

The Seasons of Adjustment

Parent's Guide to the First Year Experience | 2007-08



The Seasons of Adjustment

The college years will be one of the most exciting periods in your student's life. For many students, it will also be one of the most stressful times. During their college years, students experience constant challenge and demand for adjustment and change. While they are attempting to cope with the academic pressures of college, they must also negotiate the hurdles of significant developmental issues.

The first year in college is particularly challenging. During this first year, your student will experience new freedoms and responsibilities that he or she has most likely not had to manage before; new and more demanding academic requirements; changing relationships with hometown friends; challenges to beliefs and values; and perhaps most important, a changing relationship with you.

Adjustment problems are an expected and common experience for most first year students. Some experience very few; others experience more than their share. Just as there are seasons of the year, most college student stressors follow a seasonal pattern as well. This seasonal nature has been charted as a result of years of documentation by counselors and psychologists at college and university counseling centers across the United States. The staff of the Division of Student Affairs believes that parents play an important and significant role in helping students to adjust to the challenges of their first year at UF. As a result of the generous contributions of UF parents to the Family Fund, we are able to provide this calendar to help you gain a better understanding of which student stressors are common during a particular time of the year here in Gainesville. We hope it will help you identify when your student may be having difficulty adjusting and may benefit from your extra support or from campus resources. Should you believe your student could benefit from extra support, we hope you will encourage him or her to contact us through one of our many offices on campus. We have also included some other important telephone numbers and web sites that might be useful to you and your student. We extend our best wishes for an exciting and enjoyable first year experience at the University of Florida.

Dr. Patricia Telles-Irvin
VICE PRESIDENT FOR STUDENT AFFAIRS



HELP RESOURCES

UF MAIN SWITCHBOARD/DIRECTORY ASSISTANCE 392-3261

UF Area Code = 352

Alcohol and Drug Resource Center 392-1161 x4281 www.shcc.ufl.edu/GatorWell	Housing & Residence Education392-2161 www.housing.ufl.edu/	Recreational Sports392-0581 www.recsports.ufl.edu/home.aspx
Athletic Ticket Office (In-State)800-344-2867 x6800 www.uaa.ufl.edu/	Honors Program392-1519 www.honors.ufl.edu/	Registrar.....392-1374 www.registrar.ufl.edu/
Bookstore.....392-0194 www.ufl.bkstr.com/	J. Wayne Reitz Union.....392-1649 www.union.ufl.edu/	Southwest Rec Center846-1081 www.recsports.ufl.edu/facility_swrc.aspx
Career Resource Center392-1601 www.crc.ufl.edu/	Lake Wauburg466-4112 www.recsports.ufl.edu/lakeWauburg.aspx	Student Involvement392-1671 www.union.ufl.edu/involvement
Counseling Center.....392-1575 www.counsel.ufl.edu/	Learning Services Center392-1521 www.advising.ufl.edu/information/lsc	Student Health Care Center392-1161 www.shcc.ufl.edu
Dean of Students Office392-1261 www.dso.ufl.edu/	Libraries (General Information)273-2525 www.uflib.ufl.edu/	Student Legal Services392-5297 www.union.ufl.edu/slservices.asp
Disability Resources.....392-8565 www.dso.ufl.edu/drc/	New Student Programs392-1261 www.dso.ufl.edu/nsp/	Student Mental Health Services392-1171 www.shcc.ufl.edu/smhs
Financial Aid Office392-1275 www.sfa.ufl.edu/	Oasis Program392-0788 www.oasis.ufl.edu/	Transportation and Parking392-2241 www.parking.ufl.edu/
Financial Services.....392-0181 www.fa.ufl.edu/ufs/student-links.asp	Police Department.....392-1111 www.police.ufl.edu/	University Ombudsman392-1308 www.ombudsman.ufl.edu/
Gator Dining Services392-2491 www.bsd.ufl.edu/Dining/default.asp	Reading and Writing Center392-6420 www.at.ufl.edu/rwcenter/	Vice President for Student Affairs.....392-1265 www.ufsa.ufl.edu/

ACADEMIC ADVISING OFFICES

Academic Advising Center ♦ 392-1521 ♦ www.advising.ufl.edu

The Academic Advising Center provides academic advising to incoming students during Preview, the university's orientation program. The Academic Advising Center also provides assistance to undecided students who have not chosen majors and to those students who are considering changing their majors. In addition, the center works with Liberal Arts and Sciences students including Pre-Professional majors (law and health). Once a student starts at the university and selects a major, the individual department within each college advises students on requirements for their majors:

Accounting273-0200	Engineering392-0944	Journalism & Communications392-1124
Agricultural & Life Sciences392-1963	Fine Arts.....392-0207	Liberal Arts & Sciences392-1521
Building Construction273-1180	Forest Resources and Conservation ..846-0853	Natural Resources & Environment846-1634
Business Administration273-0165	Health & Human Performance392-0578	Nursing.....273-6400
Design, Construction & Planning392-4836	Public Health & Health Professions273-6400	Pharmacy273-6217
Education392-0721 x400	Honors Program392-1519	UAA Office of Student Life.....375-4683 x5800

FIRST DAYS...

The beginning of your student's first days at UF includes moving away from home and adjusting to a significantly different social and academic environment than high school. It is an exciting and challenging time.

Getting settled in includes exploring the campus and Gainesville communities as well as sharing a residence hall room or an apartment off campus. Your student will soon discover their favorite places to shop, eat, and play. Being a roommate is a new experience for today's students and can cause some initial anxiety whether roommates knew each other previously or not! The key to good roommate relations is communication. Encourage your student to address possible roommate conflicts caused by personality and lifestyle differences through direct communication with their roommates.

The social life at college is much different than high school. Students are learning to manage new freedoms and make wise choices about social behavior at the same time that they are separating from high school friends and family. It is normal for students to feel anxious and overwhelmed at first. Encourage your student to become familiar with UF as soon as possible, connect with available resources, and meet others. Successful UF college students immediately get involved with programs, activities, and student groups.

Perhaps the biggest adjustment your student faces is adapting to a significantly different academic environment. College classes often include the presentation and discussion of new and different ideas. Students may experience internal conflicts regarding previously accepted beliefs and values as they continue to grow and develop as young adults. They are "on their own" academically and must accept personal responsibility for managing time, getting and completing reading assignments, studying class notes, and preparing for tests and quizzes without being prompted. UF is a large campus, but the anonymity that some students feel in larger classes and the uncertainty of what professors expect will soon be replaced with feelings of connection, confidence, and success.

Monarch Pupa, *Danaus plexippus*, photographed in rearing lab



August

WHAT PARENTS CAN DO...

- ❖ Communicate with your son or daughter to listen and provide reassurance.
- ❖ Reassure your student that adjustments are common and expected for first year students.
- ❖ Encourage your student to participate in campus activities like Gator Nights at the Reitz Union and the Southwest Recreation Center.
- ❖ If your student is living in a residence hall, encourage him/her to talk with an RA.
- ❖ Suggest exploration of opportunities for involvement in the residence hall or a student organization.
- ❖ Recommend regular exercise and use of the Student Recreation Centers. A fitness assessment is a great way to get started.
- ❖ Encourage your student to participate in residence hall and Weeks of Welcome (WOW) activities and the numerous student assemblies from mid-August through September. www.dso.ufl.edu/nsp/WOW/
- ❖ Encourage your student to participate actively in class and meet with instructors during office hours to get to know them and discuss class expectations.
- ❖ Remind your student that regular class attendance is important, whether it is required or not.
- ❖ Encourage your student to visit the **myufl** portal: my.ufl.edu
- ❖ Encourage your student to track financial aid on ISIS. Discuss money management and have your student become familiar with financial aid services.

SUN	MON	TUES	WED	THUR	FRI	SAT
JULY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Residence Halls Open 9:00 am — Sorority Recruitment Begins
19 Recreation Centers Open	20	21 Fall Registration	22 (by 5:00 pm)	23 Fall Classes Begin — Drop/Add Begins	24	25
26 Fraternity Recruitment Begins	27	28 Part-time Job Fair	29 Multicultural Greek Showcase — Drop/Add Ends — Deadline to Drop/Withdraw w/out Fee Liability	30	31	

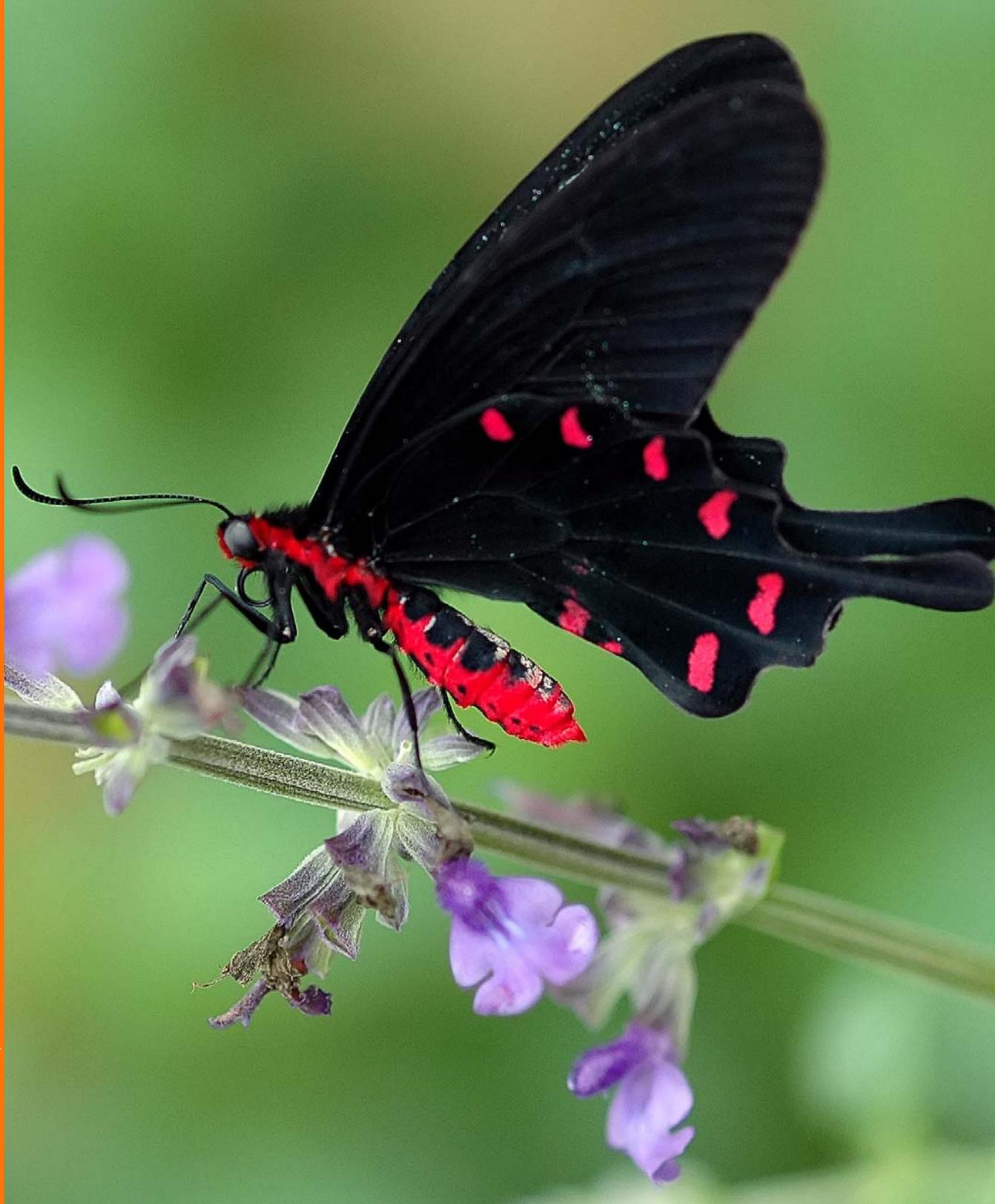
SETTLING IN...

The initial excitement of moving away from home and starting college should be settling in to a healthy, balanced routine of academics, work, social activities, and rest. This is a good time to revisit family expectations related to communications. Is your student calling too much or coming home too often? Not enough? Help them find the balance that encourages appropriate independence for this stage in their lives.

If your student is experiencing frustrations related to college life, the UF community, or the Gainesville community, encourage them to seek information and help from the many resources on campus. Help your student to feel connected to UF and empowered to resolve their own issues and concerns. Try to keep news from home positive. Family problems seem more amplified to students away from home and can pose a disruption in the adjustment to college.

Academic reality sets in and what seemed like an enormous amount of free, relaxed time the first few weeks of class is suddenly filled by assignments, projects, reading requirements and other academic demands which build up quickly. Students experience their first quizzes and tests this month and initially may feel anxious about what to expect and how to prepare. Some students discover that the old study habits from high school are not sufficient to be successful at college. Learning to manage time and to strike a balance between social and academic schedules is a major challenge for most first year students during this time! Numerous social opportunities in September are affiliated with fall athletic events and student organization activities. Saying "no" to even a few invitations is difficult for some students — but necessary. By the end of the month, most students have adjusted to the demands and responsibilities of college life. Others need encouragement to lose these bad habits fast: skipping class, staying out late every night, and spending too much time on the Internet.

Pink Rose, *Pachliopta koztebuea*



September

WHAT PARENTS CAN DO...

- ❖ Reassure your student that feeling overwhelmed is normal for new students learning to manage academic demands and new personal responsibilities.
- ❖ Remind your student that attending class regularly and keeping up with assignments are keys to academic success.
- ❖ Encourage your student to build a time management schedule and stick to it. A good resource for time management is available at: www.counsel.ufl.edu (click on self-help info button).
- ❖ Talk honestly with your student about family problems but avoid creating guilt because he/she is not home or available to help.
- ❖ If your student is experiencing severe homesickness, encourage him/her to get involved with a campus organization, seek a part-time on-campus job or find some way to get involved on campus.
- ❖ If other adjustment problems seem severe, encourage your student to talk with a counselor in the Counseling Center or at Student Mental Health.
- ❖ Ask your student about Gator Times, a news site that provides information on academic issues and opportunities.
- ❖ Encourage your student to get involved in one of the many intramural sports leagues.
- ❖ Learning to budget can be overwhelming. Check in with your student frequently on finances.

SUN	MON	TUES	WED	THUR	FRI	SAT
	AUGUST 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1 Football WESTERN KENTUCKY H
2	3 Labor Day (no classes)	4 Intramural Sports Captain Meetings Begin	5 Leisure Course Registration	6	7 Fall Fee Payment Deadline by 3:30 pm	8 Football TROY H Gator Plunge Community Service Project
9	10	11 Volunteer Fair	12 Student Involvement Fair	13	14	15 Football TENNESSEE H
16	17	18 Career Showcase	19	20	21	22 Football @ OLE MISS
23	24	25	26 Study Abroad Fair	27	28	29 Football AUBURN H
30						

GETTING SERIOUS...

The business of academics makes October an important month. Midterm exams occur this month. It is normal for new students to experience increased stress and anxiety before midterm exams. If your student experiences stress and anxiety beyond the norm, help is available at the Counseling Center or Student Mental Health. If your student does not meet his or her expectations on midterm exams, encourage him/her to seek academic assistance. A variety of academic support services are available on campus including individual and group tutoring.

Most first year students at UF are unsure about their major. This first year is a good time for personal and career exploration. The Career Resource Center and the Counseling Center have many helpful services that can assist students to begin to explore career options including majors.

Seeking friendship and involvement are key strategies for success during this transition month. Most students are beginning to feel more at home at UF. Others may feel overwhelmed by juggling the demands of school and a social life. Added to these challenges are the complexities of managing finances, managing time, and learning to live with a roommate. Impulsive behavior in order to handle the social pressures of dating, drinking and being sexually active may result in unwanted consequences. Encourage your student to continue to seek friendship and involvement and not compare themselves to acquaintances, friends, and/or roommates in how quickly they are making friends, joining organizations, or fitting in at college. The transition to independence is a personal journey and each student progresses at his/her own pace.

Owl Butterfly, *Caligo tucur*



October

WHAT PARENTS CAN DO...

- ❖ Be open to listening to the frustrations of trying to “find” one’s place at the University.
- ❖ Register for Family Weekend and visit with your student in Gainesville on October 12-13.
- ❖ Be sympathetic but careful not to provide too many suggestions on how to “fix” your student’s problems. Convey your confidence in his/her “own” ability to find his/her way around this new environment.
- ❖ Encourage your student to contact organizations like the Center for Leadership and Service to get involved in helping others while meeting new friends.
- ❖ Encourage your student to read the student newspaper or visit the Student Activities Center in the Reitz Union to seek out organizations of interest.
- ❖ Encourage your student to meet with an academic adviser prior to advance registration for spring which begins in late October.
- ❖ Remind your student of previous success in making friends and having relationships so that impulsive actions are mediated by innate common sense and memories of success before college.
- ❖ Talk to younger children concerning how they are feeling about their sibling being away from home.
- ❖ Encourage your student to explore career paths: www.crc.ufl.edu/selfassessment and www.counsel.ufl.edu
- ❖ Discuss budget planning issues with your student, so that issues do not build up and interfere with academics.

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6 Football @ LSU
7	8	9	10	11	12 Family Weekend	13
14	15 Fall 2007 Federal Direct Loan Application Deadline	16	17	18	19	20 Football @ KENTUCKY
21	22	23	24	25	26	27 Football GEORGIA @JACKSONVILLE
28	29	30	31		SEPTEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

A LIGHT...

AT THE END OF THE TUNNEL

November can be a stressful month academically, socially, emotionally, and physically for students. Major campus celebrations like Homecoming as well as the long weekends surrounding Homecoming, Veteran's Day, and Thanksgiving add to the distractions of the busy life at UF. Students who spend more time on non-academic pursuits this month may feel overwhelmed by what they perceive to be an unmanageable amount of work needed to catch up or keep up in their classes.

Students may feel increased academic pressure due to procrastination or the difficulty of work assigned. Major class projects or papers may be coming due at the same time that pre-final exam stress emerges. Encourage your student to continue to find the balance between academics, recreation, and social activities. Encourage time management that includes focused study time as well as breaks for food, rest, and appropriate recreation. Late night socializing, increased alcohol consumption and poor eating habits tend to make the problem worse and are counterproductive behaviors.

For some students, economics begin to play a larger role as funds from parents and summer earnings begin to run out. Depression and anxiety may increase for students who feel that they still have not found their "niche" at UF. The Thanksgiving break, though short, comes just in time to provide a much-needed respite before final exams begin. Believe it or not there are only a few weeks left before the semester break.

Great Egg Fly, *Hypolimnas bolina*



November

WHAT PARENTS CAN DO...

- ❖ Give your student encouragement and support.
- ❖ Remind your student about tutoring services offered on campus.
- ❖ Encourage your student to visit professors during office hours to get help or discuss academic performance. A good resource is available at: www.counsel.ufl.edu (click on self-help button).
- ❖ If your student seems depressed or anxious, encourage him/her to talk to a counselor in the Counseling Center or at Student Mental Health.
- ❖ Should you have concerns about alcohol and drugs, consult the Student Health Care Center website at: www.shcc.ufl.edu/gatorwell
- ❖ If your student lives in a residence hall and is feeling isolated, encourage him/her to talk with an RA or Hall Director.
- ❖ Even though this may be a time of increased academic pressure, encourage your student to attempt to achieve a balance of healthy diet, adequate sleep and exercise, and some relaxation.
- ❖ Remind your student to visit the Student Health Care Center to take care of any health needs.
- ❖ If you are concerned about your student and are not sure where to turn for help at UF, call the Dean of Students Office and ask to speak to an available staff member.

SUN	MON	TUES	WED	THUR	FRI	SAT
OCTOBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1	2	3
					Homecoming (no classes)	
					Gator Growl	Football VANDERBILT H
4	5	6	7	8	9	10
Homecoming						Football @ SOUTH CAROLINA
11	12 Veteran's Day observed (no classes)	13	14	15	16	17
						Football FLORIDA ATLANTIC H
18	19 Deadline to Withdraw from University (no refund) — Deadline to Drop/Add Course by College Petition	20	21	22	23	24
				Thanksgiving (no classes)		Football FLORIDA STATE H
25	26	27	28	29	30	

FINALLY...

FIRST FINALS

*D*ecember goes by in a flash! Students are back from Thanksgiving break with only about two weeks remaining before finals begin! There is excitement about the holidays and the end of the first semester, but the focus of attention is on academic work — completing papers, class projects and preparing for final exams. Final exam pressure generates anxiety in most students, and first year students who don't know what to expect tend to experience higher levels of stress. Once again, encourage your student to find the healthy balance between studying, rest, healthy eating, and recreation. Unsuccessful coping strategies include resorting to alcohol or other drugs to cope with intense emotions and studying nonstop and neglecting sleep and meals.

Extracurricular activities increase with the end of the semester and holidays. Concerts, organization events, and religious ceremonies vie for students' time and energy. For some it may be difficult choosing whether or not to attend an event when there is so much studying to do.

Students frequently have financial concerns at this time. Some worry about loan payments, spring semester costs, travel costs, or fulfilling holiday gift-giving traditions. Assistance with learning how to manage money and words of reassurance from parents help a great deal.

"Re-adjusting" to routines at home during the semester break can be challenging to both students and parents! While the holiday season is generally a happy time, it can also be a period when some experience holiday blues. Watch for signs of this in your student and encourage them to seek assistance at home or when they return to UF. The good news is that most first year students are academically successful their first semester at college and regard it as a positive learning experience. The first semester at college serves as a guide for choosing more positive study habits, managing time more effectively, and balancing studies and social life better for future semesters.

Doris, *Heliconius doris*



December

WHAT PARENTS CAN DO...

- ❖ Reassure your student these next few weeks will be stressful and challenging, but you will be there to help if asked.
- ❖ Remind your student about seeking academic/tutoring support services on campus if he/she expresses concerns about taking finals and reviewing course materials.
- ❖ Encourage your student to eat a balanced diet, get a reasonable amount of sleep, and avoid too much caffeine.
- ❖ Suggest your student participate in stress-reducing activities such as exercise or mind-body sessions at the Recreation Centers.
- ❖ If your student seems quite anxious, depressed, or expresses feelings of hopelessness, recommend he/she talk with someone at the Counseling Center or at Student Mental Health.
- ❖ Offer support by phoning, sending emails or writing letters. You will want to avoid putting another demand on your student's time unless it is absolutely necessary.
- ❖ Consider sending a package with your student's favorite snacks or goodies. It doesn't have to be elaborate or expensive, but this "Coping with Finals" gesture is a real morale booster.
- ❖ Establish plans for your student's trip home for the holidays and determine method of travel.
- ❖ Have your student check with the financial aid office on how fall grades may affect the spring financial aid award, including Bright Futures.

SUN	MON	TUES	WED	THUR	FRI	SAT
NOVEMBER 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1 Fall 2007 Short-term Loan Repayment Deadline
2	3 Spring Semester Residence Hall Rent Due	4	5 Fall Classes End	6 Reading Days	7 Reading Days	8 Final Exams
9	10 Final Exams	11 Final Exams	12 Final Exams	13 Final Exams	14 Commencement	15 Residence Halls Close 4:00 pm
16	17 Fall Grades Available in Evening on ISIS	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

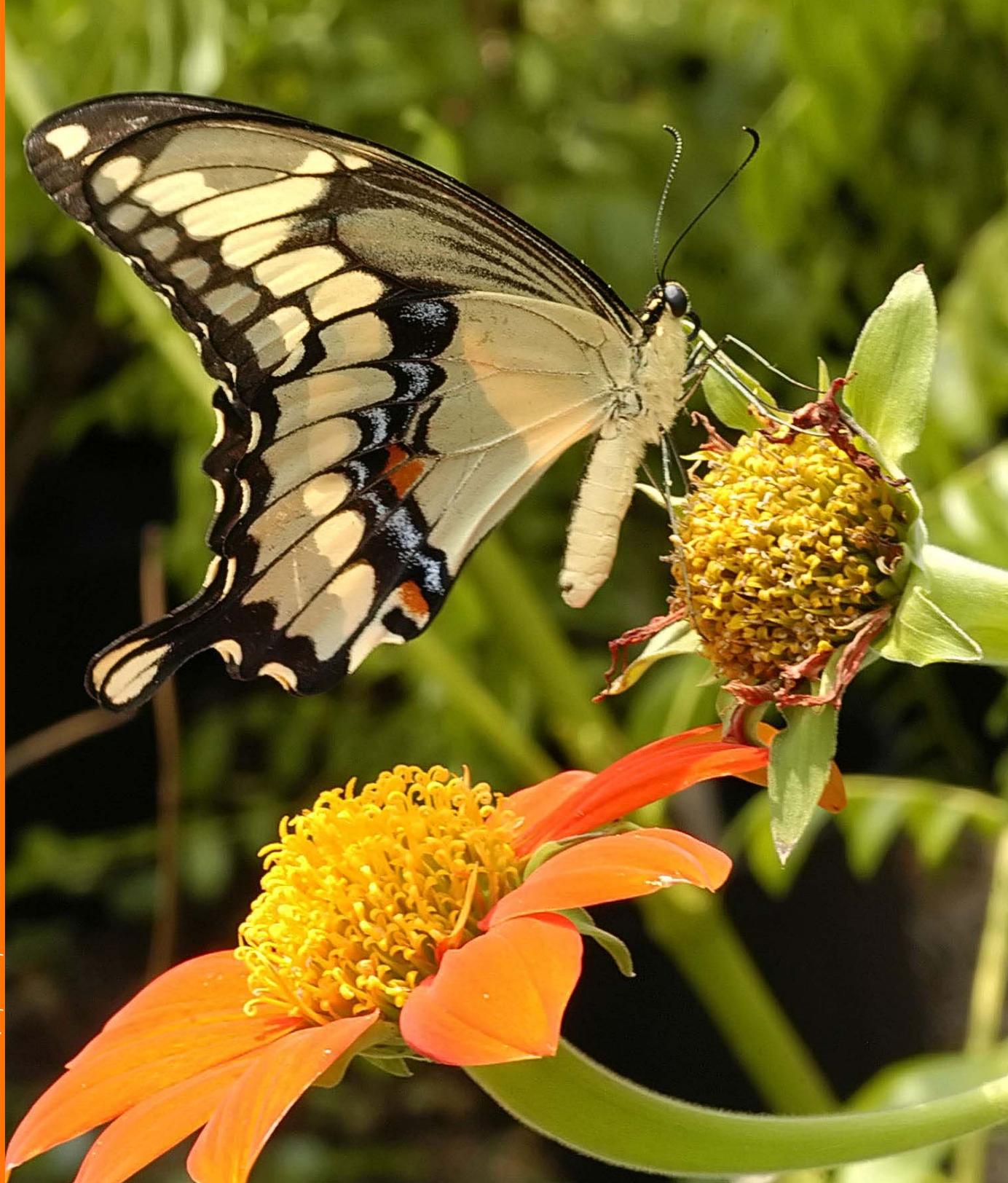
A NEW BEGINNING

As a new year begins, spring semester success may be influenced by how well the semester break went for your student and family. The holiday season can be a mixed blessing with high expectations for happy times and connections with family and old friends that may or may not have materialized. Even pleasant, restful time away from college can become stressful when students have to leave the security of home and family once again for their second semester at college.

Students are excited about reconnecting with friends at school. A few may have concerns about returning to past conflicts with friends or roommates. Your reactions to your student's academic performance fall semester may greatly influence how he/she perceives the coming semester. Even if your student's academic performance did not meet your expectations, encouragement and support are needed now.

Starting a new semester can be exhilarating, challenging, and anxiety provoking. "Will I do better this semester?" "Did I learn 'what not to do' last semester to improve my grades this time?" "Will I make more friends?" "How will I maintain my scholarship and my social life?" Seeking friendship and involvement at UF continue to be key strategies for success at college. Encourage your student to settle back into a healthy, balanced routine of academics, work, social activities, and rest as soon as possible.

Giant Swallowtail, *Papilio cresphontes*



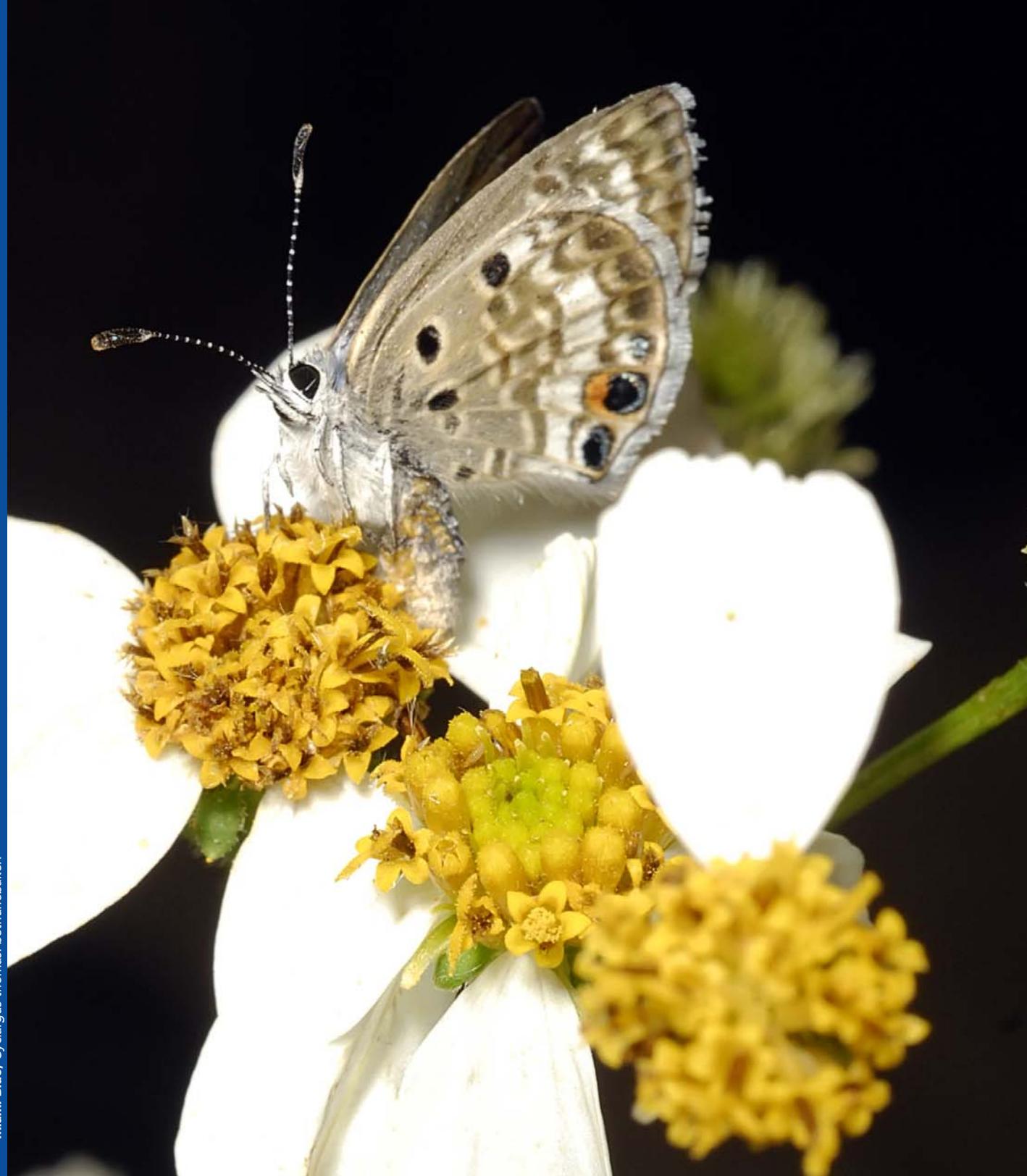
INTO THE SEMESTER...

*T*hough early in the semester, some students may begin to feel the pressure of keeping up with assignments and preparing for weekly exams or quizzes. Now is the time to begin semester projects or assignments, though some students may procrastinate telling themselves that they have plenty of time. Encourage good time management skills now regarding academics, planning for Spring Break, and planning for work or academics for the summer. This is the month that students who live on campus need to make decisions about future living arrangements. "Should I live on or off campus?" "Should I live in the same building? Keep the same roommate?" This is a good month for students to begin to practice good time management skills, but some may need encouragement and support to plan beyond the next week.

With the change in the weather comes pressure from other students to socialize and enjoy the spring season. The perception is that final exams are far away. Students who are members of student organizations may underestimate how much time they need or have for academics and over commit themselves.

As Valentine's Day approaches, there is a tendency to focus more on relationships and less on academics. Relationship anxieties — both positive and negative — may increase as some students strengthen their ties while others experience weakening relationships. Now more than ever, positive communication is needed from home.

Miami Blue, *Cyclargus thomasi bethunebakeri*



February

WHAT PARENTS CAN DO...

- ❖ Communicate with your student the importance of balancing work and social activities.
- ❖ Encourage your student to speak with someone to seek help with procrastination issues.
- ❖ Remind your student to visit professors with concerns about schoolwork.
- ❖ Encourage your student to meet with an academic adviser prior to summer and fall registration.
- ❖ Discuss summer plans with your student: summer enrollment, study abroad opportunities, internships for credit, and summer employment. Information about summer jobs, internships, or selecting a major is available from the Career Resource Center.
- ❖ Relationships are a focus during this month and your student may need you to listen to his/her experiences with friends and significant others.
- ❖ You may want to evaluate your student's financial needs to see if extra spending money is needed.
- ❖ Encourage your student to consider potential Spring Break activities. Visit <http://www.crc.ufl.edu/externships> for creative alternatives.
- ❖ Be sure to apply for financial aid before the end of the month; discuss the process with your student. FMI: www.sfa.ufl.edu

SUN	MON	TUES	WED	THUR	FRI	SAT
JANUARY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Residence Hall Fall Room Sign-Up Begins	19	20	21	22	23
24	25	26	27	28	29	

HANG IN THERE...

THE BREAK IS NEAR

*M*arch is a hectic month when academic requirements and social activities can collide.

Academic pressures increase as students face midterm exams and begin to realize that the end of their first year of college is near. Academic decisions about next year need to be made now. "Will I go home or stay at school over the summer?" "Take classes? Work?" Many students find this to be an exciting time and thrive on the sense of pressure for motivation to achieve. For others, the academic pressures along with social expectations can be overwhelming. Turning to alcohol or other drugs to ease anxiety are counterproductive and cause many health and behavioral problems. Encourage your student to seek assistance from the Counseling Center and Student Mental Health if they seem overwhelmed.

With March comes Spring Break. Students are excited about the prospect of spending a week away from all the pressures of school and taking a much-needed break. Some choose to go on special vacations. Some take advantage of the Florida Alternative Breaks program to complete community service. Others go home. Some choose to take advantage of the residence halls being open and stay at UF. Each choice has its rewards and challenges. Occasionally students may focus more time and energy on planning for Spring Break than on class work and assignments due. Sometimes there is a sense of disappointment when they perceive that peers are planning more exciting Spring Breaks. Students may need to work extra hours to make the money to go on a trip or may need to ask parents to help financially. Other concerns arise when students face difficult choices about Spring Break behaviors. "Do I drink or not?" "Do I give this person I just met my phone number?" Students who make wise choices about Spring Break and handle their options by thinking through actions, return from Spring Break renewed and ready to face the last half of the semester.

various *Heliconius* species



March

WHAT PARENTS CAN DO...

- ❖ Take the time to discuss living options with your student for next year. Listen to your student's ideas about what he/she would like to do and what he/she thinks is feasible.
- ❖ Encourage your student to speak to professors about difficult classes or exams on which he/she didn't perform well.
- ❖ Ask your student to speak to academic advisers in preparation for Advanced Registration for summer and fall semesters.
- ❖ Remind your student that, while spring is a time for much social activity, balance is important.
- ❖ Be supportive of your student if he/she is experiencing emotional difficulties. Help guide him/her to campus resources for further support.
- ❖ Encourage your student to think through choices regarding Spring Break activities.
- ❖ Acknowledge to your student that you understand how competitive the academic environment is at UF and you share reasonable expectations of success.
- ❖ Suggest spring activities like those at Lake Wauburg: Sailing, boating, wakeboarding, the climbing wall, or just relaxing at the dock.
- ❖ Encourage your student to plan ahead for financial aid if attending summer school. Have your student discuss summer work plans with a financial aid adviser to see how it may affect fall financial aid.

SUN	MON	TUES	WED	THUR	FRI	SAT
FEBRUARY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	APRIL 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					1 Spring 2008 Federal Direct Loan Application Deadline
2	3					4
9	10	11	12	13	14	15
Spring Break (no classes)						
16	17 2008-09 "On-Time" UF Financial Aid Application Deadline	18	19	20 Summer Camp Job Fair	21	22
23	24	25	26	27	28	29
30	31					

DEADLINES APPROACH...

The pace of the semester escalates academically, socially, and personally after Spring Break through Finals Week at the end of April. Academic pressures are predictable. Final projects and papers are due this month. Group assignments may demand coordinating schedules and work among three to five or more fellow students. Research for term papers requires competency in using the library or Internet. Stress and fatigue may cause students to miss class which is counterproductive to academic success. Registration for summer and next fall is occurring and students may experience concerns about the selection of classes and course availability.

Many organizations schedule end-of-semester banquets, picnics, formals, and award ceremonies in April. First year students seek to fit in and belong and want to attend these events but often are naïve about the costs in time, money, and energy to attend all events. Again, seeking to find the balance between academics and involvement is the key to success. For most students who have performed competently and responsibly in classes and who have kept a healthy personal balance, the month of April is exhilarating.



THE TRANSITION...

*M*ay is an important and challenging transition month for first year students. Those who return home for summer need to adjust to living at home again and working or attending summer school at community colleges or universities near or in their hometowns. Others will enroll in summer school at UF and will choose to continue to live on campus or have their first experience living off campus.

Students who return to their parents' homes during the summer to work and/or take classes can find themselves in conflict with parents over issues of independence and house rules. Often college students don't understand the necessity of home rules especially when there are younger siblings living at home. Expectations of college students in regards to social behaviors, home rules, duties, and responsibilities should be clearly established and communicated as soon as students return home for the summer.

Students who enroll for summer courses at UF need to adjust to the rapid pace of summer with little turn around time for assignments and exam preparation. Long daylight hours and the frequent opportunities for social and recreational activities that summer brings are inviting to students who spend many long hours in class. The informal atmosphere that characterizes a UF summer is enjoyable but can lead students to erroneously believe that they do not have to study as long or as hard in the summer as they do during fall and spring. Summer courses are not abbreviated versions of courses; the reality is that there are a set of objectives or topics that have to be covered no matter what semester a course is offered. Time management is essential for academic success during the summer.

Monarch, *Danaus plexippus*



May

WHAT PARENTS CAN DO...

- ❖ Talk with your returning student ahead of time about your expectations while he/she is living at home.
- ❖ If your student is enrolled in summer school, talk about the importance of effective time management.
- ❖ Make plans for how your student will move home or to a new location with belongings at the end of the semester.
- ❖ Discuss with and help your student make connections with peer support groups at home. In some cases, many childhood and high school friends will have moved away. Encourage your student to find ways to make new acquaintances for support during this break from school.
- ❖ This may be the first time your student has time to reflect on the meaning of the academic experience. Discuss how initial academic interests and career plans have been affected. This can be an occasion for increased motivation towards original goals or an opportunity to explore alternative plans.
- ❖ If your student is attending summer school at UF or away from home, be sure to remain in contact and keep lines of communication open.
- ❖ Discuss spring grades and academic strategies and priorities related to next semester.

SUN	MON	TUES	WED	THUR	FRI	SAT	
APRIL 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1	2	3	
		Final Exams (through May 2)				Commencement	
4 Commencement	5 Spring Grades Available on ISIS in Evening	6	7	8 Residence Halls Open for Summer A/C Noon	9 Summer A/C Registration by 5:00 pm	10 Residence Halls Close 4:00 pm	
11 Recreation Centers Open	12 Summer A/C Classes Begin Drop/Add Begins	13 Drop/Add Ends Deadline to Drop/Withdraw w/out Fee Liability	14	15	16	17	
18	19	20	21	22	23 Summer A/C Fee Payment Deadline 3:30 pm	24	
25	26 Memorial Day (no classes)	27	28	29	30	31	

SUMMERTIME...

*S*ummer serves as a well needed break which helps students re-energize for fall and relax from the rigors of university life.

With time comes perspective. June is a great month to talk about the successes and challenges of the first year of college while planning for the next. Students who may not have achieved their goals academically during the first year may need some confidence boosting and reassurance. They are often anxious about parent reactions and more than ever need the love and support from parents to look forward to the fall while gaining insight from last year. Confidence, positive thoughts, and good planning now will make the second year at college even more successful.

Encourage your student to stay connected to the friends from college as he/she re-connects with friends from home.



June

WHAT PARENTS CAN DO...

- ❖ Remind your student that maintaining good health by diet, rest, and exercise is important.
- ❖ If your student has returned home for the summer, take some time to get reacquainted.
- ❖ Discuss your thoughts about summer employment while your student is home or attending summer classes.
- ❖ Establish clear expectations about house rules if your student returns home for the summer to live with you again. Acknowledge the possible differences in your lifestyles after living apart for the past year.
- ❖ As the summer progresses, your student may express some loneliness for friends made at college or the campus as the “home” away from home. Discuss the value of your student having developed a positive sense of campus life and plans for involvement next year.

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13 Summer A Deadline to Withdraw from University (no refund) — Summer A Deadline to Drop/Add Course by College Petition	14
15	16	17	18	19	20 Summer A Classes End	21 Residence Halls Close Summer A Noon
22	23	24	25	26	27	28
Summer Break						
	Summer A Grades Available on ISIS in Evening		Residence Halls Open Summer B Noon		Summer B Registration by 5:00 pm	
29 Recreation Centers Open	30 Summer B Classes Begin — Drop/Add Begins				MAY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

LOOKING AHEAD

Summer goes by faster than students expect. July brings preparation for the return to UF.

June allowed for retrospection, but July requires action. July is the time for students to finalize plans to move back to Gainesville and to plan to take more specific actions regarding improving time management, money management, and study skills. Most students realized that the study skills they developed in high school were insufficient for college and are in the process of developing better study skills. They learned to adjust to the academic demands of college and learned to say "no" to their peers as they set priorities for their own life. Most students selectively participated in activities and joined organizations and are looking forward to expanding their involvement in activities. Most importantly, they are now aware of support services and resources on campus and know where to go for help.

Birdwing, *Troides rhadamanthus*



July

WHAT PARENTS CAN DO...

- ❖ Review the events of the first year with your student.
- ❖ Help your student identify problem areas and encourage your student to consider possible solutions.
- ❖ Review with your student financial needs for the coming academic year, evaluate changes that may be needed for money management and work together to establish a tentative budget.
- ❖ Discuss how new living arrangements will impact the academic year.
- ❖ Take some time to discuss the needs and/or benefits of a part-time job.
- ❖ Explore the need for career counseling to establish career or academic goals.
- ❖ Encourage your student to establish a tentative academic plan for the full academic year.
- ❖ Review time management skills with your student and/or the balance of time devoted to school, work, and recreation.

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Drop/Add Ends Deadline to Drop/Withdraw w/out Fee Liability	2	3	4 Independence Day Holiday (no classes)	5
6	7	8	9	10	11 Summer B Fee Payment Deadline 3:30 pm	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	JUNE 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
						AUGUST 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

A NEW YEAR...

*R*egardless of how students spent the summer, there is a sense of a new beginning as fall semester comes around again.

Much of the anxiety related to the unknown is gone now. The second year of college can bring new concerns. If this is your student's first semester living off campus, he/she has the added responsibility and freedom of living off campus and commuting to campus. Catching up with old friends and re-establishing relationships are a high priority this month. Reassessing what is important socially and academically is a major focal point for second year students as they set goals for this year.

Students will settle into healthy, balanced routines of academics, work, social activities, and rest faster this year. However, the second year at college usually brings more focus on settling on a career path and pressure to change or more fully commit to a major. Encouragement and support is needed from family members as well as a safe environment for each student to make thoughtful choices and weigh options leading to this very personal decision. Now more than ever students appreciate the support systems they built at home and at school.

Zebra Longwing, *Heliconius charitonius*, State Butterfly of Florida



August

WHAT PARENTS CAN DO...

- ❖ Encourage your student to continue to seek new opportunities for growth experiences.
- ❖ Be supportive of your student's search for the best career path by listening as he/she discusses options.
- ❖ Encourage your student to explore supplementary academic pursuits such as Study Abroad or internships in his/her field.
- ❖ Continue regular communication and let your student know you are there to help if assistance is needed.
- ❖ Encourage your student to enhance the academic experience as much as possible by staying involved in activities on campus even if living off campus.
- ❖ Discuss part-time employment as a way for your student to gain additional independence from you and gain valuable work skills. Studies show that students who work tend to do better with academics.

SUN	MON	TUES	WED	THUR	FRI	SAT
JULY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				1 Summer B/C Deadline to Withdraw from University (no refund) — Summer B/C Deadline to Drop/Add Course by College Petition	2
3	4	5	6	7	8 Summer B/C Classes End	9 Residence Halls Close for Summer B/C 4:00 pm — Commencement
10	11 Summer B/C Grades Available on ISIS in Evening	12	13	14	15	16
17 Residence Halls Open 9:00 am tentative	18	19	20	21 Fall Registration (by 5:00 pm)	22	23
24	25 Fall Classes Begin — Drop/Add Begins	26	27	28	29 Drop/Add Ends	30
31						

Educating Leaders for a Global Community

OFFICE OF THE VICE PRESIDENT

www.ufsa.ufl.edu/ovp

The Office of the Vice President for Student Affairs works to gain and maintain good communications and working relationships among and between students, faculty, and administrators. It provides the administrative leadership for the departments within the Division of Student Affairs including policy development, program development and assessment, budgeting, and goal and priority setting. The Office of the Vice President works with both the departments within the division and the academic colleges in coordinating student affairs efforts in the areas of academic development, retention, new student programs, multicultural diversity, students' rights and responsibilities, and student advocacy. The Parent and Families Association is coordinated from this office.

CAREER RESOURCE CENTER

www.crc.ufl.edu

Fosters career development through meeting the career counseling and development needs of students throughout their academic journey. Provides professional counselors and peer advisers, a resource library, career development courses and specialized programs. Facilitates employment through on-campus interviews with employers, career fairs, externships, internships and Cooperative Education programs.

COUNSELING CENTER

www.counsel.ufl.edu

Offers counseling services to enrolled students for personal, career and educational concerns. Professional psychologists and counselors provide short-term individual, couples, and group counseling. There is no charge for the Center's confidential counseling services. Appointments may be made in person during office hours (8 a.m. - 5 p.m., M - F). Students in need of immediate assistance are seen on an emergency non-appointment basis. Telephone consultation is available to parents, faculty, and staff concerned about students.

DEAN OF STUDENTS OFFICE

www.dso.ufl.edu

Implements a variety of programs and services designed to provide students with the opportunity to reach their full potential academically and personally. Provides support by assisting students with whatever needs they may have either directly or by referral and serves as a primary link between students, faculty and the administration of the University.

HOUSING & RESIDENCE EDUCATION

www.housing.ufl.edu

Manages facilities and administers programming in support of the on-campus community which includes 7,500 students living in 24 residence halls and 2,000 students and their families living in graduate and family housing. Provides well-maintained, community oriented facilities where residents and staff are empowered to learn, innovate and succeed through leadership opportunities, value-added facilities to support varying budgets and lifestyles, supportive and friendly service, an environment for academic success, technologies that enhance learning, and educational and social programming.

J. WAYNE REITZ UNION

www.union.ufl.edu

The J. Wayne Reitz Union represents a building, an organization, and a program. The JWRU provides services, facilities, and amenities that enhance the quality of life for students, faculty, staff, alumni, and guests. The JWRU provides a cultural, social, and recreational program designed to make leisure activity a complimentary factor with classroom and study endeavors.

RECREATIONAL SPORTS

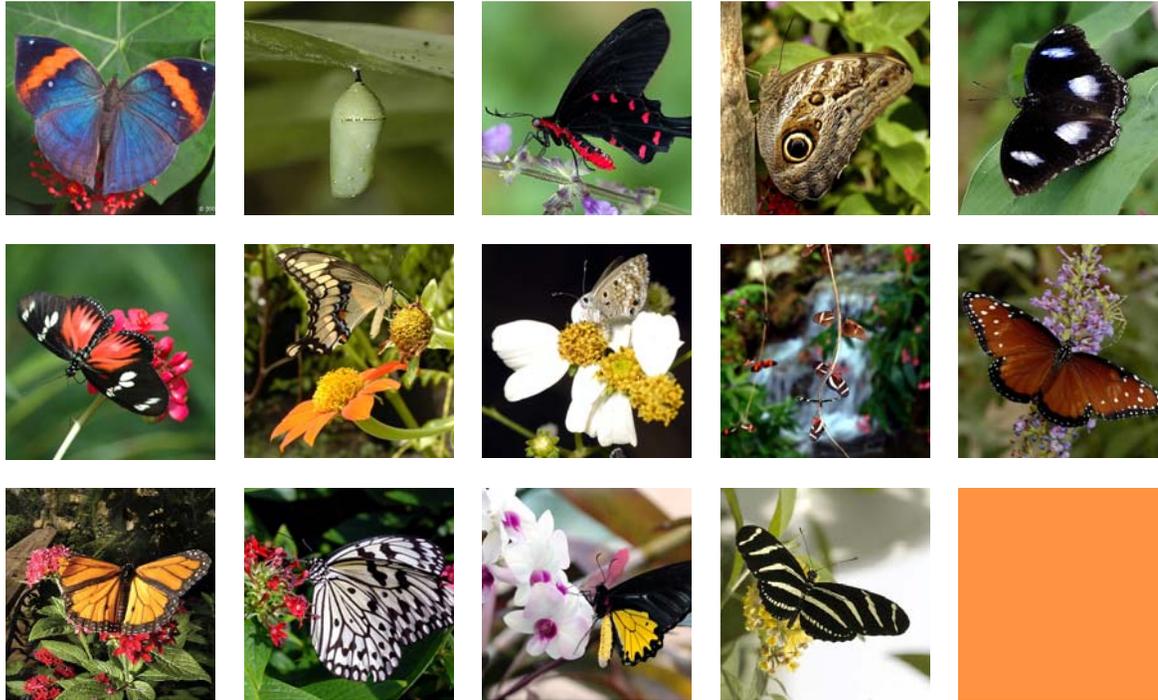
www.recports.ufl.edu

Provides the opportunity for every student to participate in athletic or recreational activities. Two recreation centers, Lake Wauburg, pools, and numerous outdoor fields and courts support programs in group exercise, strength and conditioning, intramural sports, sport clubs, boating, racquet sports, skateboarding, and many other activities. Through participation, it is hoped that each individual will develop an appreciation of the worthy use of leisure time and a wholesome attitude toward physical activity both while in college and in future years. Numerous leadership opportunities exist through the many clubs, activities and employment opportunities available to students.

STUDENT FINANCIAL AFFAIRS (SFA)

www.sfa.ufl.edu

Provides resources to students who would be unable to receive post-secondary education without some form of financial assistance. Offers eligible students financial aid packages consisting of scholarships, grants, loans, and/or part-time employment. Provides financial aid advising services throughout the year including individual advising, budget/financial planning, debt management counseling, Preview orientation presentations, student orientations, and an application workshop series.



“Beautiful and graceful, varied and enchanting, small but approachable, butterflies lead you to the sunny side of life. And everyone deserves a little sunshine.” Jeffrey Glassberg, North American Butterfly Association founder and president

The beautiful butterflies featured in this calendar were photographed at the Butterfly Rainforest, a permanent exhibit at the Florida Museum of Natural History on the University of Florida campus. The 6,400-square-foot screened, outdoor Butterfly Rainforest allows visitors to stroll along a winding path and relax to the sounds of cascading waterfalls while experiencing hundreds of exotic, vibrant butterflies fluttering amidst a lush tropical canvas of foliage and flowers. Inside the McGuire Center for Lepidoptera and Biodiversity, the public exhibits gallery showcases a “Wall of Wings,” which captures the eye with thousands of preserved and photographed butterfly and moth specimens reaching nearly three stories high and 200 feet long. Together, these exhibits are a stunning tribute to the global biodiversity research mission of the McGuire Center.

In addition to the Butterfly Rainforest, Florida Museum guests can witness a South Florida Calusa Indian welcoming ceremony, experience a life-sized limestone cave and see a mammoth from the last Ice Age. The museum is open Monday through Saturday from 10 a.m. to 5 p.m. and Sunday from 1-5 p.m. It is closed on Thanksgiving and Christmas Day. General Admission is free, although donations are suggested. The museum charges for some special exhibits and the Butterfly Rainforest. Call (352) 846-2000 for more information or visit www.flmnh.ufl.edu.

Cover Photo by Alan Chin-Lee: **Indian Leaf**, *Kallima paralekta* • Photos by Jeff Gage and Tammy Johnson, Florida Museum of Natural History.

UF Emergency Contact Information

**OFFICIAL SOURCE OF
UF EMERGENCY INFORMATION**
UF Homepage: www.ufl.edu

**UF HOTLINE/RUMOR CONTROL
DURING EMERGENCIES**
1-866-UF-FACTS (1-866-833-2287)

WEATHER-RELATED CLOSINGS
Visit www.ufl.edu

**FOR INFO RELATED TO PERSONAL
SAFETY EMERGENCIES**
UF Police (JFPD)
352-392-1111 (24/7)

STUDENT OR FAMILY EMERGENCY
Dean of Students Office 352-392-1261
(M-F 8 a.m. - 5 p.m.)
After hours, call UFPD to contact
on call administrator

**UF MAIN SWITCHBOARD/
DIRECTORY ASSISTANCE**
352-392-3261

**RADIO INFORMATION
DURING EMERGENCIES**
TV20 WCJB news
will be simulcast on:
WRUF FM 103.7
WRUF AM 850
WUFT FM 89.1

A Partnership in Action

The University of Florida Division of Student Affairs and You...

Educating Leaders for a Global Community

We all know that even a gifted student can't succeed alone. College can be an intimidating place, especially during the first year away from home. Through a partnership with the Division of Student Affairs, you can continue to support your student's dream and still be there to help, even though you may not live close by.

The Division of Student Affairs is committed to helping students not only be contributing members of society but to be leaders in a global community. You can help support this initiative by your contributions to the Family Fund. The Family Fund helps to support programs designed to assist student learning, explore career possibilities and integrate students into service and leadership organizations.

During the fall semester, you will be contacted and asked to consider making this financial investment as we work to achieve our goal of "Educating Leaders for a Global Community." Funds raised through the Family Fund campaign allow the Division of Student Affairs to offer programs and services that enhance the education of every undergraduate student at the University of Florida.

The Division of Student Affairs wishes to acknowledge the efforts of the staff of the Counseling Center at Texas State University who developed the original concept for Seasons of Adjustment. We gratefully appreciate their willingness to allow us to use a substantial portion of their text in developing our edition.



How can YOU contribute to the Family Fund?

Contact: Myra F. Morgan, Director of External Relations | PO Box 113250, Gainesville, FL 32611-3250 | 352-392-1265 | myram@ufl.edu