

A photograph of the University of North Texas sign, which is a curved wall with the words "UNIVERSITY of NORTH TEXAS" and "EST 1890" in large, green, three-dimensional letters. The sign is set against a blue sky with white clouds and green trees. In the foreground, there is a large, vibrant flower bed with purple, white, and yellow pansies. A green banner with the text "2016-2017" is overlaid on the bottom part of the flower bed. The University of North Texas seal is visible on the right side of the sign.

UNIVERSITY *of* NORTH TEXAS
EST 1890

2016-2017

SEASONS *of* ADJUSTMENT

A Parent's Guide to the Freshman Year Experience

Compiled by Parent Programs

UNT UNIVERSITY
OF NORTH TEXAS

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

The first days...

It's the beginning of your student's first college days. For many students, the excitement of moving away from home can quickly change to homesickness and feelings of insecurity. Sharing a room is often a new experience for today's student and sharing one with a total stranger can be even more unsettling at first. Roommate conflicts, caused by personality and living style differences, can be stressful for freshmen. Faced with a new campus, new and unfamiliar services, different policies and procedures, and few familiar faces, your freshman may experience anxiety and feel a bit overwhelmed. Although a few friends from home may also have chosen to attend UNT, largely your student will be entering a whole new social world.

He or she will likely experience a major social life adjustment in learning to assume responsibility for managing new freedoms and making choices and decisions about social behavior. Your student may be separating from a boyfriend or girlfriend or very close friends from high school who make up an important support group. This is a particularly difficult and emotional adjustment. Likewise, long distance relationships can add much upheaval and turmoil to the adjustment process. For students still living at home and commuting, it is important to establish ground rules and expectations for home.

Perhaps the biggest adjustment your student faces is adapting to a significantly different academic environment. First, as new and different ideas are presented and discussed in class, your student may experience conflicts regarding previously accepted beliefs and values. Second, your student will have to assume responsibility for managing his or her time, getting and completing reading assignments, studying class notes, and preparing for tests and quizzes without being prompted. In these first days, the anonymity that goes with being in some larger freshman classes and the uncertainty of what professors expect may lead students to be confused about academic expectations. Come September, they will get a clearer idea.



AUGUST

2016

WHAT PARENTS CAN DO



- » Telephone your freshman frequently at first to listen and provide reassurance.
- » Reassure your student that the adjustments he/she is experiencing are common and expected for freshmen.
- » If your student is living in a residence hall, encourage him/her to talk with an R.A.
- » Suggest exploration of opportunities for involvement in the residence hall or a student organization.
- » Recommend regular exercise and use of the Student Recreation Center.
- » Encourage your student to participate in First Flight activities.
- » Encourage your student to participate actively in class and talk with professors about class expectations.
- » Remind your student that regular class attendance is important, whether it is required or not.
- » Encourage your student to read the Code of Student Conduct to understand their rights and responsibilities as UNT students.

S	M	T	W	TH	F	S
	1	2	3	4	5	6
			Last day to Withdraw drop all classes (SUM session) Last day to drop with either W or WF (5w2)			
7	8	9	10	11	12	13
					Last Class Day (SUM session, 10w & 5w2) Final Exams (SUM session, 10w & 5w2)	
					Eagle Camp (Camp Copass, Denton, TX)	
14	15	16	17	18	19	20
				5:00 p.m. Payment deadline for registration (Fall)		
Eagle Camp						
21	22	23	24	25	26	27
Mean Green Move-in Day - Residence Halls Open for Fall Move-in @ 8 AM		Last day for 100% refund		Last Day for Graduate Applications New Student Convocation		Add/Drop
First Flight Week						
					Late Registration – Payment must be made the day of registration	
28	29	30	31			
Last day for 80% refund	Classes Begin (Fall)		Last day for Late Registration			
Add/Drop						
First Flight Week						
Late Registration – Payment must be made the day of registration						



Beginning to settle in...

As the first weeks of the semester progress into September, some of the initial anxieties of being a new student begin to fade. While some students who are living on campus begin to become more comfortable being away from home, for others homesickness grows more intense. Your student may call home more frequently than you expected and may want to come home every weekend. Roommate conflicts, if they have not yet been constructively resolved, can impede adjustment. If your student is commuting, he or she may experience some difficulty “connecting” to the campus and may feel somewhat isolated from campus activity. Some students actually become disenchanted with college life as they begin to realize it is not as perfect as

they were led to believe by parents, teachers, and counselors. Family problems at home seem more amplified because they pose a disruption in the adjustment to college process. Students living on campus may feel detached and helpless in helping to resolve the problems.

Academically, reality sets in as what seemed an enormous amount of free, relaxed time is suddenly filled by assignments, projects, reading requirements and other academic demands which build up quickly and compete for what seems like more time than is possibly available. Many students experience their first quizzes and tests during this month and feel anxious about what to expect and how to prepare. Some experience moderate to severe test

anxiety when taking their first exams. Your student may rather suddenly discover that the old study habits from high school are not sufficient any more. Learning to manage time and to strike a balance between social and academic schedules is a major challenge for most freshmen during this time. Numerous social opportunities in September are affiliated with fall athletic events and student organization activities. Saying “no” to even a few invitations is difficult for some new students. By the end of the month, many freshmen will have begun to adjust to the demands and responsibilities of college life. For some, however, a few bad habits such as skipping class, staying out late every night, or spending too much time on the Internet, are starting to form.

SEPTEMBER S M T W TH F S

2016

WHAT PARENTS CAN DO



- » Reassure your student that feeling overwhelmed is normal for new students learning to manage academic demands and new personal responsibilities.
- » Remind your student that attending class regularly and keeping up with assignments are keys to academic success.
- » Encourage your student to build a time management schedule and stick to it.
- » Talk honestly with your student about family problems but avoid creating guilt because he or she is not at home or available to help.
- » If your student is experiencing severe homesickness, encourage him or her to get involved with a campus organization, seek a part-time on-campus job through Career Center or talk to someone in the Student Counseling Center.
- » Encourage your student to go to the Learning Center for information and help with time management strategies and study skills.

				1	2	3
					4:30 p.m. Last Day to Add a Class	UNT vs SMU (Home)
				Add/Drop		
4	5	6	7	8	9	10
	Labor Day (No Classes)					UNT vs Bethune Cookman (Home)
Last day for 70% refund						
11	12	13	14	15	16	17
	12 th Class Day (Census)		Last day for 50% refund			UNT at Florida (Gainesville, FL)
	Last Day for graduates to file for Dec. Graduation					
18	19	20	21	22	23	24
			Last day for 25% refund			All for NT/NT for all
		Last Day for undergraduates to file for Dec. Graduation				UNT at Rice (Houston, TX)
25	26	27	28	29	30	
					Family Weekend	

Time to get serious...

The business of academics makes October an important month for your student. The first mid-term examinations bring increased stress and anxiety. Your freshman's first set of college examinations may cause feelings of "needing to prove something." If your student does not meet expectations on these exams, they may experience feelings of failure and loss of self-esteem.

Complications may also occur from being around people with new values, differing views on the world, and feeling as if they are a "small fish in a big pond". It is a challenge to figure out how to be YOU. Social demands are high. Your student may compare himself to acquaintances, friends, and/or roommates in how quickly he is making

friends and joining organizations. Not dating frequently or not having someone to "hang out with" could easily lead to a loss of self-esteem. Furthermore, impulsive behavior in order to handle the social pressures of dating, drinking and being sexually active, may result in unwanted consequences.

Students who are unsure about or have not chosen a major may feel like they are lagging behind in this important life choice. The truth is that most freshmen are unsure about their major. The freshman year is a good time for personal and career exploration. The Student Counseling Center has many helpful services.

Trying to juggle the demands of school and creating a social life is a lot of work and may seem overwhelming. Adding to these challenges for your student are the complexities of managing finances and time, and learning to live with a roommate in close proximity in a residence hall. A few students may consider leaving school at this time-they may feel that college is "not for them", significant things could be happening at home, or they are considering transferring to another college. On the other hand, October is a time when many students begin to feel more at home at UNT and actively seek friendships and involvement. These connections should be reinforced.



OCTOBER

2016

S M T W TH F S

WHAT PARENTS CAN DO



- » Be open to listening to the frustrations of trying to “find” one’s place at the University.
- » Be sympathetic but careful not to provide too many suggestions on how to “fix” your students problems. Convey your confidence in their own ability to find their way around this new environment.
- » October is a good month to explore opportunities with student organizations. Encourage your student to go to the Dean of Students Office to find out more about them.
- » Encourage your student to use academic resources like the Learning Center so that they feel in charge of their studies.
- » Remind your student of previous success in making friends and having relationships so that impulsive actions are mediated by innate common sense and memories of success before college.
- » Spend a weekend at UNT visiting your student. Attend Family Weekend activities.

							1
							FAFSA Available
							UNT vs Middle Tennessee State (Home)
							Family Weekend
2	3	4	5	6	7	8	
Rosh Hashanah Begins	Second Installment of Tuition Due	Rosh Hashanah Ends			Last Day for Changes in pass/no pass status	UNT vs Marshall (Home)	
Muharram begins (Al Hijrah – New Year) (evening)	Housing Payment Due						
Family Weekend							
9	10	11	12	13	14	15	
	Columbus Day		Eid al-Adha				
		Yom Kippur Begins	Yom Kippur Ends				
16	17	18	19	20	21	22	
Sukkot Begins						Make a Difference Day	
						UNT at Army West Point (West Point, NY)	
23	24	25	26	27	28	29	
Sukkot Ends						UNT at UTSA (San Antonio, TX)	
30	31						
Muharram Ends (Al Hijrah- New Year)							



There's a light at the end of the tunnel...

As your student moves into November, he or she may begin to experience increased academic pressure due to procrastination, difficulty of work assigned or lack of ability. Major class projects or papers may be coming due at the same time that pre-finals stress starts to emerge. Those students who have concentrated on their studies throughout the semester may experience the added pressure of keeping high grades up through finals. Students who have spent more of their time on non-academic pursuits may feel overwhelmed by what they

perceive to be an unmanageable amount of work needed to catch up in their classes. Some students may attempt to cope with high stress levels by engaging in counter-productive behaviors. Late night socializing, increased alcohol consumption and poor eating habits tend to make the problem worse.

November is often a stressful month socially, emotionally, and physically for students. Depression and anxiety increase for students who feel that they still have not found

their "niche" at UNT. A few students may give up making attempts to establish new friendships beyond those that already exist. For some students, economics begin to play a larger role as funds from parents and summer earnings begin to run out. Stress and fatigue lowers students' resistance and makes them more susceptible to illness. The Thanksgiving break, though short, comes just in time to provide a much needed respite. Believe it or not, there are only a few weeks left before they will get an extended vacation.

NOVEMBER

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2016

WHAT PARENTS CAN DO



- » Remind your student about free tutoring services offered by the Learning Center.
- » Encourage your student to visit professors during office hours to get help or discuss academic performance.
- » If your student seems to be depressed or anxious encourage her to talk to a counselor at the Counseling and Testing Center.
- » If your student lives in a residence hall and is feeling isolated, encourage him or her to talk with an R.A. or Hall Director.
- » Even though this may be a time of increased academic pressure, encourage your student to dialogue with professors.
- » Remind your student to visit the Student Health and Wellness Center to take care of any health needs.
- » Should you become aware that your student is using alcohol irresponsibly as a way of dealing with stress, suggest that he/she gather information and talk to a counselor in the Substance Abuse Resource Center.

		1	2	3	4	5
				Housing Payment due Third Installment of Tuition Due		UNT vs Louisiana Tech (Home)
6	7	8	9	10	11	12
Daylight Saving (Ends)					Veterans Day	UNT at Western Kentucky (Bowling Green, KY)
13	14	15	16	17	18	19
						UNT vs Southern Miss (Home)
20	21	22	23	24	25	26
						UNT at UTEP (El Paso, TX)
				Thanksgiving (University Closed)		
27	28	29	30			

Finally, finals first...

This is a hectic month. Just back from Thanksgiving vacation, about two weeks remain before FINALS BEGIN! There is excitement about the holidays and end of semester, but the focus of attention is on academic work – completing papers, class projects and last tests. Final exam pressures generate anxiety in most students. But freshmen who don't know what to expect, experience high levels of stress. Some students may resort to alcohol or other drugs as a way to cope with intense emotions. Others may study nonstop and neglect sleep and meals, becoming physically rundown. Extracurricular activities increase with the end of semester and holidays. Socials, concerts, organization events and religious ceremonies vie for students' time and energy.

For some it may be difficult choosing whether or not to attend an event when they have so much studying to do. Students frequently have financial concerns. Installment loan payments or other debts incurred this semester, or next, may be due. Some worry about travel costs or fulfilling holiday gift-giving traditions. Some students may be tempted to charge up credit cards if they have not done so already. Final exam pressures may strain relationships and friendships. Students worry about the long break between semesters and how this might affect their relationships. For some, the risk of losing these connections compels them to spend more time socializing than studying.

Some students may worry about their families, and how they will “readjust” to routines at home during the holiday break. If there are family conflicts at home, your son or daughter may be uneasy about returning home. While the holiday season is generally a happy time, it can also be a period when some people experience holiday blues. Students are not exempt from this. These students need to be identified and referred for help. The good news is...most freshmen survive finals AND regard this first semester as a great learning experience. It serves as a guide for choosing positive study habits, managing time effectively, and balancing studies and social life in the future.



DECEMBER

2016

WHAT PARENTS CAN DO



- » Reassure your student these next few weeks will be stressful and challenging, but you will be there to help if asked.
- » Remind your student about the Learning Center and other academic / tutoring support services on campus if they express concerns about taking finals and reviewing course materials.
- » Encourage your student to eat a balanced diet, get a reasonable amount of sleep, and avoid alcohol, drugs and too much caffeine.
- » Suggest your student take advantage of Eagle's Refuge in the Union. This is a stress free zone with free food and drinks, massage therapist, and relaxing activities to help students reduce stress.
- » If your son or daughter seems quite anxious, depressed, or expresses feelings of hopelessness, let staff know. The CARE Team takes referrals for students in distress.
- » Offer support by phoning, sending emails, or visiting campus if requested. You will want to avoid putting another demand on his/her time unless it is absolutely necessary.

S	M	T	W	TH	F	S
				1	2	3
						Housing Payment due
						Final Installment of Tuition Due
4	5	6	7	8	9	10
				Last Class Day (Fall 2015)	Reading Day (No Classes)	
			Pre-Finals Week			Final Examinations
11	12	13	14	15	16	17
	Mawlid an-Nabi				Residence Halls Close for Fall Semester	
Final Examinations					Graduate/Doctoral/Undergraduate Commencement	
18	19	20	21	22	23	24
						Hanukkah (evening)
						Winter Break (University Closed)
25	26	27	28	29	30	31
Christmas						New Years Eve
Hanukkah (evening)						
Winter Break (University Closed)						



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

2017

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.

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
Reminder: Complete FAFSA for upcoming year						
New Year's Day						
Winter Break (University Closed)						
Hanukkah (evening)						Winter Alternative Break
8	9	10	11	12	13	14
			Residence Halls Open for Spring Move-in @ 2 PM	5:00 p.m. Payment deadline for registration (Spring) Last Day for Graduate Applications		
Winter Alternative Break						
15	16	17	18	19	20	21
	Last Day for 100% refund					
	MLK Day (University Closed)	First Class Day				Last Day for 80% refund
22	23	24	25	26	27	28
					Last Day for 70% refund	Chinese/Vietnamese/ Korean New Year
29	30	31				
	12th Class Day					
	Last Day for Graduates to file for May Graduation					

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 S M T W TH F S

2017

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.

			1	2	3	4
			SFAS General Scholarship Application/ Opportunity Deadline Review	Last Day for 50% refund Groundhog Day	Housing Payment Due	
5	6	7	8	9	10	11
		Last day for undergraduates to file for May Graduation				
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
	Presidents Day				Last Day for Changes in pass/no pass status	
26	27	28				
		Last Day for 25% refund				



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

2017

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.

S	M	T	W	TH	F	S
			1	2	3	4
			SFAS General Scholarship Application/ Opportunity Deadline Review		Housing Payment Due	
			Ash Wednesday			Eaglethon
5	6	7	8	9	10	11
						Beginning of Purim (evening)
						Alternative Spring Break (ASB)
12	13	14	15	16	17	18
End of Purim Evening			SFAS Priority Deadline Complete FAFSA		St. Patrick's Day	
Daylight Savings (Begin)	Spring Break (No Classes)					
Alternative Spring Break (ASB)						
19	20	21	22	23	24	25
Spring Break (No Classes)						The Big Event
26	27	28	29	30	31	

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

2017

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.

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
	Housing Payment Due					
9	10	11	12	13	14	15
	Beginning of Passover (evening)				Good Friday	
16	17	18	19	20	21	22
Easter		End of Passover (evening)				
23	24	25	26	27	28	29
30						

UNIVERSITY of NORTH TEXAS

EST 1890



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

2017

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.

S	M	T	W	TH	F	S
	1	2	3	4	5	6
		Last Class Day	Pre-Finals		Reading Day (No Class)	Final Examinations
7	8	9	10	11	12	13
					Graduate/Doctoral/Undergraduate Commencement	
Final Examinations					Halls Close	Residence Halls Open (Summer, 3w1 & 8w1)
14	15	16	17	18	19	20
Leadershape						
Add/Drop (Summer, 3w1 & 8w1)						
Mother's Day	First Class Day (Summer, 3w1 & 8w1)					
21	22	23	24	25	26	27
						Ramadan (Begins)
28	29	30	31			
	Memorial Day (University Closed)	Shavouth (Begins)	Last Class Day (3w1)			

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

2017

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.

S	M	T	W	TH	F	S
				1	2	3
				End of Shavouth (evening)	5:00 p.m. Payment deadline for registration (5w1 & 10w1)	
					Last Day for undergraduates to file for August Graduation	Add/Drop (5w1 & 10w1)
				Final Exams (3w1)	Residence Halls close for Maymester (3w1)	Residence Halls open for Summer 1 (5w1 & 10w1)
4	5	6	7	8	9	10
	5W1/10W/8W2 – First Day of Class					
Add/Drop (5w1 & 10w1)		Last Day for Graduates to file for August Graduation				
11	12	13	14	15	16	17
			Flag Day			
18	19	20	21	22	23	24
Father's Day						Ramadan (Ends)
25	26	27	28	29	30	



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

2017

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.

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
		Independence Day (University Closed)		Last Class Day (8w1 & 5w1)	Final Exams (8w1 & 5w1) Residence Halls close for Summer 1 (5w1)	Residence Halls open for Summer 2 (5w2)
9	10	11	12	13	14	15
	First Class Day (5w2)				Payment deadline (5W2)	
16	17	18	19	20	21	22
				Housing Payment Deadline for all summer housing charges		
23	24	25	26	27	28	29
30	31					

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.

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.



UNT is an affirmative action,
equal opportunity educational institution.

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Special thanks to the TSU Counseling Center

For more information, contact:
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