SEPTEMBER TOPICS

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

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

* Remove from this List  Subscribe to this List

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) 864-4500
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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<tr>
<td>October 1</td>
<td>Homecoming</td>
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<td>Fall Break (No classes, University offices open)</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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<td>December 9</td>
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<td>December 12-16</td>
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<td>May 4</td>
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<td>May 7 -11</td>
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CALENDAR HAS DATE WRONG FOR ROSH HASHANAH

Due to a source error, the date for the beginning of the Jewish holiday Rosh Hashanah is incorrect on the KU academic calendar distributed to parents in early August. The holiday begins at sundown September 28. We apologize for the error.

ETIQUETTE DINNER

The Etiquette Dinner is scheduled for October 4th at the Adams Alumni Center. This unique learning experience provides an excellent opportunity to navigate successfully through one of the most difficult social encounters in the real world: Fine Dining with Strangers!

KU students of all academic levels are encouraged to participate in this fun event. There is a non-refundable commitment cost of $15 per student to attend the event. Reservations for the event can be purchased at the University Career Center, Room 110 Burge Union or online at KUCareerHawk. Personal checks, cash, and major credit cards are accepted forms of payment. Students are encouraged to purchase their reservation as soon as possible since there is limited seating.
ACADEMIC NOTICES
Academic advisors use the Academic Notices area of the Kyou portal to communicate important academic information with students. Advisors are able to see when a student received a notice and tell whether or not the student opened the notice. To learn how a student can check the academic notices, visit: www.ku.edu/~clasus/CheckingAcademicNotices.shtml.

HAZING PREVENTION
National Hazing Prevention Week is September 19-24th. KU has a week’s worth of activities planned to educate the campus about the harms of hazing and alternatives. The keynote speaker is Don McPherson who will speak on Monday, September 19, at 7 p.m. in Woodruff Auditorium. Visit www.preventhazing.ku.edu for more information.

HEALTH INSURANCE FOR STUDENTS
Success in the university setting depends on many things, one being a student’s health and whether or not they are protected from unexpected health related costs. Because the potential for financial hardship is so great in health related situations, KU strongly recommends that each student be covered by health insurance. How about your student? Do they have health insurance? Are they covered by your policy? Will they soon be ineligible for such coverage?

One option in student health insurance coverage is sponsored by the Kansas Board of Regents for students at all of the Kansas regent universities. The plan is underwritten by United HealthCare Student Resources, a company with many years of providing coverage to college students. This voluntary plan, offered for students meeting enrollment eligibility guidelines, provides comprehensive benefits for a reasonable premium and is geared specifically toward students.

Your student may enroll in this insurance plan at any time. Coverage is available annually or by the semester and begins when enrollment is completed and the premium is paid.

For more information or to enroll online, visit the United HealthCare provider website (http://www.uhcsr.com/ku). You may also get more information by contacting the KU Student Health Services Insurance Office at (785) 864-9522.

HOMECOMING
Homecoming Week will be September 25-October 1 this year and will include daily events at sites on and off campus. The football game at Memorial Stadium is against Big XII rival Texas Tech University. You can find more information at: www.homecoming.ku.edu.

KU EMAIL
By now your son or daughter should have received email of some sort from KU. Email is considered an official form of communication from the University. If your student has not received email from KU, he or she really needs to check their account on the KU Portal. More information is available at: http://technology.ku.edu/accounts/index.shtml.

MENTAL HEALTH AND SUICIDE PREVENTION
Depression is a serious issue for many college students. Nearly half of all college students say they have felt so depressed that they found it difficult to function during the school year. One in ten of college students have a friend who has considered suicide. ULifeline is a comprehensive online resource center for information about mental health and suicide prevention. Visit: www.ulifeline.org. Half of Us, a website for college students provided by ULifeline, is an excellent resource for students. Visit: www.halfofus.com.

Additionally, KU offers a full service Counseling Center for KU students. Visit: www.caps.ku.edu.
KU STUDENT HEALTH SERVICES EXPANDED OFFERINGS

With modern technology and a touch of old-fashioned personal care, Student Health Services (SHS) strives to connect with students through multiple channels: in-person, online and over the phone. Starting in the Fall 2011 semester, SHS will be offering an expansion of services to better meet the needs of KU students:

**Walk-In Clinic:** One of the significant updates to SHS is the addition of a walk-in clinic at the Watkins Memorial Health Center. The walk-in clinic provides non-emergent medical care during normal business hours. No appointment is necessary.

The Walk-In Clinic works in collaboration with the entire SHS staff, including our team of board-certified physicians, to determine if a higher level of care is needed. Patients have access to all SHS services such as the on-site lab, pharmacy and x-rays.

The Walk-In Clinic staff will treat illnesses and injuries that are non life-threatening, but may need prompt medical attention. Conditions include: minor cuts, fever, sinus infections, sprains, sore throats and urinary tract infections.

**Online Services:** Students now have the option to connect to their health through the Internet. Accessed through studenthealth.ku.edu, the online services feature:

- Refill prescriptions
- Make, reschedule or cancel an appointment
- View lab results
- Check account balance
- Communicate with SHS staff
- View and print immunization records

New online services will be added in the future, so encourage your student to visit the SHS website often: studenthealth.ku.edu.

**24/7 Nurse Helpline (785) 864-9583:** Questions about health can come up at any time. That is why our Nurse Helpline is available 24 hours a day, 365 days a year. Your student can speak with an experienced registered nurse who will carefully listen to their concerns and give them information to help them choose the right care for their situation.

**Health Education Resource Office (HERO):** Formerly known as the Wellness Resource Center, HERO offers educational materials, presentations and programs, such as nutrition counseling and smoking cessation. Numerous events are held each month through the Peer Health Educators, including wellness fairs, stress busting study breaks and alcohol awareness tabling.

For more information about any of the expanded services, visit [http://www.studenthealth.ku.edu](http://www.studenthealth.ku.edu) or call (785) 864-9500.

KU STUDENT HOUSING INFORMATION

**New Student Housing website available**

The Department of Student Housing’s website now includes virtual tours of rooms and a full description of the academic support available to your on-campus student. As you are thinking about housing plans for your student for next year, you can take a look at upgraded suites, on-campus apartments, and more. See the newly redesigned site at [www.housing.ku.edu](http://www.housing.ku.edu).

**Student Housing open during Fall Break**

Residence Halls, Scholarship Halls and Jayhawker Towers all remain open during Fall Break, October 8-11. Mrs. E’s is the only residential dining center open over the break and will serve both brunch and dinner.

**GSP renovation: Contracts accepted for next year**

GSP is under renovation for the 2011-12 school year. It will re-open in August 2012 and feature a beautiful new dining room, seating area open for studying 24/7 and a late night dining option. The hall also will feature double rooms, single rooms and four-person suites. Student Housing is accepting contracts for the 2012-13 school year for admitted students beginning in September 2011.
TUTORING
KU offers many tutoring options for students. The Peer Led Undergraduate Supplements program (PLUS) is for Biology 150, Chemistry 184, and Chemistry 624. PLUS offers peer led supplemental discussion sessions coupled with interactive exercises that reinforce lecture materials in a small group setting. These sessions are specifically designed to bridge gaps between teaching and learning. PLUS is open to all students enrolled in the course and students may attended any discussion section. For more information visit: www.plus.ku.edu.

Other tutoring options at KU may include help rooms through the department and departmental tutoring as well as fee based tutoring. For more information on tutoring opportunities, students may access www.tutoring.ku.edu.

QUESTIONS YOU MAY WANT TO ASK
Retention research shows that the first six weeks of a college student’s experience can be a powerful predictor of persistence. Our colleagues at Xavier University have a set of questions that parents can ask their student to help ascertain how their student is adjusting to college. These questions are not limited to freshman; rather, all students should be able to answer these simple questions. A sampling of Xavier’s questions with the KU answers include:

- Do you know a faculty, staff, or administrative person that you could go to in a time of need? Answer: Most likely a favorite teacher, academic advisor, Orientation Assistant, or club advisor.

- Do you know your academic advisor's name and the location of his/her office? Answer: New to KU and undeclared major students (including pre-professional and undecided) are advised in the University Advising Center and they will find the name of their advisor in their Academic Notices on the KYou portal. Students who are directly admitted into one of the Professional Schools, will find their advisors through the School’s Dean’s Office, Students who have a declared major in the College of Liberal Arts and Sciences should contact the department’s advising specialist or undergraduate coordinator for advising information.

- Do you know the location on campus of the writing center, the foreign languages resource center, mathematics help room? Answer:
  - The Writing Center serves students in Anschutz Library Learning Studio (4th floor), Watson Library, the Sabatini Multicultural Resource Center, and four residence halls. The Writing Center is also available online.
  - The foreign language resource center is located in 4070 Wescoe Hall. It is actually called the Ermal Garinger Academic Resource Center.
  - The math lab’s location depends on the level of math in which your student is enrolled. Math 002 and 101 students can find the Math Help Room in 323 Strong Hall. Math 105, 220, 365, and 526 student Help Room is 151 Snow Hall. Math 115 Help Room is 308 Snow Hall. Math 121 and 122 is in 564 Snow Hall.

HELPFUL LINKS
- KU Parent Association: www.parentassociation.ku.edu
- KU Information Center: www.kuinfo.ku.edu
- KU Alumni Association: www.kualumni.org
- KU Endowment Association: www.kuendowment.org
- KU on Facebook: www.ku.edu/facebook
- KU News: KU news releases are available online at 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.