

Parents Newsletter

Office of Student Life

November 2004

University of Minnesota Duluth

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Midterms Have Passed

Check with your child to see how they are doing and how their midterms went. Some professors send out midterm alerts to students who are struggling in classes.

Questions? Concerns?

The Office of Student Life at UMD is here to assist parents and students with any transition issue or concern you may have. You can contact us directly at (218) 726-6278 or email at umdlife@d.umn.edu

Thanksgiving Break

Classes are cancelled and Campus is closed November 25 & 26. Meals are still provided to on-campus residents.

Registration and Advising for Spring Semester

It seems like the semester just began, but during the month of November students need to begin planning for their spring semester schedule. Students with the most credits (seniors) will start registering on November 18, and students with the least credits (freshman) will register the first week in December. When planning a schedule there are few things students should keep in mind:

Create a tentative list of courses.

Students can pick up registration material beginning in early November in their student affairs office (Office locations and contact information are listed below). They should be sure to pick up a copy of the Spring Semester Class Schedule. Using the Liberal Education Program (LEP) (general requirements of all UMD students) and major/minor requirements, students should determine which categories and requirements they still need to fulfill. Students should review the Spring Semester Class Schedule and read course descriptions in the UMD Catalog and prepare a list of 8-12 classes they are interested in.

Schedule an appointment with their academic advisor.

All students are assigned an academic advisor who they are encouraged to meet with each semester before they register. An academic advisor is a faculty member from within the student's choice of major (i.e. Biology professor if student is a Biology major, etc), or a professional advisor from within the collegiate unit. The academic advisor will review the student's current schedule, encourage students to explore interests, help the student with major selection, relate degree requirements to interests/majors, and assist them in making course selections for spring semester. Students should contact their advisor to see whether they need to sign up for an appointment or whether he/she is holding advisement office hours. In some cases students, will have an advisement hold on their record, which will prevent them from registering without meeting with their academic advisor.

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New Multicultural Center

Students and the UMD community celebrated the opening of the new Multicultural Center in October. This space will allow all students an opportunity to gather and celebrate diversity of the UMD community.

Parents & Family Weekend

We had a tremendous turnout for Parents and Family Weekend on Oct. 22-24 with over 400 families registering with us.

Thanks to those who participated. To help us improve the program, we welcome your comments at: <http://parents.d.umn.edu/events/weekend>.

Want to help plan more parent and family events? Go to: <http://parents.d.umn.edu/connection>

Registration Assistance is Available

Students are not in this alone. Several offices exist to help students through the registration process. Collegiate Unit Student Affairs Offices:

School of Fine Arts
214 Humanities
218-726-7262

College of Liberal Arts
306 Kirby Plaza
218-726-8563

College of Education and Human Service Professionals
115 BohH
218-726-7667

Labovitz School of Business and Economics
21 LSBE
218-726-8757

College of Science and Engineering
140 Engr.
218-726-7806

First Year Experience Office
60 Solon Campus Center
218-726-6393

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Register for classes.

All of the information they need to register is on the web: <http://www.d.umn.edu/Register/>. They will need their Internet ID and password to access their information and registration screens.

- **When can they register?** Students are assigned a “queue time” which identifies the earliest day and time they can register. They can register at this time or any time after. For a list of approximate queue times based on credits visit: <http://www.d.umn.edu/Register/queue.html>
- **Check for Holds.** Students should verify there is nothing preventing them from registering at their assigned queue time. Typically, holds are placed on a student’s record if the University is missing information (i.e. outstanding bills, forms, didn’t meet with their assigned advisor, etc).
- **Add or Change Classes.** When students begin the registration process they will be asked to verify their health insurance information. They will also be given the option to donate to two student organizations (MPRIG and SLC). Students will need the 5 digit course numbers (the number assigned to each class section) to register for the class. They will also be asked to select a grading basis (A-F, or S (pass) - N (no-pass)) for each class. Students can continue to make changes to their schedules after their initial registration.
- **Strategies for Closed Courses.** Occasionally students will find that a course they wish to enroll in is full. If another section of the class isn’t open, the student should:
 - Go see the instructor for the possibility of obtaining a permission number (class override).
 - Go to the department of the course, student affairs, or online office to get on a waiting list.
 - Continually check the status of the course on the web. Students are always changing their schedules and the web offers up to the minute information on class availability.
 - Attend the first class session of a closed course to see if the instructor will allow them to add the class. (We encourage students to register for an alternative course to maintain full time status until they are allowed into the closed course).

Homesickness

Starting college is a time of multiple transitions. Students go from being in an environment where they feel secure, know who their support systems are, and all is familiar, to entering a new school that is unfamiliar and having to “find their place” socially and academically. Some students embrace and welcome the change while others struggle to make the adjustment. Understandably some feel shaken and lonely and long for what is secure (home). As parents, there is much that you can do to assist your sons/daughters in making a healthy, happy transition into college life.

One of the most important things you can do is listen: give them the opportunity to acknowledge and accept their feelings while reminding them that these feelings will probably pass as they become more comfortable in their new surroundings. If your son/daughter has struggled with transitions in the past (middle school/high school) remind them of techniques that they used to cope with and resolve their feelings.

Assure them that they are not alone; many freshmen have the same feelings. Encourage them to reach out to meet others and become involved in college life. Those students who make good connections and friendships develop a sense of community at college and make the transition more quickly.

Talk with them about what you can do to help. Offer to visit them at college on a weekend. Think carefully about whether or not coming home will be helpful. For some it helps ease the transition: others find the constant readjustment makes them feel worse. Offer choices and discussion.

Should you find that the homesickness is not passing or you observe symptoms of depression or anxiety, remember there is help available to your son or daughter on campus. Sometimes it helps to have a person at school to talk with. [UMD Health Services](#) can assist them in working toward adjustment to college. We can be reached at (218) 726-6967.

Career and Major Exploration

Deciding on a career or college major is a process that takes time. It's OK for students to be undecided. In fact, some students may change their majors several times before graduation. Career planning involves learning about yourself (your interests, values, and abilities) and relating that information to occupational choices. Whether students have chosen a major or not, they should take the time to explore who they are, what they are interested in, and their strongest talents.

Below are some suggestions students can use to learn more about themselves and their interests:

- Students can make a list of all the classes, activities, and clubs they enjoyed in high school or since then. What did they like or dislike?
- What college activities do they intend to pursue outside the classroom?
- Students can create a list of adjectives that describe them. What words would people use to describe them? If they have a hard time creating the list, they can ask someone who knows them.
- Students should look through the course descriptions in the UMD Catalog and check off courses that sound interesting. Next, they should add up the check marks for each department and consider taking courses from the departments with the most checks.
- Students can create a list of their skills and strengths.
- Students should consider taking the Strong Interest Inventory. This activity will help them relate their interests to possible careers and majors. The results of this career assessment test will indicate occupations that are related to their interests. The test can be taken by appointment in Career Services (21 Solon Campus Center) and costs \$15.

For more information on career and major exploration, visit their website at <http://careers.d.umn.edu/>.

Winter Driving

Snow Removal

All Residence Hall and Apartment Parking Lots

Notices regarding the snow removal schedule will be posted TWO days in advance, when possible.

PLOWING WILL BE DONE BETWEEN 7AM AND 4PM. Alternate parking during snowplowing times will be listed on the postings. More details at <http://www.d.umn.edu/parking>

Priority Plow Routes

-Starting November 1 some streets have no overnight parking, look for signs especially around campus

Tips for Driving on Duluth Hills

- Avoid driving during or immediately after a snow storm. Allow time for plows to remove snow from hills.
- Be cautious when entering intersections on hills. Traffic coming down the hill may not be able to stop due to ice.

What's Happening in November!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13
<p>HEAD OF THE LAKES JOB FAIR! The Fair open to Juniors and Seniors seeking full-time employment, internships and summer opportunities. Freshmen and Sophomores are encouraged to attend to explore career opportunities and look for summer jobs. 10am—4pm in the Kirby Ballroom.</p> <p>Spotlight on UMD Kirby Lounge 7pm, Free</p>	<p>The Tweed Museum of Art is presenting: Art and Design Lecture Series: Jorge Frascara 10am, Free</p> <p>Grocery BINGO Ballroom 10pm, Free</p>	<p>Arrowhead Astronomical Society Learn about astronomy MWAP 130—Alworth Planetarium 7pm, Free</p> <p>Spontaneous Combustion Rafters 10pm, Free</p>	<p>Band: Bad Plus Ballroom 10pm, Free</p> <p>Free Games Night Games Room 10pm, Free</p>		
15	16	17	18	19	20
	<p>Band: Ted Leo and the Pharmacist Rafters 9pm, Free</p>	<p>“Women and Poverty” A panel discussing the impact of the economy on women and children. Kirby Student Center 355 12 NOON</p> <p>Stargazing Tonight Discover the night skies MWAP 130—Alworth Planetarium 7pm, Free</p>	<p>The Tweed Museum of Art is presenting: Art and Design Lecture Series: Brian Hubberd, film maker 12pm, Free</p> <p>Beat Mike Night/ Texas Holdém Games Room 10pm, Free</p>	<p>Band: Down and Above with Sunset Black Rafters 9pm, Free</p> <p>KPB Presents: The Village Bohannon 90 7pm, \$2/person 10pm, \$1/person</p>	<p>KPB Presents: The Village Bohannon 90 8pm, \$2/person</p>
22	23	24	25	26	27
	<p>The Tweed Museum of Art is presenting: Art and Design Lecture Series: Fast Forward. 6pm, Free</p> <p>Open Mic Night Rafters 10pm, Free</p>	<p>HIP-HOP BATTLE Rafters 10pm, Free</p> <p>KPB Presents: The Village Bohannon 90 8pm, \$2/person</p>	Campus Closed	Campus Closed	
29	30				
	<p>Wild Card Night Rafters 10pm, Free</p>				