



Packed for College, but are they ready?

You've been through quite a few life chapters with your son or daughter so far. From first steps to the college application process, no one knows those experiences quite like you. Now it's time for a new experience... "the college years." Here are a few ways you can help your student be prepared for their first steps in their college lives.

Figure Out Insurance. Will your student's property be covered by your homeowner's policy or some other policy if she is living on campus?

Determine Room/House Amenities. Do campus mattresses require extra-long sheets? What is your student's roommate bringing? How big is the room? What is allowed/not allowed? Can you bring a microwave?

Get Dates Squared Away Now. When is move-in day? Family Weekend? Thanksgiving and Winter Break?

Think About Technology. If your student has a cell phone, will the plan/coverage remain the same in a new location? What computer facilities are available on campus? Does the bookstore offer deals on laptops?

Figure out Finances. What kind of bank account will your

student use during his time at school. Have you activated their Bearkat One Card and know how the account operates?

Follow up with Orientation and Academic Advisors. Make sure your student makes regular scheduled appointments with their academic advisors.

These are just a few things to consider before move in! *Source: A New Chapter, PaperClip Communications, 2007.*



How to ease your transition

Whether your child is leaving for school or living at home while attending classes, it's an adjustment for everyone involved. Emotions are bound to be mixed. You won't be able to see every part of their life. Instead, you'll need to trust your stu-

dent. Trust is KEY to making the college transition work for both of you. *They need you to let go.* It's difficult for a student to start making his own life at college if his "old life" keeps pulling him back. *They need to be able to make mistakes.*

Making mistakes is a part of finding independence. *They need you to believe in them.* They need to know someone back home believes in their intelligence, initiative, and ability to make good decisions. *Source: A New Chapter, PaperClip Communications, 2007.*

Inside this issue:

Packed for College	1
The Road to Adulthood	2
Residence Life	2
Bearkat Family Weekend	3
Parents' Association	3
Student Programs	4

Special points of interest:

- *Lessons in Self-Responsibility*
- *Movie-in Information*
- *New Student Convocation*
- *Student Health Center*

The Road to Adulthood...Lessons in Self-Responsibility

One of the best ways to support your student is by understanding the college's role in her life. We're not here to take over the parenting role—that's solely up to you. We are here, however, to help your student develop into a responsible, healthy adult. What is "student development"? Student development is empowering students to become leaders while taking responsibility for their social and academic lives. We provide opportunities for students to achieve competence in academic and non-academic arenas. We challenge them while also providing support. We teach them how to manage emotions, from anger to self-esteem and everything in between. We help them become autonomous so that they are no longer dependent but, rather, interdependent, on others. We encourage them to

determine who they really are, on many levels. We offer assistance as they develop their values and figure out what they stand for. We support the development of positive relationships, including those with family, friends, partners, and diverse individuals. We help students identify and pursue their purpose. In a nutshell we are student advocates. Self-responsibility is one of the most important things your student can learn at college. We expect students to take responsibility for their behavioral choices, respect rules and policies, maintain academic honesty and persistence, develop healthy study, eating, and sleep habits, seek assistance when needed, and be a positive member of the campus community. Involvement = Success. The Family Educational Rights and Privacy Act

(FERPA) is a federal law designed to protect the privacy of a student's educational records. Once a student turns 18 years old, information from his student records can not be shared with others. You must have a signed disclosure form to access information. *Source: A New Chapter, PaperClip Communications, 2007.*



Residence Life Move-In Information

- Residence Hall Move-In will be August 20-23, 11am-5pm each day.
- Students can now view roommate information on MySam. Click on Housing Portal and navigate to Application Status.
- To ensure the safety of all our on-campus students, all students must wait

10 days after they receive their meningitis shot before moving into the residence halls (as stated in the Meningitis Information sent to all incoming students). Because we will hold beds to accommodate this waiting period, we cannot adjust rent for the semester.

- Residence Life is now located in Lone Star, 910 Bearkat Blvd.

Things to Remember:

- Towels
- Backpack
- Toiletries
- Alarm Clock
- Detergent
- Sturdy Key Chain
- Curtains
- Umbrella/Rain Coat
- Cleaning Supplies
- Radio/TV/VCR/Table
- Flashlight
- Area Rug/Carpet
- Reading Lamp

Student Health Center



The Health Center is located at 1528 Avenue J (the corner of Avenue J and Bearkat Blvd).

Hours of Operation are as follows:

Fall and Spring Semesters

8:00 a.m. - 6:00 p.m. Monday - Thursday

8:00 a.m. - 5:00 p.m. Friday

*Only business services offered from 12-1pm

Pharmacy and Laboratory Hours

8:00 a.m.—5:00 p.m. Monday - Friday

Appointments are made either in person or by telephone at 936-294-1805.

Services Offered:

- Clinic
- Laboratory
- Pharmacy
- Women's Health

Bearkat Family Weekend, September 16-18, 2011

The Sam Houston State University campus is a student's home away from home, and each year we invite families to make it their own. During Bearkat Family Weekend we encourage parents and families to share the SHSU experience as you spend time connecting with your student, interacting with faculty and staff, and experiencing what makes being a Bearkat so special.

Bearkat Family Weekend offers many specially-planned events and activities including open houses, campus tours, faculty presentations, a tailgate party and a special event where families mix and mingle with the administrators of the university.

The weekend hosts the annual Car Cruise-In and Carnival on the Concourse

where parents and families get to participate in fun activities such as bean bag toss, ring toss, balloon pop, dunking booth, cake walk, face painting, card and dart games, as well as judge a classic car show.

Parents have the opportunity to participate in the Parents' Association Meeting



www.shsu.edu/weekend

and learn how to be proactively involved in their student's college experience. There is also the Annual Bearkat Alley Pre-Game Tailgate where food, family, and fun are a must!

We hope you can join us and many other families at Bearkat Family Weekend, where you can build your Bearkat pride and strengthen your connection to the University and your student. Visit www.shsu.edu/weekend for more information. Check us out on Facebook, search Bearkat Family Weekend.

Parents' Association

Become involved with the SHSU Parents' Association. Dues are \$35 per family per year or \$125 for 4 years. Some of the events the Parents' Association sponsor are:

Saturdays at Sam - SHSUPA volunteers meet and greet prospective students and parents at the Saturday's at Sam event.

Orientation - SHSUPA volunteers meet and greet new students and parents at each of the freshman orientation sessions

in the summer.

Parent's Weekend - September 17, 2011 is also the annual meeting at 10:00am in the LSC Theatre.

SHSU Homecoming Weekend - SHSUPA has a booth at the tailgate party before the football game during SHSU Homecoming.

SHSU Parents' Association is a fun way to stay connected to your student and the university!

Apple Days - SHSUPA volunteers pass out free apples, candy, and scantrons to SHSU students, the week before exams, each fall and spring semesters. SHSUPA also provides student scholarships For more information visit www.shsu.edu/parents.

New Student Convocation

Come Celebrate Fall 2011 New Student Convocation! Saturday August 20th, 5:30pm in the Johnson Coliseum

Mexican Fiesta and a DJ on the Coliseum grounds right after the ceremony!

Be the first to try a Sammy Dog! (A super hot dog with all the orange fixings!) Door prizes awarded after the ceremony! You can win a Kindle!!

Students bring your Bearkat OneCard for dinner.

Parents – register your family, and dinner is on us!

Students can attend the Rock the REC event after dinner.

Parents, visit our website to let us know you may attend

<http://www.shsu.edu/fye/convocation.html>



PARENT RELATIONS
OFFICE

SAM HOUSTON STATE UNIVERSITY

Dean of Students' Office
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"The measure of a Life is its Service."

We're on the web
www.shsu.edu/parents

At SHSU we understand the importance of working with parents as part of a student's team and support network. The Parent Relations Office mission is to partner with the community of parents and family members of SHSU students by encouraging students to excel towards academic success and personal development. We recognize that informed, involved parents contribute to student success.

The Parent Relations Office is a under the Dean of Students' Office which is a Division of Student Services. Together with the help of the University community we are here to serve you, the parent or family member of an SHSU student. From the first day until your student applies for graduation please do not hesitate to contact us if you have questions about a specific department, student support service, have a concern, or want to know what is going on around campus, we are here for you.

Dean of Students' Office

FLASH Mentoring Program

We encourage you to tell your students about our **FLASH Mentoring Program**. F.L.A.S.H. (Freshman Learning About Sam Houston) Mentoring Program is designed to provide students with a support network to encourage academic success and social exploration.

Program participants develop positive, supportive relationships with fellow students, faculty, and staff under informal and non-threatening circumstances, thus feeling more connected to the university.

The program primarily serves first-time Sam Houston State University students by pairing them with a caring faculty/staff member and a program of services designed to sustain their educational success at SHSU.

Faculty/staff mentors create nurturing and personalized university experiences for new students, thus easing the transition from high school to college and assisting in the retention and graduation of college students. Ideally, friendships will develop

in such a way that students feel comfortable in approaching their mentors for help or referral with academic, social, and personal adjustment concerns.

The program matches mentors at random, though in some cases, pairs are matched by special skills, needs, major, hobbies, or interests.

This year, FLASH will be holding a kick-off luncheon, holiday mixer, and end of the year banquet. There will also be opportunities for mentors to meet one on one with their student.

We encourage your student to join this program and make a new connection at Sam Houston State University. Interested students can visit the Dean of Students' website at www.shsu.edu/deanofstudents and click on Programs, then FLASH for an application.

Applications should be turned in by August 15, 2011.

