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Managing Your New Relationship

Starting college is a time of mixed feelings for both parents and students. Even though they have likely been looking forward to this day, many parents experience some degree of separation anxiety when the idea of their child leaving home suddenly becomes a reality.

Experiencing a bit of anxiety about your student's future as well as your own is normal. You are going through a major transition in your life as you adjust not only to daily life without your student at home, but also to the idea that your child is now an emerging adult looking forward to experiencing life on their own.

Embracing the change is one way to deal with these feelings. Letting go is tough, but giving you and your student some time to adjust will lead to a rewarding adult relationship. Following are some suggestions to help with this transition.

Talk about it. Don't wait until moving day to

discuss your thoughts and feelings about your student leaving for college. Your excitement and joy is likely mixed with feelings of nostalgia and loss. Talk with other parents about their experiences and how they coped. Also, your child is likely experiencing similar feelings. Sharing will help normalize the experience.

Expect change. As emerging adults, students will change as they explore who and what they want to be. Ideas and attitudes may change. Appearances may change. Majors may change. These changes may not align with your hopes and expectations. Displaying support and patience as your student works through these changes will help them learn to chart the course of their own lives and promote healthy adult relationships.

Coach, don't fix. Now is the time to go from manager to mentor. Students often confuse newfound autonomy with lack

of responsibility. Guiding and encouraging students to do things on their own will help them gain the experience they will need to meet life's challenges. Show your student through your actions that you will support -- but not intervene -- when a problem arises or "do it" for them when they face an unfamiliar or challenging task. Encourage your student to learn about campus resources and to make use of them to address concerns and solve their problems.

Adapt. First year college students face a lot of unfamiliar academic and personal challenges. Often, you and your student have expectations about the college experience that don't pan out in the face of these challenges. Adapting expectations with success and failure is critical for a healthy attitude towards personal growth. Confidence comes not from having a solution to every problem, but from knowing you can handle problems.

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The Office of the Dean of Students

Welcome to the Seahawk family! The Office of the Dean of Students is here to assist both you and your student as they begin the academic year. Our goal is to work with you and your student in a **partnership** that will help them be as successful as possible during their time at UNCW. We encourage you to make our office the “first stop” when you have questions, and we look forward to working with you.

Our office is responsible for several service areas:

- Student Conduct
- Student Academic Honor Code
- Fraternity & Sorority Life
- Seahawk Perch

Our Associate and Assistant Deans work with students to provide general advising and serve as on-call crisis responders. No matter what the issue may be, we hope that you and your student will use our services and take advantage of the programming opportunities we make available.

We'd like tell you about a few changes this year.

- This summer, our office welcomed Monique Colclough as the new Case Manager. Monique will work directly to support students experiencing a variety of issues and concerns, manage crisis cases, and serve as the primary liaison to the Student Behavioral Intervention Team. We are very excited to have Monique on board!

- This year brings a change in the distribution of our annual publication, the UNCW *Code of Student Life*. The *Code* contains our code of conduct and conduct procedures, university policies, and resources centered on substance use and abuse. This year, it will be available exclusively online in pdf format at <http://www.uncw.edu/cosl>. We encourage ALL students and parents to review the *Code of Student Life*. It is one way to be informed about UNCW policies and procedures and is a first step in building the partnership that we believe is essential for student success.
- This summer, Assistant Dean Amy Hector relocated to the Seahawk Perch. Her new office is on the first floor of the Fisher Student Center across from the Info Desk. The Perch is UNCW's resource area for off-campus, non-traditional and military-affiliated students as well as Graduate Student Life. Be sure you stop by to say hello!

We hope students feel that the Office of the Dean of Students is a place they can connect with when they have questions or need support. For parents, we stand ready to assist you in whatever ways we can. Best of luck as we start the new academic year!

*Ben Ojala, Assistant Dean,
Office of the Dean of Students*

Family & Alumni Weekend 2009

Family & Alumni Weekend 2009 will be held **October 16– 18, 2009**. The Office of Transition Programs invites families of UNCW students and alumni to the university for a weekend of fellowship, entertainment and food. We hope you will participate in this opportunity to experience life on campus and take advantage of being part of the SEAHAWK FAMILY!

New this year! We will be using an online registration system for Family & Alumni Weekend. Please visit the website below to view a schedule. For more information, contact the Office of Transition Programs at 910-962-3089.

Family & Alumni Weekend website: www.uncw.edu/family-weekend

Getting Involved at UNCW

Academic major, close proximity to home, the beach. There are several reasons why your student may have chosen to attend UNCW. One of those reasons may have been that they wanted a school that would provide them with opportunities to get involved outside the classroom and have experiences that would contribute to and complement their academic career.

This is where the Campus Activities & Involvement Center (CAIC) can help. We offer many opportunities for students to get involved around campus and Wilmington, and to get to know fellow students. We strive to be a part of your student's success at UNCW.

CAIC is students' gateway to entertainment, involvement, and leadership on campus. As part of the Division of Student Affairs, we are creating experiences for life by providing opportunities for students to participate actively, grow personally, and explore new ideas and interests through a variety of entertainment and involvement experiences. Our staff and the students with whom we work are committed to creating a vibrant campus community filled with diverse activities.

The Involvement Center is where students can come and see how they can get involved during their time at UNCW. This Involvement Center is located in the Fisher Student Center on the second

floor and has evening hours

The Involvement Center houses offices for the Student Government Association (SGA), the Association for Campus Entertainment (ACE), Fraternity and Sorority Life, as well as the full-time CAIC staff. Our Center also has many resources for all students to help them get engaged and find their place at UNCW.

It is our hope that every student will, in one way or another, get involved with at least one student organization during their college experience at UNCW. One of the best ways for your student to learn about involvement opportunities and how they can get engaged is to come to the Involvement Carnival on Wednesday, August 26 from 10 a.m. – 2 p.m. on the Campus Commons. We will be showcasing over 225 different involvement opportunities, both on campus and in the local Wilmington community.

We hope to see your student either at the Involvement Carnival or involved with a student organization. If you, or your student, has any questions, please feel free to contact us at 910-962-3553, email us at activities@uncw.edu or visit our website at www.uncw.edu/activities.

*Jon Kapell,
Associate Director,
Campus Activities & Involvement Center*

Student Life Assessment at UNCW

At the end of 2008, the Division of Student Affairs completed the second edition of a report providing a wide range of information about UNCW students. This report was shared with UNCW staff, faculty, and students, and we thought parents would find the data interesting as well.

In addition to an overview of the UNCW student profile, the document summarizes information from student affairs programs and services, assessment data, and information from financial aid, admissions and registration. The document can be accessed at the following URL: <http://www.uncw.edu/news/pdfs/student@UNCW.pdf>.

Nathan Lindsay, Ph.D, Director,
Student Life Assessment

Commit, Lead, Explore and Serve!

UNCW has always provided students with the great opportunity of looking inward and expanding themselves intellectually, emotionally, and spiritually. But is there something else? Is there another component that can supplement this inward growth for the student? Reflecting upon my own university experience, I would say that there is: service.

The Center for Leadership Education and Service (CLES) presents students with a wide variety of opportunities to give back to the community during their time at UNCW. Our office strives to help students grow into the leaders of the

future through a broad spectrum of workshops that fine tune their unique skills and talents.

During the fall semester, UNCW students will be presented with many opportunities to make a difference in the Wilmington community through projects sponsored by the CLES office. Such opportunities include bi-monthly community service projects called *Surges*, the first of which will be a beach sweep at Carolina Beach on Saturday, August 29. Other opportunities include service trips and a Halloween Carnival for area children.

Students can also receive scholarships for their community service. UNCW has been awarded 20 North Carolina-Activating Citizenship Through Service! (NC-ACTS!) scholarships in which students can receive a \$1,000 education award after the completion of 300 hours of community service at an approved site. Some nursing clinicals and student teaching internships qualify.

At CLES, we often ask our students, "Are you still waiting on the world to change? What difference would you like to see come about?" In the CLES office, we give them the ability to truly commit, lead, explore, and serve in various capacities so they may identify their passion and make their dream of a better world a reality. We believe change is possible when passion is put into practice.

Please contact us if you have any questions about service. Encourage your student to participate in community service and leadership through the CLES office because, in the words of Mohandas Gandhi, "we must be the change we wish to see in the world."

For further information, visit our website at www.uncw.edu/cles or call the CLES office at 910-962-3877.

*Brandon R. Ostwalt,
Americorp Vista,*

Center for Leadership Education and Service

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HEALTHY LIVING

Stay in touch. College students like knowing that you care, but sometimes they experience resentment if they feel like you are intruding into their newfound independence. Knowing that your concern is about their safety and well-being, and not their ability or "right" to make decisions on their own, can help keep communications open and positive. Talk about staying in touch so you both understand each others' needs for communication. For example, agreeing that you want to talk every night or you want to check in at least weekly. Make expectations clear.

Engage in your life. Your life is changing too. Give yourself, your partner, and other family members still at home the time and space needed to adjust. Keep your perspective by viewing going to college as just another milestone in your child's life. Enjoy this exciting time in both your lives!

*Jim Dolan, Ph.D., Staff Psychologist,
Counseling Center*

Your Student = Smart and Healthy!

Here we are again! Another academic year filled with new experiences, new relationships, new classes, and new opportunities! We are very excited to begin another year, keeping your student as healthy as possible! The Abrons Student Health Center, comprised of Medical Services, the Pharmacy, and Health Promotion, offers a variety of services, programs, and amazing amenities that students can utilize during their time at UNCW. Encourage your student to use Medical Services or the Pharmacy as needed, and attend Health Promotion programs to stay educated in all aspects of health! Check out everything we have to offer:

Medical Services Available

- FREE, Walk in care – no appointment needed
- Immunizations & Lab tests
- Annual women's health exams (by appointment)
- Men's health assessment (by appointment)
- Allergy Shots (by appointment)
- Physicals for athletes, student teachers & student nurses (by appointment)
- Referrals to specialists as needed
- Students with six or more credits are entitled to unlimited visits
- Additional charges: lab tests, immunizations, administration of allergy shots, annual exams, and physicals

Pharmacy Services Available

- Full-service pharmacy including over-the-counter medications
- Students can fill prescriptions written by UNCW providers and off-campus providers
- Payment by cash, check, credit card, student account or Seahawk Bucks (flex account)
- The pharmacy does not accept 3rd party insurance
- Faculty and staff can purchase over the counter medication at the pharmacy
- Located in the Abrons Student Health Center, 2nd Floor of Westside Hall

Health Promotion Information

- Educational resource library
- Individual consults with registered dietitian
- Consultations to manage weight, stress & sexual responsibility
- Small & large-group presentations
- Health Promotion includes a registered dietitian, health educator & student peer educators

Areas of Expertise

- Nutrition
- Sexual Health
- HIV/AIDS Education
- Cancer Prevention
- Sleep & Stress Management
- Sun Safety

For more info, please contact us!

Abrons Student Health Center
2nd Floor of Westside Hall
910-962-3280
www.uncw.edu/healthservices

UNCW Pharmacy
2nd Floor of Westside Hall
910-962-3016
www.uncw.edu/healthservices

Health Promotion
Hundley Health Education Center
Student Recreation Center 104
910-962-4135
www.uncw.edu/healthpromo

Student Academic Honor Code

At UNCW, academic integrity is a core value. Two years ago, an Honor Code Task Force comprised of students, faculty and administrators was charged with evaluating and revising the Student Academic Honor Code. When students join our community, they pledge to uphold and be subject to the Honor Code. It is designed to help every member of the UNCW community appreciate the high value placed on academic integrity and the means that will be employed to ensure its preservation.

The Honor Code Task Force conducted research and assessment before seeking consensus from numerous campus constituents, including the Student Government Association and the Graduate Student Association, in

support of the revised Honor Code. In May, the Faculty Senate reviewed the final draft and fully endorsed the revised version which will be effective for the 2009-2010 academic year.

Any member of the university community who has reasonable grounds to believe that an infraction of the Honor Code has occurred has an obligation to report the alleged violation to the faculty member teaching the class. The faculty member must then report the allegation to the Office of the Dean of Students. This obligation is a core value of the Honor Code, and must be a priority of all members of the university community.

Disciplinary action will take place when students fail to align

themselves with the ideals and expectations outlined in the Honor Code. Typical recommendations for a student found responsible for a first offense of the Honor Code is one year of disciplinary probation and an assigned grade of "F" in the course in which the infraction occurred. Repeat offenders of the Honor Code will be referred to the Academic Honor Board and if found responsible, will be subject to suspension from the university.

For more information concerning Student Academic Honor Code, please contact the Office of the Dean of Students at 910-962-3119.

*Chip Phillips, Assistant Dean,
Office of the Dean of Students*

Surf's Up with Discover Outdoor Program

In 2007, the Discover Outdoor Program, a part of the UNCW Department of Campus Recreation, purchased a small fleet of surfboards with the intention of giving the UNCW community yet another way to enjoy the coast. For two years, the program has been taking students, faculty, and staff along with a few guests, to Fort Fisher to learn the basics. The clinics focus on different kinds of surf boards and equipment, reading the ocean and understanding the dynamics of waves, as well as safety, paddling out into the surf, and surfer's etiquette. Participants are given the opportunity to practice the "pop up" and proper position on the board on dry land, then are accompanied out into the surf by the Discover Outdoor Program instructors. Participants get to put the skills into action and catch some waves of their own under the diligent watch of the instructors. This fall, clinics will be held every Friday from August 28 through October 9 (with the exception of Sept 25) and the cost is \$15.00 for students and \$20.00 for faculty, staff and guests. Spots are limited, so sign up early at the Discover Outdoor Center in room 138 of the Student Recreation Center. For more information on this and other outdoor adventure programs, visit <http://www.uncwil.edu/stuaff/camprec/outdoors.htm>.

Audra Trnovec-Keller, Assistant Director, Campus Recreation/Discover Outdoor

The University Learning Center New for Fall 2009: Make Your Appointments Online!

The University Learning Center (ULC) provides programs and services that support students as they develop independent learning strategies, personal responsibility, and intellectual maturity.

There are five programs that comprise the ULC: Learning Services, Study Skills, the Writing Center, the Math Lab, and Supplemental Instruction.

The first three programs require students to make an appointment, and the following appointment procedure is new for Fall 2009:

- Students can now make their own appointments online.
- Our online appointment system utilizes a secure campus server.

- For this reason, students must be on campus when making an appointment.
- All appointments must be schedule at least 24 hours in advance (no more drop-in writing appointments).

For more detailed information about the process for making appointments, consult our website: www.uncw.edu/staff/uls/onlineappointment.html or call the ULC at 910-962-7857.

*Michael Ruwe,
Learning Services Program Coordinator,
University Learning Center*



The Office of Transition Programs provides a comprehensive array of programs designed to meet the unique needs of undergraduate students and parents from orientation through graduation. Programs generate an intentional connection for the students through engaging interactions with other students, faculty and staff. Ultimately through this community participation each student is provided the opportunity to improve critical thinking, problem solving, academic achievement, interpersonal and intrapersonal growth

Office of Transition Programs

601 South College Road
Wilmington, NC 28403-5997

Phone: 910-962-3089

Fax: 910-962-7151

E-mail: transitions@uncw.edu

www.uncw.edu/transitions

Traditions: Convocation

Convocation is the annual academic welcome for incoming freshmen. Students take part in small groups with a faculty member and student leader about academic success at UNCW. Each year, Convocation features the unveiling of the Class flag at a ceremony in the Clock Tower Lounge in the Fisher Student Center. This is followed by freshmen's first "Trask Trek," the traditional walk from the Clock Tower to Trask Coliseum. There, Chancellor DePaolo and others lead a formal ceremony with faculty in regalia. The ceremony is followed by a picnic on the Hoggard lawn.

*Heather Baruch,
Office of Transition Programs*