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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/du



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Thriving at DU: Beyond the Classroom

College is one of the most exciting times in your student's life. It will be a time of great change and growth. Students will be pushing themselves not only intellectually, but also socially. The staff of the Office of Campus Activities wants your student to have the best possible collegiate experience. We understand that a big part of that will depend on your student's involvement and participation BEYOND the classroom.

With over 150 student organizations for your student to choose from, including 5 nationally affiliated sororities and 8 nationally affiliated fraternities, there is literally something for everyone at DU. The University of Denver Programming Board (DUPB) is allocated \$300,000 annually to coordinate a number of student run programs and events throughout the year and across the campus. There are four student media groups (including the weekly newspaper and the internet radio station), and over 15 different religiously affiliated groups. With so many ways to get involved, there is ALWAYS something to do at DU.

At the start of the fall quarter, students are invited to attend the Pioneer Carnival - a showcase of the many student groups on campus. Campus Activities wants DU students to be a part of the campus community; we want them to find their niche and be "cool" in whatever way they choose. We also realize that being "cool" may involve something that is not currently offered on campus, so we have a simple process your student can go through to start a new student organization on campus.

Starting college can be a difficult transition for any student. Campus Activities wants to make sure your student has the opportunity to feel that they are really a part of the community they are joining. Our doors are always open and students are always our highest priority. We look forward to meeting your son or daughter and to helping them find their place at DU - beyond the classroom.

For more information about specific clubs or organizations on the DU Campus, please visit our website at: www.du.edu/studentlife/campusactivities. ■

Division of Student Life Commitment To Diversity

We believe that every person matters.

We respect and embrace the uniqueness of identities, gifts, perspectives, histories and life experiences of all members of our community.

We are committed to creating an empowering, accessible, and equitable environment for a plurality of voices by:

- ▶ Building relationships through kind words and actions
- ▶ Examining how our actions individually and institutionally affect members of our community
- ▶ Confronting those who speak or act insensitively while inviting challenges to our bias, assumptions, and positions of privilege
- ▶ Taking the time and the risk to build genuine connections with others with whom we do not typically interact
- ▶ Promoting the achievement and support of a diverse student body, staff and faculty team. ■

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Things You Must See When You Visit DU

The Evans Chapel

This beautiful century-old sandstone chapel, constructed in 1878, is listed in the National Registry of Historic Places. The historic Evans Chapel was moved, brick-by-brick, from its original downtown location at 13th and Bannock to its current location in the center of Harper Humanities Gardens, the heart of campus, in 1960. The move was a popular decision made by the late Chancellor Emeritus Chester M. Alter. Today the Evans Chapel is surrounded by flower gardens, waterfalls and pools.

The El Pomar Natatorium

The El Pomar Natatorium boasts metro Denver's only Olympic-sized swimming pool. DU swimming and diving competitions are held here as well as community programs such as Learn-to-Swim and Masters swimming.



“Whispers” Interactive Outdoor Sculpture Installation

Locally renowned sculptor Lawrence Argent created “Whispers” for the University of Denver community in 1999. It consists of many lips placed on the walkway as benches and elevated on pillars surrounding the entry to the Coors Fitness Center and the Gates Field House – previously recorded university lectures can be heard coming from speakers incorporated into the outdoor sculpture installation daily. Lawrence Argent is perhaps most well known for his creation of the “Big Blue Bear” sculpture that peers into the windows of the Denver Convention Center downtown.

DU Rose

The University of Denver has its own special variety of roses, which are called “Rosa Denvera.” In the year of 1912 the late Chancellor Henry Buchtel received a rose bush as a gift from a friend on the western slope of the Rocky Mountains. After the roses had bloomed Dr. Ira E. Cutler (the planter of the roses) discovered some of the blossoms were unlike any known variety of rose. Some of the roses are deep red with yellow centers while others are bright yellow. These roses are very special to the University of Denver because they bloom only in the springtime around graduation time outside the Penrose Library.

DU Carillon

On special occasions, before home hockey games and every Tuesday, Wednesday & Thursday while school is in session from 11:30am to noon, DU Carillonneur Carol Jickling Lens plays the carillon in the Williams Tower. For all who are in listening distance, Lens's artistry at the bells is a distinct pleasure.



Alter Arboretum and Harper Humanities Garden

The Humanities Garden has become the centerpiece of DU's Alter Arboretum, which is billed as a “living fossil forest” and sports the nearest living relatives of the fossilized plants found in the Rocky Mountains. The Humanities Garden has incorporated some 100 aquatic plants including water lilies, rushes and wild rice. The garden is an aesthetically beautiful place for the people of DU and greater community to relax.

Newman Center for the Performing Arts

The Robert and Judi Newman Center for the Performing Arts strives to provide the highest quality performing arts experiences for faculty, students, performers and the Colorado community. The Newman Center offers an eclectic mix of emerging artists and seasoned performers, and trains DU music students in the most acoustically sophisticated venues in the region. The Newman Center welcomes our community and aims to seduce the senses with an abundance of performances in gracious settings. Taking in a show at the Newman Center is a must for visiting DU parents. ■



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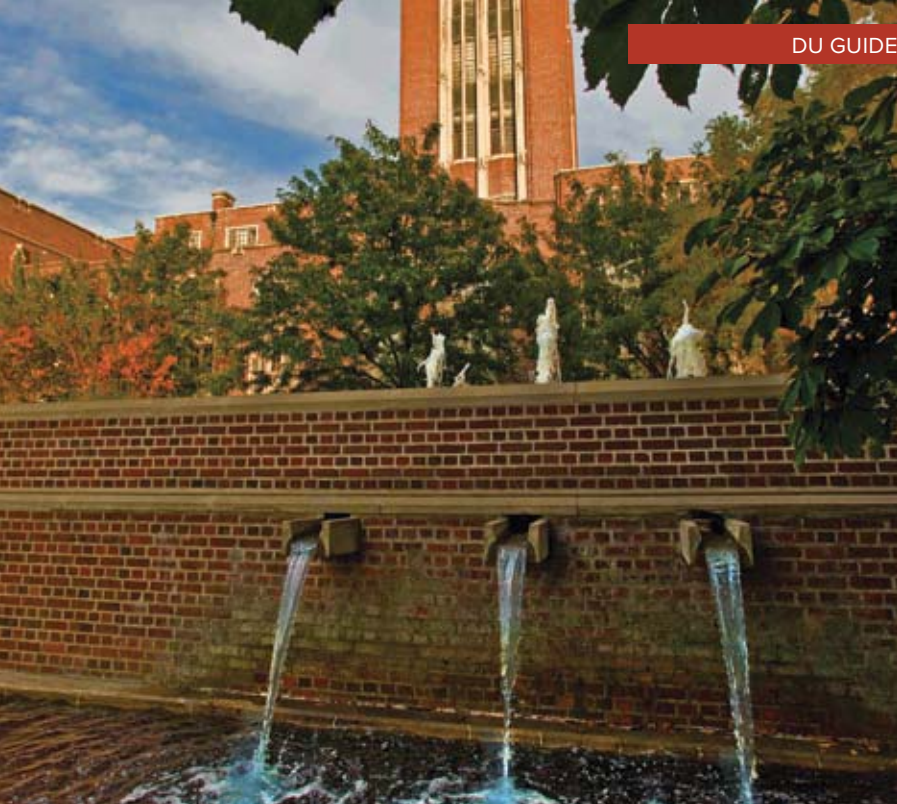
Ask About Our DU Parent Rate!

Did you know – DU

- ✓ Founded in 1864, the University of Denver is the oldest independent institution of higher education in the Rocky Mountain region.
- ✓ 20 countries are represented in our First-Year student population.
- ✓ 84% of DU students receive some form of financial assistance.
- ✓ The University's first graduating class consisted of one student – John Hipp. He created his own class cheer. "Hear me roar, hear me roar. I'm the class of '84". Of course, the crowd cheered, "Hipp, Hipp, Hooray!"
- ✓ The University of Denver ranks No. 65 on Kiplinger's 2010-11 "Best Values in Private Colleges" rankings.
- ✓ Daniels College of Business undergraduate program is ranked #64 in the nation by BusinessWeek, and is the highest-ranked undergraduate business program in Colorado.
- ✓ DU is committed to environmental conservation and sustainability efforts.

**University Hall,
the oldest building
on campus, was built
over 100 years ago
at exactly 5,280 feet
above sea level.**

- ✓ In 1941, the DU College of Law hired the first female law professor in U.S. history.
- ✓ DU's Meyer-Womble Observatory sits atop 14,418-foot Mount Evans, which was named after the founder of the University, John Evans. This location gives it the second-highest vantage point of any telescope on Earth. The telescope's resolution rivals that of the Hubble Space Telescope.
- ✓ DU is ranked 3rd nationally among doctoral/research institutions for the percentage of students who participate in study abroad experiences. ■





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Chancellor Robert Coombe on serving the public good

Interview by Chelsey Baker-Hauck

Q How does DU's vision to be a "great private university dedicated to the public good" support our educational mission?

A Real education is about much more than the transmission of knowledge from an instructor to a student. To me, it's about the intellectual and personal growth that is stimulated by that knowledge and by the understanding that one acquires from critical analysis. At DU, our efforts to work for the public good offer an ideal environment for that personal, intellectual growth to occur in our students and in our faculty. Our engagement in public good work offers our students the opportunity to use the knowledge they've gained in the classroom to build real understanding. It also offers them the opportunity to develop their values and deepen their commitments. It broadens and deepens their educational experience here.

Q Why are we giving ourselves that additional burden?



A Because we're a nonprofit institution embedded within this community, as we have been for 143 years now. What we do here should work for the good of the people. We do that, to be sure, through the lives of our graduates. We work hard to turn out able, knowledgeable, creative men and women who have strong values and deep commitments, whatever

they may be, in the hope that they will lead lives of significance and purpose that will benefit humankind. We also do it, though, by applying the intellectual capital of the University to the great issues of the time. DU is a place brimming over with ideas, and we work to focus that creative energy on the big issues that really matter to people.

Our history is deeply entwined with that of the city and the state, and much of our identity is associated with the energy and vitality of Denver and the Rocky Mountain region. I think that we work for the public good because, in a sense, it's our obligation -- a debt of honor that we owe to the people of the city, state and region who have given us so much.

"I'm most proud of our students," says Chancellor Robert Coombe. "If we keep turning out people like these, we really are going to change the world."

University of Denver Vision

The University of Denver will be a great private university dedicated to the public good.

Our students will enjoy an extraordinary education.

Our search for knowledge will be daring.

Our community will be diverse and dynamic.

a moment ago. I took it as a sign that the whole notion of the public good really is becoming embedded in the ethos of the University community.

Q Looking at what DU has done on the public good front during your tenure as chancellor, what are you most proud of?

A I'm most proud of our students. Whatever the project or program, their energy, engagement and understanding are really impressive. I am so proud that we have students like these. You know, if we keep turning out people like these year after year, for generations, we really are going to change the world. ■

Q DU's recent Sudan divestiture and climate commitment initiatives were student driven. Does the DU administration welcome student activism?

A I was very pleased with the students' response to these issues. The students should be engaged in helping to define the University's priorities, in the same way that as citizens they should be engaged in helping to define America's priorities. I took the students' response on these issues as a sign of their personal and intellectual growth, in much the sense I was talking about just

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Career Planning Calendar

The DU Career Center . . . not just for seniors!
www.du.edu/career

The DU Career Center is a service that assists your students in navigating the career planning and development process. The Career Center offers students and alumni individualized services and appointments, access to alumni and employer contacts for career advice and job/internship opportunities and multiple online resources 24/7 including extensive job and internship databases specifically for DU students and alumni. Preparing for your student's future career is an ongoing process that takes time, dedication and motivation. Your student should plan to meet with their Career Counselor at least once a year to stay focused on the development and achievement of their career goals. Below is a year-by-year guide of activities and resources suggested by the Career Center staff to help your student prepare for graduate school or their career upon graduation.

FIRST YEAR

- ▶ Register with DU Careers Online for access to internship and job postings, upcoming events, on-campus interviews and to receive our weekly Career Center Quick Connections e-postcard
- ▶ For individualized service, schedule an introductory appointment with your career counselor
- ▶ Take career assessments such as the Myers-Briggs Type Indicator, the Strong Interest Inventory, Career Leader and Kuder Journey
- ▶ Explore the Career Center website for information on majors and careers
- ▶ Attend workshops on choosing a major and finding internships

- ▶ Join student organizations and participate in campus activities to develop your leadership, organizational and interpersonal skills
- ▶ Attend the three quarterly Career & Internship Fairs

SECOND YEAR

- ▶ Begin constructing your resume utilizing our web-based Resume Builder; have it reviewed by a Career Counselor
- ▶ Talk with professors about majors and related careers
- ▶ Explore the DU Careers Online databases and UCAN databases for internship possibilities
- ▶ Develop your brand through your resume, cover letters and interviewing skills
- ▶ Attend workshops on career exploration and how to find an internship

“As a launching point to my career and future success beyond my time at DU, the Career Center and its staff aligned me with internship opportunities and the skills necessary to capture employer’s attention.”

—Alumnus,
Accounting/Finance

The Student Life Division Mission Statement

The Student Life Division is a partner in student learning.

With students, faculty & staff, the Division creates a dynamic environment that encourages love of learning, ethical & caring behavior & respect for difference.

In all our programs and services, we seek to serve the public good.

The 2010/2011 Career Fair dates

Fall: October 26th, 2011

Winter: February 22nd, 2012

Spring: April 18th, 2012

- ▶ Attend the three quarterly Career & Internship Fairs
- ▶ Develop your leadership and interpersonal skills; stay involved with student organizations and activities
- ▶ Begin building your professional network through the DU Professional Network

JUNIOR YEAR

- ▶ Update your DU Careers Online profile
- ▶ Continue to develop your personal brand through your resume, cover letters and interviewing skills
- ▶ Explore the DU Careers Online databases and UCAN databases for internship possibilities
- ▶ Attend the three quarterly Career & Internship Fairs

- ▶ Further develop your leadership and interpersonal skills; stay involved with student organizations and activities
- ▶ Conduct informational interviews to learn more about careers and industries through the DU Professional Network
- ▶ Develop a job search strategy to begin fall of your senior year

SENIOR YEAR

- ▶ Explore graduate school, take standardized tests, request letters of recommendation
- ▶ Review your job search strategy with your Career Counselor
- ▶ Update your DU Careers Online profile; access internship and job postings, employer contacts, upcoming events and on-campus interviews
- ▶ Employers expect at least two internships before graduation, explore the DU Careers Online databases and UCAN databases for internship possibilities
- ▶ Fine-tune your brand through your resume, cover letters and interviewing skills
- ▶ “Opt-In” to the resume book in DU Careers Online to allow employers access to your resume
- ▶ Talk with professors about careers, contacts and opportunities
- ▶ Continue building your professional network through the DU Professional Network
- ▶ Attend the three quarterly Career & Internship Fairs
- ▶ Attend job search workshops and events designed to assist you in the college-to-work transition ■

UNIVERSITY OF DENVER CAMPUS MAP



- RESERVED PARKING
- GENERAL PARKING
- VISITOR PARKING
- ACCESSIBLE PARKING
- EMERGENCY PHONE



1 8 6 6

ACADEMIC BUILDINGS

- Amni Hyde Building 28
- Boelter Center 27
- Chapman Center for the Advancement of Women 23
- Cherrytop Hall 24
- Craig Hall 25
- Dentals College of Business 25
- English Language Center 25
- Fisher Early Learning Center 25
- Frazier Hall 25
- Holt, Restorm & Tourism Management 25
- Jeff School of Theology Campus John Greene Hall 27
- Kronson Hall 27
- Margery Reed Building 27
- Moat Communications 28
- Meadowcroft 28
- Newman Center for Performing Arts/Lamont School of Music 27
- A. Tenover Hall 27
- B. Hunsdon Sertich Hall 27
- C. Coles Theatre 27
- D. Syron Theatre 27
- Ole Hall 27
- Physics Building 28
- Rickelson Law Building 28
- Ricks Center for Gifted Children 28
- Sesley Mudd Science Building 27
- Shroyer Art Building 28
- Sura Hall 28
- Wahley Hall 28

OTHER BUILDINGS/FACILITIES

- Bachofen Burroughs 28
- Buchel Memorial Tower 28
- Cable Center and Museum 28
- Corpus Sclery/Teaching Services Center/Kennedy/Mat Services 28
- Chamberlin Observatory 28
- Cuttsford/Gold 28
- Driscoll University Center 28
- A. Driscoll North 28
- B. Driscoll South 28
- DU High School 28
- Events Chapel 28
- Facilities Annex 28
- Facilities Service Center 28
- Hill Student Center 28
- International House 28
- Leo Stock Alumni Center 28
- Mary Moore Building 28
- Mary Reed Building 28
- Multicultural Center and College of Education Youth Programs 28
- Neverson Building 28
- Neuman Library 28
- Physics House 28
- Ricketts Center for Sports and Wellness 28
- A. Williams Tower and Carlson 28
- B. Hamilton Gymnasium 28
- C. Magness Arena 28
- D. Jay Burns Arena 28
- E. Elstrom Auditorium 28
- F. Coors Fitness Center 28
- G. Coors Field House 28
- H. Singleton Tennis Pavilion 28
- I. Bolton Lacrosse Stadium 28
- Sesage 28
- University College 28
- University Hall 28
- University Technology Services 28

RESIDENCE HALLS/APARTMENTS

- Aurora Apartments 28
- Crestler Apartments 28
- Centennial Hills 28
- Centennial Towers 28
- Hilstop Apartments 28
- House of York 28
- Johnson-McFarlane Hall 28
- La Couron Apartments 28
- Nagel Hall 28
- Nelson Hall 28
- University Apartments 28
- Wachtler 28

FACULTY AND SORORITY HOUSES

- Alpha Gamma Delta 28
- Beta Theta Pi 28
- Pi Kappa Sigma 28
- Delta Delta Delta 28
- Delta Gamma 28
- Delta Zeta 28
- Gamma Phi Beta 28
- Kappa Sigma 28
- Lambda Chi Alpha 28
- Sigma Alpha Epsilon 28
- Sigma Chi 28

GARDENS AND GREENS

- Corpus Green 28
- Craigie Green 28
- Hooper Horticulture Gardens 28
- Under Construction 28

The 24/7 Connection

The Challenges of Parenting your College Student in the Digital Age

College life today is remarkably different from what it was when you were young. When you deliver your child to college, you will encounter a wired campus; online registration and course offerings; gender-integrated residence halls (sometimes with gender-integrated bathrooms and often with in-house technical support); dining halls that are open continuously twelve to fifteen hours a day and cater to special diets; orientation, and special programs for parents throughout the year; and an exceptionally diverse group of students toting smartphones and laptop computers.

Moreover, when you return home, you will have the capacity for continuous connection to your son or daughter, thanks to cell phones, e-mail, Skype, texting, and Twitter. Now that you can easily communicate with your child all day, every day, it's more important than ever that you consider how this involvement might affect your child's progress toward independence. The college years represent a unique phase in human development; this is the time when your child needs to explore and master the challenges of life without your constant engagement and reassurance. While this is rarely a smooth journey, it is a critical period in which you, too, can learn to shift your approach and become a trusted guide and consultant as your child navigates the path to independent adulthood.

This may be a particularly difficult shift because your generation (whether you are a baby boomer or a Gen Xer) has been more involved in your children's education and development than any generation in American history. You have been dubbed "helicopter parents" and have been scrutinized in the popular press

for the zeal with which you have nurtured your children from infancy to emerging adulthood. You likely enjoy a close relationship with your son or daughter, and your child no doubt admires you, relies on you, and wants to stay connected.

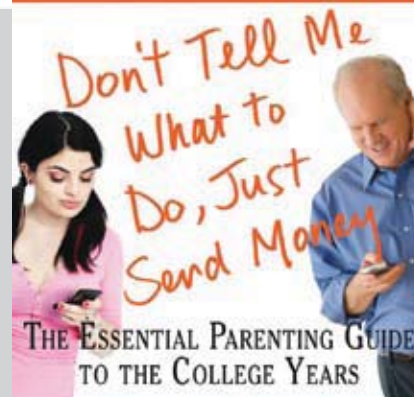
One of the most difficult parts of being the parent of a college student is observing from afar as your child makes the often-bumpy transition from dependence to independence. After years of being a responsible, caring, and "in-control" parent, this change can be frightening, rewarding, and nerve-wracking—sometimes all in the same week!

As your child heads to college, you may wonder: What does it mean to be the parent of a legally adult college student today? What is my role now?

Let's face it: once your child has gone to college, you have very little control. The college or university will treat your child as a legal adult, even though you know your child is far from independent. While you are no longer in a position to regulate, supervise, or direct your child's life, you do have a unique opportunity to influence your child's decisions and behavior. Your child will experiment with taking on fully adult responsibilities and privileges. What better time for you, too, to try out new ways of relating to and communicating with your child?

The healthiest adult-to-adult relationships I've seen in families with grown children develop when the parents begin to adopt a consulting/coaching role during the college years. One wise new college parent told me, "I realize now that my job is to shift from being a supervisor to being a consultant."

REVISED AND UPDATED EDITION



Helen E. Johnson &
Christine Schelhas-Miller

The word consultant comes from the Latin word *consultare*, which means "to discuss." While you have no doubt played many roles—caregiver, teacher, nurturer, adviser, provider, rule setter and enforcer, disciplinarian, and counselor—in raising your child to this stage of development, the college years present unique challenges. While it is true that you will always be your child's parent, now is the time to add a new dimension to your parenting. Your role now is to become a trusted consultant—listening, reflecting, empathizing, advising and supporting—as your child begins to encounter adult responsibilities and choices.

Here are some questions to reflect on as you contemplate parenting a college student:

- ▶ What capabilities do I want my student to have when they receive their diploma and begin their first job?
- ▶ Does my son or daughter really need my help to solve this problem or do I just need to be needed? If so, what need am I getting met by keeping my son or daughter dependent on me?
- ▶ What message am I conveying to my child by "taking on" and trying

Did you know...?

Helen Johnson, co-author of *Don't Tell Me What to Do, Just Send Money*, will be speaking at Parent & Family Orientation on September 6th, 2011.

Before September 6th

- 4-year membership in the Parents Association with a copy of Helen's book is \$109 (books must be picked up during Parent & Family Orientation)
- 4-year membership in the Parents Association without the book is \$99

Join the Parents Association at
www.du.edu/studentlife/parents

to fix all of his or her problems? (Hint: You're essentially telling them that you don't feel they are capable of handling their own life.)

- ▶ At what age do I see my son or daughter able to make decisions independently and in what ways can I support that process now?

Throughout the next few years, you will be laying the groundwork for a new kind of relationship with your child. This grand personal odyssey called the college years will be an adventure for you as well.

As you begin this journey, I hope

- ▶ you will take pride in the fact that you've been a great parent and have instilled sound values in your son or daughter
- ▶ you will freely give your child the priceless gift of confidence in his or her ability to meet the challenges of college life and
- ▶ you will reflect on how you can best influence and support your child in the quest for fully independent adulthood in the years to come. ■

Excerpted from the Revised and Updated Edition of Don't Tell Me What To Do, Just Send Money: The Essential Parenting Guide to the College Years (St. Martin's Press, 2011) by Helen E. Johnson and Christine Schelhas-Miller

Important Numbers

Department	Phone Number	Web Address/E-mail Address
Academic Advising	(303) 871-2455	www.du.edu/studentlife/advising
Alumni Relations	(303) 871-2701	www.alumni.du.edu
Bursar's Office	(303) 871-4944	www.du.edu/bursar
Campus Operator	(303) 871-2000	
Campus Safety Emergency	911 then dial (303) 871-3000	www.du.edu/campus-safety
Non emergency	(303) 871-2334	
Career Center	(303) 871-2150	www.du.edu/career
Center for Multicultural Excellence	(303) 871-2942	www.du.edu/cme
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Greek Life	(303) 871-3280	www.du.edu/greeklife
Health & Counseling Center	(303) 871-2205	www.du.edu/duhealth
Housing and Residential Education	(303) 871-2246	www.du.edu/housing
Learning Effectiveness Program (LEP)	(303) 871-2150	www.du.edu/disability/lep
Office of Orientation and Discoveries	(303) 871-3860	www.du.edu/studentlife/Discoveries
Office of Parent Relations/ Parents Association	(303) 871-2744 or (303) 871-3708	www.du.edu/studentlife/parents
Parent & Family Orientation	(303) 871-3860	www.du.edu/studentlife/Discoveries/
Parking Services	(303) 871-3210	www.parking.du.edu
Penrose Library	(303) 871-3707	www.penlib.du.edu
Registrar	(303) 871-2284	www.du.edu/registrar
Student Outreach & Success	(303) 871-4724	
Student Programming Board (DUPB)	(303) 871-4233	www.du.edu/orgs/dupb
Study Abroad Office (Office of Internationalization)	(303) 871-4912	www.du.edu/intl/abroad/index.html
University Disability Services (UDS)	(303) 871-2150	www.du.edu/disability
University Technology Services (UTS) Help desk	(303) 871-4700	www.du.edu/uts

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Maximizing Interactions with Faculty

By Margaret Whitt

As students become more familiar with the rigors of college-level academics, it is important that they maximize their interactions with faculty. Positive student-faculty interactions lead to more than just good grades—those interactions can help students identify and develop mentor relationships and explore possible majors and career paths.

Parents should encourage their students to make use of a professor's office hours for help, for clarity with assignments or information, and for make-up work when needed. Email may be the best mode of initial contact with professors. When students use their cell phones to call faculty, sometimes they do not remember that a return call may mean a long distance charge. Many faculty respond to a cell phone call by email, unless it is a local number.

Parents should encourage their students to be focused about office visits. Students should know what they want, why they have come, and what they hope to have accomplished by the time they leave. This way, the time spent is more productive for both student and faculty, and the professor is always glad to see a student.

Parents should encourage their students to use good manners in their interactions with professors. Many of the questions faculty often hear would not arise if students remembered what they have been taught at home.

Is this going to be on the test? This question suggests you are only interested in being responsible or accountable for the information you will be tested on.



The committed students bring to class an intellectual curiosity, realizing that every text has a context. Try substituting, Why is that? How does this make a difference? Or even, Would you repeat that point with a different example?

Sorry I missed class. Did anything important happen? Such a comment invites a smug reply, which most professors will refrain from delivering. Try to see such a comment as this one as rather thoughtless—it places the speaker at the center of the world, suggesting that because of his or her absence nothing at all went on in class. This is an insult to both your peers and your professor. Try substituting, Sorry I missed class. I will take responsibility and get notes from one of my classmates.

Your student will do well in his or her interactions with professors if your student makes a point to visit a professor's office, know what he or she wants to ask once there, and use good manners in each transaction. At DU, we have a happy student body for the most part. Students are glad to be here and the relationships between faculty and students are warm and caring. As a parent, you can offer subtle suggestions to follow these tips.

For more examples of positive student-faculty interactions, visit the Parent Association web site at www.du.edu/studentlife/parents/. ■

University of Denver Parents Association

The DU Parents Association was established in 1994 to encourage mutual understanding and facilitate communication between the University and parents, to provide opportunities for parents to be actively involved in their students' college experience, and to sponsor programs and provide services that meet the needs of DU parents.

The Parents Association Web site, www.du.edu/studentlife/parents/, offers important information, opportunities for involvement, and event registration.

The electronic newsletter, Parents@DU is e-mailed bi-monthly to interested parents. To be on our email list, provide your email address to our office at parents@du.edu and let us know what year your student will begin in the fall quarter.

Homecoming/Parents & Family Weekend and Moms and Dads Weekends are enjoyable times for parents and family to visit their students and campus. Dates, schedules, and registration information may be found at www.du.edu/studentlife/parents/.

We encourage you to join the Parents Association

Membership purchased prior to September 6th, 2011:

- Four-year membership and a copy of Helen Johnson's book, Don't Tell Me What To Do, Just Send Money (to be picked up during Parent & Family Orientation)- \$109
- Four-year membership - \$99
- One-year membership - \$59

Membership purchased after September 6th, 2011:

- Four-year membership - \$109
- One-year membership - \$59

The names of all Parents Association members are entered into a drawing for a \$250 gift certificate for one student for each quarter of the academic year. Association members also receive the Parents Calendar and a 10% discount on gifts and apparel purchases at the bookstore.

The Parents Association Council is an advisory board made up of a diverse group of parents representing different geographic regions and all four undergraduate classes. The Council meets twice a year and works with University staff to foster communication between DU and the parent community, to advocate for issues and interests that enhance the student experience at DU and to promote the unique relationship between parents and the University of Denver. Parents interested in receiving more information about the Council should contact Laura Stevens, Program Director, (303) 871-2744.

Parents Association

www.du.edu/studentlife/parents/
Program Director (303) 871-2744
Program Coordinator (303) 871-3708 ■

A New Challenge Parenting Your College Student

By Helen Johnson

You're about to embark on an exciting, but daunting, adventure. You're not alone if you're feeling a mixture of excitement and dread. You may wonder, "What is my role now that my child is in college?"

You've probably heard the term 'helicopter parent.' A 'helicopter parent' hovers over every aspect of a child's life. That may have been appropriate when your child was 2, 6 or even 14 years old. Now, however, it is not only inappropriate, it is actually damaging to your child's development.

While it may be compelling to want to jump in and fix every problem that your child encounters in the adjustment to college life, I urge you to step back from this impulse and put your child's developmental needs first. It is only through encountering some bumps in the road and figuring out how to navigate those bumps that college students develop the crucial skills they need to master independent adulthood. If you step in to solve their problems for them, you are sending the powerful message

that you don't believe your college student is capable of learning to be independent.

I challenge you to ask yourself these key questions:

- ▶ What is my goal in trying to solve this problem for my child?
- ▶ What capabilities do I want my child to have when he or she walks across the stage to accept a diploma and step into adult life?
- ▶ What am I getting out of attempting to keep my child dependent on me?
- ▶ Does this have more to do with my needs than my child's?

I know these are tough questions, but too many college parents today, perhaps with the best of intentions, are actually making it more difficult for students to practice the skills they need to manage life in college and beyond. Critical skills, such as asking for help, negotiating relationships with others, showing self-reliance in the face of adversity and creating personal goals, can only be developed through a certain amount of struggle and self-examination. You cannot do this for your son or daughter, but you can be a trusted, caring consultant as your child faces these challenges.

This means becoming a very good listener, responding to your child's experiences by expressing confidence in his or her ability to handle decisions independent of your constant attention and intervention. This means learning a new style of parenting, one that we describe in detail in our book, "Don't Tell Me What to do, Just Send Money: The Essential Parenting Guide to the College Years." ■



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DU Student Transportation

Transportation Options for DU Students

The University of Denver is committed to minimizing traffic and pollution in and around campus. DU encourages students use alternate transportation options. To help promote these transportation options, the University established the Transportation Center – a one-stop shop for information about alternatives to driving alone. The transportation center is located at 2130 S. High Street on the west side of the Evans Ave. Parking Structure., at the garage entrance. They can be found online at www.du.edu/transcenter.

2011-2012 RTD "College Pass" For DU students

RTD Student Passes for undergraduate, graduate and law students enrolled full time are available during regular hours at the Transportation Center, valid until June 2012. Bring your DU ID to pick it up! Law students and graduate students may inquire at DU@transolutions.org for information on alternative pass pickup (by mail) if you are unable to get to campus during working hours.

Getting Around Town

RTD – Regional Transportation District Riding the bus or light rail is a great way to get to work. Instead of dealing with congestion, construction and road rage, try using transit to get to work. Benefited faculty & staff, undergraduate and law students simply need to show their Pioneer ID card with Eco/College Pass sticker as they board the train or bus. Routes that serve the University of Denver:

- ▶ 24 - University Blvd. - Every 30 minutes
- ▶ 21- Evans Ave, Connects with the Evans Ave. Southwest Line light rail station - Every 15 minutes

To access route schedules and maps, visit www.rtd-denver.com. Learn more about transit options in Denver!

Southeast Light Rail stops at campus The University of Denver light rail station and park-n-Ride opened as part of the Southeast Light Rail Line in November 2006. Trains operate from 5 am until 2 am, with enhanced service during the 6 am to 9 am and 4 pm to 6 pm peak periods. The station is located at the north end of campus on Buchtel Blvd. at High St. across from the Ritchie Center. To access route schedules and maps, visit www.rtd-denver.com.

Undergraduate students simply need to have their Pioneer ID card with Eco/College Pass sticker with them when they ride the Light Rail.

DU Shuttle

The DU Shuttle is a transportation service provided to the University community which began September 21, 2009. Operating hours are between 6:00pm and 2:00am. DU Shuttle is a 15-passenger van that circles campus along a fixed route stopping at high-traffic destinations and is available to anyone with a DU Pioneer ID Card during the academic year. A schedule can be found at www.parking.du.edu/student/.

Taxi Services

If you need a ride somewhere further from campus, several taxi companies operate in the University of Denver area.

- ▶ Metro Taxi (303) 333-3333
- ▶ Yellow Cab (303) 777-7777 ■



Denver City & County Building illuminates with 20,000 floodlights during the holidays. Photo: STAN OBERT FOR DENVER METRO CONVENTION & VISITORS BUREAU

Welcome to the Mile High City!

Located on high, rolling plains at the base of the spectacular Colorado Rocky Mountains, Denver is one of America's youngest cities – and one of the fastest growing. In the 1990s, the metro area grew by more than a thousand people a week, climbing to a population of nearly 3 million.

Denver receives 300 days of sunshine a year, more annual hours of sun than San Diego or Miami Beach. The mountains are just a short drive away, offering incredible adventures like white water rafting, narrow gauge steam locomotives, fly fishing, hiking, horseback riding, gambling in Old West mountain mining towns, quaint Victorian villages, luxurious five star resorts and camping in more than a dozen national parks, monuments and forests.

Today, Denver is the entertainment, shopping, cultural and sports capital of the vast Rocky Mountain West. The heart of the city is the 16th Street Mall,

a mile long pedestrian promenade lined with 28 outdoor cafes and 50,000 flowers. Free shuttle buses stop on every corner making everything in downtown easy to reach.

The Brookings Institute selected Denver as the fourth “most walkable” city in America, and it's easy to see why. The southern end of the Mall is Denver's cultural center with the Colorado State Capitol, Colorado History Museum, Denver Public Library, Denver Art Museum and U.S. Mint all nestled around lovely Civic Center Park.

At the northern end of the Mall is LoDo, Denver's hip historic district where 26 square blocks of Victorian brick buildings have been converted into restaurants, brewpubs, music clubs and rooftop cafes. Nearby are Coors Field, home to the Colorado Rockies, and the Pepsi Center, the 20,000-seat arena for the Denver Nuggets and Colorado Avalanche.

Along the South Platte River is the Downtown Aquarium with its collection of sharks and tigers and Elitch Gardens, a combination theme park and water park with more than 40 thrill rides. A trolley runs along the river to nearby INVESCO Field at Mile High, the home of the Denver Broncos.

Denver has the largest city park system in the nation with 200 parks in the city and 850 miles of paved, off-road bike paths. The city's famed mountain park system includes Red Rocks Amphitheatre, a 9,000-seat arena carved out of sandstone, has hosted everyone from the Beatles to Bruce Springsteen, and Buffalo Bill Grave, located high on top of Lookout Mountain.

The city also one of most popular zoos in the nation, the incredible Denver Museum of Nature & Science and the Denver Performing Arts Complex – the second largest arts center in America with 10 venues seating 10,000 people.

For more information, please visit our Visitor Information Center on 16th Street and California which has hundreds of free brochures and maps, or visit our Web site: www.VISITDENVER.com.

Richard Scharf
President & CEO, VISIT DENVER ■



Highlands is Denver's largest neighborhood, an area of quaint Victorian brick homes and shaded streets that has undergone a recent resurgence with vibrant new restaurants, galleries and shops. This charming corner of Denver has been featured in *Travel + Leisure Magazine* and *National Geographic Traveler* and has three distinct commercial districts. Photo: STEVE CRECELIUS FOR THE DENVER METRO CONVENTION & VISITORS BUREAU

Important Dates

Fall Quarter 2011	
June 15	Registration opens for First-Year Seminar
July 15	Registration deadline for First-Year Seminar
July 18	View housing assignments available in myWeb
September 4	Move in day (Centennial Halls, Johnson-McFarlane Halls and the first-year portion of Centennial Towers will open)
September 5 – 6	Parent & Family Orientation
September 5 – 10	New Student Orientation and Registration
September 11	Last day to register without late fee via webCentral
September 12	Classes begin
September 16	Last day to change meal plan for Fall Quarter
September 18	Last day for 100% refund for dropped classes
September 28	Fall room change date
September 30	Health Insurance waiver deadline
October 21 - 22	Homecoming/ Parents & Family Weekend
October 26	Fall Career & Internship Fair, 3pm-6pm
October 28	Fall meal plan conversion deadline
Oct 31 – Nov 4	Registration week for Winter Quarter 2012
November 18	Last day of classes
November 19 – 22	Final examination period
November 22	Last day of finals; meal plan ends with dinner; last day to change meal plan for Winter Quarter
November 24 – 25	University Closed
Winter Interterm	
Nov 23 – Dec 23	Contact Special Programs (303) 871-2360 for Schedule & Registration
Dec 26 – Jan 1	Holiday break (University Closed)
Winter Quarter 2012	
December 30	Residence Halls re-open
January 2	Last day to register without late fee
January 3	Winter classes begin; meal plan begins with breakfast
January 8	Last day for 100% refund for dropped classes
January 16	University Closed
February 13 – 17	Registration week for Spring Quarter 2012
February 22	Career and Internship Fair, 3pm-6pm
February 24 – 25	“Dads” & Granddads Weekend
March 12	Last day of classes
March 13 – 16	Final exams

March 16	Last day of finals; meal plan ends with dinner
March 23	Last day to change meal plan for Spring Quarter
Spring Interterm	
March 17 – 25	Contact Special Programs (303) 871-2360 for Schedule & Registration
Spring Quarter 2012	
February 13 – 17	Registration week for Spring Quarter 2012
March 25	Last day to register without late fee
March 26	Classes begin; meal plan begins with breakfast
April 1	Last day for 100% refund for dropped classes
April 16	Registration for Summer 2012 begins
April 18	Non-Profit and Government Career and Internship Fair, 3pm-6pm
May 14 -18	Registration week for Fall 2012
May 18	Spring meal plan conversion deadline
May 28	University Closed
June 1	Last day of classes
June 4 – 7	Final examination period
June 7	Last day of finals; meal plan ends with dinner
June 8	Graduate Commencement Exercises in Evening; residence halls, suites, and undergraduate apartments close at 9am; students with summer residence contracts may be eligible to stay in the same room
June 9	Undergraduate Commencement Exercises
Summer Interterm	
June 10 – 17	Contact Special Programs (303) 871-2360 for Schedule & Registration
Summer Session 2012	
June 18	Classes begin
July 4	University Closed
August 16	Last day of classes
August 17	Commencement – Graduate and Undergraduate
Fall Interterm	
Aug 17 – Sept 1	Contact Special Programs (303) 871-2360 for Schedule & Registration

For additional important dates please consult your Parent & Family Calendar or visit www.du.edu/studentlife/parents

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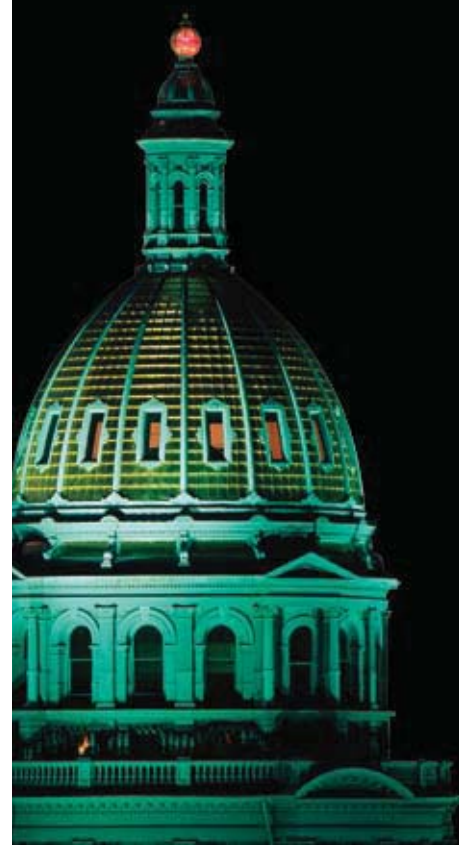


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