



PROVIDENCE
COLLEGE

FIRST-YEAR

TRANSITIONS

2023

A GUIDE FOR FAMILIES OF
Providence College Students

Mission Statement

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 800-year-old Dominican ideal of *Veritas* (truth) 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.



PROVIDENCE IS SO MUCH MORE THAN A PLACE — it is a promise of God's protection and the fulfillment of His loving plan. To us, it is a sacred word that denotes both our home and our essential mission: to provide an environment where each person comes to understand their true purpose and to become all that God created them to be. That mission inspires and animates our work, constantly reminding us that we are called to guide our students as they seek purpose, seek truth, and seek the fulfillment that comes from a life well lived.

We are committed to helping all our students – and their families — navigate the challenges of the transition to college. PC is a place where, in addition to receiving a top-quality education, our students make meaningful connections with others and have real opportunities to participate in the life of the community. They make friends and find mentors; they will never walk alone on this journey.

First-Year Transitions is designed to help you understand that journey in the context of today's particular challenges and help your student get the most out of the academic and extracurricular opportunities at PC.

Here, we educate the whole person — mind and body, heart and soul. I invite you to join with us in partnership as we support your student on this path to an outcome both defined and inspired by divine providence.

Kenneth Sicard, O.P.

— FR. KENNETH R. SICARD, O.P. '78, '82G
PRESIDENT

Introduction

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.

Reference Sources for this Document:

Let the Journey Begin: A Parent’s Monthly Guide to the College Experience,

J. MacKay and W. Ingram,
Houghton-Mifflin, New York, 2002

Residence Life Programs and the First-Year Experience,

Zeller, Fidler, Barefoot, 1991

*This informational booklet was prepared
by Director of Parent & Family Program
Jacqueline F. Kiernan MacKay.*

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 family 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 student might encounter.

Confidentiality of Student Educational Records

The Family Educational Rights and Privacy Act (FERPA) of 1974, as amended, is a federal privacy law that, generally, prohibits disclosure of personally identifiable information from the educational records of students without prior written consent. Upon enrollment at college, rights under FERPA reside with the student, unlike when the student is in grades K-12 where the rights reside with the parents. Educational 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, 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, 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. Additional information, including the College’s full policy and a process and form for a student to provide consent, is available at:

<https://registrar.providence.edu/policies/ferpa-guidelines/> .

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/professional advisor 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 online 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): specially trained 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.

Frequently Contacted Offices & Services

Bursar/Student Accounts/ Student Loans, Office of

PHONE: 401.865.2284

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

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.

Chirico Career Center

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.

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

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Frequently Contacted Offices/Services

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 & Family Program

PHONE: 401.865.1550

This program provides comprehensive resources for parents and families 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 & Housing, 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, Involvement & Leadership, 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.

Student Success Center

PHONE: 401.865.2495

The Student Success Center is a one-stop destination for academic support for all undergraduate students. Services include academic advising, academic coaching, accessibility services for students with documented disabilities, as well as specialized support for athletes and multi-cultural students. A Writing Center and a Tutorial Center are also housed in this complex.



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

Family 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 & Housing.
- Coping with separation anxiety (if you’re feeling doubts, they will too).
- Discuss expectations about personal values, alcohol, coping with peer pressure.
- Check out “Parents as Partners - Talk They Listen” on the PC Parent website at 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).
- Plan ahead and be aware of move-in dates and times designated by the Office of Residence Life & Housing.



Important Events

Email regarding student employment opportunities sent to all students awarded federal work study • Fall semester bill due, Aug. 15 • New student Move-In, Aug. 24 • Fall Orientation (all first-year and transfer students), Aug. 24-27 • Classes begin, Aug. 28

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

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

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

Family Issues

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

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 student 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 student attend the Involvement Fair hosted by the Office of Student Activities, Involvement & Leadership 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.
- Focus on strengths — encourage, affirm — even if your student gets a "C" or lower, and brainstorm ways to improve.

- To help with homesickness, meetings with RAs and residents on your student's floor will occur.
- To encourage students to communicate expectations, RAs and hall directors help with "roommate agreements."
- Suggest that your student 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 student to get to know faculty and take advantage of office hours.

"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 & FAMILY PROGRAM

Important Events

Fall Involvement Fair • Horizons and Connections retreats • Disbursement of federal and institutional money and refunds (if applicable and requested through Student Account Office)



Student Issues

Adjustment issues may continue, *i.e.* homesickness, loneliness • 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

Family Issues

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.
- 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 an appointment with a professional at the Chirico Career Center to begin the process of self-assessment, *i.e.*, interests, abilities, values, etc. Resources such as CliftonStrengths, which helps students identify their top 5 "Strengths," can be a valuable tool in this initial stage.
- Encourage your student to reconnect with their academic advisor.
- If you have concerns about your student'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 student of academic support services — Student Success Center, tutorials, faculty, etc. This can be especially important during mid-semester time.

"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."

— PARENT OF A FIRST-YEAR STUDENT



Important Events

Homecoming (Families and Alumni), Sept. 29–Oct. 1 • Fall Career Expo & Major/Minor Fair, Oct. 4 • Columbus Day, Oct. 9 (No classes) • CSS Profile open Oct. 1 for the 2024–2025 academic year. • Office of Financial Aid begins to communicate renewal deadlines and required application materials to returning students for the following academic year (communication via e-mail and social media).

“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 & FAMILY PROGRAM

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:

STUDENT NAME
PROVIDENCE COLLEGE
212 HUXLEY AVENUE
FS # XXX
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

Family Issues

Dealing with student 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 student, if overwhelmed, to ask for help as soon as possible, and emphasize that they are not alone.
- Remind your student of the importance of exercise and good eating to ward off illness.
- Be prepared for a range of reactions on their part during the semester 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 the Writing Center or Tutoring Center 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.
- Encourage early contact with academic advisor for registration.

The stress is on! Make sure your student 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.

Important Events

Spring semester bill published — email notices sent to students and any parent email addresses set up by the student • FAFSA Profile opens for the 2024-2025 academic year. • Spring semester bill due, Dec. 15 • Thanksgiving Recess, Nov. 22–26 • Last day of classes, Dec. 8 • Reading Days, Dec. 9–10 • Final exam period, Dec. 11–15

“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

Family Issues

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

“My student’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 SECOND-YEAR STUDENT

Getting back into the “swing of things” can be challenging. Surviving the first semester was a major accomplishment. Continue to encourage your student’s intellectual risk-taking and self-discovery.

Tips and Resources

- Support your student’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 student. 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 contact students whose GPA or course completion rates do not meet minimum standards.
- Urge your student who may be suffering with a cold or flu to make contact with the Student Health Center.
- 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 student that this is a good time to connect with the Concannon Fitness Center, swimming in Peterson Recreation Center, and free skating at Schneider Arena.

Important Events

MLK Day, Offices Closed, Jan. 15

- Classes begin, Jan. 16 • Disbursement of federal and institutional money and refunds (if applicable and requested through Student Accounts Office) • Spring Career Expo • President's Day, Feb. 19 (No classes)

"I strongly encourage the parents of new students to utilize one of the best resources you have at PC: The Parent & Family Program. Since my student first started at the College, I have relied on this resource for consistent information about what was currently going on at the school and what was upcoming."

— PARENT OF A RECENT GRADUATE



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

Family Issues

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

Tips and Resources

- Reinforce your student’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?’”

— BRYAN D. MARINELLI, PH.D.
ASSISTANT VICE PRESIDENT/
DEAN OF STUDENT ACADEMIC SUCCESS
STUDENT SUCCESS CENTER

- 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 student is undeclared, remind them of importance of attending special undeclared student workshops.
- Encourage your student to reconnect with academic advisor for April registration.
- Mid-semester grades might indicate a need to check with the Student Success Center for help with study skills, test-taking strategies, and time management.
- The period between Spring Break and Easter might call for an extra care package or special words of encouragement.

Important Events

- Spring Recess, March 9–17 (No classes)
- Easter Recess, March 28–April 1



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.

“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.
ASSOCIATE PROVOST

Family Issues

Being supportive of student’s decisions (classes, roommates, etc.) •

Sharing student’s frustrations around registration process • Packing up/moving out • Student’s coping with finals, grades, report cards •

Anxiety of student returning or not for summer vacation • Expectations re: maturity, independence, and autonomy

Tips and Resources

- Remind your student 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 student 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 student that they attend workshops sponsored by the Chirico Career Center on how to obtain summer jobs and summer internships.

- Life after Easter recess can be difficult due to lack of motivation — encourage your student to get back into their routine and stay with it.
- Encourage your student to make good use of the Reading Period in preparation for finals.
- Remind your student 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 student'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 standards.

“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 student's college experience will continue to unfold.

Important Events

Renewal FAFSA and CSS Profile deadline, April 15 • Last day of classes, May 3 • Reading Days, May 4–5 • Final exam period, May 6–10



Correspondence Directory

Yvonne D. Arruda

Assistant Vice President / Registrar

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