



Mean Green Monthly

The Parent Association Newsletter

Homecoming was a SUCCESS!

We would like to give a big congratulations to the Parent Association members that put together a great Homecoming parade float! The Parent Association float won the **McConnell Spirit Award for Overall Best Department Parade Float!**

Below are some pictures from the Homecoming fun!

Thank you to the Parent Association members that were able to help put the float together and thank you to Aleece Ellison for coordinating the decorating event.

Sincerely,

Carter & Carl





Dates To Remember:



11/2 - 2nd Installment due. (Payment Plan)

11/3 - Fall 2018 Housing Payment Due (2nd installment)

- 11/5 -
- Spring 2019 Housing Application Opens
 - Last Day to Drop a Class

11/11 - Veterans Day

11/20-11/21 - Mawlid an-Nabi

11/22-11/25 - Thanksgiving Break

12/3 - 3rd Installment due. (Payment Plan)

UNT Academic Calendar

UNT Event Calendar

BreakShuttle!

THANKSGIVING BREAK
is less than a month away.
How are you getting home?

break
SHUTTLE

BOOK YOUR SEAT TODAY!

brk.sh/go-northtexas

There is still time to get your BreakShuttle tickets for the Thanksgiving Break! (Link below)

Shuttles serve Houston, Austin, and San Antonio.

Shuttles depart Wednesday, November, 21st at 10:00am from the UNT Coliseum.

Prices are rising after Nov. 6th so get your tickets *FAST!!!*

Visit the BreakShuttle website

Things you should know..

Goodie Box Stuffing!

When?

December 1st, 8:00 a.m.

Where?

In the **Union**, room **333C**.

Why?

We put together Goodie Boxes to give your students the energy they need during **Finals week!**

Please save the date, come out, and volunteer!



We need?

A few volunteers with trucks/SUVs and dollies to transport goodie boxes to the residence halls.

Please RSVP by following the link below:

[Click to RSVP](#)

Campus Inclusion Climate Survey is LIVE!



Students, check your UNT email and complete the survey for a chance to win a **2018 Honda Civic LX**



Visit edo.unt.edu/climatesurvey

Your voice matters.
#IncludeMeUNT

UNT DIVISION OF INSTITUTIONAL
EST. 1890 EQUITY & DIVERSITY

Remind your students to take the survey to have a chance at winning a NEW CAR (taxes and fees included) and many more prizes!!!

The purpose of the survey is to identify strengths and opportunities related to diversity, equity and inclusion to all faculty, staff, students and administrators. For more information, click [here](#).

Stressed Student?

For students, November can be a stressful time as finals are approaching and deadlines become closer together. Students can also begin to feel that college is not living up to their expectations.

Below are some possible self-help resources to recommend for your student if they are feeling overwhelmed or stressed:

- **Stick to a routine.** Get dressed, go to class, students should keep a normal daily structure.
- **Eat healthy food regularly.** Students often skip meals. This robs them of the energy they need to cope.
- **Talk to you (the parent) or supportive people.** Students can isolate themselves when stressed. This makes things worse.
- **Get some sleep.** Encourage your student to go to bed and get up at the same time and sleep 7-9 hours.
- **Physical activity.** Students often spend free time in their rooms. Encourage them to go to the rec or walk around campus.
- **Avoid using alcohol or drugs (including caffeine) as a way to "self-medicate".** Students often turn to alcohol or drugs to cope with stress.
- **Find humor and distractions.** Watching a funny show or hanging out with people that make your student laugh is a great way to reduce stress.

We recommend communicating with your students about some of these strategies and encourage them to seek help from the Counseling and Testing Center should their stress persist. For questions on resources, please email us at parents@unt.edu

(Source: <http://studentaffairs.unt.edu/counseling-and-testing-services>)



Next episode: Center for Leadership and Service

We are excited to announce that our next episode of Mean Green Family Live will be with the Center for Leadership and Service. We will cover ways your student can serve and lead at UNT to help them with their future career goals.

Date and time TBA on the Parent Association and Mean Green Family Facebook pages.

[Mean Green Family Facebook](#) .

Make Sure Your Student Checks These Out!

Entertainment

**Nov. 1: UPCinema: Mamma Mia!
Here We Go Again**
Lyceum - 4 PM & 8 PM
Sponsored by UPC

Football

Nov. 10:
UNT at Old Dominion

Nov. 17:

UNT vs Florida Atlantic

Nov. 6: Loteria

Jade Ballroom, 333 - 11 AM-1 PM

Sponsored by UPC

Nov. 8: Arcade Day

Discovery Park - 9 AM-5 PM

Sponsored by UPC

Nov. 8: Laser Tag

Jade Ballroom, 333 - 6 PM-8 PM

Sponsored by UPC

Nov. 13: Stuff-a-Wizard

Emerald Ballroom, 314 - 11 AM

Sponsored by UPC

Nov. 14: Cupcake Decorating

Emerald Ballroom, 314 - 6 PM

Sponsored by UPC

Nov. 20: DIY Wreaths

Jade Ballroom, 333 - 11 AM-1 PM

Sponsored by UPC

**Nov. 26: Celebrate the Season of
Lights**

Library Mall - 6 PM

**Nov. 28: So You Think You Can
Dance: UNT Edition**

Lyceum - 7 PM

Sponsored by UPC

Nov. 24:
UNT at UTSA

**ALL EVENTS FREE
FOR UNT STUDENTS!**

Parent Programs | Orientation & Transition Programs | (940) 565-4198 | [Email](#) | [Website](#)

STAY CONNECTED

