HOMECOMING

The campus will celebrate Homecoming Sept. 29 through Oct. 5, when KU's football team plays Texas Tech at Memorial Stadium. The Homecoming Parade is at 6 p.m. Thursday, Oct. 3, in downtown Lawrence. For more details, visit kualumni.org/events/homecoming/.

TUTORING AND SUPPLEMENTARY COURSE SUPPORT

KU offers students many academic support services, including tutoring and supplementary discussions.

The Peer Led Undergraduate Supplements program (PLUS) for Biology 150, Chemistry 130, and Chemistry 330 offers sessions facilitated by undergraduate peer leaders who engage students in interactive activities that reinforce lecture materials in a small group setting. These sessions are specifically designed to bridge gaps between teaching and learning.

PLUS is free and open to all students enrolled in the course, and students may attend any discussion section. For more information visit plus.ku.edu.

Other tutoring options at KU include help rooms and tutoring through the academic department as well as fee-based tutoring. For more information, students may visit tutoring.ku.edu.

HAZING PREVENTION

National Hazing Prevention Week is Sept. 23-27. Members of the Hazing Prevention Task Force will distribute information to students during the week at the Kansas Union, Anschutz Library, and Wescoe Beach. Many student organizations have planned activities to educate their members about the harmfulness of hazing.

Visit preventhazing.ku.edu for more information about the week and KU's comprehensive efforts to prevent hazing on our
QUESTIONS YOU MAY WANT TO ASK

According to research studies, the first six weeks of a college student's experience can be a powerful predictor of likely persistence. Our colleagues at Xavier University have compiled a set of questions that parents can ask their student to help ascertain how well the student is adjusting to college. These questions are not limited to freshman; rather, all students should be able to answer them.

Here's a sampling of those questions, with the KU answers:

- Do you know a faculty, staff, or administrative person whom 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:** Students who are new to KU and undeclared major students (including pre-professional and undecided) are advised in the Undergraduate Advising Center; they will find the name of their advisor in their Academic Notices on the Kyou portal. Students who have been directly admitted into a professional school will find their advisors through the school's dean's office. Students who have a declared major in the College of Liberal Arts & 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, and the 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 — actually the Ermal Garinger Academic Resource Center — is in 4070 Wescoe Hall.
  - The math lab's location depends on the level in which your student is enrolled. Math 002 and 101 students can go to the Math Help Room in 323 Strong Hall. Math 105, 220, 365, and 526 Help Room is 151 Snow Hall. Math 115 Help Room is 308 Snow Hall. Math 121 and 122 help is in 439 Anschutz Library.
- Does your class use BlackBoard? **Answer:** Most do, but not all. Be certain your student knows how to log into BlackBoard as it is the private class account.

HEALTH INSURANCE: IS YOUR STUDENT COVERED?

Medical debt is identified as the No. 1 cause of bankruptcy in America today. Because the potential for financial hardship is so great in health-related situations, KU strongly recommends that each student be covered by health insurance.

Many students are still be covered by their parents' health-insurance policies, but another good option for insurance coverage is sponsored by the Kansas Board of Regents for students at all regent universities. The plan is fully compliant with the Affordable Care Act and 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, is geared specifically toward students and provides comprehensive benefits for a reasonable premium.

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 website. You may also call the KU Student Health Services Insurance Office, 785-864-9522.

LIFE SKILLS GROUP

Counseling & Psychological Services (CAPS) is offering two six-week group sessions teaching students skills in mindfulness, tolerating distressing emotions, improving interpersonal interactions, and developing the ability to effectively manage emotions.

The group sessions will be offered beginning the third week of fall semester and the sixth week of the semester. Students will need an initial appointment to assist in determining whether there is a good fit with the group and appropriate treatment. For more information, contact CAPS at 785-864-2277.
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. Students who have not received email from KU should check their accounts on the Kyou portal. For more information regarding personal accounts visit the information technology page.

COMMON BOOK AUTHOR ON CAMPUS

This fall the KU community has been reading "The Worst Hard Time," a study of the Dust Bowl years by Timothy Egan. At 7:30 p.m. Sept. 26 at the Lied Center, the author will present a keynote about his experience writing the book; he will take questions and sign books following the lecture. For more information about this free event, visit firstyear.ku.edu/commonbook/2013

MENTAL HEALTH AND SUICIDE PREVENTION

Depression is a serious issue for many college students, as many as 30 percent saying they have felt so depressed that they found it difficult to function during the last school year. One in 10 college students has a friend who has considered suicide.

ULifeline is a comprehensive online resource center for information about mental health and suicide prevention for college students. Visit ulifeline.org.

Half of Us, a website for college students provided by ULifeline, also is an excellent resource. Visit halfofus.com.

KU also offers a full-service Counseling Center for students. Visit caps.ku.edu.

BEAK 'EM BUCKS

Beak 'Em Bucks is a declining-balance account linked to the KU Card that allows students to use their ID card as a form of payment both on- and off-campus.

On-campus locations include the bookstore, laundry, photocopying, printing, and food. More than 40 participating off-campus merchants include Domino's, CVS Pharmacy, Chipotle, and Pita Pit.

Beak 'Em Bucks works like cash or debit cards but carries no penalties, overdraft fees, or debt. All pertinent information is stored on the university-issued ID that students carry with them at all times.

You can deposit money into the account as often as you like, giving your student the freedom to eat off-campus at local restaurants; to buy textbooks, groceries, gas, or snacks; or to make copies.

Once your student has set you up with an authorized user account, adding funds to the Beak 'Em Bucks account is easy. For more information about the KU Card and the Beak 'Em Bucks account, visit kucard.ku.edu.

KU STUDENT HOUSING OPEN DURING FALL BREAK

Residence halls, scholarship halls, and Jayhawker Towers will remain open during fall break, Oct. 12-15. All three residential dining centers — the Ekdahl Dining Commons (Mrs. E's), Oliver Dining Center, and North College Café — also will be open. All will serve brunch and dinner for residence hall and apartment residents with dining plans.

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 the student opened the notice. To learn how a student can check the academic notices, visit college.ku.edu/undergrad/tools/notices.
APPLYING TO THE KU PROFESSIONAL SCHOOLS

Most students are admitted to and graduate from KU's College of Liberal Arts & Sciences. Students who want a degree from any of the other undergraduate schools — Allied Health; Architecture, Design & Planning; Business; Education; Engineering; Journalism & Mass Communications; Music; Nursing; Pharmacy; or Social Welfare — must apply for admission to that school.

Admission into the professional schools is competitive, and each one has different application dates and procedures. Encourage your student to check out how to apply to the professional schools at KU. Visit the website for each school for specific information.

STUDENT HEALTH 101 PARENT PERSPECTIVE

The most current Parent Perspective of Student Health 101 is at readsh101.com/ku-pp.html. You also may read the accompanying Student Health 101 issue at readsh101.com/ku.html
The University of Kansas is an equal opportunity/affirmative action institution.

Office of the Vice Provost for Student Affairs