

UNIVERSITY PARENT
GUIDE



ORIENTATION
2011

**The University
of Alabama**

CAMPUS RESOURCES – LOCAL INSIGHT – HELPFUL INFORMATION

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THE UNIVERSITY OF **ALABAMA**

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About Our Guides

University Parent Media works closely with institutions around the country to bring together the most relevant, timely information into one all-inclusive resource.

We have published this guide with the mission of helping you easily navigate the university and its surrounding community. Ultimately, we hope these resources help nurture your connection and involvement in your student's college years!

Make the Most of Your Parent Guide

- Hang on to your Guide! Inside you'll find information that's useful all-year long, including important phone numbers, web sites and calendars.
- Store your copy in a purse or glove compartment for convenient reference.
- Pass it along to parents of prospective college students to promote the school.
- Please recycle when finished!
- Discover more content, tips and local business information by visiting us online at: www.universityparent.com/alabama



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Welcome to The University of Alabama Family!

Dear Parents and Family Members,

Welcome to The University of Alabama Family! It is our pleasure to welcome each of you to our community.

The University of Alabama is committed to partnering with parents and families to assist in the success and education of our new students. The Office of Parent Programs provides resources and programs to assist you in the support of your student's growth at UA and also to provide support to students as they transition into college life. We encourage you to take advantage of our resources over the next few years.

The Office of Parent Programs offers a wide variety of resources and events for parents and families. Not only do we welcome each new family with information during Parent Orientation and with this guide, but we host Family Weekend each fall, provide print and e-mail newsletters to parents on a monthly basis, have a presence on Facebook, and sponsor the Parent Helpline along with many other services.

We encourage you to visit the parent web site frequently at parents.ua.edu. This website is up to date with information you need to know and will serve as a great starting point when you have a question or concern.

We appreciate your involvement in your student's experience and look forward to a great next few years with your student on campus. Please let us know if we can ever be of assistance as you and your student transition to this very exciting time!

Best Wishes!

The Office of Parent Programs ■

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www.universityparent.com/alabama



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Meet the Parent Ambassadors

The Parent Ambassadors are a small, dynamic team of University students who serve the University during Parent Orientation. They will assist you throughout your orientation experience. This year's team features students from many areas both in-state and out-of-state who are involved in a wide variety of academic and social backgrounds at The University of Alabama.

THE UNIVERSITY OF ALABAMA



Jebrell Long
Junior, Marketing
Tuscaloosa, AL



Andrea Martin
Sophomore,
Secondary Education
Alpharetta, GA



Haley Martin
Sophomore,
Secondary Education
Irving, TX



Alex McNair
Sophomore,
Psychology &
Health Studies
Frederick, MD



Camilla Armstead
Junior, Secondary
Education
Montgomery, AL



Savannah Bernal
Freshman, Secondary
Education
Enterprise, AL



Natalie Cucinotta
Freshman, Economics
& Finance
Marshall, TX



Ray Dawkins
Junior, Biology
Montgomery, AL



Cori Moore
Sophomore, Business
Chicago, IL



Jaymee Nelson
Sophomore, Nursing
Clarksville, TN



Adam Sherburne
Sophomore, Marketing
Coppell, TX



Emily Swartz
Freshman, Finance
Hamilton, OH



David Green
Sophomore,
Healthcare
Management
Detroit, MI



Ashton Greer
Sophomore, Civil
Engineering
Kingsport, TN



Ethan Kitchens
Junior, Accounting
Decatur, AL



Savanna Lauderdale
Junior, English &
American Studies
Tuscaloosa, AL



Sarah Tharani
Sophomore,
Health Sciences
Hoover, AL



John Tilley
Junior, English & Math
Wetumpka, AL

PARENTS:

Want to stay connected to the University while your student is in school? Join the Alabama Alumni Association! Come by the FATE table at Orientation to find out more info and to join!

THE UNIVERSITY OF
ALABAMA
ALUMNI

alumni.ua.edu
205-348-5963

STUDENTS:

Join the largest student organization on campus! Come by the FATE table at Orientation to find out more info and join this exciting organization.



fate.ua.edu
205-348-1559



Move-In Tips

Each of our communities has a specific move-in process designed to make the experience as easy as possible for students and parents. Please visit the Move-In 2011 Web site (<http://movein.ua.edu>) to learn about your community's move in schedule and plan.

Come at your assigned time

Move-in day is hectic for everybody, and there will be many people on campus. HRC has thoughtfully and deliberately planned for each residence hall to open at certain days and times. Please be considerate of everyone and arrive at your scheduled time. It will make the process easier for you and all involved.

Bring your own cart or dolly

Most dorms have carts, but very few, and having a cart or dolly will help you move things from your car into the building.

Label everything

Label every box and container with your student's name and residence hall room number. This will help insure that everything gets safely to your student's room, and will assist the many volunteers who help during move in.

Pack light

Heavy winter clothing is not necessary at the beginning of school. Also, most residence hall rooms have limited storage space. Bring a blanket for unexpected cold nights, and a few sweaters or a light jacket. This is probably all your student needs until a visit home in the fall.

Bring cleaning supplies

Your student's room will already have been cleaned, but you may want to have these things on hand for moving in and for the future.

Coordinate with your roommate about arrival time and who is bringing what items

Due to your selected arrival times, your student's roommate may not arrive at the same time.

Coordinate with your roommate concerning who will bring larger items, such as televisions. Limit bringing family and friends

Please remember thousands of students will be moving into residence halls during this time. Due to the high volume of people and the smaller scale of some residential facilities, please limit the number of people involved in your move-in process. Once the move-in process is complete, encourage family and friends to visit.

THINGS TO BRING

Bath Towels	Umbrella	Fan
Mattress pad	Room freshener/ cleaning supplies	Clothes hangers
Pillow, blanket/bedspread	Small first aid kit	Tissues and/or paper towels
Sheets/pillowcases	Disposable dishes and plastic utensils/cups	Flashlight
Desk lamp/desk organizer	Shoe storage	Plastic storage crates
Wastebasket	Laundry basket, detergent, starch	Stereo/radio/TV
Drawer liner (not contact paper)	Iron	Memo board
Pictures and posters	Raincoat	Lap board
Broom and/or hand- held vacuum	Flip flops (for community showers)	Stapler
Bottle/can opener	Plastic bucket for shower items	Alarm clock
File Folders		Stamps and envelopes
Surge protector		Mattress topper
Sewing kit		3M command hooks and command strips

THINGS NOT TO BRING

There are also a few things that you should leave at home as they are fire, health, or safety hazards and can be confiscated according to Housing and Residential Communities policy:

- Open element appliances such as hot plates, toasters, space heaters, ovens, George Foreman Grills, kerosene heaters, or sun lamps.
- Candles, incense burners, Bunsen burners, or anything else with an open flame.
- Appliances that require outside antennae.
- Extension cords without a ground and fuse.
- Pets, with the exception of fish in an aquarium of 20 gallons or less.
- Halogen lamps

Please do not bring refrigerators or microwaves if you are moving into a residence hall as combination or standalone units are standard. Please note that microwaves are not standard in apartment communities. ■

Living Off Campus

Commuter students often have different challenges than students living on campus. These students often need to put in extra effort to get involved with campus life and have to plan accordingly to allow for parking and travel considerations.

These students may also experience difficulty building relationships with faculty and staff on campus and often are less aware of the learning resources available to them. Being aware of these challenges as a parent, you can assist your student in becoming engaged with all UA has to offer.

If your student is still living at home, develop guidelines for your student and the rest of the family to ensure a successful transition. Communicate with your student frequently and celebrate the successes your student has during college. Also, invite your student's new

college friends in to your home and be sure to attend Family Weekend activities!

To locate off-campus housing, please take advantage of the Crimson Choice program within The University of Alabama Public Safety organization. This program works with the local community to provide our students and their parents with information that will assist in making more educated choices about off-campus housing. For more information visit: www.crimsonchoice.ua.edu. Other useful resources include Housing and Residential Communities' Off Campus Resources and the Web site <http://housing.ua.edu>. ■

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Academic Advising and Services

Academic advising is a critical component of student success at The University of Alabama. A good relationship with an academic advisor alerts students to resources, services, and opportunities that enrich their UA experience. Advising is provided with each college, and each college tailors its advising methods according to its students' needs. However, there are some general rules that apply throughout the University. Advising is available year-round, but there are specific times in the fall and spring when students see their advisors in order to register for the upcoming semester.

This advising for registration occurs approximately mid-semester. There are many resources available to students to guide their academic planning: the undergraduate catalog, the myBama website and college and departmental web pages.

For information specific to each college, please contact the college's student services office:

College of Arts and Sciences
(205) 348-5970
www.as.ua.edu/home/undergraduates

Culverhouse College of Commerce & Business Administration
(205) 348-4537
<http://cba.ua.edu/students>

College of Communication and Information Sciences
(205) 348-8599
<http://cis.ua.edu/undergraduatestudies/advising.html>

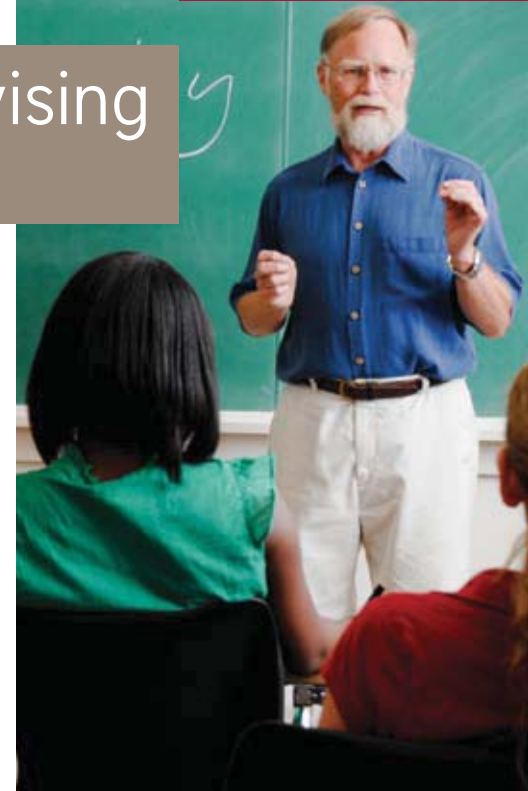
College of Education
(205) 348-6073
<http://education.ua.edu/student-services>

College of Engineering
(205) 348-6400
http://coeweb.eng.ua.edu/current_students/undergrad.htm

College of Human Environmental Sciences
(205) 348-6150
http://ches.ua.edu/student_services

Capstone College of Nursing
(205) 348-6639
http://nursing.ua.edu/student_services.htm

School of Social Work
(205) 348-2020
<http://socialwork.ua.edu/current-students> ■



Student Financial Information

Paying for a higher education degree can be confusing. To help understand how the process works at UA, here are some frequently asked questions and the answers to those questions.

What will the UA rates be for the Fall 2011 semester?

Actual rates for Fall 2011 will be established and approved the end of June 2011. That information will be available at cost.ua.edu on or after this date. Current year's costs may be viewed at studentreceivables.ua.edu to assist with financial planning.

When is the deadline to confirm schedules?

You are not required to pay at Orientation. Students will access their student account on myBama to see Fall 2011 financial activity beginning mid-July. Paper bills are not mailed. Instead, your student will be notified via email when to access to his/her account on the web and reminded of the deadline for payment, which then confirms his/her schedule.

What does 'pay/confirm my schedule' mean?

The payment of tuition, college/course



fees, residence hall room, dining dollars, meal options, and parking decal charges are a part of the registration process known as 'confirming your schedule.' Payment, or payment plan agreement, is required before each semester's registration is confirmed. When your student receives the email notice that the account is available, he/she will go to myBama and view the account, select 'confirm my schedule,' choose to either pay in full or select a deferment plan, make the required payment and then the schedule will be confirmed.

How do I make a payment?

Web payment on myBama may be made by credit card (Visa, MasterCard or Discover) or by web check. The student may also mail the required payment, make in-person payments or pay by credit card via telephone.

Can a parent make payments on an account and confirm a schedule?

Yes, if the student grants access to the account (student financial account only) by establishing a Parent/Guest account. If the student provides email address(es) in conjunction with the Parent/Guest account, these email addresses will also receive notices and reminders of billing dates and deadlines. The student will have to

provide the user name and password he/she created for the Parent/Guest account to the individual(s) he/she is authorizing. Those with this information will be able to view your student's account summary, make payments, and confirm the schedule. Your student will still want to check the account to make sure that any necessary payments have been made and that the schedule has been confirmed by the deadline. Instructions for setup can be found online at <http://studentreceivables.ua.edu/Howto.html>.

I have other questions related to my student's charges, or payments, disbursements of funds, financial deadlines, financial implications of withdrawal, etc. Where do I go to get the answers?

A great deal of information is available online at the Student Receivables website (studentreceivables.ua.edu). You may also contact Student Receivables at (205) 348-5350, or via email at receivables@fa.ua.edu. ■



Career Center

Division of Student Affairs



The Career Center staff is happy to serve all UA students and alumni. Whether your student is choosing a major, pursuing a job, applying to graduate school, or changing careers, we are here to help. Our objective is to meet your students where they are in the major or job search process in order to help them achieve their career goals. Walk-ins are always welcome! Please feel free to contact us using the information listed below.

C&BA Satellite - 250 Bidgood (205) 348-2691	Main Office - 330 Ferguson Center 751 Campus Drive - (205) 348-5848	Engineering Satellite - 1004 Bevil (205) 348-4839
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Student Support Services

Student Support Services (SSS) at The University of Alabama is a federally funded program housed in the Center for Teaching and Learning whose mission is to provide an array of academic and personal support services to first generation college students with limited incomes and/or disabilities.

Student Support Services is designed to increase persistence and graduation rates by promoting student development through opportunities to grow personally, professionally, and academically. Some of the services offered include counseling and advising, tutoring, informational workshops and seminars, private computer labs and study areas, mid-term progress, graduate and professional school prep programs, as well as peer mentoring for incoming freshmen and transfers.

To qualify for program participation, students must be U.S. citizens, enrolled or accepted for enrollment at UA, and have a need for academic support in order to persist toward graduation. The SSS program is limited to 200 participants per year. An application may be submitted online, mailed to the SSS office, or delivered in person to 225 Osband Hall. For more information, visit www.ctl.ua.edu/ssc or contact the Student Support Services TRIO program at (205) 348-7087. ■



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Freshman Seminars and Freshman Learning Communities

Freshman Seminars and Freshman Learning Communities are great ways to get your new student plugged into the Alabama Community!

Freshman Seminars are courses that are designed to engage students in meaningful relationships with their peers, faculty and/or campus community in a small group environment while enhancing a student's academic experience. A Freshman Learning Community (FLC) is similar to a Freshman Seminar in that it is a community of small groups of students (usually 10-20). FLCs take several fall courses together that center around a topic, and have a faculty member who gets the group together once a week to discuss the topic and how it relates to the world in which we live.

If your student is interested in Freshman Seminars, please visit provost.ua.edu.

If your student is interested in Freshman Learning Communities, please visit flc.ua.edu. ■

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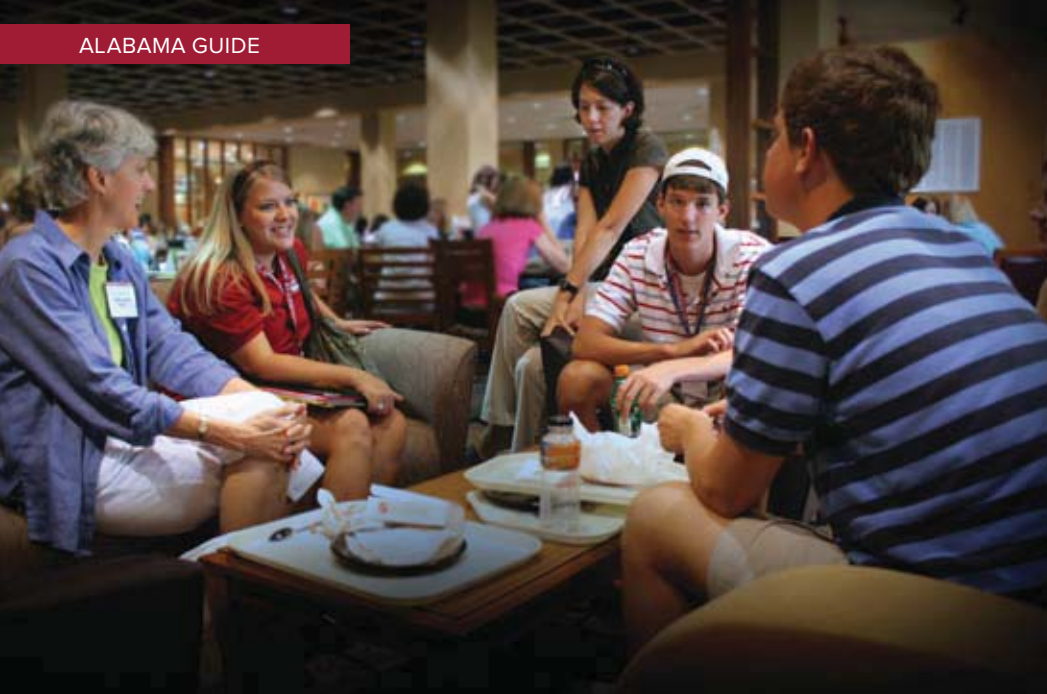
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Dining Services

Bama Dining provides a variety of ways for your student to eat on campus. With dining halls, food courts, markets and more as options, your student is sure to find options that work for him or her.

All freshmen are required to have a meal plan. Each meal plan is based on the number of meals your student can eat in a dining hall per semester. To help make this decision, ask your student to think through their academic schedule. Do they plan to wake up and have breakfast before class? What is their normal meal routine like? These are important questions to ask to help in making this decision.

Dining Dollars is another program that each undergraduate student enrolled in 9 or more credit hours is automatically enrolled in. This program gives each student \$300 each semester to use at dining locations around campus, and is intended to supplement a student's meal plan.



Bama Cash is an optional program available for UA students. This is a program that is similar to a checking or debit account. Students and parents can add dollars to this account, and this money can be used at locations on and off campus. There is no dollar requirement.

For more information about Dining Services at UA, please visit bamadining.ua.edu.

Emergency Preparedness at UA

The University of Alabama's Office of Emergency Preparedness is committed to improving the University's readiness for potential emergencies. This includes developing and exercising emergency plans, supporting first responders during an incident, conducting training, and advancing the emergency management process.

Following, are some tips to share with your student to ensure they are prepared should an emergency arise. Also, encourage your student to visit beready.ua.edu for a full list of potential hazards.

Inclement Weather

- Weather advisory posted on the UA homepage
- Weather advisory sent out through UA Alerts to faculty, staff and students
- Check www.wvua7.com/content/weather for details.

Medical Emergencies

- Call 911 from a campus phone or UA police at 8-5454 [(205) 348-5454]

Fire

- If you are unable to extinguish the fire, leave the area immediately and pull the fire alarm. From a safe location, call 911 or 348-5454 to report the fire.
- On your way out, warn others nearby.
- Move away from fire and smoke. Close doors and windows if time permits.
- Move well away from the building and go to your building's designated Emergency Assembly Area.

Go to prepare.ua.edu for more information. ■

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Greek Life at the Capstone

Greek organizations make important contributions to university life. Over 6,500 students are in the 33 fraternity and 23 sorority chapters currently represented at the Capstone.

WHAT ARE THE BENEFITS OF MEMBERSHIP?

Community Service

Greeks support national and local philanthropies. Each semester, chapters and individual members volunteer time and raise money to benefit worthy causes. UA Greek members have raised over \$450,000 for charity in the last two years.

Leadership

Members learn to live and work within various communities, practicing responsibility and leadership. Greeks are involved in many campus organizations, such as student government, honor societies, athletics, and various student groups, holding various leadership positions.

Social

Whether the events are informal get-togethers, football games, or formal dances, the social environment provides another opportunity to develop and mature as a responsible adult.

WHAT IS THE COST?

Average cost per semester for a sorority member

Living in the sorority house: \$3,430

Living out of the sorority house: \$2,086

Average cost per semester of a fraternity member

Living in the fraternity house: \$3,381

Living out of the fraternity house: \$2,304

New Members who join any of the Greek organizations with full-service kitchens will automatically have their meal plans reduced to 50 meals per semester \$385. This plan is in addition to your sorority meal plan which provided 3 meals a day Monday –Thursday and breakfast and lunch on Friday.

In addition to these costs, new members can expect to pay one-time fees during the first semester. Fees may include a pledge/new member fee, and an initiation fee. The average cost of these fees is \$250.00 for sororities and \$175.00 for fraternities.

Fees may vary from year to year, and the figures provided above are only rough estimates of what organizations may charge. The cost of membership in an NPHC fraternity or sorority typically ranges from \$50 to \$250 per semester. NPHC initiation fees can be anywhere from \$400 to \$2,000 depending on the organization. If your student is interested in joining an NPHC organization, he or she should attend a chapter interest meeting for information about financial obligations.

NPC SORORITY RECRUITMENT

Formal Recruitment is the official process associated with joining a sorority that is affiliated with the National Panhellenic Conference (NPC) at the University of Alabama and it is the first opportunity of the school year to join an NPC Greek organization at the Capstone. For more information, contact the NPC Office at (205) 348-6219.

ARE THERE ADDITIONAL REQUIREMENTS OTHER THAN FINANCIAL REQUIREMENTS TO JOIN A SORORITY?

Individual NPC member organizations may have national, international or chapter GPA requirements for membership. There is no minimum GPA requirement to participate in recruitment at The University of Alabama. The Alabama Panhellenic Association will share with the chapters your official GPA that you have on file with the university prior to recruitment.

NPHC/ UGC INTAKE

The term “Intake” refers to the recruitment process of our NPHC and culturally-based organizations. NPHC and UGC organizations have delayed recruitment, which means that an individual must have 12 or more college semester hours prior to joining an NPHC organization. For more information, please contact the NPHC office at (205) 348-8873.

IFC FRATERNITY RECRUITMENT

Traditionally, groups recruit members during the spring and summer prior to their first year and extend bids for membership prior to classes beginning in the fall semester. Other fraternities may hold a formal recruitment during late August and early September. During formal recruitment each prospective new member has the opportunity to interact with individuals from each fraternity and visit their houses. If you have questions or need contact information for a fraternity, please contact the IFC office at (205) 348-6077.



WHAT IS HAZING?

Hazing includes any act which inflicts extreme physical, emotional, or psychological pressure or injury on an individual or which purposely demeans, degrades, or disgraces an individual. Alabama is one of 31 states with anti-hazing legislation. UA's 24-Hour Hazing Hotline has been established so that you can help prevent an accident or injury from taking place. If you become aware of a hazing incident or feel uncomfortable in a situation that you think is hazing, please call the hotline at (205) 348-4258. You can leave a confidential message, but please include as much detailed information as possible.

For more information about Greek Life at UA, please visit us online at www.greeklife.ua.edu. ■

THE UNIVERSITY OF ALABAMA

Week of Welcome

The University of Alabama's Week of Welcome is a week long, on-campus experience before the beginning of the fall semester designed to welcome new students to UA's campus. This week is a great opportunity for students to connect with various resources across campus as well as reconnect with other students they may have met during Bama Bound. Students also meet new friends and classmates during the Week of Welcome and get acquainted with navigating campus. Parents and family are invited to attend the following activities:

Friday, Aug 19, 2011 at 6 p.m.

- Join your student for a Family Dinner in Burke or Lakeside Dining Halls!

Saturday, Aug 20, 2011 at 8 a.m.

- Join other parents and staff for breakfast!

For more details regarding these events and a full schedule, please visit: wow.ua.edu. We look forward to seeing you back on campus! ■



Join us for Family Weekend!

The Office of Parent Programs invites you and your family to attend Family Weekend, September 16-18th!

We hope you take this opportunity to visit campus for a weekend of events the whole family can enjoy. We know you are looking forward to spending time with your son or daughter and we will have a flexible schedule to allow your family to take part in the events and activities that interest you.

During Family Weekend, you will have the opportunity to do anything from visit with campus offices and services to cheering on the Tide! Events begin early Friday and will last throughout the weekend. Family Weekend registration begins June 6th and ends August 26th. Visit parents.ua.edu for more information. ■



Last Minute Advice for Your College Student

Before Move-In day arrives, parents often want to impart some last minute advice on their new college student. Although students have been listening and gaining advice from you throughout their lives, these reminder conversations are important. Consider reviewing some life skills with your student. By having these skills, students will feel less stress during the transition period and will be more likely to have a successful first semester at The University of Alabama!

Lock their doors – begin this summer in making your student responsible for securing the house at night. Getting in this habit will certainly pay off once they live away from home.

Do their own laundry – teach your student how to separate colors, remove items from pockets, and check labels for “Dry Clean Only.”

Manage finances – stress the importance of recording purchases to their debit or credit card, make sure they can balance a checkbook, and most importantly, put them on a budget.

Make responsible decisions – everyday your student will have a multitude of decisions to make. From going to class, choosing meals, or experimenting with alcohol and drugs, your student will benefit from a review of your expectations and how to stay safe and healthy.

Communicate – encourage your student to take responsibility in contacting university faculty and staff when they need something and set expectations for communicating with yourself and other family members. If you review how often you hope to speak with your student before they leave, there will be less confusion later on. ■

Adjusting to College Life:

Recommendations for Your Student

Get Involved.	Involvement with others and campus activities are healthy pursuits. Involvement can breed positive thoughts and feelings and is related to good self-esteem and academic success.
Stay Positive.	Students should work towards maintaining an optimistic attitude and interacting with others in productive ways. Encourage your student to be accepting and tolerant of themselves and others.
Go To Class.	Academic success and successful stress management is dependent upon good attendance.
Party Smart.	If your student chooses to drink alcohol, encourage him or her to do so in ways that avoid harming themselves or others and doesn't result in poor academic performance. Students should do everything in moderation.
Stay On Campus.	The college years are a time to develop independence and autonomy. This occurs when your student becomes their own person and develops new relationships in their new community.
Eat And Sleep Well.	Students function at their best when their bodies are appropriately nurtured.
Practice Good Stress Management.	While some stress is inevitable, there are things your student can do to prevent or reduce stress. Encourage them to seek out and learn these methods.
Communicate Productively.	Students must be assertive with others so that their own needs are met. Encourage them to do this in ways that respect others and their differences.
Maintain Healthy Relationships.	Encourage your student to work to avoid "toxic" relationships. Students should put effort into resolving conflicts in ways that honor themselves and others. They should also remain in touch with those that support them.
Stay Focused.	Academic life requires students to focus and concentrate. Students should work to reduce or avoid things that interfere with their concentration.

Content Provided by The University of Alabama Counseling Center. ■

THE UNIVERSITY OF ALABAMA



The Difference Between High School and College Tests

Every fall semester, new students may be disappointed by their first experience with university tests. Students who enroll at the University have been good students in high school and are accustomed to performing well. At UA, they will attend their classes, read their textbooks, and study their notes. Yet, in spite of doing these things, many beginning students still do not perform as well as they would like on their first exam.

One difference in college is instructors expect their students to really understand the material. Tests in high school often require simple recognition or memorization while college tests require thorough understanding.

Another reason college students find tests difficult is that college tests tend to cover considerably more material than do high school tests. While tests in high school often covered only one chapter (15-20 pages), it is not unusual for college tests to cover three, four, five, or even six chapters (100-200 pages). The amount of material covered should influence how students prepare for tests. Just because "waiting until the night before" worked well in high school, many beginning university students try this same method of studying and may, invariably find,

that they cannot learn a large amount of material in a short amount of time.

It's definitely possible for students to perform well on their college tests if they adapt their study habits early and realize that it will take more time and studying. Poor grades on college tests should serve as a wake-up call to students and remind them that high school study methods will not work in college. Poor college grades are not an indication of lack of ability or lack of intelligence. They are more often than not an indication of procrastination and lack of preparation. The University of Alabama hosts a multitude of resources for students. Encourage your student to start on the right track by visiting the Center for Teaching and Learning early in the semester. For more information visit ctl.ua.edu. ■

Conflicting Demands at The University of Alabama

During the first few weeks of the fall semester, students new to UA must learn to adjust to living on their own in a new and exciting environment. Inevitably, students find the demands associated with attending The University of Alabama to be different from the demands of high school, and often different from what they imagined before they arrived here.

Many students require at least a semester to adjust to the conflicting demands on their time that they find at a major state university. Students living on their own will not have their parents to remind them to get up in the morning or do their homework. The responsibility for their actions now rests squarely on their own shoulders.

Beginning students quickly learn that they can stay up as late as they want, do what they want to do when they want to do it, and have as much fun as they like. Every day, beginning students face decisions that they probably have never faced before. “Should I go to my eight o’clock class or sleep in? Should I read my biology book or go out with my friends? Should I do my math homework even though the instructor never collects it? Should I go to my psychology class when I can read the textbook later and learn the material on my own?” Their actions in response to situations like these indicate how they are balancing their newfound freedom with the responsibility associated with college-level coursework. Many beginning UA students experience what might be termed “academic culture shock” around the end of September.

What can parents do to help?

- ✓ Know the classes your student is taking and the daily schedules. Ask questions about specific courses.
- ✓ Ask if they are going to classes

regularly. Beginning freshmen miss more classes than any other group of students. Especially inquire about 8 a.m. classes.

- ✓ Ask if they are getting enough sleep. When do they normally go to bed? When do they normally get up in the morning? Sleep deprivation is a big problem with beginning students.
- ✓ Ask how they are spending their free time. How often do they “go out?” To be successful, students must learn to balance their social and academic lives.
- ✓ Have they developed daily schedules that include regular study times? To do well, beginning college students should be spending a minimum of 20 hours per week in out-of-class studying.
- ✓ Are they taking good notes? Are they reading over their notes regularly?
- ✓ Are they keeping up with their textbook reading assignments? Many beginning students are not.
- ✓ Encourage students to use the daily planner that they received at freshman orientation. Have they written down test and assignment dates?
- ✓ Parents may want to look at the syllabi from classes with their student and familiarize themselves



with these expectations. Many beginning students need help in developing planning and organizational skills.

- ✓ Encourage your student to speak to their instructors. UA instructors are more than willing to help motivated students.
- ✓ Encourage your student to begin studying well in advance of tests. Last minute cramming is not an effective study strategy.
- ✓ Encourage your student to become involved in campus activities. There are over 300 clubs and organizations on campus. Becoming involved in campus organizations is a good way to meet other students with similar interests.

- ✓ Talk to your students about money management. Do they have bills that they must pay? Do they have credit cards? What will they do when they run out of money?
- ✓ Do not accept excuses for poor performance. Low grades at The University of Alabama are usually the result of poor time management and inadequate preparation.
- ✓ Parents should always feel free to contact the professional staff at The University of Alabama. The internet is an excellent source of information, but sometimes talking to a “real person” will help to resolve a problem quickly. ■

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Welcome to Tuscaloosa!

Friends,

It is with an open heart that I welcome you to our vibrant Community. Tuscaloosa was born beside the Black Warrior River nearly 200 years ago; however, our spirit is young at heart and energized by the transformation taking place across our City.

Downtown is in the midst of a public/private multi-million dollar reinvestment, which will truly create a Central City where you can live, work and play. This year, the City has opened a new riverfront amphitheater which is state-of-the-art venue with the capability of hosting major performances and countless community events such as the symphony, theater and choral music.

Recently, Tuscaloosa garnered the attention of the world by hosting the United States Olympic Triathlon Trials along with San Francisco and Des Moines. We are forever woven into the fabric of the Olympic pageantry.



The world's greatest athletes swam in our rivers, rode on our scenic byways and ran on our riverfront trails. Tuscaloosa's ingenuity and hospitality displayed at these events merited a gold medal performance!

In addition to new developments, Tuscaloosa is home to a multitude of historic homes, museums and parks. You can take a cruise on board the Bama Belle Riverboat, tour the Mercedes Benz Plant or play a round of golf. Don't forget to catch a ballgame while in town! The University of Alabama, Stillman College and Shelton State Community College host numerous athletic events throughout

the year. Finally, enjoy our fine dining and shopping at restaurants and stores throughout the city.

In Tuscaloosa the opportunities for entertainment and relaxation are endless! From experiencing the thrill of University of Alabama Football on an autumn day to enjoying the South's finest cuisine anytime of year, we welcome you to Alabama's All-America City!

Sincerely,

Walter Maddox
Mayor ■

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About Tuscaloosa

Tuscaloosa County, one of the oldest counties in Alabama, is located in the West-Central portion of the state. Within its boundaries are the foothills of the Appalachians, fertile farmland and the Black Warrior River.

The area was originally home to Native Americans, including the famed Chief Tuskaloosa from whom the county received its name. European encounters with the area began during DeSoto's explorations of the 1500s, but white settlement did not begin in large numbers until the early 1800s. The county grew quickly in population and influence after Alabama became a state in 1819, hosting the state capital from 1826 to 1847 and the University of Alabama opened in 1831. Tuscaloosa County flourished during the antebellum years, as the white and black populations steadily grew. The physical and economic devastation brought by the Civil War left a deep scar on the county and brought an abrupt halt to its development. It overcame lean postwar years to become a leading population and educational center in the early 1900s.

Today, Tuscaloosa County is enjoying steady growth and one of the highest standards of living in the state. Its rich and storied past includes Native American legends, Civil War skirmishes, educational and athletic achievement, and a pivotal role in the Civil Rights Movement. Throughout the county, physical vestiges of this rich heritage abound: Antebellum homes, quiet old cemeteries, landmark downtown business establishments and picturesque ruins.

The city of Tuscaloosa is an area very much alive with history, character

and beauty. It has been named an All-America City by the National Civic League. Tuscaloosa is home to Mercedes-Benz U.S. International, which allows Tuscaloosa to have the only Mercedes-Benz Museum on the world outside of Germany. The city's neighborhoods offer diversity - from elegant estates to contemporary homes. You'll find quaint communities in the historic district. College town, small town and big city - it's all right here.

Adapted from experiencetuscaloosa.com and tcvb.org. ■



River Road Park



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Send Your Student a Piece of Home

All college students love to receive mail. Whether it's a short note letting them know you care or one of our care packages, these small gestures remind students that their family is still thinking of them!

Send your student a package to let them know you're thinking about them by visiting parents.ua.edu and under the "Resources" section you will find "Care Packages."

As a self supporting organization, a portion of the proceeds from the sale of these care packages will help to ensure that Parent Programs is able to continue to provide resources such as the parent send off breakfast, newsletters, and Family Weekend for each and every University of Alabama family!

Sending a Package: Students living on campus can utilize the Care Package Delivery Center in Paty Hall to receive any package sent by FedEx, UPS, and DHL. Package Center employees will sign for packages and contact the recipient by the student's Crimson email and cell phone (if provided) to schedule the package pickup. Students must bring a photo ID to pick up their package. ■

To send a package via UPS, FedEx or DHL to the Package Delivery Center in Paty Hall, address the package to:

The University of Alabama
Student First Name and Last Name/
Student Residence Hall
c/o STUDENT CARE PACKAGE
DELIVERY CENTER
Paty Hall
210 McCorvey Dr.
Tuscaloosa, AL 35401

Packages sent via the United States Postal Service (USPS) must be sent to the student's post office box in the Ferguson Center. When sending a package to a student's post office box, the address should include the following information:

Student Name
P.O. Box 86 _____ (this is the student's post office box number)
Tuscaloosa, AL 35486



Talking Points

College is a turning point in the relationship between a parent and student. As you and your student transition, we encourage you to use these talking points to start some necessary conversations about your student's well-being on campus.

COMMUNICATION

Determine communication expectations together in advance. This can help keep parents connected, while fostering your student's sense of independence.

Set a predetermined day and time to call or discuss other methods of communication. One or two times a week often works well. Will you also be sending emails? If a long amount of time passes with no word, it's not a bad thing to check in and make sure everything is going smoothly.

Talk about how often you will visit each other. Will you be in town for Family Weekend? Do you expect your student to come home over three-day weekends? Make sure these visits are planned.

HEALTH & WELL-BEING

Talk to your student about the Student Health Center—it's important to know where it is and how services work before she gets sick or need help. Encourage her to learn about the health center charges, as well as the services offered.

Encourage your student to use University Recreation on a regular basis, this can help combat stress.

You may be in the best position to notice and address any difficulties that your student is having so when you talk, ask about their day, challenges they are having and upcoming events.

If your student is feeling overwhelmed, encourage him to visit the counseling center if one or both of you think it is necessary. Reassure him that counseling services are provided

confidentially and that you support him as they reach out for assistance.

Talk to your student about your values in terms of sexual relationships and the risks involved. Although this is difficult, students stay true to their values when they have been discussed.

SAFETY & GOOD DECISION MAKING

Talk with your student about fostering individual and civic responsibility and practicing safety on a regular basis. Give her tips such as traveling in groups, and locking their doors.

Explain the risks associated with alcohol and your expectations while he is at school. Addressing your academic expectations is often a good way to emphasize that class and assignments always come before social activities.

If your student does decide to drink alcohol, tell her to stop and think about how much she's had had to drink. Encourage her to always make plans in advance and explore other modes of transportation.

Listen to your student and what he tells you. If something he says concerns you, talk to him about the importance of being safe. Make sure you take time to understand what he is saying so he continues to talk with you and seek your advice.

Encourage your student to think long-term in regards to what her decisions could do to her long-term goals. No matter what—remember that even the best of students fail. Don't give up on your student. ■

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Helpful Contact Numbers



Parent Helpline	(800) 392-2777
Academic Records and Registrar (grades and registration)	(205) 348-2020
Admissions	(205) 348-5666 or (800) 933-BAMA
Athletic Ticket Office	(205) 348-BAMA (2262)
BAMA Dining	(205) 348-6816 or (888) BAMAFOOD
Career Center	(205) 348-5848
Counseling Center	(205) 348-3863
Financial Aid	(205) 348-6756
Housing and Residential Communities	(205) 348-6676 or (888) 498-2262
Scholarships	(205) 348-8201
Student Receivables	(205) 348-5350
UA Directory Information	(205) 348-6010

MEDICAL:

DCH Regional Medical Center	(205) 759-7111
Environmental Health and Safety	(205) 348-5905
Northport Hospital-DCH	(205) 333-4500
Student Health Center	(205) 348-6262

EMERGENCY AND SAFETY:

Alabama State Troopers	(205) 553-5531
BAMA Escort Service	(205) 348-RIDE
MAP (Motorist Assistance Program)	(205) 348-0121 (Day) (205) 348-5454 (After 5:00 p.m.)
Northport Police	(205) 339-6600
Tuscaloosa Police	(205) 349-2121
Tuscaloosa County Sheriff's Department	(205) 752-0616
University Police	(205) 348-5454
Women's Resource Center	(205) 348-5040

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- UA Early College**
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