MARCH TOPICS

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What is a “Hold”

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KU Parent Association
KU Parent Assistance Line (785) 864-5872

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Please address your questions or comments to parents@ku.edu. Please do not use the "Reply" key to send e-mail messages

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Remove from this List  Subscribe to this List

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IMPORTANT KU PHONE NUMBERS

Vice Provost for Student Success (785) 864-4060
College of Liberal Arts & Sci. Acad. Serv. (785) 864-3500
Counseling & Psychological Services (785) 864-2277
Department of Student Housing (785) 864-4560
Office of Student Financial Aid (785) 864-4700
Office of University Registrar (785) 864-4422
Student Health Services (785) 864-9500

IMPORTANT KU DATES

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<th>Date</th>
<th>Event</th>
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<tr>
<td>March 20-27</td>
<td>Spring Break (No classes, University offices open)</td>
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<tr>
<td>April 21</td>
<td>Last day to drop a class or withdraw</td>
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<tr>
<td>May 13</td>
<td>Stop Day (No classes, University offices open)</td>
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<td>May 16-20</td>
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<td>May 22</td>
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<td>September 5</td>
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<td>September 10</td>
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<td>Homecoming</td>
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<td>October 10-11</td>
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<td>November 23-27</td>
<td>Thanksgiving Break (No classes, University offices open on 23rd)</td>
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<tr>
<td>December 9</td>
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<tr>
<td>December 12-16</td>
<td>Final Examinations</td>
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<td>January 17, 2012</td>
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<tr>
<td>March 19-25</td>
<td>Spring Break (No classes, University offices open)</td>
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<tr>
<td>May 4</td>
<td>Stop Day (No classes, University offices open)</td>
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<tr>
<td>May 7-11</td>
<td>Final Examinations</td>
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<td>May 13</td>
<td>Commencement</td>
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<tr>
<td>August 20</td>
<td>First Day of Fall 2012 Classes</td>
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BUSINESS MINOR

A minor in business can compliment any major and KU students have the minor in business available to them. By completing the six courses required with a cumulative GPA of 2.0 or better, a student has a business minor. Before declaring a minor in business, students must have passed English 101 and Math 101. To learn more about the business minor visit: www.business.ku.edu/undergrad/minor/.
ADVISING FOR SUMMER AND FALL SEMESTER TERMS

Advising for the fall semester and summer term begins in March. The University Advising Center (UAC) will email advising instructions to all students assigned to the UAC* on March 4. The University Registrar will email information to all students on March 10 concerning their registration time on Enroll & Pay (the date they will first be allowed on Enroll & Pay to enroll). The online Schedule of Classes will be available on March 10 as well. Students should schedule their advising appointment in advance of their online registration time to enroll most efficiently. Advising starts officially on March 28 and continues through early May. Continuing students can enroll through May 31. Enrollment for fall semester then closes, except for seniors, to allow new students to enroll during summer orientation. Enrollment opens again on August 1. Summer term enrollment continues into June.

Through the emails mentioned above, students will be encouraged to check for holds on their records, using either Enroll & Pay or the Advising Tab in the Kyou Portal. Holds keep a student from enrolling and are placed for various reasons, such as required advising, unpaid balances and fines, missing admission or immunization records, or completion of the mandatory alcohol education program.

For more information on advising, go to www.advising.ku.edu.

*Generally, students see an advisor in the UAC until they have formally declared a major, are accepted into a professional school, or until they reach 90 completed hours. Students undeclared or not accepted to a school upon reaching 90 hours must see a graduation advisor in the College of Liberal Arts & Sciences Student Academic Services. Students admitted to the Honors Program are advised by Honors advisors.

BUSINESS MINOR

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ORDER CARE PACKAGES FROM KU BOOKSTORE

The KU Bookstore now offers five care packages available on their website. Deliveries will be through the Bookstore's standard shipping methods and the corresponding shipping charges will apply. For more information or to order, please visit:


COMMENCEMENT INFORMATION

Commencement information may be found at: www.commencement.ku.edu/. Commencement is May 22, 2011. Graduates from Summer 2010, Fall 2010 and Spring 2011 will be honored at that time as well as during various open houses and recognition ceremonies May 20th–22nd.

FINANCIAL AID INFORMATION: STUDENTS RESPONSIBLE FOR FINANCIAL AID AWARDS

We encourage all students to complete the 2011-2012 Free Application for Federal Student Aid (FAFSA) at www.fafsa.gov. Students who have complete financial aid files will receive email award notifications from our office beginning in early April 2011. Students may view, accept and decline financial aid awards at https://sa.ku.edu using their established KU Online ID.

As parents, it may be difficult at times to watch our children grow up and set out on their own. The parental instinct may be to continue to do as much for our children as we can. This desire to help is particularly challenging in the area of college finances, especially student loans and financial aid. The office of Financial Aid and Scholarships (FAS) believes that parents should have a continuing dialogue with their student about financial aid and the amount of money awarded and needed to pay for school. Therefore, while we encourage parents to discuss the financial aid package with their student, it is still important to note that the student is the only one authorized to log-in to and access his or her Enroll and Pay account. Students are also the only ones authorized to accept or decline financial aid awards of any kind. The parent or legal guardian is not legally authorized to log-in or access a student’s Enroll and Pay account.

If your student has financial aid questions, please encourage the student to contact the FAS office at 785-864-4700 or email the office at financialaid@ku.edu.
FOSTERING RESILIENCE AND COLLEGE STUDENT MENTAL HEALTH

Recent articles in the New York Times and other media sources, drawing upon research focusing on college students’ emotional health from a national survey of over 200,000 first-year college students in the Fall 2010 semester, paint a confusing picture. Several findings raise concern, most notably that incoming college students report record-low states of emotional health, and the largest one year drop in the 45 year history of the survey. Suspected causes for this downturn abound, ranging from increasing pressure to succeed, to the impact of the recession, and greater reliance on loans and financial aid. However, on the positive side, optimism about the college experience is at its highest levels in 30 years. And although these rates dropped slightly last year, 52 percent of students self-identified as having emotional health either in the highest 10 percent or above average as compared to their peers.

Regardless of how these findings are interpreted, they seem to highlight the importance of fostering the resilience of our college students. Change and transition invariably increases stress, even when the change is positive, and college is quintessentially a time of transition, adjustment, flux, and growth.

So, how can you as a parent help to foster the resilience of your student, to strengthen his or her ability to effectively manage the myriad of challenges they face? Research indicates that hope and engagement are each more predictive of college success than standardized test scores. Meaningful hope is composed of two factors – agency (confidence in one’s ability to be effective) + pathways (having a realistic and concrete plan to achieve one’s goals). Talk with your student about his or her goals, especially focusing on the short term steps needed to reach larger goals. When feeling frustrated or discouraged, elicit examples from your son or daughter of instances when they have successfully dealt with challenges. These can serve as templates for managing current challenges.

One of the clearest research findings in psychology is that social support helps us to manage stress and adversity more effectively. Encourage your son or daughter to get involved and get connected at KU in any of the myriad of activities or organizations that KU offers.

Finally, help to convey realistic expectations. Carol Dweck, a researcher on learning at Stanford, stresses the importance of fostering a “growth mindset,” conveying the message – “We will struggle, we will fail, we will be knocked down – but throughout, we’ll get better, and we’ll succeed in the end.” Giving the message that struggle is to be expected, paradoxically sends a very optimistic message, that it will be difficult at times, but that you have the resources and the ability to succeed. It reframes failure as a natural part of the change process. And that is critical, because people will persevere if they perceive falling down as learning rather than failing.

For more information about other self-help topics, or to find out information about services offered at Counseling and Psychological Services, visit: www.caps.ku.edu.

JAYHAWK BUDDY SYSTEM

Jayhawk Buddy System is a protective campaign designed to encourage students to make healthy choices and help friends stay safe and avoid trouble. The Jayhawk Buddy System website has a variety of information to help students make wise choices. The program is built on seven principles:

- Sets the expectation for Jayhawks to be responsible and help one another.
- Reminds students of the protective measures they already employ.
- Gives students the tools to be a positive influence on their friends.
- Capitalizes on the positive and protective behaviors exhibited by most students.
- Treats peer group influence as an asset rather than a liability.
- Mobilizes the power of the positive influence of the peer group.
- Appreciates that students are more strongly influenced by relationships than rules.

For more information visit: http://buddy.ku.edu/index.shtml.

SENIOR CLASS GIFT

Since 1873, graduates have left their legacy at the University of Kansas by joining fellow classmates in giving to the Senior Class Gift campaign. Commemorate the years spent and memories made at KU by participating in one of the oldest traditions on The Hill.

Celebrate your graduate’s legacy with a personalized engraved brick in the Class Legacy Walk, located near the Rain Garden at the Ambler Student Recreation Center. Individual bricks are available through a tax-deductible gift to the Senior Class Gift campaign.

To ensure that your engraved brick is placed and ready to view by May 2011 graduation, please send your application and payment by Friday, March 11, 2011.

Leave your graduate’s legacy today! http://www.kuendowment.org/seniorclassgift.
RECREATION SERVICES: OUTDOOR PURSUITS
Recreation Services at KU is much more than the exercise machines, climbing wall and basketball courts at the Ambler Student Recreation Fitness Center! The Outdoor Pursuits program provides equipment rental as well as a self-service bicycle repair shop and a low-elements challenge course. They rent different types of camping, backpacking, canoes, and sit-on-top kayaks to students, faculty and staff. Located in the lower level of the Ambler, students can enjoy the great outdoors without owning the equipment needed to have a good time. For more information visit: www.recreation.ku.edu/programs/outdoor_pursuits/

KU STUDENT HOUSING INFORMATION
Register online for Student Housing during Spring Break
Students may register to stay in KU student housing during Spring Break at break.housing.ku.edu. Charges for break housing will be placed on the student’s university account through Enroll & Pay. KU residence halls and scholarship halls close for Spring Break at 2 p.m., Saturday, March 19. The last meal that day is brunch. The halls will reopen at 8 a.m., Sunday, March 27. Full meal service resumes Monday, March 28.

McCollum Hall remains open. Ellsworth, Hashinger, Lewis, and Templin residence halls may remain open if a sufficient number of requests are received no later than ten days prior to the break. GSP, Corbin, and Oliver residence halls and all scholarship halls will be closed. Residents of those buildings may request to stay in McCollum Hall during the break.

For questions, e-mail housing@ku.edu or call 785-864-4560.

Band that began in a scholarship hall wins competition
A band formed in the KU scholarship halls is the national champion of U Rock! Battle for the Best Band.

Three of the KU students were residents of Grace Pearson Scholarship Hall, located on Louisiana Street—hence the idea for the Louisiana Street Band’s name. The grand prize included 19 hours of professional studio time at Firehouse Studios in Los Angeles.

The six-man Louisiana Street Band includes four KU students: Evan Epperson, John-Marc Skoch, Bradley Feagan and Austin Quick and two Baker University students: Scott Marks and Nate Deel. To hear the EP and see their schedule, go to www.myspace.com/louisianastreetvodoo.

SPRING BREAK SAFETY
KU’s spring break runs from March 20-27. While many students return home, work or even stay in Lawrence, others travel to destinations such as Cancun, South Padre Island or Miami. Because these trips frequently involve the combination of large crowds and alcohol, it is particularly important for students to be aware of their own safety and the safety of their friends.

You may find this website helpful: www.safespringbreak.org/safety-tips/.

STUDENT MONEY MANAGEMENT SERVICES (SMMS)
SMMS is committed to improving KU students’ financial situations by empowering them to analyze their finances, make sound decisions and commit to controlling their financial lives at KU and into the future. April is Financial Literacy Month. During the month, SMMS will raise awareness in the following financial areas in workshop format:

- Money Choices – “Using what you have to get what you want.”
- Credit Card – Bonus or Curse?
- Today’s Choices = Tomorrow’s dollar = The Time Value of Money.
- Consumer Privacy – Who’s got your number?
- Personal Finance – 5 ways to maximize post graduation lifestyle.
- The seven sins of first time renters.
- The CashCourse Lunch and Learn Series.

For more information, please visit the SMMS website at www.money.ku.edu.
WHAT IS A “HOLD”

A “hold” is the term used when a block is put on a student’s records at KU that prevents the student from enrolling and/or receiving other services at the University. Holds are used for a variety of purposes and are used to make students accountable. There can be an advising hold which insures that a student consults with an advisor prior to enrollment. There can be a Bursar’s hold which indicates that the student owes the University money. For students who did not complete the mandatory alcohol education course, there is an alcohol education hold. A guide to the various holds can be found here: [http://advising.ku.edu/docs/EnrollmentHolds.pdf](http://advising.ku.edu/docs/EnrollmentHolds.pdf).

Students can easily check their records in Enroll and Pay to see if they have a hold on it. A guide is available here: [www.ku.edu/~sakut/PDF/Checking_for_Holds.pdf](http://www.ku.edu/~sakut/PDF/Checking_for_Holds.pdf).

HELPFUL LINKS

- **KU Parent Association:** [www.parentassociation.ku.edu](http://www.parentassociation.ku.edu)
- **KU Information Center:** [www.kuinfo.ku.edu](http://www.kuinfo.ku.edu)
- **KU Alumni Association:** [www.kualumni.org](http://www.kualumni.org)
- **KU Endowment Association:** [www.kuendowment.org](http://www.kuendowment.org)
- **KU on Facebook:** [www.ku.edu/facebook](http://www.ku.edu/facebook)
- **KU News:** KU news releases are available online at [www.news.ku.edu](http://www.news.ku.edu)

Address your questions or comments to parents@ku.edu. Please do not use the "Reply" key to send e-mail messages.