

# Parent & Family

NEWSLETTER



September 2014

[Important Dates](#)

[Charger Success](#)



**Charger Success**

[First 6-Weeks](#)

[Family Weekend](#)

[UAH Website](#)

[Health Careers Day](#)

[Charger Athletics](#)



**Campus Resources:**

[Student Affairs](#)

[Financial Services](#)

[Housing & Residence Life](#)

[Health Center](#)

[Student Success Center](#)

[Parking Permit](#)

**[Import Dates of Fall 2014](#)**



September 1  
Holiday - University Closed

September 3  
Last day to drop w/refund

September 26-28  
Family Weekend

October 9-11

**Dear Charger Family,**

It's hard to believe that move-in day for our new students was only two weeks ago! The campus has been buzzing nonstop with an amazing 9 days of events, over 120 programs a part of the Week of Welcome.

Our returning students are getting back into their semester routines and our new students are quickly being introduced into our "Community of Scholars." Whether you are a parent of a returning or new student, remember this is a period of adjustment for everyone - don't forget to take care of yourself too! This is also a time when your student needs encouragement from you: encouragement to get involved in campus life, to establish positive habits, and seek out support when needed.



Feel free to remind your student about our 4 keys to success at UAH: Go to Class. Do Your Homework. Ask For Help. Get Involved. Lastly, remember that your student still needs you... even if they don't say it. We appreciate the great partnerships we have with our families and look forward to another great academic year at UAH! I look forward to seeing you on campus for Family Weekend on **September 26th!**

**Go Chargers!**

Fall Break- no classes

October 13-18  
Homecoming

November 4  
Spring Class  
Registration Opens

December 4-10  
Final Exams

December 14  
Fall Graduation

## Campus Life Events



9/3/2014  
ACE Trip: Shakalaka  
Trampoline Park

9/4/2014  
Lecture: Artist Cheryl  
Goldsleger

9/5-9/7/2014  
ACE Movie  
Weekend: "Up"

9/6/2014  
ACE Trip: Dollywood

9/6/2014  
Tryout: Chargerettes  
Dance Team

9/8/2014  
Meeting: NAACP  
General Interest

T.J. Brecciaroli  
Assistant Dean of Students

## → The First 6-Weeks

Your student is either working on their high school to college transition or getting back into the college routine. At UAH we recognize that the first six weeks of the term are the most critical for a student's success. Kicking off with our Week of Welcome, UAH will continue to have purposeful programs that make your student more connected with campus life.



UAH also has a wonderful team continuously working on intervention strategies to help with the new academic journey your student is undertaking. Lastly, we will strive to continue to make our support systems and resources more accessible.

So what can you do as a parent or family member during this critical time?

Students need to be meeting and connecting with people and campus resources. The following are conversation pieces on academics & social to have with your student to aid in their success.

### 1. Teacher to Student Communication

Compared to daily interaction with teachers, students need to understand that College Faculty members are available during office hours posted on their syllabus. Many faculty members find that students are not taking advantage of these hours for additional assistance. Encourage your student to make an appointment or visit during this time period. College Faculty also may not remind students about assignments and class time is spent on material and not homework. Developing time management and accountability is key.

Questions to ask your student:

- Do you know your professor's contact information?
- Are you going to speak with them during office hours?
- Have you re-read your course syllabus?

### 2. Academic Success

Sometimes students made good grades with minimal effort or competition. However, students at UAH are competing with some of the "best and brightest" in the nation. It will take effort by your student to be successful. Don't put them down for a grade they may not be used to getting, instead encourage them to seek out their professor and resources within the Student Success Center.

- Does the SSC offer a tutor for this course?

9/9/2014  
Pizza with the Provost

9/9/2014  
"Cracked Not Broke" Speech Performance and QA Session by author Kevin Hines.

9/10/2014  
Counseling Center & Campus Cursive Host "Pen for Suicide Prevention."

9/12-9/14/2014  
ACE Movie Weekend: "The Fault in Our Stars"

9/17/2014  
ACE Comedian: Gina Brillon

9/19-9/21/2014  
ACE Movie Weekend: "22 Jump Street"

9/24/2014  
ACE: Hypnotist Chris Jones

9/26-9/28/2014  
ACE Movie Weekend: "Despicable Me" & "Despicable Me 2"

For a full list of UAH Campus Life Events Download our FREE App. Search "UAH Campus Life"

On-Campus Employment & Leadership

- Does your course have a PASS Leader?
- Do you need help with study skills?

### 3. Counseling

Often, in the high school setting, students had frequent contact with counselors. In a university of 7,000 plus, students must rely on their own judgment and decision making skills on seeking out advice. If your student is in need of additional encouragement or support please have them seek out our Counseling Center.

- How are you feeling?
- Have you been getting enough rest?
- How's getting involved on-campus going?

### 4. Motivation

While living at home, your student may have gotten motivation to complete assignments from you. Now students must find motivation within themselves. This includes not only being academically motivated, but also socially motivated to seek out opportunities on-campus. Remind your students about on-campus events.

- How are some ways you can balance work, social life, classes & activities?
- Tell me about some of the organizations you are interested in?

### 5. Freedom

Students now have more freedom and independence and must face accepting responsibility for their own actions. Remind them of our University's code of conduct.

- What's your plan when offered drugs or alcohol at a party?
- Do you know who to contact in your residence hall if your roommate is abusing drugs or alcohol?

### 6. Values

With a diverse array of people and ideas it can be overwhelming for new students to hold on to previous values. Challenge your student that through interactions with others they can still develop their own perspectives, opinions, and values.

- Tell me about some new and interesting people you have met?
- What can you learn or gain from these new people?
- Have you joined any groups or organizations with similar values?

Source: Cal Poly Parent Handbook 2004; University of Nevada Transitions Book 2006; University of South Florida Parent Book 2013.



## Register Now for Family Weekend!

Family Weekend is a celebration for all of our Charger Family members! We invite parents, grandparents, guardians, siblings, and extended family! Enjoy the activities and traditions of UAH!

Family Weekend features: ACE, Student Life, Academic Luncheon, 5th Annual International Festival, Charger Athletics, Brunch with Charger Blue and more!

Registration is now open! Visit [uah.edu/familyweekend](http://uah.edu/familyweekend).



Expo



September 18,  
2014  
11 AM-2 PM  
Charger Union

*Parent to  
Parent*



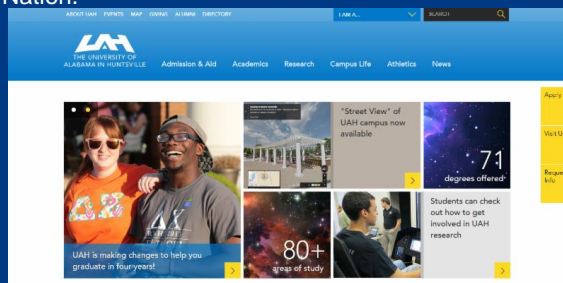
"If UAH can get my son out of his shell, it can get your child out of theirs."  
-Kyra Hardy  
*Marcel Hardy's Mom.*

**Save the Date**  
**Oct. 13-18,**  
**2014**  
**Homecoming**



## → UAH New Website

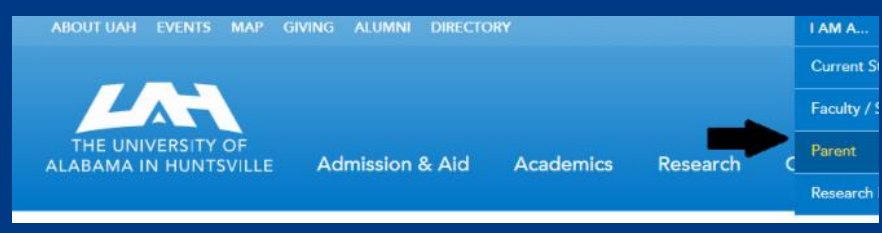
In early August UAH's Web team launched our new UAH website. Visit [uah.edu](http://uah.edu) for specific information and deadlines to support your Charger, read weekly news articles, and encourage prospective Chargers to learn more about the Charger Nation.



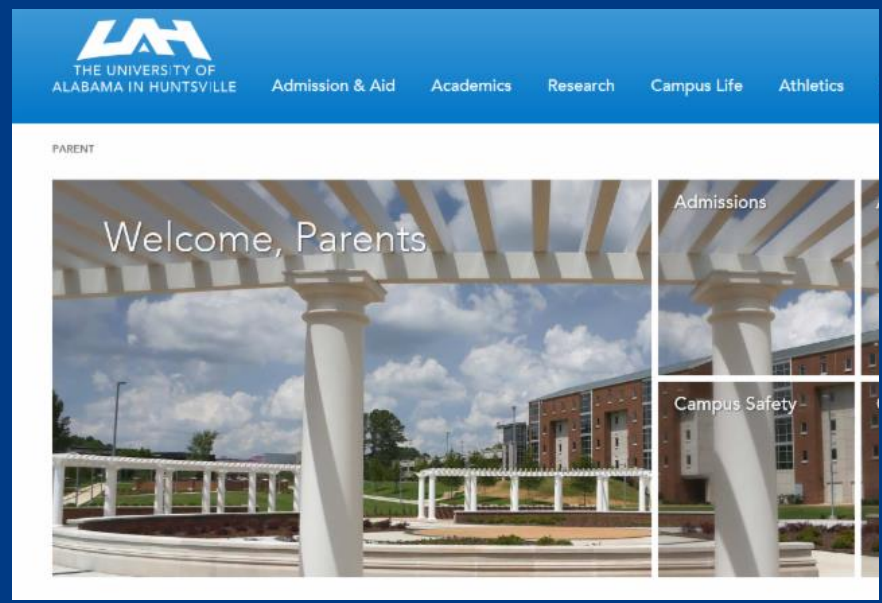
Navigating for Parent & Family information is now easier. Select I AM A...



Check out photos from our Week of Welcome

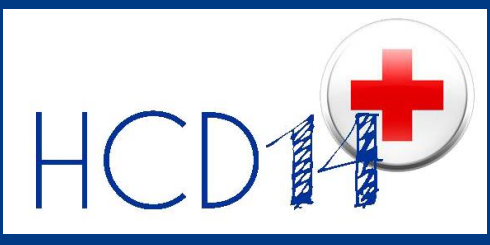


Find specific information to your interests and needs. Thank you for being a proud Charger Parent.



## → UAH Health Careers Day 2014

On September 19th, 2014, the UAH Office of Pre-Health Professions Advising and Alpha Epsilon Delta will host the third annual Health Careers Day from 9:00 AM to 2:00 PM in the Shelby Center for Science and Technology Lobby. This event features social networking among students and professionals, interactive learning sessions, and an exhibit fair for students to meet and greet representatives from various professional health schools. All attendees will be able to select their sessions by registering and be eligible to win door prizes provided by various local organizations. The Office of Pre-Health Professions Advising would like to inform parents and family members of this wonderful opportunity free for students. Registration to attend is currently open and can be



## Questions about Family Programs?



[uah.edu/chargerfamily](http://uah.edu/chargerfamily)  
[family@uah.edu](mailto:family@uah.edu)  
Charger Union  
201  
[256.824.4720](tel:256.824.4720)



Add additional  
emails to  
our mailing list

accessed at [www.uah.edu/hcd/students](http://www.uah.edu/hcd/students). Students should be encouraged to register soon to get the sessions they want because some have limited capacity.

200 students registered to attend last year's Health Careers Day to meet 25 different professional schools and student organization representatives. If your student has an interest in pursuing a health-related career after graduating from UAH, then this is an event they don't want to miss! The experience your student will gain from this event is immeasurable. It is an opportunity for them to explore their field of choice by conversing with professionals of that field and connecting with students with similar interests and career goals.

This event is not limited to UAH students. Registration is available to prospective UAH students, students from other colleges, high school students, and members of the community. We encourage you to spread the word to friends, family, and neighbors about this open-door event providing health-interested attendees with educational and networking experience. To connect with the Coordinator of Pre-Health Professions, feel free to email [prehealth@uah.edu](mailto:prehealth@uah.edu) and visit [uah.edu/prehealth](http://uah.edu/prehealth).



## Charger Athletics in September



The fall term has started and we are excited to watch our Chargers in action. Charger Nation Sports start in September with Men's & Women's Soccer, Women's Volleyball, & Cross Country.

Visit [uahchargers.com](http://uahchargers.com) for more information.

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