



a newsletter for parents & families



GEORGIA'S PUBLIC LIBERAL ARTS UNIVERSITY

University Housing

February 2018

Making Community Contributions

At this point in the year, some students are knee-deep in community involvement, while others are still trying to figure out their place. A key question to ask your student regarding this is “What could you contribute to the campus community?”

You can help students assess their contributions with a few other key questions, too...

- What are some things you could teach other people? (These can be anything, from sign language to grammar tricks to the rules of basketball!)
- What about your personality makes you a positive community member?
- What does “community involvement” mean to you?
- What types of community contributions have you provided thus far?
- How else do you see yourself getting involved in this community?
- What do you hope to show other members of this community?



- What interests/talents/hobbies do you have? How could each be used to contribute to this community? (e.g. You are great at graphic design and could offer to develop a poster series with the leadership office.)

Your student can get involved in various ways, such as...

- Attending hall council meetings
- Helping residence hall staffers with a program or bulletin board
- Joining the campus newspaper to sell ads
- Forming an intramural basketball/volleyball/ping pong team
- Attending a retreat run by campus ministry
- Participating in a service project with some classmates
- Giving campus tours through the admissions office
- Helping to decorate a campus space for Open House
- Singing with the gospel choir or another campus group

Encourage your student to talk with a trusted advisor, coach, supervisor or residence hall staffer about positive ways to get involved in the campus community. It doesn't have to be a huge commitment, especially not at first! Yet, engaging in the community is a proven way for students to feel more a part of things and to feel like they want to stick around.



Tick, Tock: 12 Ways to Beat the Clock

February is Time Management Month. Here are 12 time management tips you can share with your student:

- 1. Write Things Down.** You have far too much going on to remember every little thing you need to do. Utilize a student planner or online calendar to keep track of assignments and other goings on.
- 2. Set Realistic “To Do” Lists.** Maintain realistic goals and you won’t be disappointed when you don’t finish everything you planned to do.
- 3. Control Your Surroundings.** You can’t control the noise outside your room, but you can control where you set yourself up to study. Don’t waste time getting frustrated. Instead, do whatever you *can* do to stay on task.
- 4. Get the Tough Stuff Done First.** You’ll get more done in the long run if you do things that require more mental energy first. Plus, you’ll spend your day less stressed.
- 5. Do One Thing at a Time.** Multitasking isn’t all it’s cracked up to be – in fact, it can actually make things take longer.
- 6. Break Big Tasks Up into Smaller Tasks.** Don’t let yourself get overwhelmed with big projects. Break them up into smaller tasks and tackle a piece each day. You’ll feel productive and confident as a result.
- 7. Don’t Wait Until the Last Minute.** You never know what might crop up. Nothing is more stressful than cramming.
- 8. Motivate Yourself with Rewards.** Halfway through your homework? Grab a quick cup of coffee or go for a 20-minute walk. Utilizing things you like as rewards will keep you motivated during the long hours – and will help you speed up your work.
- 9. Remember That All Your Time is Equally Important.** Go, go, go. That’s what college is all about, right? It doesn’t have to be. Hanging out and relaxing are just as important as completing an assignment. Balance is where it’s at.



- 10. Use Your Time Wisely.** Procrastinating isn’t a good idea. Get the tasks you need to done – without wasting time – and then you’ll have more time to do the things you enjoy!
- 11. Give Yourself Some Leeway.** Someone will always need your help when you have something else to do. Maintain flexibility in your schedule to accommodate these interruptions.
- 12. Don’t Forget about Sleep.** We can’t say it enough: sleep is incredibly important. If you don’t get enough, everything will suffer.

Seasonal Student Issues

Here are a few things your student may be experiencing this month:

- › Things become routine... school finally becomes home
- › Pressures to figure out living plans for next year as the room assignment process draws near
- › Difficulty getting into study mode
- › Missing family and friends at home, and friends who did not return to school
- › Cliques become stronger within residence hall communities, student organizations and in classes
- › Cabin fever and burnout
- › Valentine’s Day depression, if not dating or if a relationship is not going well
- › Vocational choice/internship search causes anxiety
- › Sophomores facing decisions about declaring a major
- › Spring break planning underway



February Celebrations to Share

February is full of celebrations that you can share with your student! For instance:

It's Black History Month

So, why not...

- Share some trivia questions to see how much you can educate one another?
- Talk about Black leaders, living or deceased, that you admire and why?
- Ask what she is learning about Black History in class or through Black History Month programs happening on campus?



It's National Hot Breakfast Month

So, why not...

- Make breakfast for your student one morning when he's home?

- Give him \$10 so he and a friend can attend a pancake breakfast at the local firehouse?
- Send him an envelope filled with instant oatmeal packets?

It's National Time Management Month

So, why not...

- Share a time management tip that is working well for you?
- Encourage your student to talk with an advisor, residence hall director, coach or other trusted adult if she is struggling with time management?
- Get a simple \$5 plastic wall clock, pry off the cover and decorate the face with pictures/stickers/etc. to give your student "the gift of time"?
- Share ideas from the time management article on the previous page?

There is always some way to connect with your student – and February offers plentiful options!

FAFSA Filing Options

Here's a friendly student reminder about filing options for the Free Application for Federal Student Aid – or the FAFSA:

- **If you're planning to attend college between July 1, 2017 and June 30, 2018**, your application must be submitted no later than June 30, 2018
- **If you're planning to attend college between July 1, 2018 and June 30, 2019**, your application must be submitted no later than June 30, 2019
- **If you're applying for a summer session**, the Federal Student Aid office suggests that you check with your institution to verify which application you should complete

A PDF FAFSA is available for you to print and fill out manually or is screen-fillable online at: <https://fafsa.ed.gov/options.htm>.

Note: Each state has a different deadline – you can go to <https://fafsa.ed.gov/deadlines.htm> for a comprehensive listing.

Never hesitate to talk with campus financial aid professionals with any specific questions you may have. They're more than willing to speak with both students and their parents/guardians.





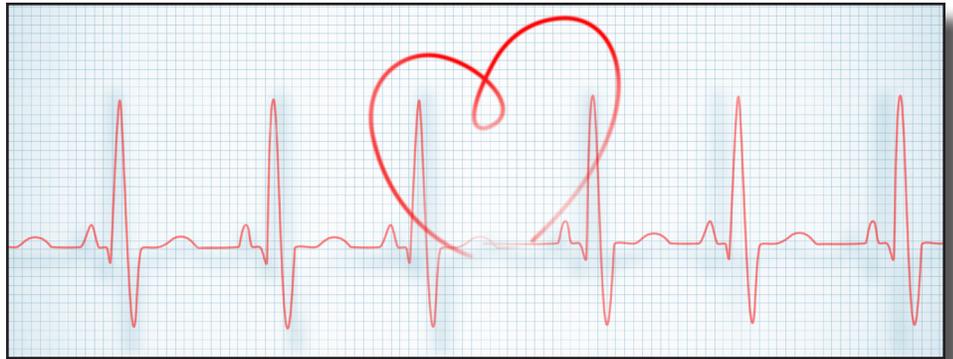
Get Heart Smart with Your Student This Valentine's Day

As Valentine's Day rolls around, it's easy for students who aren't in relationships to feel left out. But you can help!

Make this Feb. 14 about focusing on your hearts – those living, pumping mechanisms that keep us going when we treat them right – instead of flowers and stuffed animals. You and your student can start a Heart Smart challenge, whether you're communicating from afar or living in the same household.

Some components of such a challenge could include:

1. Both of you going to the doctor to get your heart health checked.
2. Becoming aware of your resting heart rate.
3. Committing to eating a heart healthy meal at least 5 times per week and then sharing recipes for and photos of those meals with one another.
4. Learning something new about cholesterol, nutrition, weight management and more on the American Heart Association site (www.heart.org) once a week that you can share via email or text.
5. Sharing a goal that you'll walk or run a 5K in the late spring or early summer – and then getting into an exercise program that'll help you prepare! Talk about your fitness goals and accomplishments along the way – it's more exciting than talking about the weather, right?
6. Helping each other manage stress more effectively through online encouragement, de-stressing phone calls and taking walks when you're together.



7. Becoming aware of stroke warning signs and prevention tips at www.strokeassociation.org.

This is just the tip of the healthy heart iceberg. Yet, if you and your

student focus on getting heart healthy together this Valentine's season, the difference could be dramatic, now and for years to come. It's the ultimate sign of love.

Creative Valentine's Day Celebrations

Who says Valentine's Day is just for those who are dating or married? Valentine's Day is all about love! You can show love for your student this month by...

- ▶ Sending a gift box with your student's favorite treats from home
- ▶ Arranging for your student to Facetime or Skype with the family pet
- ▶ Sending a DVD of a nostalgic "love" movie and some microwave popcorn
- ▶ Putting together a family letter to your student, where each family member writes a sentence until you've created a page full of good, chaotic fun!
- ▶ Gathering Valentine-making supplies – from paper to doilies to stickers – so your student can have a card-making party
- ▶ Creating a playlist with songs your student loves or songs from his/her childhood
- ▶ Calling or writing to share some of your favorite stories from their growing up years
- ▶ Developing a photo book featuring family and friends all holding their version of a heart, so your student has a collection of the people who love him/her

