

STUDENT SUCCESS & PARENT ENGAGEMENT



STANDER – WHAT WILL YOU LEARN FROM YOUR CLASSMATES?

After witnessing snow and lower than normal temperatures in March, students, faculty and staff are hopeful that April will give a sign that spring is on the way.

In addition to Frisbee games, study time and the occasional class outside, April also brings the [Brother Joseph W. Stander Symposium](#). The Stander Symposium celebrates student scholarship, research and creativity. Our campus is looking forward to welcoming this year's distinguished keynote speaker, Sir Ken Robinson, author of *The New York Times* bestseller *The Element: How Finding Your Pas-*

sion Changes Everything. He will be delivering the address April 16 at 7:30 p.m. in the RecPlex. All are welcome to attend.

The following day, students will present their research findings through poster sessions, oral presentations, panel discussions, forums, visual displays and performances.

Students from all areas of the University present at the Stander Symposium; this year, nearly 1,300 students are participating. This inclusiveness is what makes the Stander Symposium unique. Regularly scheduled classes often do not meet

to allow all students to take advantage of this alternate day of learning. (Students should check with their instructors regarding Stander Symposium-related assignments and expectations for participation.)

The Stander Symposium also includes opening and closing celebrations of the arts, a Mass of the Holy Spirit and Issue Forum.

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Questions? Comments?
Contact our office!

success@udayton.edu

937-229-4141, option #7

BUILDING COMMUNITY LEADERS

As students begin to think and plan ahead for the fall term with regard to academics, we also encourage students to use the summer to think and plan ahead for next year with regard to campus involvement and leadership opportunities. Summer is a fantastic time to evaluate the school year.

To aid in this planning, Student Life and Kennedy Union recommends asking your son or daughter the following three questions:

1. How have you been engaged in the UD community?
2. Do you feel as though you have an outlet to express your interests?

3. Does your current level of involvement allow you to maximize your leadership potential?

As students reflect and plan for the next semester, there are a number of events they can look forward to that are already scheduled for fall:

- [Up the Orgs](#): an opportunity to meet new people and learn about all student organizations – is open to all students – and will take place on Aug. 23, 2013.
- The [Fall Leadership Conference](#) for students will be held on Oct 5, 2013. This is a great opportunity for students to further develop their leadership skills.

[Student Life and Kennedy Union](#)

is also available to help sophomores, juniors and seniors explore fall recruitment for values-based Greek organizations.

Our office (KU 241) will be renovated for fall 2013. Stop by to see us!



Good to know! Financial Aid, Flyers First and Bursar's Office updates

Please note our friendly reminders, and contact us at 800-259-8864 with any questions .

- If they haven't already, currently enrolled students should file the FAFSA for the 2013-14 year as soon as possible so it is received by May 1. If your son or daughter's FAFSA is selected for federal verification, please visit the [verification section of our financial aid website](#) for information on additional steps your student needs to take.
- In order for academic merit scholarships to be renewed, students need to maintain a 3.0 cumulative grade point average.
- Registration for the fall 2013 term begins in April. Prior to registering, students must meet with their academic adviser and should check [Porches](#) to confirm that they have no holds on their account.
- Students using loan refunds to apply towards educational expenses must sign up for [electronic refunding](#). (The Bursar's Office will no longer have cash to distribute to those who have financial aid that exceeds billable costs starting in the fall 2013 term.)

Collective Brain Power

FREE TUTORING AND STUDY GROUPS

Walk-in tutoring has had **775 tutoring sessions** since the beginning of the semester. Tutoring for **Philosophy 103, History 103, Sociology 101 and Psychology 101** is available on the ground floor of Alumni Hall (room 14). Writing consultants are also available during our tutoring hours in this space. Tutoring for **accounting, economics, math and science** courses takes place in the second floor Marianist Hall Learning Space. Tutoring hours in both locations are held Monday-Thursday from 6-9 p.m. for all students. Bilingual tutors are also available. [See our website for details](#).

APPS FOR LEARNING

The office of learning resources is always on the lookout for resources to enhance student learning and approaches to studying. If your student has a smartphone, encourage him or her to [check these apps](#) for iPads, iPhones or Androids.

ACADEMIC COACHING

Staff members in the office of learning resources are happy to meet with students to discuss academic goals and current course progress, motivate them toward success and provide information about a variety of study skills. Students can request single or multiple sessions. Students can schedule a consultation by calling our office at 937-229-2066.

ALTERNATIVE TESTING ACCOMMODATIONS

Alternative testing accommodations is one of the most frequently used types of academic accommodations. The office of learning resources implements test accommodations for those students whose needs cannot be addressed without involvement. The office encourages students to work with their professors to coordinate testing accommodations; in many cases, student needs can be addressed without our office. When support from the office of learning resources is necessary, we are ready to assist. For more information on alternative test accommodations, visit the disability resources section at go.udayton.edu/learning.

DISABILITY SCREENING

Do you suspect your student has a disability, but you don't know what to do? Are they struggling academically? Is their effort not reflected by their test scores? Do their professors suggest their test scores do not reflect their knowledge of the subject material? If you answered yes to any of these questions, you might consider discussing these issues further or requesting a disability screening. The office of learning resources refers students to resources that best address their academic difficulties as indicated by the screening results and assists in directing students to appropriate sources of help. The results from screening help disability staff and the learner decide whether the learner should be referred for further testing. For more information contact the office of learning resources at 937-229-2066 and ask for a disability screening appointment with disability staff.

Supporting your student during finals week

The end of the year isn't too far away. Your student has likely worked hard in classes for the past several months and is weeks away from a well-deserved summer break. However, at this time of year students can often start to lose motivation or perspective as the stress of the academic year catches up with them. It can sometimes be hard as parents to know how to be helpful in supporting your student's success.

One of the most helpful things you can do is to remind students that taking care of themselves in simple ways will help make stress and the end-of-the-year time crunch more manageable. Below are easy self-care strategies that, if practiced regularly, can help students feel more relaxed and balanced. If your student is struggling with stress, try encouraging them to add one or two of these activities to their daily routine:

Self-Care Tips for Students

Stick to a routine. Get dressed, go to class and keep to the structure you normally have during your day.

Eat healthy food regularly. Skipping meals robs you of the energy you need to cope.

Talk to supportive friends or family members. Isolating yourself can make things worse.

Keep a journal of your thoughts and feelings. Note any patterns or questions you'd like to discuss.

Get some sleep. Most people need seven to nine hours of sleep every night. Go to bed and get up at the same time every day.

Do some kind of physical activity that you enjoy. This can be running, swimming, playing sports or working out. Even walks around campus can help you feel better emotionally and reduce stress.

Avoid using alcohol or drugs as a way to self-medicate. This includes caffeine.

Find activities that are relaxing or soothing to you. Listen to your favorite music, practice taking deep breaths throughout the day, take hot baths, meditate or take a long walk.

Find humor in life. Spend time with those who make you laugh. Watch a comedy or YouTube, or read a funny book.

Distract yourself temporarily from your difficulties – watch TV, text a friend, play a game or go outside.

Recall what has helped you before in similar situations. Make a list of these things and try to do them.

As always, if you feel that your student is having difficulty dealing with stress or might be experiencing feelings of depression or anxiety, encourage them to schedule an appointment at the [Counseling Center](#) at 937-229-3141.

-Jennica Karpinski, Psy.D.
University of Dayton Counseling Center



Stay up-to-date

Find out more about UD news and campus events at [UDQuickly](#).

Have a graduating senior? Congratulations! [View graduation FAQs](#) to learn more about the big day.

Check out important upcoming [dates](#) for the spring and fall terms.

While unlikely, fall 2013 dates are subject to change.

April 17, 2013	Stander Symposium: Alternate Day of Learning
April 26, 2013	Last day of classes
April 29-May 3, 2013	Exams: spring term ends after final examinations
May 3, 2013	University Housing closes for the spring term at 6 p.m.
May 5, 2013	Undergraduate Commencement Exercises at 9:45 a.m.
August 17, 2013	New Student Orientation
August 21, 2013	Fall 2013 term begins
September 27-29, 2013	Family Weekend 2013