed.”

— PARENT OF A FIRST-YEAR STUDENT

Getting back into the “swing of things” can be challenging. Surviving the first semester was a major accomplishment. Continue to encourage your son’s/daughter’s intellectual risk-taking and self-discovery.
Fitness Center, swimming in Peterson Recreation Center, and free skating at Schneider Arena.

**Important Events**
Classes begin Jan. 13 • Resident/Commuter Information Form and Housing Deposits due February 14 • Presidents Day, Spring Career Expo, Feb. 18 • Disbursement of federal and institutional money* Mid-semester, Feb. 26

“Many students, after first semester, feel they are the only ones having difficulty readjusting to college life and coping with their first-semester grades. They need to settle down, re-evaluate their time management skills, and establish some strategies as soon as possible.”

— DR. WANDA S. INGRAM ’75
SENIOR ASSOCIATE DEAN OF UNDERGRADUATE STUDIES
March

Student Issues
“Spring Fever” • Weather — cabin fever, “the blues” • Mid-semester stress • Money problems • Pre-registration concerns • Alcohol and drug issues may escalate • Summer jobs • Questioning choice of major • Spring Break plans — excitement vs. stress

Parent Issues
Concerned about decisions for next year • Providing extra support during mid-semester • Spring Break adjustment

Tips and Resources
• Reinforce your son’s/daughter’s use of campus resources, i.e. Student Health, Personal Counseling, Chaplain, etc.

“March is replete with challenges: getting refocused after Spring Break, performing well on mid-term exams, dealing with pre-registration concerns, and gearing up for final projects and papers. With so many competing demands and distractions, students should make a conscious effort to prioritize their commitments and remember the lessons that they learned in the fall. They should ask themselves, ‘What must I accomplish first?’ and ‘What can I do now that will save me time later?’”

— DR. BRYAN D. MARINELLI
DIRECTOR OF ACADEMIC SERVICES

• Be aware that with the arrival of spring, the social pace picks up. This might be a good opportunity to revisit values and expectations concerning peer pressure and alcohol issues.

• If your son/daughter is undeclared, remind them of importance of attending special undeclared student workshops.

• Encourage your son/daughter to reconnect with academic advisor for April registration.

• Mid-semester grades might indicate a need to check with Academic Services for help with study skills, test-taking strategies, and time management.

• Students receiving low mid-semester grades can expect to be contacted by the Dean’s Office to discuss academic strategies.

• The period between Spring Break and Easter might call for an extra care package or special words of encouragement.

Important Events
Spring Recess, March 7-15
April & May

Student Issues
Registration jitters • Summer job anxieties • Money concerns • Not wanting to study due to good weather • Increase in outdoor activities means increase in injuries and sunburn incidents • “Spring Fever” explodes • Stress over finals, grades, report cards • Anxiety of leaving college friends • Money and summer jobs • Defining independence and autonomy with mom/dad • Anxiety/excitement re: connecting with high school friends • Packing up/moving out • Setting realistic summer goals, i.e., summer-school performance, weight loss, summer job, etc.

Parent Issues
Being supportive of son’s/daughter’s decisions (classes, roommates, etc.) • Sharing son’s/daughter’s frustrations around registration process • Packing up/moving out • Son’s/daughter’s coping with finals, grades, report cards • Anxiety of son/daughter returning or not for summer vacation • Expectations re: maturity, independence, and autonomy

Tips and Resources
• Remind your son/daughter of safety issues as outdoor activities increase. Suggest that they use campus escorts and the campus shuttle bus.
• Remember that registration can be an easier process if your son/daughter is well prepared. Reinforce the need to seek out academic advisor well in advance of the process.
• One way to deal with summer job anxieties is to recommend to your son/daughter that they attend workshops sponsored by the Center for Career Education and Professional Development on how to obtain summer jobs and summer internships.

“As our students leave us in May, my hope is that they leave here changed for the better. Of course I care whether or not they have grown in learning: that they have learned the difference between mitosis and meiosis, or that they remember the lesson of Plato’s cave. But, I’m more interested in their growth as human beings: that their horizons are now broader, that they’ve learned from their mistakes, that they’ve tapped into resources they had not known they possessed, and found interests in things they hadn’t considered before. I hope they’ve found a professor they’re excited about, that they’ve reached out as an active participant in this learning endeavor, and that they’re excited about coming back next year.”

— REV. MARK D. NOWEL, O.P., PH.D. DEAN OF UNDERGRADUATE & GRADUATE STUDIES
• Life after Easter recess can be difficult due to lack of motivation — encourage your son/daughter to get back into their routine and stay with it.

• Encourage your son/daughter to make good use of the Reading Period in preparation for finals.

• Remind your son/daughter if overwhelmed to ask for help as soon as possible and stress that they are not alone.

• Awaiting final grade reports can cause lots of anxiety during the early part of the summer. Be aware of how this will impact summer vacation.

• Adjusting to your son’s/daughter’s “newfound” independence may require flexibility on both your parts, i.e., setting priorities, lifestyle, curfews, etc.

• Office of Financial Aid will contact students whose GPA or course completion rate does not meet minimum federal standards.

• If your son/daughter has a question about a grade on their final report card or needs to make arrangements to finish an incomplete grade, this should be addressed immediately in the following order with: 1) the professor, 2) the chairperson, and 3) the Dean’s Office.

“Spring fever” explodes and brings with it lots of distractions. Since procrastination can be a key problem, good time-management skills are essential.

Although this first academic year has come to a close, your transitions throughout your son’s/daughter’s college experience will continue to unfold.

Important Events
Renewal FAFSA and CSS Profile deadline April 15. • Easter Recess, April 9-13 • Last day of classes, May 1 • Reading Days, May 2-3 • DWC Exam, May 4 • Reading Day, May 5 • Final Exams, May 6-9
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