



2018 - 2019 SEASONS OF ADJUSTMENT

A parent's guide to the Freshman Year experience
Compiled by Parent Programs

UNNT
EST. 1890

ORIENTATION &
TRANSITION PROGRAMS
Division of Student Affairs



THE SEASONS OF ADJUSTMENT

The college years will be one of the most exciting periods in your student's life. For many students, it will also be one of the most stressful times. During their college years, students experience constant challenge and demand for adjustment and change. While they are attempting to cope with academic pressures of college, they must also negotiate the hurdles of significant developmental changes.

The freshman year is particularly challenging. During this first year, your student will experience new freedoms and responsibilities that he or she has most likely not had to manage before; new and more demanding academic requirements; changing relationships with high school friends; challenges to beliefs and values; and perhaps most important, a changing relationship with you.

Adjustment problems are an expected and common experience for most freshmen; some students experience very few, others experience more than their share. Just as there are seasons of the year, most college student stressors follow a seasonal pattern as well. This seasonal nature has been charted as a result of years of documentation by counselors and psychologists at college and university counseling centers across the United States.

We, the UNT Parent Association, believe that parents play an important and significant role in helping students to adjust to the challenges of the freshman year. Therefore, we have developed this calendar to help you gain a better understanding of what student stressors are common during a particular time of the year. We hope it will help you detect when your student may be having difficulty adjusting and may benefit from your extra support or from campus resources. Best wishes for an exciting and enjoyable freshman year experience at UNT.

HELPFUL RESOURCES

Listed below are many campus resources that parents may find helpful for getting information or questions answered. All area codes are 940 and all departments listed can also be contacted through the UNT web site, www.unt.edu.

UNT INFORMATION 565-2000

Athletics Ticket Office	565-2527	Orientation and Transition Programs	565-4198
Admissions (Undergraduate)	565-2681	President's Office	565-2026
Bookstore	565-2592	Recreational Sports	565-2275
Career Center	565-2105	Registrar	565-2111
CARE Team	565-4373	Student Accounting & University Cashiering Services	565-3225
Center for Leadership and Service	565-3021	Student Activities	565-3807
Counseling and Testing Services	565-2741	Student Government Association	565-3850
Dean of Students	565-2648	Student Health and Wellness Center	565-2333
Dining Services	565-2462	Student Money Management Center	369-7761
Student Financial Aid & Scholarships	565-2302	Student Legal Services	565-2614
Office of Disability Accommodation	565-4323	University Program Council	565-3825
Housing	565-2610	UNT Police	565-3000
Learning Center	369-7006	Vice President for Student Affairs	565-4909
Math Lab	565-4045	Willis Library	565-2411
Murchison Box Office	369-7802	Writing Center	565-2563
Parent Programs	565-4198		

ACADEMIC ADVISING OFFICES

College of Arts & Sciences	565-2051	College of Information	369-8164	College of Visual Arts and Design	565-2216
College of Business	565-2110	College of Music	565-2791	College of Merchandising, Hospitality, and Tourism	565-4635
College of Education	565-2736	College of Public Affairs and Community Service	565-4115	Frank W. & Sue Mayborn School of Journalism	565-2002
College of Engineering	565-2022				

Please note: Dates are subject to change, especially in the spring semester



A new beginning...

While the year has just begun academically for your son or daughter, January's success may be influenced by how well the holiday break went for your student and for your family. Typically, the holiday season can be a mixed blessing—with high expectations for happy times and connections with family and old friends—that may or may not materialize. Unexpected events (the loss of a loved one/friend/ or significant other during the break, family conflict, unwanted weight gain or challenging financial concerns) may adversely affect your student's motivation for beginning a new

semester. Even a pleasant time away from school can be stressful in that students have to leave the security and acceptance of home and family for the uncertainties of their second semester performance.

Starting the new semester can be exhilarating, challenging, or anxiety provoking. Will I do better this semester? Did I learn enough about what NOT to do last semester to improve my grades this time? Will I make more friends? How will I maintain my scholarship and my social life?

Students are frequently excited about reconnecting with their friends

at school. A few may have concerns about returning to past conflicts with friends or roommates in particular. Your reactions to your student's academic performance during the fall semester may greatly influence how he perceives the coming semester. Even when his academic performance did not meet your expectations, encouragement and support are needed now.

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Check General Scholarship Application for upcoming opportunity deadlines Reminder: Complete FAFSA for upcoming year	2	3	4	5
6	7	8	9 Residence Halls Open for Spring Semester	10 Last day for Graduate applications	11 5:00 p.m. Payment deadline for registration (Spring)	12
13	14 First Class Day (Spring 2019)	15	16	17	18	19
20	21 MLK Day (University Closed)	22	23	24	25	26
27	28 12th Class Day	29	30	31		

What parents can do

- Reassure your student that the feelings described above are normal for a second semester freshman who is continuing to adjust to the college environment.
- Be aware that any familial discord or losses will affect her ability to focus on her academic work. Make your student aware that YOU are aware of this reality.
- Encourage your student to take a renewed, invigorated look at his new classes and potential classmates as opportunities for new connections and improved academic performance.
- Review the events of the first semester with your student and identify problem areas and areas that were successful.
- Evaluate changes that may be needed for money management.
- Encourage your student to visit with or attend a workshop sponsored by the Student Money Management Center.

2019



Moving into the semester...

While it is still early in the semester, some students may begin to feel the pressure of keeping up with their assignments and preparing for weekly exams or quizzes. Some may be telling themselves that they have time to complete semester assignments while others may already feel that they are procrastinating. This is a good month to begin to manage their time, but some may not know how best to accomplish this task.

There will be pressure from other students to socialize and final exams seem far away. Students who are members of student organizations may underestimate how much time they have for academics. They may begin to over-commit themselves if they are not careful.

Relationship anxieties may increase as some students begin to strengthen their ties, and others may experience weakening of relationships.

There is a tendency for many students to focus more on relationships and less on schoolwork especially as Valentine's Day approaches.

Anxiety over financial obligations may also be of concern for students who have overspent in December. Some students may already begin to worry about how best to seek a summer job; this may be especially true of students who were unable to find work during the holiday break.

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Check General Scholarship Application for upcoming opportunity deadlines	2 Groundhog Day
3	4 Housing Payment Due Second Installment of tuition due	5 Chinese/Vietnamese/ Korean New Year	6	7	8	9
10	11 Last day for undergraduates/ graduates to file for May Graduation	12	13	14 Valentine's Day	15	16
17	18 Presidents Day	19	20	21	22 Last Day for changes in pass/no pass status	23
24	25	26	27	28		

What parents can do

- Communicate with your student the importance of balancing work and social activities.
- Relationships are a focus during this month and your student may need you to listen to his/her experiences with friends and significant others.
- You may want to evaluate your student's financial needs to see if they could use some extra spending money.
- Universities provide many opportunities to learn outside the classroom. Many organizations and departments offer free programs with well-known speakers to help add to the students' knowledge of their world. Suggest your student attend some of these and check out the many programs offered by the Multicultural Center to help students learn about our diverse culture.

2019



Hang in there, a break is near...

This is a very hectic month when academic requirements and social activities can collide. Academic pressures increase as students face midterm exams and begin to realize they will be ending their first year of college. Students may also be facing decisions about future living arrangements: Should I commute, live in the same building, or keep the same roommate? Will I go home or stay at school this summer? Many students find this to be an exciting time and thrive on the sense of pressure for motivation to achieve. For some students though, the academic pressure along with social expectations can be overwhelming. If students feel unable to cope with this strain, they may become depressed, fatigued and discouraged.

Other students who are finding it difficult to deal with the many demands of college may increasingly turn to alcohol or other drugs to ease their anxiety. This can cause them many health and behavioral problems.

March is also the month of Spring Break. Students can become very excited about the prospect of spending a week away from all the pressures of school and taking a much needed break. Many students make plans to go with friends to the beach and can actually end up focusing more time and energy on these plans instead of on class work and assignments due. Sometimes there is a sense of disappointment when peers are going on an "actual vacation" and they are "just going home."

Students sometimes try to work extra hours to make the money to go on a trip, or they may ask parents to help. Other concerns arise when they go to the beach (or whatever their destination) as they face difficult choices about behaviors in which they may not normally engage. Do I drink or not? Do I give this guy I just met my number? After Spring Break students face emotionally and financially costly consequences if they make unwise choices. If students handle their options by thinking through their actions, they can return from Spring Break renewed and ready to face the last half of the semester.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Check General Scholarship Application for upcoming opportunity deadlines	2
3	4 Housing Payment Due Third Installment of Tuition Due	5	6 Ash Wednesday	7	8	9
10 Daylight Savings (Begins)	11	12	13	14	15 SFAS Anticipated Priority Deadline - Complete FAFSA	16
Spring Break (No Classes)						
17 St. Patrick's Day	18	19	20 Purim (Begins)	21 Purim (Ends)	22	23
24	25	26	27	28	29	30
31						

What parents can do

- Now might be a good time to talk to your student about plans for the summer and fall.
- Take the time to discuss living options with your student. Listen to ideas about what he/she would like to do and what he/she thinks is feasible.
- Encourage your student to speak to professors about difficult classes or exams on which they didn't perform well.
- Ask your student to speak to academic advisors in preparation for Early Registration.
- Remind them that, while spring is a time for much social activity, balance is important.
- Be supportive of your student if he/she is experiencing emotional difficulties. Help guide him/her to campus resources such as Counseling and Testing Services for further support if necessary.
- Encourage your student to think through choices regarding Spring Break activities.
- Try not to demand straight A's from your student. Encourage him/her to do the best they can and learn from mistakes. Do keep your expectations as well as your support high.

2019

Those deadlines are coming...

The month of April on the UNT campus brings more than showers. Since the pace of the semester escalates steadily academically, socially and personally from mid-March to finals in May, students may be experiencing considerable stress and fatigue by this point in the semester.

The academic pressures are easy to predict. Final projects and papers will likely be due during this month. Group assignments may demand coordinating schedules and academic work among three to five busy and stressed fellow students. Research on freshman English or history term papers requires that students test their competencies in using the library or the Internet.

Due to stress and fatigue, some students have missed classes and are feeling anxious about their overall performance in a certain course. Pre-registration for next fall is occurring and, since freshmen register last, your student may be experiencing concerns about selection of classes and about course availability. In addition, most students are not looking forward to one of the toughest and most intense times on a university campus – end of semester final exams, which begin with lab finals in the last week of April or first week of May.

Socially, many organizations schedule their end of semester banquets, picnics or formals in April. Seeking to fit in and belong, many freshmen will want to be involved in such events, welcoming the fun and celebration. However, some students are naïve about the costs in time, money and energy such events will extract from them. All of these social and academic demands will undoubtedly take a toll personally on students as they strive valiantly to juggle all the opportunities and demands that are coming their way. Even for students who have performed competently and responsibly in classes and who have kept a healthy personal balance, the multiple demands of April take a toll.



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Check General Scholarship Application for upcoming opportunity deadlines	2	3 Housing Payment Due Final Installment of Tuition Due	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Good Friday Beginning of Passover (evening)	20
21 Easter	22	23	24	25	26	27 End of Passover (evening)
28	29	30				

What parents can do

- Keep the lines of communication open and supportive. One of the best weapons against stress and fatigue is talking about what is going on with someone close.
- Consider coming up to visit your student at UNT, planning a fun activity for your daughter or son and roommate. This can break the steady stress and provide support and opportunities for dialogue.
- Stress the wisdom of approaching finals with the attitude of doing the very best they can, not worrying tediously about what has or has not happened so far in the semester.
- Encouraging your freshman to work in exercise, some healthy meals and sleep is basic but essential advice.
- Understand that your child's passage into independent and successful adulthood will be gradual and can be best aided by your respectful and simultaneous challenge and support.

2019



Drawing to a close...

The end of the academic year is quickly approaching. While there may be excitement about finally coming to the end of the school year, there is also much anxiety and stress related to completing assignments and preparing for final exams. Students may begin to doubt their abilities and may lose confidence in themselves. Negative thoughts may interfere with their ability to concentrate on their work. Some of the major effects of this pressure may include: alcohol abuse, increased use of coffee, No-Doz, and amphetamines, an increase or decrease in food consumption, less sleep, and a lower tolerance level with friends, peers, and/or family. Feelings of sadness and depression may increase as the year draws closer to the end.

Students may experience anxiety over going home because they fear that they may lose their new-found independence. Students may also be leaving some of their friends and significant others behind as they change residence or return to their homes. Some students may worry that their college relationships may not survive the summer.

Students may also be concerned about their parents' reactions to their failure to achieve academically as well as they had hoped. While they would like to get their parents' support, they may be afraid to call upon them for help. Along with the pressure of completing their studies for the year some may be unsure about what they will be doing over the summer.

The summer can also present financial pressures as students consider whether to stay at school or return home and where to store their belongings. The decision about whether or not to attend summer school is an individual one. Some students enjoy and benefit from taking classes during the summer when the campus is less crowded and they can focus their concentration on fewer courses. For others, the summer serves as a well needed break which will help them to re-energize for the Fall Semester.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Check General Scholarship Application for upcoming opportunity deadlines	2 Last Class Day (Spring 2019)	3 Reading Day (No Class)	4 Final Examinations
			Pre-Finals			
5 Ramadan (Begins)	6	7	8	9	10 5pm - Residence Halls close for the Spring semester Payment Deadline for registration (Summer, 3w1, 8w1) Graduate/Doctoral/Undergraduate Commencement	11 Residence Halls Open for Maymester (Summer, 3w1 & 8w1)
Final Examinations						
12 Mother's Day	13 First Class Day (Summer, 3w1 & 8w1) Add/Drop (Summer, 3w1 & 8w1)	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day (University Closed)	28	29 Last Class Day (3w1)	30 Final Exams (3w1)	31 Residence Halls Close for Maymester (3w1) 5pm- Payment deadline for registration (5w1 & 10w1)	

What parents can do

- Call or email your student more frequently, especially as final examinations approach.
- Remind your student that maintaining good health by diet, rest, and exercise is important.
- If your student is feeling physically ill, encourage a visit to the Student Health and Wellness Center for a medical checkup.
- Encourage your student to visit Counseling and Testing Services if they are coping with unusual stress, anxiety, or depression.
- A visit to Career Center may also be appropriate if your student is still concerned about finding a summer job.
- A "care package" of "goodies" or just a supportive note in the mail could help boost your student during final exams.

2019

Transitioning back; not so easy...

June is an important and sometimes difficult transition month for freshmen. Those who return to spend the summer back home will have to adjust to living with their families again. Many will enroll in summer school either at UNT or at a local college in their hometowns.

Students who return to their parents' homes while they work and/or take classes at local colleges can easily find themselves in conflict with their parents over issues of independence and house rules. They sometimes have a hard time understanding parents' needs to comfort them or to exercise parental control when their parents are faced with behaviors they are not necessarily aware

of when their students are away at school. Students sometimes don't understand the necessity of home rules, in particular, when there are younger siblings living at home. Parents' expectations for their students regarding social behaviors, home rules, duties and responsibilities should be established and clarified as soon as their freshmen return home.

Students who enroll in summer school will need to adjust to the rapid pace of their classes, with little turn around time for assignments and exam preparation. The long daylight hours and frequent opportunities for social gatherings with friends can

be inviting to students who have spent many long hours in the classroom. It's easy to get behind. Time management is essential. Moreover, the informal atmosphere that characterizes the campus can be very enjoyable, leading students to erroneously believe they do not have to study as hard in summer classes as they do during the long term semesters. The truth is that most lower division courses have a set number of objectives or topics that have to be covered no matter what semesters they are offered. Summer courses are seldom abbreviated versions.



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Check General Scholarship Application for upcoming opportunity deadlines Residence Halls open for Summer 1 (5w1 & 10w1)
2	3 5W1/10W- First Day of Class Add/Drop (5w1 & 10w1)	4	5 Ramadan(Ends)	6	7	8 Shavuot
9	10	11	12	13	14 Flag Day	15
Shavuot						
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

What parents can do

- Talk with your returning student ahead of time about your expectations while he/she is living at home.
- If your student is enrolled in summer school, talk about the importance of effective time management.
- If your son or daughter is attending summer school at UNT or away from home, make time to visit and spend some weekends with your student.
- Considering the rapid pace of summer classes, your student will appreciate your traveling to see him/her.

2019



Looking ahead...

As students begin to prepare for a new year at UNT, this is a good time to reflect on the events of the past year. It probably went much faster than they expected; undoubtedly it had its share of ups and downs. Students may find that they had some difficulties with time or money management. Perhaps they learned that the study skills they developed in high school were insufficient during their first year in college. Maybe they now realize it's not a good idea to wait until the last minute to see an advisor or register for the next semester. Perhaps the one vocabulary word they didn't learn was "no."

On the positive side, they may have learned that they could adjust to the academic demands of college life. Perhaps they learned there are many more choices in terms of activities, organizations or classes than they ever imagined. Hopefully they made some new friends. The positive and negative events of the past year can be used to plan and make mid-course corrections for the new year.

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Last Class Day (8w1 & 5w1)	4 Independence Day (University Closed)	5 Final Exams (8w1 & 5w1)	6 Residence Halls open for Summer 2 (5w2)
					Residence Halls close for Summer 1 (5w1)	
					5pm-Payment deadline (5W2)	
7	8 First Class Day (5w2)	9	10	11	12 Last day for undergraduates to file for August graduation	13
	Add/Drop (5w2)					
14	15	16	17	18	19	20 Housing payment deadline for all summer housing charges
21	22	23	24	25	26	27
28	29	30	31			

What parents can do

- Review the events of the first year with your student.
- Identify problem areas and encourage your student to consider possible solutions.
- Review your student's financial needs for the coming academic year.
- Evaluate changes that may be needed for money management.
- Establish a tentative budget with your student for the coming year.
- Evaluate the needs and/or benefits of a part-time job.
- Examine the need for career counseling to establish career or academic goals.
- Encourage your student to establish a tentative academic plan for the full academic year.
- Evaluate the need for changes in time management and/or the balance of time devoted to school, work, and recreation.

2019

UNT Parent Association and you... a partnership in action

You've been there every step of the way. You helped your son conquer his ABC's and reading. You sweated with your daughter as she conducted her first science experiment. All along, you've encouraged your child to build a strong future, to become the best he or she can be. And you've instilled in them the importance of a good education, of a college degree in today's competitive job market.

But you know that even a gifted student can't succeed alone. And college can be a pretty intimidating place, especially that first year away from home.

That's where we come in. Through partnership with the UNT Parent Association, you can continue your support of your student's dream, and can still be there to help, even though you may not live close by.

UNT is an affirmative action,
equal opportunity educational institution.

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Special thanks to the TSU Counseling Center

We provide the link between home and campus and help mesh your expectations and your student's goals with the reality of college life and learning. We can support and help you when concerns arise and keep you informed about UNT's goals and policies, programs and student activities. We'll help advise you and your student on academic matters and help your student find all the support he or she needs to continue to excel, both in and out of the classroom.

We're proud to invite you to become an active member of your UNT student's life by joining the UNT Parent Association. The University of North Texas has long been committed to providing quality education and a strong support to its students. As the largest and most comprehensive graduate and research university in the region, UNT offers degrees of which both parents and students can be proud. Through the Parent Association, you can play an active role in your student's accomplishments while building friendships with parents and other students. We believe that parents and families are an important part of UNT's support system. By volunteering your time, you can determine the future success of your student and the University.

For more information, contact:
Parent Programs
(940) 565-4198 • Fax (940) 369-7849
transition.unt.edu/parents

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