

Spring 2008

Parents, Get Ready for College!

Preparing for college brings anxiety and excitement for many students, but parents often experience similar feelings. The student isn't the only one adjusting to academic, social and residential changes. At UAF, we want Nanook parents to be informed and prepared. Here are some tips for transitioning parents:

- **Dual Anxiety:** Empathize with your son or daughter—you're also in a state of transition and moving into a new chapter in your lives. You're facing similar issues of adjustment, independence and identity.
- **Chief Executive Officer:** Understand that your son or daughter is now in charge of his or her life. Your unconditional support is essential—intervention may cause unnecessary frustration for both of you.
- **Check the Barometer:** Anticipate real fluctuations in your son or daughter's moods or behavior. As a result of transition, your student is encountering new and sometimes over-



Assistant Professor Paul McCarthy works with students in his basic geology class observing features of the rock wall bordering Alumni Drive near the west entrance to the UAF campus.

whelming pressures. College years are demanding; try not to trivialize the experience.

- **Climb Every Mountain:** Encourage your student to identify and reach for opportunities as he or she strives for independence. Be patient as he or she experiments with directions that may be different from what you might have chosen.
- **Give Your Child Wings:** College is your teenager's first taste of independence. Though they may still rely on you for certain things (a home-cooked meal, some extra spending money or a shoulder to lean on), they will, for the most part, be embarking on a new adventure: life on their own. Now is the time for you to let go and give them a chance to fly. Encourage them to be self-sufficient and learn how to make decisions on their own. They may surprise you with how easily they adapt to their new independence and freedom from your protective guidance...after all, you've taught them well! 🐾

Orientation

Spring Orientation is Wednesday, Jan. 23. Has your student registered? It is easy to do on-line at www.uaf.edu/orientation/. Students can check in and move into the residence halls beginning at 8 a.m. Tuesday, Jan 22 in the Hess Recreation Center located in the M-B-S complex. 🐾

Accommodations

If you're traveling with your student, you'll likely need your own accommodations. Contact the Greater Fairbanks Chamber of Commerce at www.fairbanks-chamber.org or (907) 452-1105 or the Fairbanks Convention and Visitors Bureau at www.explore-fairbanks.com or 1-800-327-5774 for information on accommodations. 🐾

Students enjoy a good laugh on a sunny day on the Fairbanks campus.
UAF photos by Todd Paris, University Marketing and Publications

TO THE FAMILY OF:

NANOOK PARENTS' FREQUENTLY ASKED QUESTIONS

What are students' biggest adjustments during the first year?

Homesickness and leaving the family behind are challenges for students during their first year. Students say it helps if family members keep in close contact by phone and e-mail as well as sending care packages and letters. Another adjustment is having a roommate and all aspects of sharing space—especially if a student is accustomed to having his or her own bedroom. The academic pace can also be an adjustment and can be more competitive than high school. Finally, going home again can be challenging because everyone has changed—your student, family and friends as well as the community.

Does my student need his or her own computer?

Many students choose to bring a computer when they come to college. The dorm rooms have Ethernet connections and Internet access. While a personal computer is convenient, students can be just as successful if they don't have a computer of their own. There are several computer labs on campus for students to use. Some labs are open 24 hours a day, seven days a week. Use of the computer labs is covered by student fees. UAF students can get discounts on software and hardware through the UA Technology Center (www.computer-sales.uaf.edu).

How do we get a copy of our student's grades?

Under the Family Educational Rights and Privacy Act (FERPA),

UAF cannot release students' grades to their parents. A UAF student is entitled to review his or her academic records. Grades are available through UAOnline. To find out online what information can be released, see the FERPA guidelines (www.uaf.edu/catalog/current/academics/reg3.html).


Except for directory information, no personally identifiable information, including grades, is disclosed to individuals or agencies outside UAF without written permission from the student. FERPA considers directory information to be name, address, date of birth, weight and height of students on athletic teams, current class standing and major, dates of attendance, degrees and awards received including dates, participation in officially recognized activities, and chancellor's and deans' list recognition each semester.

How do I mail a package to my student?

If your student lives on campus, he or she should get a post office box from the UAF Post Office. Packages can be sent using the following address:

Student Name
Campus Box Number
University of Alaska Fairbanks
Fairbanks, AK 99775

How do I reach my student in case of an emergency?

If an emergency arises and you cannot reach your student in his or her room, you may contact the UAF Police Department at (907) 474-6200 or the Vice Chancellor of Student and Enrollment Services at (907) 474-7317 who will help you reach your student. 

WANT TO KNOW MORE?

Visit our Info for Parents Site at www.uaf.edu/admissions/parents for access to our monthly newsletter CampusLink. The newsletter is devoted to issues and concerns parents and families of new college students may have.

CONTACT NUMBERS

Vice Chancellor of Student & Enrollment Svcs	474-7317
New Student Orientation	474-2760
Police Department	474-6200
Post Office	474-7215
Registrar's Office	474-6300
Residence Life	474-7247

The area code for the state of Alaska is (907).