Welcome to the UConn Community from President Susan Herbst

Off-Campus Living at UConn: A UConn Road Map for Parents

What You Need to Know About Move-In from Residential Life

What’s There to Do on Campus?

Important Updates from the Bursar and Financial Aid Offices
Welcome to the UConn Community!

It is my pleasure to welcome our new and returning students and their families to the Storrs campus. This is an exciting time to be at the University of Connecticut. UConn now stands among the top national public research universities in the nation. Our students are reaching ever-higher levels of achievement with each passing year, our campus has never been more vibrant, we are in the midst of hiring even more outstanding faculty, and the Storrs Center downtown area is evolving before our eyes, with a variety of shops and restaurants open for business.

A new academic year means fresh opportunities and challenges for students, as well as parents. Attending UConn is an incredibly fulfilling experience – one that students will look back on with fondness and pride for the rest of their lives. As your student comes to you for guidance, I would like to offer some simple pieces of wisdom that I have picked up through my years in higher education as a student, faculty member, and administrator.

Be patient. – Remember, college can be a challenging time for students, but also for you as parents. Be patient as you and your son or daughter figure out how to navigate these challenges together.

Educate yourself. – Familiarize yourself with the University of Connecticut and its wide array of resources for parents. Parent Talk is a great place to start. We also recommend that you peruse the UConn Parents Association website to keep up with important University updates and other information. Visit parents.uconn.edu.

Stay up-to-date on all the University has to offer for you and your student. – Receive the latest University news for free by subscribing at today.uconn.edu/subscribe.

I am delighted to welcome you to campus. Best wishes for a wonderful semester.

Sincerely,

Susan Herbst
President, University of Connecticut

Greetings from the UCPA President

Welcome to the 2015 Fall Semester at the University of Connecticut!

This will be my last Fall Semester as a parent here as I am beginning my 8th wonderful year. My son graduated in 2012 and my daughter will graduate in May 2016. The time has gone by so fast and has been so much fun being a part of the UConn community but most of all, the UConn family.

For those of you who are brand new to the university I want you to know that you and your student are in for an incredible experience. UConn is where your student will meet friends from 80+ countries and instructors with amazing credentials who will not only teach your student but mentor them beyond graduation. They can also join in the many activities for every interest on campus throughout the year. Here they will grow and be prepared so well for their futures. UConn will give your student the edge, knowledge and confidence we all want for our children to chase their dreams. I am so excited for you all to now be a part of this phenomenal institution.

Please mark your calendars for October 2,3,& 4 for UConn’s Family Weekend. There will be exhibits, entertainment, food and tours all weekend to showcase all that happens at UConn. It is such a fun event, I hope you can join us and I look forward to seeing you there for the tradition!

Caroline Chapman
President, UConn Parents Association

Mission Statement
The UConn Parents Association will support the University by involving parents in the college experience for the purpose of improving and advancing the University of Connecticut.

Executive Board
Caroline Chapman, President
Bob McMahon, Vice President

Meetings
The Executive Board meets two to three times each semester, or more if necessary.

About UConn Parent Talk
UConn Parent Talk is produced by the University of Connecticut Parents Association in conjunction with the Division of Enrollment Planning and Management and the University of Connecticut Foundation, Inc. Three online issues of Parent Talk are produced each year in August, January & May. We welcome your comments and suggestions. Please direct all correspondence to Maria A. Sedotti, Director, Orientation Services/ Liaison UConn Parents Association at the following address:

Office of Orientation Services
233 Glenbrook Rd., Unit 4239
Storrs, CT 06269-4239
860-486-4866
Email: maria.sedotti@uconn.edu

Maxine A. Marcy, Designer

This issue was posted on the Parents Association website in August. All UCPA LISTSERV members were notified of the posting. Parents can join the UCPA LISTSERV at parents.uconn.edu.

Check our website at parents.uconn.edu for campus events and activities throughout the year.
A UConn Student Experience

Rachel Marshall, Associate Director of Annual Giving

It’s an exciting time to be a part of the UConn family! Each year, the new incoming students set the bar higher bringing unprecedented abilities in academics, athletics, the arts, sciences and more to UConn. They chose UConn for its exceptional education and academic programs, state-of-the-art facilities, renowned faculty and tremendous value. A UConn student experience, however, goes above and beyond all that is learned in the classroom.

The Division of Student Affairs supports students through innovative programs that promote student learning, personal development and academic success. UConn students have the opportunity to build character and enrich their lives and others through service projects, cultural experiences, leadership training and more. Your student can engage in these and many other activities while exploring their interests at UConn. The college years go quickly and it’s important for students to make the most of their time here and take full advantage of all that UConn has to offer.

Your donation to the Parents Fund is an investment to the Division of Student Affairs that annually enables innovative activities and programming that enhance your student’s experience. As parents, you want to give your student every occasion for success and ensure a solid preparation for their future. Support from the Parents Fund bridges the gap between academic programming and the phenomenal co-curricular activities UConn provides. We hope you’ll join us this year and learn how you can be a part of building the next generation of UConn Huskies! Best wishes to your student for a successful semester!

To learn more about the Parents Fund or the Parents Fund Council, please contact Rachel Marshall, 860-486-2983 or rmarshall@foundation.uconn.edu.

For more information about the Parents Fund, contact rmarshall@foundation.uconn.edu.
Join the UConn Parents Association LISTSERV at parents.uconn.edu.

The Bursar’s CHECKLIST AND FAQ’S

Bursar’s Office - Located in the Wilbur Cross Building. The Office of the Bursar distributes fee bills and collects payments.

Margaret Selleck, University Bursar

STUDENT CHECKLIST*

Complete the Health Insurance Waiver if you already have insurance. This waiver can be completed by logging into the Student Administration System (SAS), navigating to the Finances section and selecting “Create Student Permissions” and then “Health Insurance Waiver”.

Fill out a Title IV Waiver. If you would like federal student aid funds to pay for current academic year, non-allowable charges (such as Escrow Breakage Deposits, Husky One Card charges, or health charges) you must complete this waiver. This waiver can be completed by logging into the SAS, navigating to the Finances section and selecting “Create Student Permissions” and then “Title IV Financial Aid Waiver”.

Enroll in Direct Deposit for your refunds. The main advantages of direct deposit is that you will have access to your money faster, and you do not have to wait in line to pick up your refund check. You may sign up for direct deposit by logging into the SAS, navigating to the Finances section and selecting “Enroll or Edit Direct Deposit Information.”

FAQ’s

Q. How do we receive the bill?

A. UConn utilizes electronic billing and does not issue paper statements. Students designate you as an authorized user to give you permission to view and pay the fee bill. They can designate authorized users on the SAS by navigating to the Finances section and selecting “Pay Fee Bill, Authorize Users, Manage Payment Plan.” Students must then select “Authorized Users” and fill in your e-mail address. You will then receive an email with your temporary password and the link to login. Students and authorized users will receive an e-Bill to their email address once the fee bills for the fall and spring semester are available to view.

Q. How do we pay the bill?

A. Students and authorized users can make credit card payments (a 2.75% non-refundable convenience fee will apply to your transaction) or free electronic check (e-check) payments by logging into our e-Bill and Payment Plan Suite. You can also mail in a check, or bring in check or cash to the Storr’s Office of the Bursar. There is also an optional installment payment plan students or authorized users can enroll in each semester. There is a $45 non-refundable enrollment fee and the payment plan divides the balance into four equal installments.

Q. What if we do not pay the bill by the due date?

A. Unsettled fee bills will result in a late fee and an account “hold” that prevents students from adding/dropping classes, using the recreation center, and other University services. The fee bill is considered settled if your student has paid it in full or if the balance will be covered under the following scenarios: 1) your student is paying through UConn’s installment payment plan and is current; 2) your student has been granted a deferment for an outside scholarship; 3) the student (and you, if applicable) has completely finished the financial aid process with UConn’s Office of Student Financial Aid Services. Incomplete financial aid is not considered settled.

Save the Dates

August
1st .................. Fall Undergraduate Bills Due
31st ................ Fall Graduate Bills Due

January
8th .................. Spring Undergraduate Bills Due
19th ................ Spring Graduate Bills Due

Fall Payment Plan
July 15th ............. 1st Installment Due
August 15th ........ 2nd Installment Due
September 15th .... 3rd Installment Due
October 15th ......... 4th Installment Due

Spring Payment Plan
December 15th ........ 1st Installment Due
January 15th .......... 2nd Installment Due
February 15th ....... 3rd Installment Due
March 15th .......... 4th Installment Due

CONTACT US

Phone: 860-486-4830
Fax: 860-486-5234
Email: bursar@uconn.edu
Website: www.bursar.uconn.edu
Address: Office of the Bursar, 233 Glenbrook Road, Unit 4100, Storrs, CT 06269-4100

TRIVIA

What code is needed in order to talk to the University on your student’s behalf?

Answer: FERPA Code

Margaret Selleck, University Bursar

Read All About It

The UConn Parents Association LISTSERV provides important updates via emails from our Association and from the UConn administration. We hope you want to receive these emails; please sign up at parents.uconn.edu. You may also remove your email address when you no longer wish to receive these messages.

* In order to complete the above checklist your UConn student must log into SAS with their NetID and personal password.
As summer winds down, the Office of Student Financial Aid Services (OSFAS) is preparing to welcome new and continuing students as they arrive in Storrs. In an effort to provide a smooth transition, we urge all students and families to ensure that financial aid awards have been processed and fee bill arrangements have been finalized with the University prior to arrival.

**STUDENT TO-DO LIST**

- Log into the Student Administration System to determine financial aid status and take action on awards.
- Financial Aid Recipients
  - Verify status of any outstanding required items and submit all required documents
  - Accept or decline awards.
  - Enter anticipated credits per semester.
  - Enter information on any awards such as scholarships, tuition waivers, etc. expected from outside sources.
- UConn Scholarship Recipients
  - Review the type and amount of scholarship(s) awarded, and accept applicable terms and conditions.
- First-Time Federal Direct Stafford Loan Borrowers
  - Complete required Entrance Counseling and Master Promissory Note (MPN) for Federal Direct Stafford Loans at studentloans.gov.
- All Federal Perkins Loan Borrowers
  - Ensure you have completed required Master Promissory Note for Federal Perkins Loans via ECSI, UConn’s Perkins Loan servicer http://bursar.uconn.edu/perkins-loan-office/.

Maintain compliance with the University’s Satisfactory Academic Progress Policy. Details regarding the SAP policy can be found at financialaid.uconn.edu/sap

All Financial Aid and UConn Scholarship Recipients

- Continuing students who are not in compliance with the University’s Satisfactory Academic Progress Policy are ineligible for the aid programs governed by the guidelines. Details regarding the SAP policy can be found at financialaid.uconn.edu/sap.

If you want the OSFAS to discuss your financial aid with a parent/guardian, please ensure you have assigned them as a designee via the Online FERPA Privacy Waiver in the SA System. Our office will not be able to speak with parents/guardians about their student’s financial aid record without this access code.

**PARENT TO-DO LIST**

- If you are interested in applying for a Federal Direct PLUS Loan to help pay for your student’s education, obtain additional information at financialaid.uconn.edu/plus
- Remind your student to check both his/her University email account and the Student Administration (SA) System regularly. Whenever a change is made to a student’s financial aid award, or if action is required on their part, students are notified via University email accounts.
- Encourage your student to respond promptly to all requests for required documentation. If the student’s Free Application for Federal Student Aid (FAFSA) is selected by the federal processor for verification, the final value of the financial aid award package is contingent upon the verification of his/her financial aid application. Visit http://financialaid.uconn.edu/verification for details.
- The preferred method of submitting documents to the OSFAS is through fax to 860-486-6629. Information regarding alternative methods of submitting documentation is available at http://financialaid.uconn.edu/guidelines/. Please include your student’s name and student ID number on each page to ensure timely processing.
- Before calling on behalf of a student, please ensure that the student has identified you as a designee via the Online FERPA Privacy Waiver in the Student Administration System, and that you have your assigned access code available. Our office will not be able to speak with parents about their student’s financial aid record without this access code.
- University policy requires that financial aid and scholarships be based on a fixed enrollment date (the tenth day of classes) each semester. The fixed enrollment date for the Fall 2015 semester is Monday, September 14, 2015. The appeal deadline for anyone that finalizes their enrollment after the tenth day of classes is September 28, 2015

Questions? Please visit the OSFAS website at financialaid.uconn.edu, or contact our client services staff at financialaid@uconn.edu or (860) 486-2819.

**Husky Week of Welcome**

As an extension of Orientation, Husky WOW helps new students transition to campus. Husky WOW events for students begin on Friday, August 28th after they move in and ends on Sunday, August 30th.

- For more information about Husky WOW access huskywow.uconn.edu.
- The Husky WOW schedule can be found at http://huskywow.uconn.edu.

Check out the OSFAS website at financialaid.uconn.edu.
For years, there has been a steady buzz about students completing an internship while in college. Some places require them for graduation, while others, like UConn, strongly emphasize their importance, and help students find them on their own. We know that parents often have questions about internships and cooperative education, especially surrounding definitions and the way a student can find one or earn credit. Below are some FAQ regarding this topic.

What is an Internship or Co-op?
Internships and co-ops, or co-operative education, are structured opportunities for students looking to apply what they’re learning in the classroom to the world of work. The Center for Career Development provides students tools and resources for searching and preparing for an internship or co-op, and making the most of these career-essential experiences.

What’s an internship, what’s a co-op and what’s the difference?
Internships and co-ops are work/learning experiences that provide a hands-on way for students to confirm choice of major and/or career in a way that is more substantial than a part-time job. They may be linked to an academic department and/or done for academic credit. An internship lasts between two-four months, and may be part-time or full-time. Some are paid while others are not. Co-ops are paid, full-time positions lasting an average of six to eight months. Although working full-time and not earning credit, participants keep their full-time UConn student status. Both include elements of additional learning and training arranged by the employer for the student’s benefit.

I’ve heard some companies don’t pay for their internships. Is that OK?
Unpaid internships are subject to scrutiny by the Department of Labor; the Center for Career Development makes employer partners aware of the Fair Labor Standards Act to ensure liability compliance. Though this act primarily addresses unpaid internships in the for-profit sector, the Center for Career Development looks at all types of organizations that post opportunities through its office, to ensure proper learning is occurring. In addition, they encourage employers to pay interns, even minimum wage, whenever possible. Students can contact the Center for Career Development for additional information or if they question their internship hosts’ compliance.

Credit and Compensation are not synonymous or interchangeable; only the University can determine if an internship meets educational objectives for academic credit. Regardless of whether or not the student earns credit, internships should provide opportunities for mentoring, networking, shadowing, and learning about the career field. A quality internship does not exploit or take advantage of the student.

Can my student get credit for an internship?
Academic internships allow students to earn course credit while interning. Specific guidelines and requirements vary by major and credit-worthiness is determined by a faculty/staff member. This work/learning arrangement is overseen by a faculty or staff member at the university, in partnership with a designated employee of the selected internship site. An integral component of the internship experience is the inclusion of learning activities separate from a student’s work tasks. These activities must exist for the sole benefit of the intern, and not for the gain of the company. Examples of learning activities include the opportunity to observe meetings or client appointments, shadow staff in other departments, and homework-like assignments to be evaluated by members of the professional staff.

Cost to the student: Credit internships during the school year are included in the tuition for the semester for full-time enrollees. Extra tuition and fees are associated for academic internships completed during the summer session. Credits must be earned during the term in which the internship takes place.
To discover which academic departments at UConn offer internship courses, search the Get Credit for Your Internship section on the www.interncoop.uconn.edu website.

Non-Credit Internships (Non-Academic)
Non-credit internships are found and completed independently by students to supplement their formal education and to gain practical work experience.
Learning contracts, networking, reflection activities and journals are strongly encouraged to make the experience more meaningful. These internships may or may not be paid, with compensation ranging from salaries, stipends, and hourly payments to travel allowances, housing and food subsidies, or scholarships.

My student doesn’t have a car on campus. Are there opportunities for them to intern?
Students can intern right on-campus without needing to commute! To locate on-campus internships, students should log into HuskyCareerLink, follow the internships and job tab, and select “On-Campus Internships” as well as check out the On-campus internships button on www.interncoop.uconn.edu to see who types of positions are available throughout the year. These positions may be paid, unpaid, for credit, or not for credit. Depending on department policies regarding payment, work-study funds may be used for UConn on-campus internships.

Contact
Additional questions about internships and co-ops may be directed to the Center for Career Development at (860) 486-3013 or email internships@uconn.edu for internship related queries. For co-op questions, contact careercoop@uconn.edu.

UCONN CENTER FOR CAREER DEVELOPMENT
HELPING HUSKIES GET HIRED
career.uconn.edu
- Career Counseling
- Internships/Co-ops
- Career Fairs
- Résumé Critiques
- Educational Seminars
- Networking Events
www.huskycareerlink.uconn.edu
860.486.3013
Off-Campus Living at UConn: A Road Map for Parents and Family Members

John Armstrong, M.Ed., Director of Off-Campus Student Services

Off-Campus Student Services (OCSS) offers resources and advocacy for UConn students living off-campus or who commute from home. As a parent or family member, your support and involvement is critical to your student’s experience. Here is some information to help your student make a successful transition.

Our website, www.offcampus.uconn.edu, provides information about programs, services, and resources students and their families may find helpful. It’s also home to our Off Campus Housing Database. The housing database provides information on available housing options as well as message boards for communicating about roommates, furniture listings and sublet opportunities.

If your student moves off campus or commutes to UConn from home, OCSS can serve as an advocate and guide to ensure they have a positive experience. Our office can also assist your student in searching for off-campus housing, lease review, and offer tips for moving into the community. The Off-Campus Housing Guide also provides comprehensive information about how to search for and lease an apartment in the area.

Understanding Responsibilities

Leasing or renting a place to live off-campus can be very exciting for students. However, the responsibilities associated with the newfound freedom can be confusing and overwhelming. As a parent or family member, you can help your student better understand and prepare for new responsibilities by discussing topics such as paying bills and communicating with their property manager. It’s also important to understand that living off-campus is no different than living at home with neighbors in regard to community expectations. Part of their expectations include being responsible for the UConn Student Code of Conduct and local town ordinances/laws.

Utilizing Resources

There are many services on campus that are available to off-campus and commuter students. Dining Services offers a meal plan that is flexible and convenient. Student Health Services provides medical care, and HuskyTech offers computer technical assistance. The Commuter Lounge, located on the first floor of the Student Union includes a television, day lockers, a refrigerator, and a lounge area. Encourage your student to take advantage of these and many other resources to help them be successful.

Exploring Opportunities

OCSS offers resources and support for UConn students’ off-campus living and/or commuting experience. If you or your student has a question or concern about living off campus and/or commuting, please visit our office in the Wilbur Cross Building or our website for more information.

The Challenges of Sharing Space OR the Importance of Learning How to Negotiate

Adjusting to college life is an exciting and challenging transition for students and their families. Residential Life is dedicated to helping students succeed and to assist with this transition through many different venues and processes.

87% of students share living space with other students. Sharing a room is often a new experience that involves communicating effectively and learning to compromise. We encourage parents to have conversations with their students prior to arriving and to think about realistic expectations related to campus living. It is important to recognize that there will be challenging times with any roommate, but that this is part of living on campus and becoming a positive community member. When roommates have tried to work out differences but are unable to make their roommate relationship work well, Residential Life assists by providing ample flexibility for a change in room assignment. There are five room change processes throughout the year which offer students the option to find a different roommate who may have more similar living preferences, or to move to an area that may be more conducive to their success. After a room change has been completed, we ask students to think about their previous roommate relationship and what they can do differently to foster a more successful experience in their new situation.

Residential Life has recently started a new initiative called the Ambassador Program, which gives students the opportunity to ask experienced residential students questions. New students often have questions about specific areas of campus, how to successfully live with a random roommate, or about living in a Learning Community. Student ambassadors can give your students and you advice, drawing on their past experiences and what they have learned. Our hope is that this will help students manage their expectations for living on campus and assist with the transition to college life.

One of the ways that Residential Life fosters student learning outside of the classroom is through programming initiatives and residential events. Our Student Learning and Development Model is the framework that guides the information, activities and services that we provide to your students. Our model focuses on six broad categories: Community, Connection, Citizenship, Inquiry, Wellness, and Social Justice. All are integrated into the residential experience with “Community” serving as the foundation.
Ready to Fly? Fly Away!

By Elizabeth Cracco, Ph.D. -
Director, Counseling & Mental Health Services

READEINESS FOR COLLEGE LIFE.

Sitting on top of a very small platform, wondering whether the person thirty years your junior really paid attention during the knot-tying portion of his training, you prepare to jump into 40 feet of nothing and hope the safety apparatus works. If you’ve done these adventure parks (OK shout out to Storrs Adventure Park) or have been to a summer camp recently, you know about these “high ropes course.” - or as I like to call them immersion therapy for “fear-of-anything.”

In the spirit of full disclosure, I ran ropes courses in the late 80’s - even with big hair, and more recently, with less hair, I volunteer with UConn’s Four Arrows Adventure Course. I think the processes that I’ve seen unfold predictably as folks face their fears in a controlled setting offer many apt metaphors to launching a child into college life. There is anxiety. And importantly, there are also safety protocol.

START WITH A CONVERSATION ABOUT EXPECTATIONS:

When we begin a day at the adventure course we talk about expectations. It’s called the “Full Value Contract,” and makes explicit that in order to get the most from the experience we should expect ourselves and each other to do four things: 1) play hard, 2) play safe, 3) play fair, and 4) have fun! You perhaps have had many conversations with your students about values, but the transition to college is an excellent opportunity to be explicit about expectations. The contract we use at Four Arrows is a perfect fit for college life! Work hard and with integrity, be safe and enjoy the process.

WHAT IS READINESS?

I asked Anne Bladen, Executive Director of the UConn Child Development Labs, what readiness for school” looks like for young children. Interestingly, she states:

It’s about developing a true love of learning and seeing yourself as a capable problem-solver when you can’t get the block tower to balance. It’s about knowing how to handle “sticky situations” without yelling or grabbing, and not being a pushover when someone takes the doll or Lego that you were using. And it’s about trusting that your teachers are there to help you and your parents will always be there at the end of the day, no matter what.”

How can we communicate to all of our students that the very same concepts indicate a readiness for higher education? Can we continue to cultivate not only achievement, but also the processes that support long-term student success including creative problem solving, emotional regulation, appropriate assertiveness, and learning to ask for help when needed?

In an April 27th piece in the New York Times, entitled “Getting In to College Doesn’t Mean Students Are Ready to Go,” Lisa D’Amour, a psychologist in private practice discussed her meetings with students who have left their respective campuses in states of crisis. She notes,

When I ask about the events leading up to our meeting, I almost always get the same story: They spent their senior year of high school and usually several years before that hinting, if not sky-writing, that they weren’t ready to go to college. They were already drinking too much, missing due dates, or struggling to care for themselves in any number of ways. While I am sure there are examples out there, I have yet to see a student implode in the first year of college because of difficulties that arrived completely out of the blue.

If your student is already exhibiting these or similar warning signs of significant distress, the strains of college life will likely further destabilize them, not “provide them with helpful structure.” Like our premiere athletes, at times coach and the team Doc need to make a call about whether their athlete can get back in the game, or whether playing on a serious injury can lead to a disabling condition. Sometimes a short stint on the bench is the most prudent path.

DISCUSS THE NORMALCY OF DISCOMFORT: KNOW YOUR ZONES

Before we “get on the elements” we always explicitly discuss comfort zones, and you might do the same with your departing student. There is the safety zone, the growth zone and what I call the “completely freaked out zone.” Each has an important time and purpose.

Safety Zone:
The safety zone is where we feel completely confident, but not much growth happens here. It is an important refuge - a place to visit periodically in times of need, but certainly not one that students might experience much in a first semester.

Growth Zone:
The growth zone makes us stretch and has an attendant amount of butterflies. Can we navigate this? We are uncertain, but are willing to face the challenge with some encouragement and support. Ultimately however, on the course and in life, students have to take the feared step themselves. Having a roommate conflict and working it out, receiving a first “bad” grade and learning to study more effectively, going to a club meeting alone and connecting with someone else on this planet who loves Anime and L.A.R.P.ing - all examples of very cool growth zone experiences. If college isn’t about the growth zone, you’re not getting your money’s worth.

Freak Out Zone:
And finally there is the “freak-out zone.” Like animals in a state of fear, this zone is marked by our classic survival instincts. These include but are not limited to:
- Paralysis: Think deer in headlights. Students in this zone experience significant impairment with daily functioning such as sleep, appetite, and concentration.
- Flight: Students flee by chronic avoidance, such as procrastination, substance abuse, to name only a few strategies.
- Fight: With you, with classmates, with us.

Fly Away continued on page 12
What does it mean to be involved? UConn is full of life! Students just have to take a little initiative to open the many doors there are to involvement here in Storrs.

What does “involvement” mean? Being involved means engaging in campus life. It means taking advantage of the myriad of opportunities available, from athletics to fine arts to student-run organizations. It means having places to go and people to see, finding people who have similar interests, and interacting with folks who disagree about some topics. Involvement means getting to know professors who are passionate about their disciplines and seeking out staff for support and guidance. It means fully living while earning a degree at UConn. There are many ways to get involved.

How can students get involved?

Attend the Involvement Fair. The Involvement Fair this fall is scheduled for Wednesday, September 9, 2015 on Fairfield Way. Most of our 600+ student clubs and organizations will be there. Students can drop by between 2 and 7 p.m.

Check out all the student organizations on UCONNTACT, our student organization database. Anyone can browse the list and descriptions of clubs and organizations at uconntact.uconn.edu. In each organization description, there is a place to send a message to the primary contact. Encourage your student to be bold—to go ahead and contact the leader of the group, to find out more about the group or when the next meeting is scheduled.

Ask a friend…bring a friend…go with a friend. A lot of students get involved because friends encourage them to check out an organization activity. It’s always easier to go with a group to something new, so encourage your student to ask some friends to come along and see what a place or an event is like. Conversely, encourage your student to go along if someone asks them…nothing ventured, nothing gained, right?

What is there to do on the weekends in Storrs?

Campus is alive on the weekends with safe, fun activities. Encourage your student to go to the Student Union for everything from movies to karaoke to live music. Many of these activities are planned by our student programming board, SUBOG. The Student Union schedule is listed at www.studentunion.uconn.edu/calendar.html, and SUBOG’s schedule is at www.subog.uconn.edu. There are also plenty of athletic events, many of them are free and right here on campus. The schedules of all the sports teams can be found at www.uconnhuskies.com. Several theatres on campus host student performances as well as Broadway shows, check out their calendars at www.jorgensen.uconn.edu and www.crt.uconn.edu. One thing is for sure—students won’t be bored because there is always something to do!

I am afraid involvement will have a negative effect on my student’s grades?

Involvement can have a positive effect on students’ grades and satisfaction. Students who are involved learn to manage their time and handle multiple priorities. They are also happier with themselves and their overall college experiences. But over-involvement can be problematic. Students who are over-involved don’t always take care of themselves; they don’t eat as well and start sleeping less. This can lead to poor health and slipping grades. Help your student understand that being a college student is like having a full time job. First priority is academics: attending class, keeping up with homework, studying for tests (not cramming—actually absorbing material over time) and taking plenty of time to draft and revise papers. Next, add on “integrated” activities. Meet people and make friends by creating study groups. Join clubs or participate in service projects that are related to their majors. Next, stretch beyond. Attend athletic events, concerts, and movies, and join a club just for fun. Don’t forget to make good choices at the dining halls (nutrition information is available at www.dining.uconn.edu/nutrition.html) and to work out (recreation has an extensive list of classes; information is available at www.recreation.uconn.edu/).

Involvement, if managed well, will make your student’s UConn experience healthy and productive. If you have questions, call us at 860-486-6855. If we’re not open, leave us a message and we’ll get back to you!

Check out uconntact.uconn.edu for descriptions of UConn’s 600+ clubs.
Student Health Services is an accredited and licensed ambulatory care facility, located conveniently on campus. The Student Health Services staff is comprised of licensed, fully-credentialed, and board certified Healthcare professionals. Our staff is here because we love working with college students, and we pride ourselves on providing caring, compassionate, and competent care. We recognize that this may be the first time your student will be in charge of managing his or her own healthcare. Not only do we partner with your student to ensure access to the healthcare and services that may be needed during his or her academic career, but we hope to ultimately help him or her become a responsible healthcare consumer when it is time to venture out into the “real world.” As members of the Division of Student Affairs, we are intimately connected with the departments on campus that provide services to your student.

While we also value our partnership with parents and families, please realize that in compliance with applicable privacy regulations and standards, students control access to their medical information. Therefore, if you wish to discuss your student’s specific medical treatment with a member of our staff, you should first consult with your student so he or she can sign a release to allow us to discuss his or her care with you. We will always make every effort to inform you of your student’s status, and we will frequently proactively seek their release so that we may legally communicate directly with you. Ideally, it is best for you to encourage your student to discuss issues directly with his or her healthcare provider so that he/she can be actively involved with his or her health and medical care. Student Health Services offers a wide range of services, including primary healthcare, immediate care (non-life threatening), counseling and mental health, in-patient care, laboratory, radiology and pharmacy. Specialized services include a women’s clinic, allergy and travel medicine clinic, nutritional counseling, physical activity counseling, infectious disease consultation, and sports medicine. We also provide overnight care during the week for students who are not sick enough to be admitted to a hospital but who would benefit from the additional care and monitoring that our overnight nurse and physicians on call can provide. Since many of the services provided by Student Health Services are on a fee-for-service basis, it is important that your student bring his or her insurance identification card, prescription card (if applicable), and student identification card to each visit, so that we can work together in determining how to best access any necessary care. Please make sure that you have discussed any insurance limitations or prior authorization requirements with your student prior to his or her arrival on campus. This will help expedite the decisions regarding accessing cost-effective care and facilitating any referrals. Please remember that while Student Health Services provides a variety of excellent healthcare services, our focus and strength is primary care. If your student has serious or chronic medical conditions, please note them on the submitted health history form. Also, please maintain existing relationships with your medical providers at home. We will work in conjunction with them to provide coordinated care while your student is at UConn and will help collaborate with any healthcare resources or support services that are needed on campus or within the local community. While the University runs ambulances staffed by EMTs that will transport to hospitals for emergencies, it is important to realize that if your student requires non-emergency medical transportation to an offsite provider, Storrs is a rural area with limited public transportation.

Our Counseling and Mental Health Services (CMHS) department also provides an array of prevention, outreach and treatment services. Services include 24 hour crisis intervention, individual treatment, group treatment, assessment and medication management provided by psychiatrists, psychologists, social workers, family therapists, nurse practitioners and alcohol and drug treatment specialists. CMHS can be reached by calling 860-486-4705 or visit the website at www.counseling.uconn.edu.

If you have any questions regarding our services or any special circumstances regarding your incoming student, please feel free to call us at 860-486-4700 or access our website at www.shs.uconn.edu. We are here to help.

More information is available by calling 860-486-4700 and by checking shs.uconn.edu.
Residential Life Welcomes You

Pamela Schipani, Executive Director of Residential Life

Your family is embarking on an exciting journey—a year filled with enjoyable opportunities, coupled with personal challenges and growth. Your student will live on the floor near a Resident Assistant (RA), an experienced UConn student-staff member who will assist residents’ transition through floor and residence hall community programming, and by encouraging students to take advantage of opportunities to merge curricular, co-curricular and residential experiences. We encourage students to get involved in their community and to give staff input by participating in area councils and various residential programs and committees.

Residential Areas
All of UConn’s residence halls have unique and special environments based on facilities, traditions, and resident populations. Students can have a successful and enjoyable on-campus living experience in any hall where they are assigned. The most important housing issue relates to how residents adjust and adapt to their roommates. Residential Life provides support and resources to all resident students to help facilitate this process, including the opportunity to complete a HuskyMate Agreement very early in the semester. This is an important first step in laying the foundation for a successful roommate relationship. We encourage you to talk with your student about using all of the resources that will be available to them in developing their roommate relationship.

Moving-in Advice
Move-in day is both exciting and emotional for you and your student. Moving 12,000+ students to campus is well-planned; please follow the move-in directions your student receives in the Housing Assignment email which is also posted on the Residential Life web page www.reslife.uconn.edu. Once you finally arrive in August, professional staff and student leaders are present to welcome and help your student adjust to life in the halls. Upon arrival, unload your car in the designated area. While you move your car to the parking lot, your student can check in and someone from your group can wait with the belongings. Following these steps will allow another family to begin unloading, as well as help keep traffic flowing. Try to be flexible in the time you allot to the move-in process—no matter how much the University prepares, there will be a wait given the large number of students who are moving in. Just remember that you will make it through the day... everyone always does.

Roommates
Roommates are strongly encouraged to make a connection with each other so they can set a communication pattern to work together on common concerns. If roommates are having trouble, they are encouraged to discuss the matter with their RA or a professional hall director.

Safety and Security
Safety is a shared community responsibility. Residents should always lock room doors, carry their keys and ID, and register overnight guests with hall staff. No one should leave personal belongings unattended in lounges or laundry rooms, or let strangers into the buildings and rooms. The University Escort Service is available to students at night, or students can walk with a friend.

Room Amenities
All rooms include study desks and chairs, a bed, and mattress for each resident. These furnishings must remain in the room throughout the year.

What to Bring
Packing for college requires some preparation; do not let your student bring every possession. A residence hall room has shared, limited space. For a list of what to do and what to bring visit reslife.uconn.edu

Connecticut State Laws
Any student residing in on-campus housing must be vaccinated against meningitis. Proof of vaccination must be provided before occupying a room on-campus during the academic year. Smoking is prohibited in state-owned buildings and is not permitted near entrances/exits and windows of any on-campus housing. Providing alcohol to a minor is prohibited. Behavior that is potentially harmful to oneself or others that disturbs the learning and/or living environment at the University because of the use, sale, service, or possession of alcohol is prohibited. Guests are prohibited from bringing alcohol into any on-campus housing. Open containers and/or consumption of alcohol in public areas (bathrooms, hallways, lounges, outside, stairs, etc.) are prohibited. The abuse of alcohol as well as public intoxication, regardless of age or where it was consumed, is a violation of the housing contract. Possession and/or consumption of alcoholic beverages is prohibited by residents who are under the age of 21. The possession or presence of empty alcohol containers where all residents are under the age of 21 may be viewed as evidence of possession or consumption of alcoholic beverages.

More Questions?
Your student’s hall director can provide you with valuable resources about residence hall living and campus life. Equally important, we want you to know that if you ever have any questions or concerns, do not hesitate to contact us. Our email address is livingoncampus@uconn.edu.

An extensive list of what to bring to UConn and what to leave home can be found at reslife.uconn.edu.
Husky One Card: A Parent’s Perspective

Stephanie Kernozicky, One Card Office

When a student receives their Husky One Card, also known as the official UConn ID, they have received their key to campus. This card grants them access to many significant services, such as entry into their residence hall, dining halls, the recreation facility, Student Health Services, services at the library, and access to the Husky Bucks account already active on their card.

One of the many things that may be on a parent’s mind is “Does my son or daughter have enough money for food and incidentals?” Although a call home, even if it includes asking for money, is always nice, there is an easier way. Your son or daughter can set you up as a guest on their account and for Husky Bucks low balance notifications.

For guest accounts a variety of things can be done, such as:
- View account activity - transactions and balances on meal plans and Husky Bucks, as well as, recent deposits
- Make a Husky Bucks deposit with a debit/credit card
- Set up low balance notification emails

Guest access can be granted by the student by logging into their account at www.onecard.uconn.edu and clicking on the “Give Guests Access” link.

Another peace of mind tool is the low balance notification. A student or one of their authorized guests can set up a minimum threshold, such as $20, for their Husky Bucks account, along with the email(s) they want the notification to go to. When the Husky Bucks account falls below the threshold, an automated email will be sent. This is an easy way to be alerted when a Husky Bucks account balance is low without having to log-in and look.

Husky Bucks is a convenient, controlled way to supply your son or daughter with funds for food, services, and incidentals. Husky Bucks can only be spent at UConn-approved locations on and around campus and cannot be used to purchase alcohol. Do you have additional questions on Husky Bucks or the differences between Husky Bucks and points? Visit our parent section at www.onecard.uconn.edu to learn more.

We all dip into the freak out zone periodically. Recently I was faced with an unexpected challenge at work that felt much beyond my comfort zone. I took to my bed with a pint of Ben and Jerry’s. But eventually, after letting some time pass, talking to my supportive husband and ever-encouraging family, I emerged and got busy. Your child will call you in the freak-out zone. Can you support them back to their comfort zone? Not without having it done; students are building their superpowers. It is an amazing thing to watch our vibrant and talented students discovering their resilience and strengths, despite the occasional brush with whatever their personal kryptonite may be. With the supports and safeties in place, after four years, they are indeed ready to fly.

In the end college is a hero’s journey. Through the late night conversations, the challenging group projects, mastering a new language, figuring out how to do your laundry, thinking you’re never going to get it all done; students are building their superpowers. It is an amazing thing to watch our vibrant and talented students discovering their resilience and strengths, despite the occasional brush with whatever their personal kryptonite may be. With the supports and safeties in place, after four years, they are indeed ready to fly.

Further Recommended Reading: Good Mental Health Away From Home Starts Before College

Now is the time for teens and parents to think about how to handle disorders without the family nearby.

Wall Street Journal, April 15, Andrea Petersen
Here’s the Deal on Meals

Gail Zang Merrill, Publicity/Marketing Manager, Department of Dining Services

Although your student has already signed up for a fall 2015 meal plan with Residential Life/Housing, students have until Friday, September 18 to downgrade from the option that has been selected. If your student is considering changing his or her meal plan decision, the following information may help. If you or your student have questions about the meal plans, please visit the main Dining Services office at One Bishop Center or call 860-486-3128. We’ll be happy to talk to you.

Resident Meal Plans

There are three resident meal plans to choose from: Ultimate Plan, Value Plan, or Custom Plan. These meal plans are priced per semester and are active only when school is in session. All UConn resident students living in undergraduate and graduate housing are required to have a meal plan. (Students living in on-campus apartments are not required to have a meal plan.) All three plans allow for unlimited meals each day in any of the eight dining units. Takeout, however, is limited to one piece of fruit or one beverage or one ice cream. This helps keep our costs in line.

Resident meal plans come with flex passes and/or points. One flex pass = one meal. Flex passes can only be used in the eight residential dining units and to purchase a value meal at the Grab & Go’s. One point = $1. Points are used for purchases in the retail operations: UC Cafes, Café Co-op, The Beanery, Union Street Market Food Court, Le Petit Marche Café, The Blue Cow, and after 3 p.m. at Chuck & Augie’s Restaurant. They may also be used to purchase baked goods from our UConn “Not Just Desserts” bakery. Points are not accepted at Subway, Dunkin Donuts, or Panda Express in the Student Union Food Court since those restaurants are not run by Dining Services. If your student thinks he or she may want to supplement meals at the cafés and the Food Court, encourage your student to choose a meal plan with more points. If the dining units seem a better choice for your student, choose a plan with more flex passes. Students may also use flex passes to pay for a friend or relative’s meal. (Note: If they aren’t used up by the end of the semester, your student loses the flex passes and points that come with residential meal plans.)

Custom Meal Plan

If your student is not sure which residential meal plan to choose, they can always start with the Custom Meal Plan and then upgrade during the semester to a higher plan with more points. Students can purchase additional points at any time during the semester if it turns out he or she stops at the cafés or retail operations more than anticipated. Points are purchased for $1 per point. There is no minimum purchase and, unlike points that come with the other meal plans, these points do roll over from semester to semester and can be refunded once your student graduates and/or leaves the University. You can also purchase Husky Bucks for your student in addition to the student’s resident meal plan. For information about Husky Bucks, go to onecard.uconn.edu or call 860-486-3129.

Non-Resident Meal Plans

Meal options for students living off-campus include the three resident meal plans: Ultimate, Value, or Custom. Non-residents can also choose the Community Meal Plan, or Husky Bucks combined with the Community Meal Plan.

Community Meal Plan

Your student may purchase a block of 25 meals. These meals may be used in any of our eight dining units and they carry over from semester to semester. There is no limit to the number of meals that can be used each day and your student may bring a guest(s) by simply debiting a meal(s). Your student may purchase additional blocks of meals or additional points at $1 per point any time. Unused meals are refunded only when the student graduates or leaves the University. When students purchase a valid Community Meal Plan (25 meals) for use in the residential dining units and pay for food purchases in retail operations with Husky Bucks, students will receive a five percent discount off each retail purchase. Please note that this discount is applied only to purchases in Union Street Market and any of our five UC Café coffee shops. Off-campus locations are not included in this offer. For more information about Husky Bucks and how to purchase them, visit onecard.uconn.edu or call 860-486-3129.

Cash Point Account

Also available is the Cash Point Account. This is a declining balance account which stays open year-round. Cash points are purchased at $1 per point at any time and may be used at all eight dining units and most retail operations.

NEW DEVELOPMENT:

Look for our two new food trucks on Fairfield Way! “Food For Thought” and our “Ice Cream Truck.”

For more information and plan prices, please refer to: dining.uconn.edu/meal-plans/.
UITS, University Information Technology Services, provides free technology support for all UConn students through HuskyTech. HuskyTech is fully staffed by students who assist with the technical needs of UConn students both on and off campus.

At resource fairs we are frequently asked about computer requirements. UConn does not require any specific computer but we recommend either MAC or Window based computers. When considering your computer purchase take into account warranties, it is often beneficial to purchase extended protection to ensure the life of the computer for the academic years. We also recommend purchasing a back-up device such as a flash drive or an external hard drive for backing up files or the entire hard drive.

The digital life for students consists of both secured wired and wireless network connectivity in all residence halls, academic buildings and public areas throughout the campuses. We recommend that your student’s computer is up-to-date and protected with antivirus software. Free antivirus software can be found on our comprehensive website, http://huskytech.uconn.edu along with other helpful information including how to connect to the network, a listing of freeware options, our locations, hours and contact information. Students are also provided with a UConn Gmail account, http:// google.uconn.edu, that provides full access to Google Apps including cloud storage, calendars and video chat in addition to their email. And course specific software is available through UITS’s virtual PC program, skybox.uconn.edu

HuskyTech staff will be available in most residence halls during move in weekend for assistance, locations and hours will be posted at http://huskytech.uconn.edu.

We look forward to being a part of your student’s digital life.

“Too often we see students lose a semester’s worth of work because their system crashed and there was no way to recover the files.”
Welcome from the Dean of Students Office

Welcome to our community-UConn country! We are proud to serve UConn and its students. We know that the transition from high school to college can be a challenge for both students and their families. Though it is always our preference to empower students in their growth toward independence to seek assistance themselves, we know that family members often have questions about the University or concerns about their student that they wish to share. We are pleased to have the opportunity to help you navigate through issues as you help your student.

The Dean of Students Office serves as the primary advocates for students, and assist students and their families in navigating this sometimes-large university. We are the central resource to find answers to those tough college-life questions or problems that you or your student may have. In addition, we serve in other roles such as helping students with decision making in several different areas: victim support services; bystander intervention; withdrawing or canceling attendance at UConn; readmission to UConn after an absence; assistance with a short-term loan in some personal financial emergencies; assistance with academic or health support; assistance with complicated University business issues (Bursars, Financial Aid, etc.); and rescheduling final exams.

Finals?? Isn’t it a bit early to be thinking about finals? Not necessarily. The Dean of Students Office is charged with the responsibility of granting permission to reschedule a final. If a student is ill, dealing with a serious crisis or some other unavoidable circumstance, we are the ones that can give the student permission to reschedule a final with the instructor.

The finals period, and the days leading up to that period, is very stressful for most students. Frequently, students come to our office stressed because their families have scheduled a party, a family reunion, travel or a vacation during exam time and expect the student to attend. Unfortunately, these are not reasons that we can reschedule a final. A student who does not take a final and has been denied permission to reschedule will most likely fail the class. The finals period for any semester is posted in advance in the catalog and on the University website. Please be aware of the dates of your student’s finals week.

This fall 2015 semester, finals week is Monday, December 14th through Sunday, December 20th, 2015. Should there be a closing, due to snow or other emergency, the finals for the day of the closing may be postponed until Monday, December 21st. Faculty and students are advised to not make travel plans prior to Monday, December 21st. Each year, nearly thousands of finals have been given on the last day of finals. It’s likely your student will have a final that day. Our desire is to help students manage their stress as much as possible, and your assistance in this matter will be very helpful. We are pleased to have an opportunity to work with you on this and any other issue.

The primary philosophy that guides the many and varied services of our office is “providing people with what they need to make informed decisions.” Whatever your need, our office will be able to address it directly, or connect you to others that will.

On-Campus Address Formats:

Traditional Residence Halls, Suites, Charter Oak & Hilltop Apartments
Student's Name
Room# Building Name
Storrs, CT 06269

Mansfield Apartments
Student’s Name
1 South Eagleville Road, Apt. XX
Storrs, CT 06268

Northwood Apartments
Student’s Name
1 Northwood Road, Apt XX
Storrs, CT 06268

UCONN CALENDAR

Fall 2015/Winter 2016

Sat., Aug. 1
Fee Bill Deadline for Fall semester
Fri., Aug. 28
New Students move into Residence Halls
Sat., Aug. 29 – Sun., Aug. 30
Campus Change and Continuing students move into residence halls
Mon., Aug. 31
Fall Classes Begin
Mon., Sept. 7
Labor Day (no classes)
Fri., Oct. 2 – Sun., Oct. 4
Family Weekend
familyweekend.uconn.edu
Sun., Nov. 22 – Sat., Nov. 28
Thanksgiving Recess
Fri., Dec. 11
Last Day of Fall Classes
Mon., Dec. 14 – Sun., Dec. 20
Final Exams
(Mon., Dec. 21 - Make-up Exam Day)

2016

Fri., Jan. 8, 2016
Fee Deadline for Spring Semester
Sun., Jan. 17, 2016
Anticipated re-opening of Residence Halls
Tues., Jan. 19, 2016
Spring Classes Begin
Tues., Mar. 1, 2016
FAFSA due for Financial Aid
Spring Recess
Fri., Apr. 29, 2016
Last Day of Spring Classes
Mon., May 2 – Sat., May 7, 2016
Final Exams
Sat., May 7 & Sun., May 8, 2016
Undergraduate Commencement

Susie Mitton Shannon, Associate Dean of Students

Susie Mitton Shannon, Associate Dean of Students
FAMILY WEEKEND will be held on October 2, 3 & 4th on the UConn Storrs campus with events for the entire family. This UConn tradition is for the families of all UConn students, from freshman to seniors. It is not a mandatory event but one that you should try not to miss because Family Weekend occurs once a year and there’s a lot going on around campus. In addition it is a beautiful time of the year to be in Storrs with the changing foliage because the campus looks beautiful.

For those parents new to UConn, Family Weekend is a time to return to campus and see how your son or daughter is doing. It’s a time to meet their friends, see how their living space turned out, and just catch up on things. There are events held on Friday, Saturday and Sunday of Family Weekend. Parents can pick and choose what events they would like to attend. A Family Weekend schedule can be found at the website, familyweekend.uconn.edu which will be updated throughout the summer.

If you plan to stay overnight, make your reservations at an area accommodation as early as you can as area accommodations fill during this time of the year.