

West Virginia University
Parent Electronic News
August 30, 2007

With nearly two weeks down, your students have only 14 more to go in the fall semester! As a new addition to the Parent E-News, I will be introducing a section called "Tips from the Trenches" that will feature helpful hints for you to assist your students as they make the transition from student to adult and take on responsibility for their actions and futures. The goal is to support your students' success! In future editions, this section will feature guest writers from across campus who bring experience and expertise on different topics relevant to your students' progression. I hope you will enjoy and find the articles helpful.

In addition, there are a host of other events coming up that are outlined in this E-News, including Family Weekend, which kicks off this Friday. So read on for more information!

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RESPONSIBLE BEHAVIOR - WE ALL PLAY A PART

Football season is upon us. The faint sound of "Country Roads" and cooler fall breezes are in the air. Our Mounties are ranked number three in the AP poll. Gold and blue can be seen in every direction, and when driving past the Coliseum and CAC you can hear the drum line's cadence as they prepare to emerge from the tunnel this Saturday for yet another season-opener. The excitement is almost palpable! Mountaineer fans can feel this in the air, and there is no place most would rather be. As part of the Mountaineer family, however, it is important to remember that we all have something very valuable at stake. We all represent WVU-as a parent, alumni, staff, fan, or student. We each play a part.

At moments like these with the excitement in the air, the potential exists for fans, including our students, to cross the line from healthy exuberance to poor decision-making. Sometimes good people find themselves getting "caught up in the moment." Please help us to stress to your student the consequences of illegal behavior and the importance of safety as they cheer on the Mountaineers. Information has been widely distributed throughout campus about the consequences of bad decisions. As always on game days, security and law enforcement will be in high gear, but the bottom line is that illegal behavior will not be tolerated. Help us by helping your student, and all those around you if you will be joining us on campus, understand that safety and good sportsmanship should be everyone's priority. Fans are reminded to celebrate in a responsible manner so our football team's success on the field

(hopefully on their way to a national title) can be the Monday morning headline. Now ... Let's Bring on the Mountaineers!

FAMILY WEEKEND IS HERE!

Family Weekend begins this Friday, August 31 and runs through Sunday, September 2. There are many things for you to do with your WVU student. The Family Weekend schedule has had many events added to it, so we encourage you to revisit and review it to help plan out your visit: <http://www.wvu.edu/Redirect/?id=779>.

Families and students are encouraged to stop by the official Welcome Center in the Vandalia Lounge in the Mountainlair between 4:00 and 8:00 p.m. to check-in and grab a cool drink. The first 1,000 parents receive complimentary, limited-edition lapel pins and commemorative T-shirts.

FanFest begins at 5:00 p.m. on the Mountainlair Plaza. This fun-filled event features Coach Rodriguez, the football team, Mountaineer Marching Band, cheerleaders, the Mountaineer Mascot, and more. Check out the official FanFest Web site at <http://www.wvu.edu/Redirect/?id=780> for all the details.

The Welcome Center will stay open until 8:00 p.m. After that, enjoy WVU's renowned program WVUp All Night. No tickets are needed for these events. Check out the WVUp All Night Web site for this weekend's schedule of events: <http://www.wvu.edu/Redirect/?id=781>.

Finally, on Sunday, September 2, at 10:00 a.m., the Student Government Association, in conjunction with the Mountaineer Parents Club, is hosting a Heart Walk at Hazel Ruby McQuain Park. All proceeds go to the Student Memorial Scholarship Fund. To sign up, go to <http://www.wvu.edu/Redirect/?id=782>.

Remember, these are just a few of the activities taking place throughout the weekend. Be sure to review the entire Family Weekend enhanced schedule of events online now!

FAMILY WEEKEND PARKING AND GAME DAY INFO

On a game weekend, Morgantown becomes the largest city in West Virginia. Now we know we're no New York City, but our parking and traffic situations do become similar. As parking and traffic increase dramatically, bring your smiles, patience, and of course your Mountaineer spirit with you if you are headed for Morgantown.

Limited parking will be available at the Mountainlair Parking Garage on the UPPER LEVEL for free beginning at 4:00 p.m. Friday afternoon. Initially, this will be limited due to Friday afternoon classes winding down in addition to the events taking place at the Lair, so you may wish to explore some of the following options instead.

Parking is always available downtown in the city's parking garages on Spruce Street or University Avenue, which are both a close walk to the events at the Mountainlair.

There will also be a shuttle bus departing from the Evansdale Residential Complex to the Mountainlair on Friday evening for FanFest. The two buses will be marked as "FanFest" and will run from 4:00 p.m. to 7:00 p.m.

Throughout the weekend, parking is also provided free of charge at the Coliseum, and the Engineering PRT station is close by. The PRT can transport you throughout campus.

For more on parking and other questions specific to game day, please go to <http://www.wvu.edu/Redirect/?id=783> for complete information.

CAREER SERVICES SEMINAR

The Career Services Center will be hosting a seminar to help students prepare for the job search. A seminar on interviews will be conducted at the Career Services Center on September 5, at 11:00 a.m. Seminars on how to prepare for a job fair will be held on September 5 at 3:00 p.m., and a seminar on resume writing will be held on September 6 at 5:00 p.m. Contact the Career Services Center for more information.

IT'S NEVER TOO EARLY TO START PLANNING TO GET A JOB

Career Services will host its Fall Career Expo on September 12, from 9:00 a.m. until 2:00 p.m., at the WVU Coliseum. Students who plan to graduate in December or in the spring should grab their interview suit and a stack of resumes and stop by to wow employers and line up opportunities. For more information, check out <http://www.wvu.edu/Redirect/?id=784> or call 304-293-2221.

FEDERAL WORK STUDY REMINDER

Students who have been awarded Federal Work Study as part of their 2007-08 financial aid packages are strongly encouraged to pick up their job assignments in the Financial Aid Office by September 20. This includes returning students who have again been awarded Federal Work Study.

To finalize processing with WVU Payroll, students must have an original social security card, driver's license, and a voided check for direct deposit. As a convenience to students, representatives from WVU Payroll are available in the Financial Aid Office through August 31.

TIPS FROM THE TRENCHES: SQUELCHING BAD HABITS BEFORE THEY START

With a semblance of a schedule or routine starting to fall in place, this is a great time (before bad habits might set in) to have conversations with your students about assuring they are on the right track. Below are three quick tips and reminders that could have a huge impact.

1) The Syllabus

By this time in the semester, students all have syllabi for all of their classes. The syllabus is a general contract of what to expect in each class as a student. Students should keep their syllabi in a handy location and review them frequently, as they offer a wealth of information. These documents list important information, such as professors' office hours and contact info, class policies, and schedules of when assignments are due and tests or quizzes are given. They also outline the grading processes or breakdown for each class. It is a good idea to suggest that students keep track of their grades on their syllabus right next to the breakdown of what each grade is worth. This way they can always know where they stand. Other helpful uses include, for example, if your student needs to miss a class for some reason, the syllabi can give them not only the professor's e-mail to contact them in advance but also the attendance policy. The syllabus will describe what effect missing class may have on their grade (if any), as well as the scheduled lecture and readings and work for that day. Suggest to your student that they unearth their syllabi now and reference them frequently.

2) Good Study Habits/Time Management

In addition to making sure that the syllabus does not get dismissed, talk to your student about establishing a positive routine that includes good study habits and active time management gives them a good balance of his or her academic and social calendars-and yes, they should be in that order! Studying in their rooms, and especially in their beds, is not a good policy. Suggest a visit to the libraries, perhaps scheduling this in to their day between classes. If a class ends at 1:30 and the next one starts at 3:30 p.m., some library time can be created in that gap. Finally, when they study, suggest that they move away from friends, turn OFF their cell phones, and stay away from computers entirely, or if they are working online, avoid instant messengers and other distractions. It is easy to feel deflated at the end of a study session that results in little work, but if they simply remove these distractions, it is amazing how much more productive this time can be.

3) Healthy and Responsible Decision-Making

For many students, this is their first time on their own or perhaps in their own apartment. Healthy behaviors are theirs to establish. Smart decisions are theirs to make. Remind them they are working to set up and continue not just a fall routine but more importantly a successful academic career. As parenting advice from the likes of Dr. Spock perhaps last heard during their childhood, as they make this transition from student to adult, pass along this good advice: it is much easier to correct any bad habits early on.

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