

The Seasons of Adjustment

Parent's Guide to the First Year Experience | 2006-07



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 Center392-1161 www.shcc.ufl.edu/GatorWell	Housing & Residence Education392-2161 www.housing.ufl.edu/	Recreational Sports.....392-0581 www.recsports.ufl.edu/home.aspx
Athletic Ticket Office375-4683 www.uaa.ufl.edu/	Honors Program392-1519 www.honors.ufl.edu/	Registrar392-1374 www.registrar.ufl.edu/
Bookstore392-0194 www.ufl.bkstr.com/	J. Wayne Reitz Union392-1649 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 Activities Center392-1671 www.union.ufl.edu/sac
Counseling Center392-1575 www.counsel.ufl.edu/	Learning Services Center392-1521 www.advising.ufl.edu/information/lsc	Student Health Care Center.....392-1161 www.shcc.ufl.edu
Dean of Students Office392-1261 www.dso.ufl.edu/	Libraries (General Information).....392-0361 www.uflib.ufl.edu/	Student Legal Services392-5297 www.union.ufl.edu/slservices.asp
Disability Resources392-8565 www.dso.ufl.edu/drp/	New Student Programs392-1261 www.dso.ufl.edu/nsp/	Student Mental Health Services392-1171 www.shcc.ufl.edu/smhs
Financial Aid Office.....392-1275 www.sfa.ufl.edu/	Oasis Program.....392-0788 www.oasis.ufl.edu/	Transportation and Parking392-2241 www.parking.ufl.edu/
Financial Services392-0181 www.fa.ufl.edu/	Police Department392-1111 www.police.ufl.edu/	University Ombudsman392-1308 www.ombudsman.ufl.edu/
Gator Dining Services.....392-2491 www.bsd.ufl.edu/Dining/default.asp	Reading and Writing Center.....392-6420 www.at.ufl.edu/r&w/	Vice President for Student Affairs392-1265 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 x100
Building Construction273-1180	Forest Resources and Conservation ..846-0853	Natural Resources & Environment392-9230
Business Administration273-0165	Health & Human Performance392-3187	Nursing.....273-6400
Design, Construction & Planning392-4836	Public Health & Health Professions273-6400	Pharmacy273-6400
Education392-0721 x400	Honors Program392-1519	UAA Office of Student Life.....375-4683 x5800

FIRST DAYS...

*I*t's the beginning of your student's first college days. For many the excitement of moving away from home can quickly change to homesickness and feelings of insecurity. Sharing a room in a residence hall or an apartment off campus is often a new experience for today's student. Sharing one with a total stranger can be even more unsettling at first. Roommate conflicts caused by personality and living style difference can be stressful for first year students. Faced with a new campus, new and unfamiliar services, different policies and procedures, and few familiar faces, your student may experience anxiety and feel a bit overwhelmed. This may be even more important if your student is living off campus and possibly feeling disconnected from the experience of other new students living in the residence halls. Although a few friends from home may also have chosen to attend UF, largely your student will be entering a whole new social world and will likely experience a major social life adjustment in learning to assume responsibility for managing new freedoms and making choices and decisions about social behavior. Your student may be separating from a boyfriend or girlfriend or very close friends from high school who make up an important support group. This is a particularly difficult and emotional adjustment. Likewise, long distance relationships can add much upheaval and turmoil to the adjustment process. Separation from family for the first time can also be a difficult transition for some students.

Perhaps the biggest adjustment your student faces is adapting to a significantly different academic environment. First, as new and different ideas are presented and discussed in class, your student may experience conflicts of conscience regarding previously accepted beliefs and values. Second, your student will have to assume responsibility for managing personal time, getting and completing reading assignments, studying class notes, and preparing for tests and quizzes without being prompted. In these first days, the anonymity that goes with being in some larger classes and the uncertainty of what professors expect may lead students to be confused about academic expectations. Come September, expectations will become clearer.

SPANISH EXPLORER • MURPHREE AREA, PHOTO BY RAY CARSON, UF NEWS BUREAU



SETTLING IN...

As the first weeks of the semester progress into September, some of the initial anxieties of being a new student begin to fade. While some students who are living on campus begin to become more comfortable being away from home, for others homesickness grows more intense. Your student may call home more frequently than you expected and may want to come home every weekend, especially during holidays or times that your family has traditionally been together. Roommate conflicts, if they have not yet been constructively resolved, can impede adjustment. If your student is living in an off campus apartment, he or she may experience some difficulty "connecting" to the campus and may feel somewhat isolated from campus activity. Some students actually become disenchanted with college life as they begin to realize it is not as perfect as they were led to believe by parents, teachers, and counselors. Family problems at home seem more amplified because they pose a disruption in the adjustment to college process. Students living on campus may feel detached and helpless in helping to resolve the problems.

Academically, reality sets in as what seemed like an enormous amount of free, relaxed time is suddenly filled by assignments, projects, reading requirements and other academic demands which build up quickly and compete for what seems like more time than is possibly available. Many students experience their first quizzes and tests during this month and feel anxious about what to expect and how to prepare. Some students experience moderate to severe test anxiety when taking their first exams. Your student may rather suddenly discover that the old study habits from high school are not sufficient to be successful at the University of Florida. 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 new students. By the end of the month, many first year students may have begun to adjust to the demands and responsibilities of college life. For some, however, a few bad habits such as skipping class, staying out late every night, or spending too much time on the Internet are starting to form.

FRESHMAN • MURPHREE AREA, PHOTO BY RAY CARSON, UF NEWS BUREAU



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.

SUN	MON	TUES	WED	THUR	FRI	SAT
	AUGUST 2006 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 2006 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 Fee Payment Deadline by 3:30 pm	2 Football SOUTHERN MISSISSIPPI H
3	4 Labor Day (no classes)	5	6	7	8	9 Football CENTRAL FLORIDA H
10	11	12 Volunteer Fair	13 Student Organization Fair	14	15	16 Football @TENNESSEE Gator Plunge Community Service Project
17	18	19	20	21	22	23 Football KENTUCKY H
24	25	26	27 Study Abroad Fair	28	29	30 Football ALABAMA H

GETTING SERIOUS...

*T*he business of academics makes October an important month for your student. The first mid-term examinations garner increased stress and anxiety. A student's first set of college examinations may cause feelings of needing to prove something. If your student does not meet his or her expectations on these exams, they may experience feelings of failure and loss of self-esteem.

Complications may also occur from being around people with new values, differing views on the world, and feeling as if they are a "small fish in a big pond." It is a challenge to figure out how to find your place in a large campus like UF. Social demands are high. Your student may compare himself to acquaintances, friends, and/or roommates in how quickly he is making friends and joining organizations. Not dating frequently or not having someone to "hang out with" could easily lead to a loss of self-esteem. Furthermore, impulsive behavior in order to handle the social pressures of dating, drinking and being sexually active may result in unwanted consequences.

Students who are unsure about or have not chosen a major may feel like they are lagging behind in this important life choice. The truth is that 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 work on these issues.

Trying to juggle the demands of school and creating a social life is a lot of work and may seem overwhelming. Adding to these challenges for your student are the complexities of managing finances and time, and learning to live with a roommate in a residence hall or apartment. A few students may consider leaving school at this time. They may feel college is "not for them;" significant things may be happening at home; or they are considering transferring to a college closer to home or friends. On the other hand, October is a time when many students begin to feel more at home at UF and actively seek friendships and involvement. This should be reinforced by you as much as possible.



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 20-21.
- ❖ 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	7
					Homecoming (no classes)	
					Gator Growl	Football LSU H
8	9	10	11	12	13	14
Homecoming						Football @ AUBURN
15	16	17	18	19	20	21
	Fall 2006 Federal Direct Loan Application Deadline				Family Weekend	
22	23	24	25	26	27	28
						Football GEORGIA @JACKSONVILLE
29	30	31			SEPTEMBER 2006	NOVEMBER 2006
Daylight Saving Time Ends					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	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

As your student moves into November, he or she may begin to experience increased academic pressure due to procrastination, difficulty of work assigned or lack of ability. Major class projects or papers may be coming due at the same time that pre-finals stress starts to emerge. Those students who have concentrated on their studies throughout the semester may experience the added pressure of keeping high grades up through finals. Students who have spent more of their time on non-academic pursuits may feel overwhelmed by what they perceive to be an unmanageable amount of work needed to catch up in their classes. Some students may attempt to cope with high stress levels by engaging in counter-productive behaviors. Late night socializing, increased alcohol consumption and poor eating habits tend to make the problem worse.

November is often a stressful month socially, emotionally, and physically for students. Major campus celebrations and a pending visit home for Thanksgiving vacation are added distractions to their busy life at UF. Depression and anxiety increase for students who feel that they still have not found their "niche" at UF. A few students may give up making attempts to establish new friendships beyond those that already exist. For some students, economics begin to play a larger role as funds from parents and summer earnings begin to run out. Stress and fatigue lower a student's resistance and makes them more susceptible to illness. The Thanksgiving break, though short, comes just in time to provide a much-needed respite. Believe it or not, there are only a few weeks left before they will get a much-needed vacation.

SLEDD HALL ARCHWAY • MURPHREE AREA, PHOTO BY RAY CARSON, UF NEWS BUREAU



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
			1	2	3	4 Football @VANDERBILT
5	6	7	8	9	10 Veteran's Day observed (no classes)	11 Football SOUTH CAROLINA H
12	13	14	15	16	17	18 Football WESTERN CAROLINA H
19	20 Deadline to Withdraw from University (no refund) Deadline to Drop/Add Course by College Petition	21	22	23 Thanksgiving (no classes)	24	25 Football @FLORIDA STATE
26	27	28	29	30	OCTOBER 2006 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 2006 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

FINALLY...

FIRST FINALS

This is a hectic month. Just back from Thanksgiving vacation, about two weeks remain before finals begin! There is excitement about the holidays and end of the semester, but the focus of attention is on academic work — completing papers, class projects and last tests. Final exam pressures generate anxiety in most students, but first year students who don't know what to expect tend to experience high levels of stress. Some students may resort to alcohol or other drugs as a way to cope with intense emotions. Others may study nonstop and neglect sleep and meals, becoming physically rundown.

Extracurricular activities increase with the end of the semester and holidays. Socials, 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 they have so much studying to do.

Students frequently have financial concerns. Installment loan payments or other debts incurred this semester, or next, may be due. Some worry about travel costs or fulfilling holiday gift-giving traditions.

Final exam pressures may strain relationships and friendships. Students worry about the long break between semesters and how this might affect their relationships. For some, the risk of losing these connections compels them to spend more time socializing than studying.

Some students may worry about their families, and how they will "readjust" to routines at home during the holiday break. If there are family conflicts at home, your son or daughter may be uneasy about returning home. While the holiday season is generally a happy time, it can also be a period when some people experience holiday blues. Students are not exempt from this. Watch for signs of this in your son or daughter and encourage them to seek assistance at home or when they return to UF. The good news is...most first year students survive finals and regard this first semester as a great learning experience. It serves as a guide for choosing positive study habits, managing time effectively, and balancing studies and social life in the future.



MOTHER & CHILD • MURPHREE AREA, PHOTO BY RAY CARSON, UF NEWS BUREAU

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 his 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 how she is planning to travel.
- ❖ Discuss with your student how fall grades may impact the spring financial aid award, including Bright Futures.

SUN	MON	TUES	WED	THUR	FRI	SAT
NOVEMBER 2006 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 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 Spring Semester Residence Hall Rent Due	2
3	4	5	6 Fall Classes End	7 Reading Days	8	9 Final Exams
10	11	12	13	14	15	16
Final Exams						Commencement
						Residence Halls Close 4:00 pm
17	18 Fall Grades Available in Evening on ISIS	19	20	21	22	23
24	25	26	27	28	29	30
31						

A NEW BEGINNING

*W*hile the year has just begun academically for your son or daughter, January's success may be influenced by how well the holiday break went for your student and your family. Typically 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 materialize. Unexpected events (the loss of a loved one, friend or significant other during the break; family conflict; unwanted weight gain; disappointing grades from Fall Semester; or challenging financial concerns) may adversely affect your student's motivation for beginning a new semester. Even a pleasant time away from school can be stressful in that students have to leave the security and acceptance of home and family for the uncertainties of their second semester performance.

Starting the new semester can be exhilarating, challenging, or 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?"

Students are frequently excited about reconnecting with their friends at school. A few may have concerns about returning to past conflicts with friends or roommates in particular. Your reactions to your student's academic performance during the Fall Semester may greatly influence how he or she perceives the coming semester. Even when his or her academic performance did not meet your expectations, encouragement and support are needed now.

CHIEF MUCOZO • MUCOZO TOWER ARCHWAY SLEDD/THOMAS HALLS. PHOTO BY RAY CARSON, UF NEWS BUREAU



INTO THE SEMESTER...

*W*hile it is still early in the semester, some students may begin to feel the pressure of keeping up with their assignments and preparing for weekly exams or quizzes. Some may be telling themselves that they have time to complete semester assignments while others may already feel that they are procrastinating. This is a good month to begin to manage their time, but some may not know how best to accomplish this task.

There will be pressure from other students to socialize and final exams seem far away. Students who are members of student organizations may underestimate how much time they have for academics. They may begin to over-commit themselves if they are not careful. Relationship anxieties may increase as some students begin to strengthen their ties, and others may experience weakening relationships. There is a tendency for many students to focus more on relationships and less on schoolwork especially as Valentine's Day approaches. Anxiety over financial obligations may also be of concern for students who have overspent in December. Some students may already begin to worry about how best to seek a summer job; this may be especially true of students who were unable to find work during the holiday break.

MAN WITH INSTRUMENT • DAUER HALL, PHOTO BY RAY CARSON, UJF NEWS BUREAU



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.

SUN	MON	TUES	WED	THUR	FRI	SAT
JANUARY 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	MARCH 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
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Residence Hall Fall Room Sign-Up Begins	20	21	22	23	24
25	26	27	28			

HANG IN THERE...

THE BREAK IS NEAR

*T*his is a very hectic month when academic requirements and social activities can collide. Academic pressures increase as students face mid-term exams and begin to realize they will be ending their first year of college. Students may also be affecting decisions about future living arrangements — “Should I live off campus, live in the same building, or keep the same roommate?” “Will I go home or stay at school over the summer?” Many students find this to be an exciting time and thrive on the sense of pressure for motivation to achieve. For some students though, the academic pressure along with social expectations can be overwhelming. If students feel unable to cope with this strain, they may become depressed, fatigued and discouraged. Other students who are finding it difficult to deal with the many demands of college may increasingly turn to alcohol or other drugs to ease their anxiety. This can cause many health and behavioral problems.

March is also the month of Spring Break. Students can become very excited about the prospect of spending a week away from all the pressures of school and taking a much-needed break. Many students make plans to go to the beach with friends and can actually end-up focusing more time and energy on this than on class work and assignments due. Sometimes there is a sense of disappointment when peers are going on an “actual vacation” and they are “just going home.” Students sometimes try to work extra hours to make the money to go on a trip, or they may ask parents to help. Other concerns arise when they go to the beach (or other destination) and they face difficult choices about behaviors in which they may not normally engage. “Do I drink or not?” “Do I give this guy I just met my phone number?” After Spring Break students may face emotionally and financially costly consequences if they make unwise choices. If students handle their options by thinking through their actions, they can return from Spring Break renewed and ready to face the last half of the semester.

MEDIA PEOPLE • WEIMER HALL COURTYARD, PHOTO BY KRISTEN BARTLETT, UF NEWS BUREAU



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 thinks is feasible.
- ❖ Encourage your student to speak to professors about difficult classes or exams on which 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.

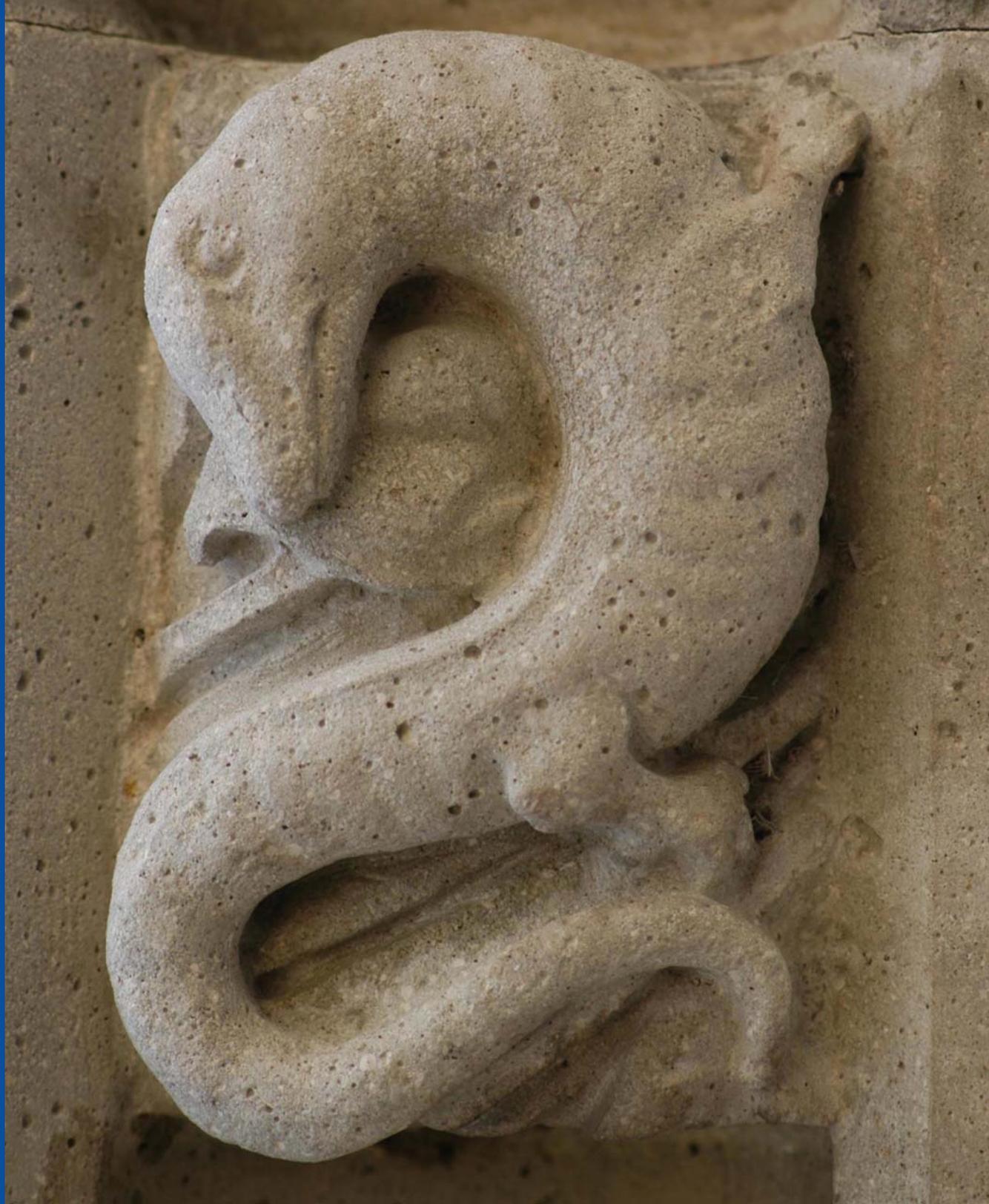
SUN	MON	TUES	WED	THUR	FRI	SAT
FEBRUARY 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 2007 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1 Spring 2007 Federal Direct Loan Application Deadline	2	3
4	5	6	7	8	9	10 Spring Break
11	12	13	14	15	16	17
Spring Break (no classes)						
				2007-08 "On-Time" UF Financial Aid Application Deadline		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DEADLINES APPROACH...

The month of April is a time when the pace of the semester escalates academically, socially and personally from mid-March to finals at the end of April. Students may be experiencing considerable stress and fatigue by this point in the semester.

The academic pressures are easy to predict. Final projects and papers will likely be due during this month. Group assignments may demand coordinating schedules and academic work among three to five busy and stressed fellow students. Research on term papers requires that students test their competencies in using the library or the Internet. Due to stress and fatigue, some students have missed classes and are feeling anxious about their overall performance in a certain course. Registration for next fall is occurring and your student may be experiencing concerns about selection of classes and about course availability. In addition, most students are not looking forward to one of the toughest and most intense times on a university campus—end of semester final exams, which begin in the last week of April.

Socially, many organizations schedule their end of semester banquets, picnics or formals in April. Seeking to fit in and belong, many freshmen will want to be involved in such events, welcoming the fun and celebration. However, some students are naive about the costs in time, money and energy such events will extract from them. All of these social and academic demands will undoubtedly take a toll personally on students as they strive valiantly to juggle all the opportunities and demands that are coming their way. Even for students who have performed competently and responsibly in classes and who have kept a healthy personal balance, the multiple demands of April take a toll.



April

WHAT PARENTS CAN DO...

- ❖ Send care packages and messages complete with brownies, multi-vitamins and encouraging notes.
- ❖ Stress the wisdom of approaching finals with the attitude of doing the very best he/she can, not worrying tediously about what has or has not happened so far in the semester.
- ❖ Encourage your student to talk to professors to assess course performance so far.
- ❖ Encourage your student to work into a schedule exercise, some healthy meals and sleep to prepare for finals.
- ❖ Understand that your student's passage into independent and successful adulthood will be gradual and be best aided by your respectful challenges and support.
- ❖ If your student plans to attend summer school at another institution, make sure he/she completes a "transient student form" available online.
- ❖ Be supportive if your student is having difficulty selecting a major. Encourage him/her to consider career counseling before summer registration.
- ❖ Encourage your student to track the financial aid application and award for the coming year on ISIS.

SUN	MON	TUES	WED	THUR	FRI	SAT	
1 Daylight Saving Time Begins	2	3	4	5	6	7	
8	9	10	11	12	13 Deadline to Withdraw from University (no refund) Deadline to Drop/Add Course by College Petition	14	
15	16 Deadline to Apply for Summer 2007 Direct Loans	17	18	19	20	21	
22	23	24	25 Spring Classes End	26 Reading Days	27 Reading Days	28 Final Exams	
29	30				MARCH 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	MAY 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	
Final Exams (through May 4)							

THE TRANSITION...

*M*ay is an important and sometimes difficult transition month for first year students. Those who return to spend the summer back home will have to adjust to living with their families again. Many will enroll in summer school either at UF or at a community college or university in their hometowns.

Students who return to their parents' homes while they work and/or take classes at local colleges can easily find themselves in conflict with their parents over issues of independence and house rules. Students sometimes don't understand the necessity of home rules, in particular, when there are younger siblings living at home. Parents' expectations for their students regarding social behaviors, home rules, duties and responsibilities should be established and clarified as soon as their son or daughter returns home.

Students who enroll in summer school will need to adjust to the rapid pace of their classes, with little turn around time for assignments and exam preparation. The long daylight hours and frequent opportunities for social gatherings with friends can be inviting to students who have spent many long hours in the classroom. It's easy to get behind. Time management is essential. Moreover, the informal atmosphere that characterizes the campus can be very enjoyable, leading students to erroneously believe they do not have to study as hard in summer classes as they do during Fall and Spring Semesters. The truth is that most lower division courses have a set number of objectives or topics that have to be covered no matter what semesters they are offered. Summer courses are seldom abbreviated versions.



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
		1	2	3	4	5
Commencement						Residence Halls Close 4:00 pm
Final Exams (through May 4)						
6	7	8	9	10	11	12
Commencement	Spring Grades Available on ISIS in Evening			Residence Halls Open for Summer A/C Noon	Summer A/C Registration by 5:00 pm	
13	14	15	16	17	18	19
	Summer A/C Classes Begin					
20	21	22	23	24	25	26
					Summer A/C Fee Payment Deadline 3:30 pm	
27	28	29	30	31	APRIL 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	
	Memorial Day (no classes)				JUNE 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	

SUMMERTIME...

The end of the academic year can be looked at from a different perspective once your student has returned home. While there may be excitement about finally having the year behind them, there is also some time to acknowledge what has transpired over the past nine months. Students may begin to doubt their abilities and may lose confidence in themselves. Negative thoughts may interfere with their ability to plan for returning to school if they have not met their expectations for success in the previous year.

Feelings of sadness and depression may increase as the summer progresses toward a return to school. Students may experience anxiety over being home because they fear they may lose their new-found independence. Students may also have left some of their friends and significant others behind as they change residence or return to their homes. Some students may worry that their college relationships may not survive the summer.

Students may also be concerned about their parents' reactions to their failure to achieve academically as well as they had hoped. While they would like to get their parents' support, they may be afraid to call upon them for help. The summer can also present financial pressures as students consider whether to stay at school or return home.

The decision about whether or not to attend summer school is an individual one. Whether they return home for the summer or stay at school, there is time to assess the previous year and an opportunity to relax from the rigors of university life. For many, the summer serves as a well needed break which will help them re-energize for the Fall Semester.



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
MAY 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	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				1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Summer A Deadline to Withdraw from University (no refund) Summer A Deadline to Drop/Add Course by College Petition	16
17	18	19	20	21	22 Summer A Classes End	23 Residence Halls Close Summer A Noon
24	25	26	27	28	29	30
Summer Break						
	Summer A Grades Available on ISIS in Evening		Residence Halls Open Summer B Noon		Summer B Registration by 5:00 pm	

LOOKING AHEAD

As students begin to prepare for a new year in Gainesville, this is a good time to seriously reflect on the events of the past year. It probably went much faster than they expected; undoubtedly it had its share of ups and downs. Students may find that they had some difficulties with time or money management. Perhaps they learned that the study skills they developed in high school were insufficient during their first year in college. Maybe they now realize it's not a good idea to wait until the last minute to see an adviser to register for the next semester. Perhaps the one vocabulary word they didn't learn was "no." On the positive side, they may have learned that they could adjust to the academic demands of college life. Perhaps they learned there are many more choices in terms of activities, organizations or classes than they ever imagined. Hopefully they made some new friends. The positive and negative events of the past year can be used to plan and make mid-course corrections for the new year.

PROFILE • MURPHREE AREA, PHOTO BY RAY CARSON, UF NEWS BUREAU



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	2 Summer B Classes Begin	3	4 Independence Day Holiday (no classes)	5	6	7
8	9	10	11	12	13 Summer B Fee Payment Deadline 3:30 pm	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31			JUNE 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	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

A NEW YEAR...

*R*egardless of how your student spent the summer following the first year in college, there is a sense of a new beginning as Fall Semester comes around again. Much of the anxiety about the unknown is gone now, replaced by new concerns as he or she moves into a new living environment. If your student lived in a residence hall last year, the added responsibility and freedom of an apartment may be awaiting him/her as well as the added challenge of traveling to campus each day by bus, bike, or automobile. Catching up with old friends and reestablishing relationships put on hold over the summer are high priorities for many students during the second year. Obligations to student organizations may put unexpected demands on them and challenge their commitment to remaining actively involved with friends and colleagues from last year. Reassessing what is important socially and academically can become a major focal point for your student as she finalizes an academic major and solidifies her standing in various social settings.

The excitement of a Fall Semester in Gainesville will once again provide a backdrop for new experiences and opportunities for your student to continue to grow as an independent young adult. Challenges are similar as new relationships are formed and students set about the task of preparing for a career in earnest. Other students may still find that it is difficult to settle on a career path and feel somewhat anxious that they don't appear to be making progress. Pressure from the university to choose a major can add stress to an already uncomfortable position. Encouragement and support by family can be meaningful in providing a safe environment to make thoughtful choices and weigh options. Now is the time for many students to begin to realize the importance of family and friends as a support system for the remainder of their college experience.

UNIVERSITY AUDITORIUM SPIRE, PHOTO BY KRISTEN BARTLETT, UF NEWS BUREAU



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 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 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 Summer B/C Deadline to Withdraw from University (no refund) Summer B/C Deadline to Drop/Add Course by College Petition	4
5	6	7	8	9	10 Summer B/C Classes End	11 Residence Halls Close for Summer B/C 4:00 pm Commencement
12	13 Summer B/C Grades Available on ISIS in Evening	14	15	16	17	18 Residence Halls Open 9:00 am tentative
19	20	21	22	23	24	25
		Fall Registration (by 5:00 pm)		Fall Classes Begin		
26	27	28	29	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.

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 gaining 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.recsports.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.

A Partnership in Action

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

Educating Leaders for a Global Community

You've been there every step of the way... You helped your son conquer his ABCs and reading and helped your daughter with her first science experiment. All along, you've encouraged your child to build a strong future, to become the best he or she can be. You've instilled in them the importance of a good education and the value of a college degree in today's competitive job market.

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