

# *The Seasons of Adjustment*

Parent's Guide to the First -Year Experience | 2008-09



# The Seasons of Adjustment

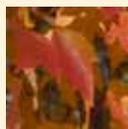
The college years will be one of the most exciting periods in your student's life. For many students, it will also be one of the most stressful times. During their college years, students experience constant challenges and demands for adjustment and change. While they are attempting to cope with the 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 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 challenges 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 pattern 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 and families play an important and significant role in helping students adjust to the challenges of their first year at the University of Florida (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 student stressors that 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 <a href="http://www.shcc.ufl.edu/GatorWell">www.shcc.ufl.edu/GatorWell</a>	Housing & Residence Education .....392-2161 <a href="http://www.housing.ufl.edu">www.housing.ufl.edu</a>	Recreational Sports .....392-0581 <a href="http://www.recports.ufl.edu/home.aspx">www.recports.ufl.edu/home.aspx</a>
Athletic Ticket Office (In-State) ....800-344-2867 x6800 <a href="http://www.uaa.ufl.edu">www.uaa.ufl.edu</a>	Honors Program .....392-1519 <a href="http://www.honors.ufl.edu">www.honors.ufl.edu</a>	Registrar.....392-1374 <a href="http://www.registrar.ufl.edu">www.registrar.ufl.edu</a>
Bookstore.....392-0194 <a href="http://www.ufl.bkstr.com">www.ufl.bkstr.com</a>	J. Wayne Reitz Union.....392-1649 <a href="http://www.union.ufl.edu">www.union.ufl.edu</a>	Southwest Rec Center .....846-1081 <a href="http://www.recports.ufl.edu/facility_swrc.aspx">www.recports.ufl.edu/facility_swrc.aspx</a>
Career Resource Center .....392-1601 <a href="http://www.crc.ufl.edu">www.crc.ufl.edu</a>	Lake Wauburg .....466-4112 <a href="http://www.recports.ufl.edu/lakeWauburg.aspx">www.recports.ufl.edu/lakeWauburg.aspx</a>	Student Involvement .....392-1671 <a href="http://www.union.ufl.edu/involvement">www.union.ufl.edu/involvement</a>
Counseling Center.....392-1575 <a href="http://www.counsel.ufl.edu">www.counsel.ufl.edu</a>	Learning Services Center .....392-1521 <a href="http://www.advising.ufl.edu/information/lsc">www.advising.ufl.edu/information/lsc</a>	Student Health Care Center .....392-1161 <a href="http://www.shcc.ufl.edu">www.shcc.ufl.edu</a>
Dean of Students Office .....392-1261 <a href="http://www.dso.ufl.edu">www.dso.ufl.edu</a>	Libraries (General Information) .....273-2525 <a href="http://www.uflib.ufl.edu">www.uflib.ufl.edu</a>	Student Legal Services .....392-5297 <a href="http://www.sg.ufl.edu/organizations/SIS">www.sg.ufl.edu/organizations/SIS</a>
Disability Resources.....392-8565 <a href="http://www.dso.ufl.edu/drc">www.dso.ufl.edu/drc</a>	New Student Programs .....392-1261 <a href="http://www.dso.ufl.edu/nsp">www.dso.ufl.edu/nsp</a>	Student Mental Health Services .....392-1171 <a href="http://www.shcc.ufl.edu/smhs">www.shcc.ufl.edu/smhs</a>
Financial Aid Office .....392-1275 <a href="http://www.sfa.ufl.edu">www.sfa.ufl.edu</a>	Oasis Program .....392-0788 <a href="http://www.oasis.ufl.edu">www.oasis.ufl.edu</a>	Transportation and Parking .....392-2241 <a href="http://www.parking.ufl.edu">www.parking.ufl.edu</a>
Financial Services.....392-0181 <a href="http://www.fa.ufl.edu/ufs/student-links.asp">www.fa.ufl.edu/ufs/student-links.asp</a>	Police Department.....392-1111 <a href="http://www.police.ufl.edu">www.police.ufl.edu</a>	University Ombudsman .....392-1308 <a href="http://www.ombudsman.ufl.edu">www.ombudsman.ufl.edu</a>
Gator Dining Services .....392-2491 <a href="http://www.bsd.ufl.edu/Dining/default.asp">www.bsd.ufl.edu/Dining/default.asp</a>	Reading and Writing Center .....392-6420 <a href="http://www.at.ufl.edu/rwcenter">www.at.ufl.edu/rwcenter</a>	Vice President for Student Affairs.....392-1265 <a href="http://www.ufsa.ufl.edu">www.ufsa.ufl.edu</a>

## ACADEMIC ADVISING OFFICES

### Academic Advising Center ♦ 392-1521 ♦ [www.advising.ufl.edu](http://www.advising.ufl.edu)

The Academic Advising Center provides academic advising to incoming students during Preview, UF'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 UF and selects a major, the individual department within each college advises students on requirements for their majors:

Accounting .....273-0200	Engineering .....392-0944	Journalism & Communications .....392-1124
Agricultural & Life Sciences .....392-1963	Fine Arts.....392-0207	Liberal Arts & Sciences .....392-1521
Building Construction .....273-1180	Forest Resources and Conservation ..846-0853	Natural Resources & Environment .....846-1634
Business Administration .....273-0165	Health & Human Performance .....392-0578	Nursing.....273-6400
Design, Construction & Planning .....392-4836	Public Health & Health Professions ....273-6400	Pharmacy .....273-6217
Education .....392-0721 x400	Honors Program .....392-1519	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 friends and adjusting to a significantly different social and academic environment than in 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 or an apartment off campus. Your student will soon discover favorite places to shop, eat, and play. Being a roommate is a new experience and may require some adjustment, whether roommates knew each other previously or not! The key to good roommate relations is communication. Encourage your student to address possible conflicts caused by personality and lifestyle differences through direct communication with their roommates.

The social life at college is much different than in high school. Some of these differences are positive. In college your student may experience more tolerance of individual differences and less focus on popularity and social standing. Also, students are learning to take on more responsibility: do their laundry; manage their budget; pay bills; and speak with landlords, instructors, and university administrators on their own, without you doing things for them. They are learning to manage new freedoms and make wise choices about social behavior. While these changes can produce anxiety, they are a normal, healthy part of the transition to college. Encourage your student to become familiar with UF as soon as possible, to connect with available resources and meet others. Successful UF students soon get involved with programs, activities, and student groups.

Perhaps the biggest adjustment your student faces is adapting to a significantly different academic environment. Most UF students are accustomed to being academic stand-outs in their high schools, and the adjustment to being in a school with many good students can be challenging. In addition, students must take responsibility for their academic performance: managing time, completing assignments, studying, and preparing for tests on their own initiative. UF is a large campus, but the anonymity some students feel in larger classes will soon be replaced with feelings of connection, confidence, and success.



Childe Hassam, American, 1859-1935, *Northeast Gorge at Appledore*, 1912, oil on canvas, museum purchase by exchange, gift of Louise H. Courtelis with additional funds provided by Michael A. Singer

# 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 Center for Leadership and Service.
- ❖ Encourage your student living in a residence hall to talk with a Resident Assistant (RA).
- ❖ Suggest exploring opportunities for involvement in a student organization or in the residence hall.
- ❖ 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, as well as the numerous student assemblies from mid-August through September. [www.dso.ufl.edu/nsp/WOW](http://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](http://my.ufl.edu)
- ❖ Encourage your student to track financial aid on ISIS at [www.isis.ufl.edu](http://www.isis.ufl.edu). Discuss money management and have your student become familiar with financial aid services.

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	2
3	4				5	6
10	11	12	13	14	15	16
17 Residence Halls Open 9:00 am — Panhellenic Sorority Recruitment Begins	18	19	20	21 — Fall Registration — (by 5:00 pm)	22	23
24	25 Fall Classes Begin — Drop/Add Begins	26	27	28 Drop/Add Ends — Deadline to Drop/Withdraw w/out Fee Liability Part-Time Job Fair Reitz Union N. Lawn 10-2	29	30 Football HAWAII H
31 Interfraternity Council Recruitment Begins						

## 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. Self care is vital to academic success. Diet, exercise, and regular sleep help maximize concentration and memory which are essential to academic performance.

Many families find it helpful to spend some time talking about differing expectations with regard to communications, phone calls, and visits home. It is important to talk about your preferences and to hear and understand your students' needs and preferences. Help them find the balance that encourages appropriate independence for this stage in their lives, while maintaining good family connections.

Often the first few college weeks can feel like an enormous amount of free time. After the initial excitement of meeting new friends and enjoying new activities, your student is likely to be learning that UF classes are more difficult and demanding than high school classes. Their days are filled by assignments, projects, reading requirements, and other academic demands which build up quickly. The old study habits from high school may not be sufficient for college success.

Learning to manage time and 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 college demands and responsibilities. Others need encouragement to lose these bad habits: skipping class, staying out late every night, and spending too much time on the Internet!

If your student is experiencing frustrations related to college life, the UF community, or the Gainesville community, encourage him/her to seek information and help from the many campus resources. Help your student to feel connected to UF and empowered to resolve her or his 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 adjusting to college. Keep your student informed, but assure her/him that school is the priority and that you can handle any problems that arise at home.

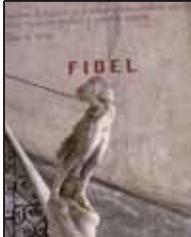
(detail) Eugène Atget, French, 1857-1927,  
*Rue Boutebrie, Paris*, c. 1900, albumen silver  
print, gift of Melvin and Lorna Rubin



# 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 classes regularly and keeping up with assignments are keys to academic success.
- ❖ Encourage your student to create a time management schedule and stick to it. A good resource for time management is available at: [www.counsel.ufl.edu](http://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 experiences severe homesickness, encourage him/her to get involved with a campus organization, volunteer in the community, 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 and weekly email that provides information on campus 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 about finances.

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Labor Day (no classes)	2 National Panhellenic Council Recruitment	3	4	5 Multicultural Greek Council Recruitment	6 Football vs. MIAMI (FLA) H
7	8 Volunteer Fair	9 Intramural Sports Captain Meetings Begin	10 Leisure Course Registration	11	12 Fall Fee Payment Deadline by 3:30 pm	13 Gator Plunge Community Service Project
14	15	16	17 Student Involvement Fair		19	20 Football @ TENNESSEE
21	22	23 Career Showcase		25	26	27 Football vs. OLE MISS H
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	OCTOBER 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

(detail) Carlos Garaicoa Manso, b. 1967, resides in Cuba, *Untitled (decapitated Angel)*, 1995, duraflex print, museum purchase, funds provided by the Caroline Julier and James G. Richardson Art Acquisition Fund

# GETTING SERIOUS...

The business of academics makes October important. Midterm exams occur this month. University courses are almost always more difficult than high school courses, and new students normally experience increased stress and anxiety before midterms. Most students adjust to the changes after their first few exams. If your student experiences stress and anxiety beyond the norm, help is available at UF's Counseling Center or Student Mental Health. If your student does not meet her/his own expectations on midterms, encourage her/him to seek academic assistance. A variety of academic support services are available on campus including individual and group tutoring. Remind them that good students make good use of their resources!

UF has an exciting array of possibilities for majors. This first year is a good time for personal and career exploration. The Career Resource Center and the Counseling Center have many services that can help students begin to explore career options, including majors.

Seeking friendship and involvement is a key strategy for success during this transition month. Most students are beginning to feel more at home at UF and making valuable friendships that will last across their lifetimes. However, it is normal to see differences in how quickly various students adapt and make connections. Encourage your student 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. Sometimes the new freedom of college life can lead to risky behavior: partying, drinking, and being sexually active may result in unwanted consequences, so discuss these things and encourage healthy behaviors. The transition to independence is a personal journey and each student progresses at his/her own pace.



Boardman Robinson, American, b. Canada, Nova Scotia, 1876-1952, *Excavation*, 1926, tempera on plaster, gift of Kraushaar Galleries

# 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 17-18.
- ❖ 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 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](http://www.crc.ufl.edu/selfassessment) and [www.counsel.ufl.edu](http://www.counsel.ufl.edu).
- ❖ Discuss budget planning issues with your student, so that financial issues do not build up and interfere with academics.

SUN	MON	TUES	WED	THUR	FRI	SAT
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	NOVEMBER 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	4 Football @ ARKANSAS
5	6	7	8	9	10	11 Football LSU H
12	13	14	15	16	17	18
					Family Weekend	
19	20	21	22	23	24	25
				Graduate and Professional (GAP) Day Reitz Union Grand Ballroom	Homecoming	
					Gator Growl no Friday classes	Football KENTUCKY H
26	27	28	29	30	31	
Homecoming						

Francisco Zuniga, Mexican, b. Costa Rica, 1912-1998,  
*Juchiteca de pie*, 1965, bronze with green patina,  
 museum purchase, gift of Dr. and Mrs. David A. Cofrin

# A LIGHT...

## AT THE END OF THE TUNNEL

Major campus celebrations like Homecoming (with the long weekends surrounding it), Veteran's Day, and Thanksgiving, add much-needed distractions from the academic demands this month. The demands of November may be many, but the end of the semester is in sight! Frequently, students who have put off work on projects and papers feel the time crunch this month. Keep in mind that your student may feel overwhelmed by what they perceive to be an unmanageable amount of work needed to catch up or keep up in their classes.

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, exercise 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.



Wosene Worke Kosrof, Ethiopian, b. 1950, *Scrolls of the Ancestor #IV*, 1994, acrylic on canvas, gift of Drs. Israel and Michaela Samuelly, in honor of Nancy P. Mendenhall

# 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.
- ❖ If your student seems depressed or anxious, encourage her/him 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 Web site at: [www.shcc.ufl.edu/gatorwell](http://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 try 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 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	DECEMBER 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  <b>Football vs. Georgia</b> @ JACKSONVILLE
2	3	4	5	6	7	8  <b>Football</b> @ VANDERBILT
9	10	11  <b>Veteran's Day observed</b> (no classes)	12	13	14	15  <b>Football</b> SOUTH CAROLINA H
16	17	18	19	20	21	22  <b>Football</b> THE CITADEL H
23	24 <b>Deadline to Withdraw from University</b> (no refund) ——— <b>Deadline to Drop/Add Course by</b> College Petition	25	26	27	28	29  <b>Football</b> @ FLORIDA STATE
30		Thanksgiving (no classes)				

William Morris Hunt, American, 1824-1879, *Florida Landscape*, 1875, oil on canvas, gift of Dr. and Mrs. David A. Cofrin

# FINALLY...

## FIRST FINALS

December goes by in a flash! There is excitement about the holidays and the end of the first semester, but the focus of attention is on academic work—completing papers and class projects and preparing for final exams. Final exam pressures generate stress 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 a balance between studying, rest, healthy eating, and recreation. Unsuccessful coping strategies may include use of alcohol or other drugs, studying nonstop, and neglecting sleep and meals.

Extracurricular activities also increase with the end of the semester and holidays. Concerts, organization events, and religious ceremonies vie for students' time and energy. It may be difficult to choose 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, or fulfilling holiday gift-giving traditions. Assistance with learning how to manage money and words of reassurance from parents help a great deal.

When your student comes home for the break, you will likely see some changes. They will have negotiated their first college semester successfully and learned to take responsibility for many things you used to do for them (laundry, budgeting, time management, cleaning, cooking, and so forth). Talk about expectations you have for each other during the break. While the holiday season is generally a happy time, some students may experience holiday blues. Watch for signs of this in your student and offer support, or encourage them to seek counseling 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.

Evon Streetman, American, born 1932,  
*Falling Landscape II*, 1994, silver-dye bleach  
print [cibachrome], partial gift of the artist  
with additional support provided by an  
anonymous donor



# December

## WHAT PARENTS CAN DO...

- ❖ Reassure your student that although the next few weeks will be stressful and challenging, 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 that your student participate in stress-reducing activities such as exercise or mind-body sessions at the Recreation Centers.
- ❖ If your student seems quite anxious or depressed, or expresses feelings of hopelessness, recommend that 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 the method of travel.
- ❖ Have your student check with the financial aid office on how fall grades may affect their spring financial aid award, including Bright Futures.

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Residence Hall Rent Due for Spring Semester	2	3	4	5 Fall 2008 Short-Term Loan Repayment Deadline	6
7		9	10 Fall Classes End	11 Reading Days	12	13 Final Exams
14	15	16	17	18	19	20 Commencement
	Final Exams					Residence Halls Close 4:00 pm
21	22 Fall Grades Available in Evening on ISIS	23	24	25	26	27
	UF Closed					
28	29	30	31		NOVEMBER 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	JANUARY 2009 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
	UF Closed					

(detail) Carrie Mae Weems, American, born 1953, *In the Halls of Justice* (*Dreaming in Cuba* series), 2002, gelatin silver print, museum purchase, funds provided by the Caroline Julier and James G. Richardson Acquisition fund and the 2004 Photo Forum Acquisition Fund

# A NEW BEGINNING

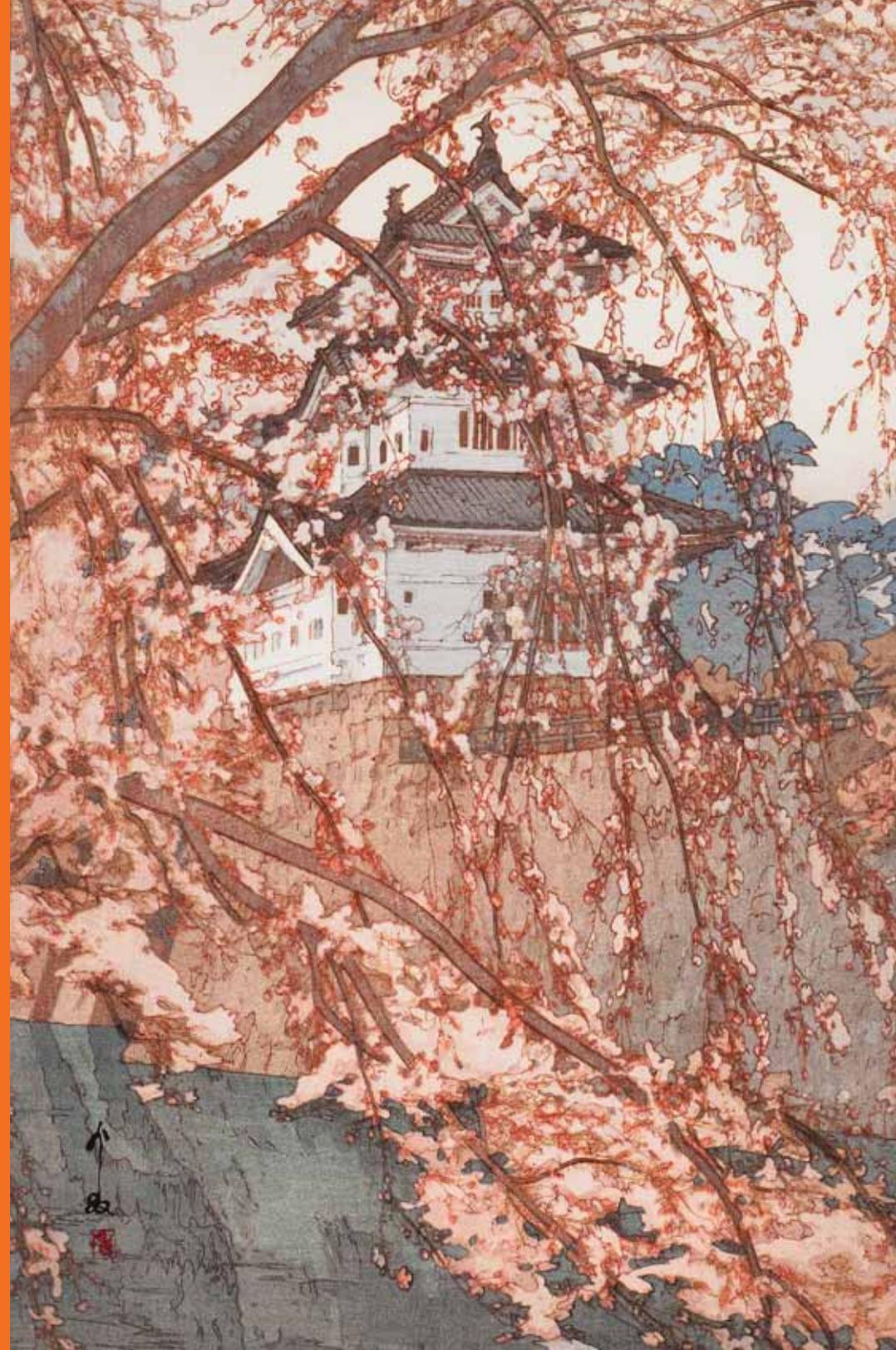
Starting a new semester can be exhilarating and challenging. Most students find that they learned a great deal from their first semester experience with regard to scheduling, studying, and interacting with professors. The new semester provides an opportunity to start fresh with all of their new understanding. Some students who were less than satisfied with their performance in fall semester may be starting the semester with anxiety and worry. Your reactions to your student's fall semester academic performance can greatly influence how she/he perceives the coming semester. Even if your student's academic performance did not meet your expectations, encouragement and support are needed now. Students are typically excited about reconnecting with friends at school. A few may have concerns about returning to past conflicts with friends or roommates.

Encourage your student to use the resources available on campus and to settle back into a healthy, balanced routine of academics, work, social activities, and rest as soon as possible. Seeking friendship and involvement at UF continue to be key strategies for success at college.

It is not too early to begin identifying companies with which students can intern. The Career Resource Center (CRC) coordinates a large career fair known as Career Showcase in the early fall and spring semesters. They also provide other smaller, career-specific fairs throughout the year. Top Fortune 500 companies and some local recruiters are represented. Attending the Career Showcase fair as an observer can lay the ground work to exploring potential internship sites and future employment opportunities.

The semester break has required two considerable life adjustments in a short period of time: returning home and re-establishing relationships and negotiating expectations and routines there, and then, a few short weeks later, returning to school relationships, expectations, and routines. An understanding ear at home is always welcome!

Yoshida Hiroshi, Japanese, 1876-1950, *Hirosaki Castle*, Showa Period (1926-1989), 1935, ink on paper, museum purchase, gift of private donors



# January

## WHAT PARENTS CAN DO...

- ❖ Reassure your student that the feelings described above are normal when beginning the second semester during the first year at college.
- ❖ Encourage your student to take a renewed, invigorated look at new classes and potential classmates as opportunities for new connections and improved academic performance.
- ❖ Encourage your student to seek new opportunities for involvement in campus activities and programs.
- ❖ Discuss with your student “what worked and what didn’t work” fall semester, including time management strategies.
- ❖ Encourage your student to apply to be a Housing RA for 2009-2010.
- ❖ Begin to compile the necessary tax information to apply for financial aid. Be aware of application deadlines.
- ❖ Have your student search for scholarships, possibly within their departments or field of study. Visit SFA’s Scholarship Finder at: [www.sfa.ufl.edu](http://www.sfa.ufl.edu).
- ❖ Encourage your student to make an appointment with a personal trainer at one of the Recreation Centers.
- ❖ Encourage your student to attend the Study Abroad Fair.

SUN	MON	TUES	WED	THUR	FRI	SAT
DECEMBER 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	FEBRUARY 2009 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			1  2009-2010 Financial Aid Applications Available	2	3
4  Residence Halls Open Noon	5  Spring Registration by 5:00 pm — Recreation Centers Open	6  Spring Classes Begin — Drop/Add Begins	7	8	9	10
11	12  Drop/Add Ends — Deadline to Drop/Withdraw w/out Fee Liability	13	14  Student Involvement Fair	15	16  Spring Fee Payment Deadline 3:30 pm	17
18	19  Dr. Martin Luther King Day (no classes)	20	21  Study Abroad Fair	22	23	24
25	26  Residence Hall Fall 2009 Room Sign-Up Begins	27	28	29	30	31

(detail) Jerry Uelsmann, American, born 1934, *Apocalypse II*, 1967, hand-coated platinum print, courtesy of the artist

# INTO THE SEMESTER...

Though 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 your student to be thinking ahead now regarding academics, planning for Spring Break, and planning for work or academics for the summer.

In February, students who live on campus must make decisions about future living arrangements. "Should I live on or off campus?" "Should I live in the same building?" "Keep the same roommate?" It's a good month to practice time-management skills, but some students may need encouragement and support to plan ahead.

With the change in the weather comes pressure from other students to socialize and enjoy the spring season. Final exams seem far away. Although involvement in student organizations is essential for a successful college experience, too much involvement can interfere with academic commitments. The key for most students is finding a balance between organizational involvement, obligations to academics, and commitment to self-care.

As Valentine's Day approaches, students tend to focus more on relationships, 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.



Carl Robert Holty, American, b. Germany, 1900-1973, *The Grove*, 1948, oil on board, museum purchase, gift of Mrs. Ruth Pruitt Phillips

# 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.
- ❖ Be sure to apply for financial aid before the end of the month; discuss the process with your student. Have your student address any questions to their financial aid adviser. For more information, visit [www.sfa.ufl.edu](http://www.sfa.ufl.edu).
- ❖ Relationships are a focus during this month and your student may need you to listen to his/her experiences with friends and significant others.
- ❖ Encourage your student to consider potential Spring Break activities. For creative alternatives, visit: [www.crc.ufl.edu/externships](http://www.crc.ufl.edu/externships).
- ❖ You may want to evaluate your student's financial needs to see if extra spending money is needed.

SUN	MON	TUES	WED	THUR	FRI	SAT	
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	
						JANUARY 2009 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 2009 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

(detail) Asante people, Ghana, *Man's Cloth "Mmaban" (kente)*, 1920-1940, rayon, museum purchase, funds provided by the Phil and Barbara Emmer Art Acquisition Endowment with additional funds provided by the Caroline Julier and James G. Richardson Acquisition Fund

# 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 mid-term exams and realize that the end of their first college year is near. Academic decisions about next year need to be made now. "Will I go home or stay at school over the summer?" "Take summer classes?" "Change my major?" "Work?"

Some students thrive on the sense of pressure as motivation to achieve. For others, academic challenges and social expectations can be overwhelming. Remind your student to focus on academics and good self care and to maintain a balance among social activities. If they seem overwhelmed, encourage them to seek assistance from the Counseling Center or Student Mental Health. The Career Resource Center is a good place to explore other majors of interest or potential career tracks in their majors. The staff is knowledgeable and ready to help with major and career-related needs.

March also includes Spring Break. Students are excited about the prospect of spending a week away from the pressures of school and taking a much-needed break. Some choose to go on special vacations. Others take advantage of the Florida Alternative Breaks program to complete community service. Others go home. Some take advantage of the residence halls being open and stay at UF. Students classwork and assignments may suffer as they plan for Spring Break.

Sometimes students experience disappointment if they perceive that peers are planning more exciting Spring Breaks. They may need to work extra hours to pay for a trip, or need to ask parents to help financially. Students may also face difficult choices about Break behaviors. "Do I drink or not?" "Do I give this person I just met my phone number?" Encourage your student to make thoughtful choices about Break activities. Students who think through actions return from Spring Break renewed and ready to face the last half of the semester.



Liza May Post, Dutch, b. 1965, *Trying*, 1998, chromogenic development print, gift of Martin Z. Margulies

# 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.
- ❖ 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
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Spring Break (no classes)						
15	16 2008-09 "On-Time" UF Financial Aid Application Deadline		18	19 Summer Job Fair Reitz Union Colonnade	20	21
22		24	25	26	27	28
29	30	31		FEBRUARY 2009 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 2009 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

(detail) Todd Walker, American, 1917-1998, *Creosote Sky*, 1980s, offset lithograph, gift of the Estate of Todd Walker.

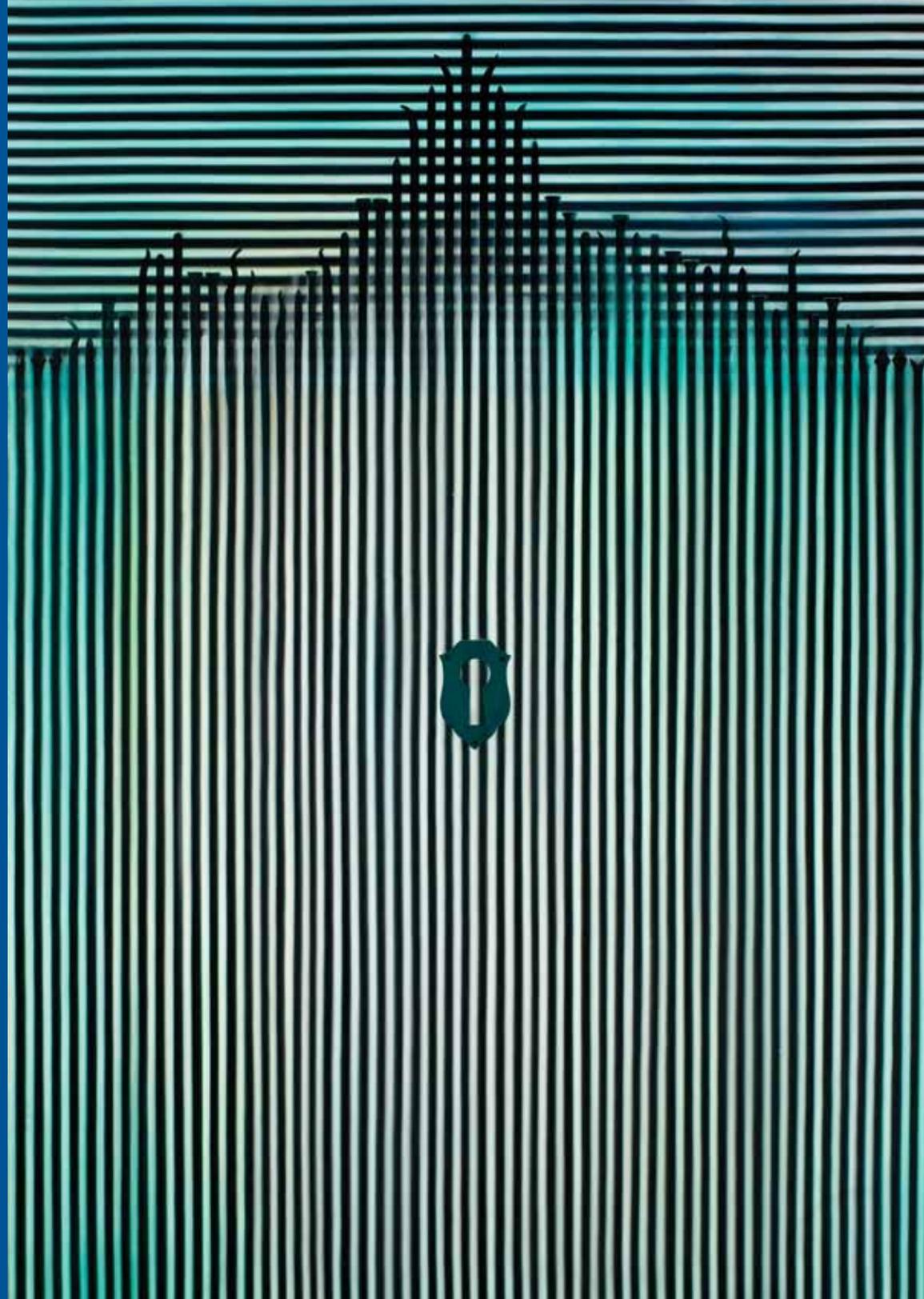
# DEADLINES APPROACH...

*T*he 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 fall is occurring, and students may have questions and 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 students who have performed competently and responsibly in classes and who have kept a healthy personal balance, the month of April is exhilarating.

For students who may be seeking summer employment before returning in the fall, the Career Resource Center is set to provide assistance with resume writing and interviewing skills. The CRC can also direct students to on-line job postings and career-related Web sites.

Ross Bleckner, American, b. 1949,  
*Gate #2*, 1986, oil on canvas, gift  
of Irma Braman



# April

## WHAT PARENTS CAN DO...

- ❖ Send care packages and messages complete with brownies, multivitamins and encouraging notes.
- ❖ Stress the wisdom of approaching finals with the attitude of doing the very best your student can, not worrying 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 schedule some exercise, healthy meals, and sleep to prepare for finals.
- ❖ If your student plans to attend summer school at another institution, make sure he/she completes a “transient student form” at UF, 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 their financial aid application and award for the coming year on ISIS.
- ❖ Reassure your student that it is normal to reconsider a major and career path. Help is available at the Career Resource Center: [www.crc.ufl.edu](http://www.crc.ufl.edu).
- ❖ Make plans for how your student will move home or to a new location with belongings at the end of the semester.

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 Spring 2009 Short-term Loan Repayment Deadline	2	3	4
5	6	7	8	9	10 Deadline to Withdraw from University (no refund) — Deadline to Drop/Add Course by College Petition	11
12	13	14	15	16 Education Recruitment Day Reitz Union Grand Ballroom	17	18
19	20	21	22 Spring Classes End	23 Reading Days	24	25 Final Exams
26	27	28	29	30	MARCH 2009 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 2009 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 1)					

Utagawa Hiroshige, Japanese, 1797-1858, *Fukuroi: Flying Kites*, Edo Period (1615-1858), 1848-1849, ink on paper, museum purchase, gift of private donors

# THE TRANSITION...

Congratulations to your student and to you! You have made it through the first year of college. Now it is time to move forward with summer plans. 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 in or near their hometowns. Others will enroll in summer school at UF and 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 about issues of independence and house rules. After a full school year of living on their own, often college students don't see 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 negotiated 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 turnaround 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.

Indian, *Dancing Ganesh*, 13th century, black stone, museum purchase, gift of Michael A. Singer with additional funds provided by the Kathleen M. Axline Acquisition Endowment



# 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.
- ❖ 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 2009 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 2009 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	
		Final Exams (through May 1)				Commencement	
3	4	5	6	7	8	9	
Commencement	Spring Grades Available on ISIS in Evening			Residence Halls Open for Summer A/C Noon	Summer A/C Registration by 5:00 pm		
10	11	12	13	14	15	16	
Recreation Centers Open	Summer A/C Classes Begin — Drop/Add Begins	Drop/Add Ends — Deadline to Drop/Withdraw w/out Fee Liability					
17	18	19	20	21	22	23	
					Summer A/C Fee Payment Deadline 3:30 pm		
24	25	26	27	28	29	30	
31	Memorial Day (no classes)						

# SUMMERTIME...

Summer serves as a well-needed break that 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 haven't achieved their goals academically during the first year may need some confidence boosting and reassurance. They may be anxious about parent reactions and more than ever need love and support from parents to help them 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 friends from college as she/he reconnects with friends from home.



Claude Monet, French, b. Germany, 1840-1926,  
*Champ d'avoine (Oat Field)*, 1890, oil on  
canvas, gift of Michael A. Singer

# June

## WHAT PARENTS CAN DO...

- ❖ If your student has returned home for the summer, take some time to get reacquainted.
- ❖ Remind your student that maintaining good health by diet, rest, and exercise is important.
- ❖ 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 Summer A Deadline to Withdraw from University (no refund) — Summer A Deadline to Drop/Add Course by College Petition	13
14	15	16	17	18	19 Summer A Classes End	20 Residence Halls Close Summer A Noon
21	22	23	24	25	26	27
Summer Break						
	Summer A Grades Available on ISIS in Evening		Residence Halls Open Summer B Noon		Summer B Registration by 5:00 pm	
28 Recreation Centers Open	29 Summer B Classes Begin — Drop/Add Begins	30 Drop/Add Ends — Deadline to Drop/Withdraw w/out Fee Liability		MAY 2009 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 2009 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

(detail) George Bellows, American, 1882-1925,  
*Jim Twadell's Place*, 1924, oil on canvas, gift  
of William H. and Eloise R. Chandler

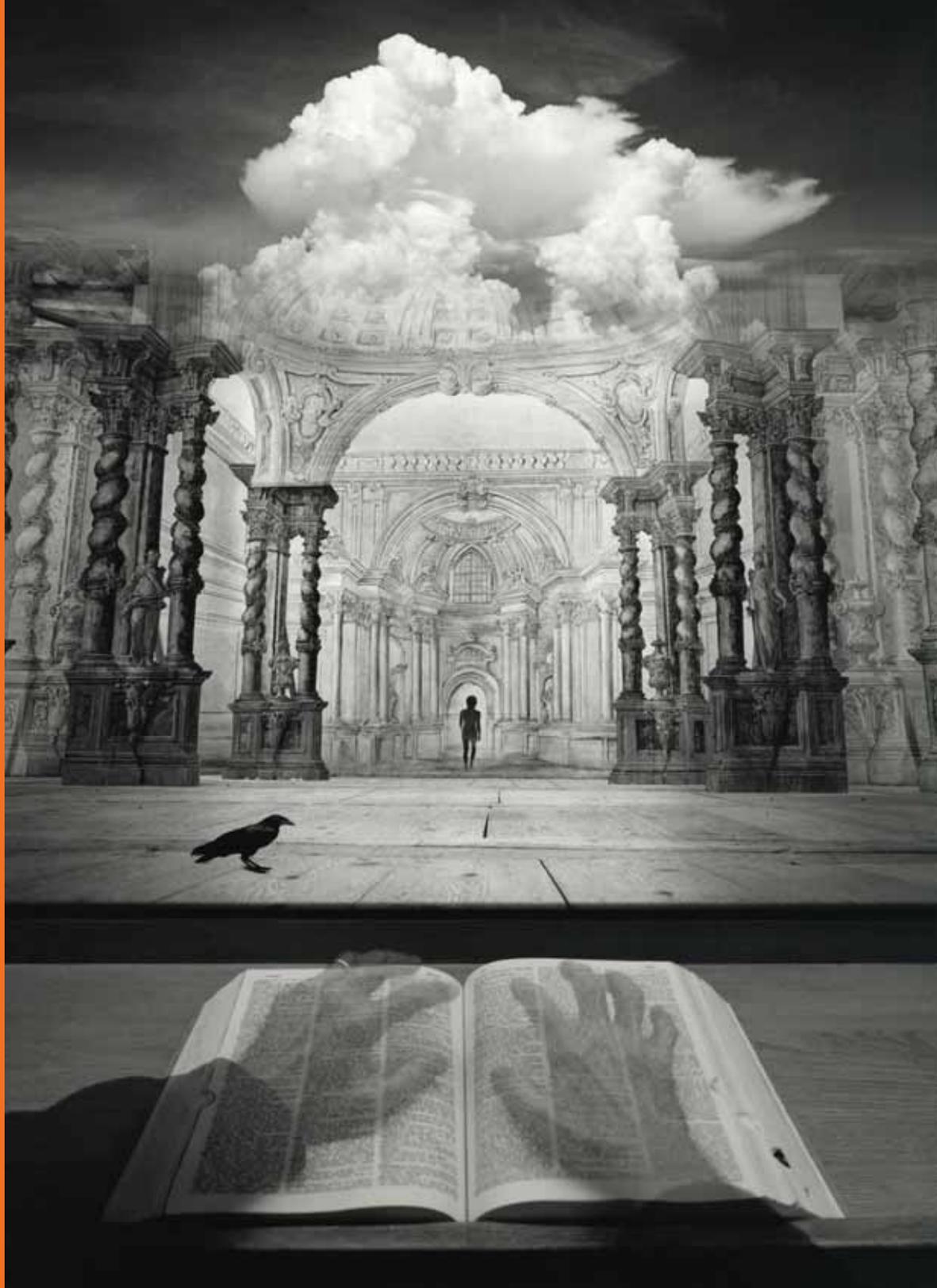
# LOOKING AHEAD

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 begin packing and preparing for the new school year. They are likely finalizing plans to move back to Gainesville and planning to use everything they learned during their first year, including: better time management, money management, and study skills.

Most students learned in the first year to adjust to the academic demands of college, to balance their lifestyles, and to sometimes say "no" to their peers as they set priorities for their own lives. Most students selectively participated in activities and joined organizations and now look 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.

Jerry Uelsmann, American, b. 1934,  
*Dream Theater*, 2004, pigment inkjet  
print [Epson], gift of Jerry N.  
Uelsmann and Maggie Taylor



# 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
<p>JUNE 2009</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>AUGUST 2009</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>		1	2	3 Independence Day Holiday observed (no classes)	4 Independence Day
5	6	7	8	9	10 Summer B Fee Payment Deadline 3:30 pm	11
12	13	14	15	16 Education Recruitment Day Reitz Union Grand Ballroom	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Summer B/C Deadline to Withdraw from UF (no refund) Summer B/C Deadline to Drop/Add Course by College Petition	

(detail) Zwelethu Mthethwa, South African, b. 1960, *Untitled*, 2000, Chromogenic print on FujiCrystal Archive paper, museum purchase, funds provided by the Caroline Julier and James G. Richardson Acquisition Fund

## A NEW YEAR...

Regardless 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 reestablishing 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.



Jerry Cutler, American, b. 1946, *Switch-back Path*, 1995, oil on canvas, museum purchase, gift of Ruth Pruitt Phillips

# 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
<p>JULY 2009</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>SEPTEMBER 2009</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>					1
2	3	4	5	6	7 Summer B/C Classes End	8 Residence Halls Close for Summer B/C 4:00 pm — Commencement
9	10 Summer B/C Grades Available on ISIS in Evening	11	12	13	14	15
16 Residence Halls Open 9:00 am tentative	17	18	19	20	21	22
				Fall Registration (by 5:00 pm)		
23	24 Fall Classes & Fall Drop/Add Begin	25	26	27	28 Drop/Add Ends	29
30	31					

Chinese, Seated Guanyin, Ming Dynasty (1368-1644), 15th-16th century, bronze, gift of Dr. and Mrs. David A. Cofrin

# *Educating Leaders for a Global Community*

## **OFFICE OF THE VICE PRESIDENT**

[www.ufsa.ufl.edu/ovp](http://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 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 to coordinate 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](http://www.crc.ufl.edu)

The Career Resource Center fosters career development through meeting the career counseling and development needs of students throughout their academic journeys; provides professional counselors and peer advisers, a resource library, career development courses, and specialized programs; and facilitates employment through on-campus interviews with employers, career fairs, externships, internships and Cooperative Education programs.

## **COUNSELING CENTER**

[www.counsel.ufl.edu](http://www.counsel.ufl.edu)

The Counseling Center offers free counseling services to enrolled students for personal, career, and educational concerns. Professional psychologists and counselors provide short-term individual, couples, and group counseling. 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](http://www.dso.ufl.edu)

The Dean of Students Office is responsible for planning, coordinating, and implementing a variety of programs and services which are designed to assist and support students in achieving academic and personal success. In addition to providing individual assistance for students, the Dean of Students Office includes the Center for Leadership and Service, Multicultural and Diversity Affairs, New Student Programs, Off-Campus Life, Student Legal Services, Disability Resource Center, Judicial Affairs, and LGBT Affairs.

## **HOUSING & RESIDENCE EDUCATION**

[www.housing.ufl.edu](http://www.housing.ufl.edu)

Housing & Residence Education manages facilities and administers programming in support of the on-campus community that includes 7,500 students living in 24 residence halls and 1,800 students and their families living in graduate and family housing. Housing & Residence Education provides well-maintained, community-oriented facilities where residents and staff are empowered to learn, innovate, and succeed through leadership opportunities, value-added facilities that 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](http://www.union.ufl.edu)

The J. Wayne Reitz Union (JWRU) 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](http://www.recports.ufl.edu)

Recreational Sports 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**

[www.sfa.ufl.edu](http://www.sfa.ufl.edu)

The Office for Student Financial Affairs (SFA) provides resources to students who would be unable to receive post-secondary education without some form of financial assistance. SFA offers eligible students financial aid packages consisting of scholarships, grants, loans, and/or part-time employment and 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.

# UF Emergency Contact Information

## OFFICIAL SOURCE OF UF EMERGENCY INFORMATION

UF Homepage: [www.ufl.edu](http://www.ufl.edu)

## UF HOTLINE/RUMOR CONTROL DURING EMERGENCIES

1-866-UF-FACTS (1-866-833-2287)

## WEATHER-RELATED CLOSINGS

Visit [www.ufl.edu](http://www.ufl.edu)

## FOR INFO RELATED TO PERSONAL SAFETY EMERGENCIES

UF Police (UFPD)

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 the UF Police

Department to contact

on call administrator

## UF MAIN SWITCHBOARD/ DIRECTORY ASSISTANCE

352-392-3261

## RADIO INFORMATION DURING EMERGENCIES

TV20 WCJB news will be simulcast on:

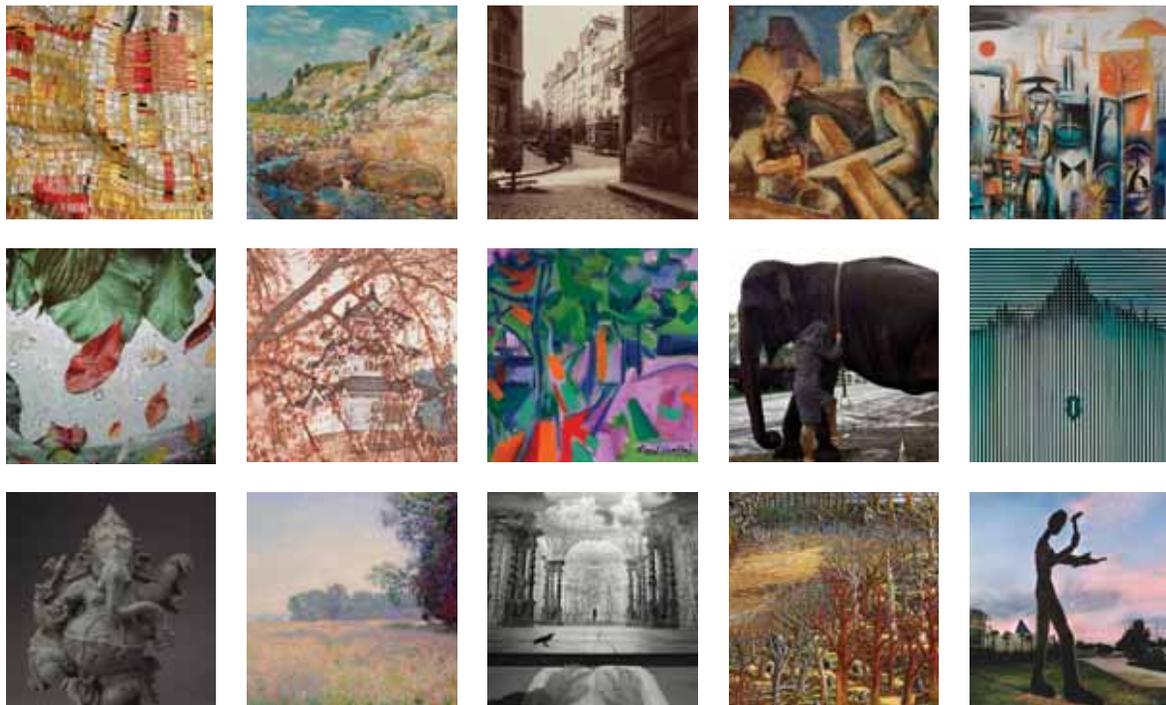
WRUF FM 103.7

WRUF AM 850

WUFT FM 89.1

*The University of Florida is committed to nondiscrimination with respect to race, creed, color, religion, age, disability, sexual orientation, gender, marital status, national origin, political opinions or affiliations, or veteran status.*

*Alternate formats of this publication are available from the Division of Student Affairs.*



The artwork featured in this calendar is in the collection of the Harn Museum of Art located at the University of Florida Cultural Plaza. The 86,800 square foot facility is one of the largest university art museums in the country with nearly 7,000 works in its collection focusing on African, Asian, modern, and contemporary art and photography. The Museum enhances the activities of the University of Florida and serves a culturally diverse audience through stimulating exhibitions and educational programming.

## *Get Your Student Involved!*

### Buy a Membership at the Harn

For an annual donation of \$25, students can join the Student Art Museum society, have the opportunity to meet others with similar interests, and receive benefits that include invitations to member-exclusive events, subscription to an e-newsletter, and discounts on purchases at the Harn Museum Store. Parents may also become invested in the university community by purchasing an individual membership which starts at \$50 per person or \$75 per couple for a dual membership. If you are interested in additional information about membership, contact Tracy Pfaff at 352-392-9826 or e-mail [tpfaff@harn.ufl.edu](mailto:tpfaff@harn.ufl.edu). Admission to the museum is free, and membership supports exhibitions and programming.

### Become an Intern or Volunteer

Students can earn course credit and gain valuable experience at the Harn while receiving guidance in a number of professional fields and creative atmospheres.

### Visit the Museum Often

The Harn offers a variety of exhibitions and programs that appeal to students and families. Museum Nights, sponsored by UF Student Government and held Thursday nights from 5 to 9 p.m. during the UF academic year, provides students an opportunity to enjoy a night that is planned and promoted by other students. Offerings include free food, entertainment, and activities that correlate with exhibits.

Admission to the Museum is free. Museum hours are 11 a.m. to 5 p.m. Tuesday through Friday, 10 a.m. to 5 p.m. Saturday and 1 to 5 p.m. Sunday. The Camellia Court Café, located on the lower level of the Museum, is open seven days a week from 11 a.m. to 3 p.m. For more information call 352-392-9826 or visit [www.harn.ufl.edu](http://www.harn.ufl.edu).

Cover: El Anatsui, Ghanaian, b. 1944, *Old Man's Cloth* 2003, aluminum and copper wire, museum purchase with funds from friends of the Harn Museum

# *A Partnership in Action*

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

## Educating Leaders for a Global Community

The Division of Student Affairs educates students to assume roles of leadership, involvement and service in a global community. The Division plays a vital role in creating and maintaining a healthy campus environment through services, programs, and innovative learning experiences beyond the classroom.

As a family member, you can help enhance these and other opportunities for students by participating in the University of Florida Family Fund. Your contribution will enable us to continue to provide a wide array of social and developmental programs and opportunities to UF students.

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.” Every contribution makes a direct impact on the future of your student and the University of Florida.

### How can YOU contribute to the Family Fund?

Contact: Myra F. Morgan, Director of External Relations  
P. O. Box 113250, Gainesville, FL 32611-3250  
352-392-1265 | [myram@ufl.edu](mailto:myram@ufl.edu)  
[www.ufsa.ufl.edu](http://www.ufsa.ufl.edu)

