

Parent & Family

NEWSLETTER



October 2014

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Helping your Student through College Midterm Exams

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Campus Resources:

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October 9-11
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

Most people assume the greatest amount of academic stress comes during finals week. However, midterm exam time can bring a lot of panic or worry for student because this time often signals a "wake-up call" on the progress they are making in class.

As a parent or supporter of a college student, you may feel helpless in watching your student struggle during this time. Rather than feeling helpless we have several great resources on-campus to encourage your student to be successful during this time of the year. From study skills to developing coping mechanisms, we want your student to be happy and healthy on-campus.

Have your student seek on these people & places on-campus:

Student Success Center (SSC):

The SSC provides academic support programs that will empower your student to realize their academic potential. Services include: Academic Coaching, Exploratory Advising, Peer Assisted Study Sessions, Tutoring, and a Writing Center. Appointments can be made online at uah.edu/ssc.

Professors:

If your student is struggling with a certain class, encourage them to seek out their professor during office hours.

Charger Success Instructor:

If your student is a first-year freshman they are a part of a course called Charger Success 101 (First-Year Experience). During this course they will cover topics such as motivation, responsibility, college-level study skills, diversity, leadership, engagement and more. If your student needs a person to reach out to their instructor is a great starting point.

Student Affairs:

UAH has staff dedicated in supporting and encouraging your student through a variety of programs, services, and opportunities. If your student needs help with in their co-curricular pursuits, have them stop by to speak with one of our professional staff members.

Counseling Center:

The Counseling Center is staffed by mental health professionals trained to help. They support students in their academic, personal, and social development. If you will your student needs counseling, please contact their office.

Disability Support Services:

The Disability Support Services (DSS) office of the University of Alabama in Huntsville (UAH) provides services designed to support and encourage students with disabilities in the university community. The DSS office assists in creating an accessible university community where students with disabilities have an equal opportunity to fully participate in all aspects of the educational environment. The DSS office is committed to working with students, faculty, and staff in developing and implementing reasonable accommodations and appropriate strategies for a successful learning experience, while maintaining the academic standards and integrity of the University.

Housing & Residence Life Staff:

Does your student live on-campus? Housing and Residence Life provides two great ways to help support your student in our Residence Halls. Each floor has 1-2 Resident Assistants. A Resident Assistant (RA) is a student who serves as a resource to their residents, by providing programming, and maintaining a positive living and learning community. A Resident Director is a professional staff member who oversee the living and learning opportunities of their residence hall. These are two great people to help





- 10/1
ACE Comedy: Preferred Parking
- 10/2
UMMP: Study Blitz in the Shelby Center
- 10/2
College Test taking & Study Skills information session
- 10/3
Greek Life: Bible Study
- 10/3
UAH Cycling Mountain Bike Ride
- 10/3
CU Sounds
- 10/3-10/5
ACE Cinema: "Stranger than Fiction"
- 10/7
ACE Tasty Tuesday
- 10/8
Salsa Dance Lessons
- 10/10
Blue Crew "WHITE OUT" Charger Soccer
- 10/13
Homecoming: Kick-off & Blast from the Past 70's Movie Night.
- 10/14
Homecoming: Can Creations & Make a Wish Dodgeball Tournament
- 10/15
Homecoming: Paint the Town Blue decorating contest & Charger Stomp ft. Comedian Ronnie Jordan

assist in supporting your student.

Need more help? College Parents of America has a great article on facing midterms with your student. [Read more here.](#)



Spring 2015 Class Registration begins November 4, 2014.

Encourage you student to schedule their appointment with their Academic Advisor soon.

Questions to ask you Student for a successful registration:

1. Who is your advisor?
2. Where are they located?
3. How do you make an appointment?
4. How many hours are you planning on taking?
5. Do you remember how to use College Scheduler?
6. Do you have your student account login?
7. Are you remembering to check your UAH Email daily?
8. What will be your favorite class next Spring?
9. What class will you need the most help in?
10. Have you thought about going to the Student Success Center for help in deciding your program of study?



Locate Academic Advisors and more information about registration [here.](#)



UAH Homecoming October 13-18, 2014

10/16
Homecoming: LAN Party

10/17
Homecoming: Muddy
Mayhem, Parade, Tailgate
&Midnight Madness

10/18
Homecoming: Formal

10/17-10/19
ACE Cinema: "Milk"

10/21-10/24
Red Flag Campaign

10/22
ACE: Pottery by You!

10/23
Graduate Programs Open
House

10/24-10/26
ACE Cinema: "Guardians of
the Galaxy"

10/25
Run 4 Roses
5K for AOII's Philanthropy
The Arthritis Foundation

10/31
ACE Cinema: "Zombieland"

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

Is your student
interested in being
a 2015 Orientation
Leader?

CHARGER NATION.
New Student Orientation



Interested in
applying?    

Information Session:

**YOU'RE INVITED TO
The University of Alabama Huntsville**

Once upon a Homecoming WEEK



**MON
OCT
13**

KICK OFF EVENT

5PM | Charger Union Greenway

**FRI
OCT
17**

HOMECOMING PARADE

4 PM | Campus Loop

TAILGATING

After parade | VBC

UAH HOCKEY GAME

7 PM | VCB

To Participate in the parade, please register at:
uah.edu/homecoming

→ Charger Athletics in October

Thursday, October
2nd
5:00-6:00 PM
Charger Union 229

Parent to Parent



"UAH is a balanced approach to offering students a broad educational experience. Stay engaged with your student."
-Ron Bengs
Analyn Beng's Dad

Questions about Family Programs?



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



The Charger Nation has a lot in store with Men's & Women's Soccer, Women's Volleyball, & Cross Country. October also starts Hockey season!



Visit uahchargers.com for more information.

Athletic News: UAH is pleased to announce the addition of Men's & Women's lacrosse programs for the Spring of 2016. [Learn more.](#)

→ Expansion of UAH's Department of Education to College of Education

The Board of Trustees of The University of Alabama system met in September to approve the formation of a College of Education at UAH. The new college will include a Department of Curriculum and Instruction, a Department of Kinesiology, and the UAH Rise school. To learn more about the expansion [click here.](#)



→ UAH SGA Joins nationwide campaign against sexual assault on college campuses.

The Student Government Association (SGA) at The University of Alabama in Huntsville (UAH), in partnership with the Dean of Students Office, recently announced their participation in the "It's On Us" initiative. Launched by the White House in response to the findings of its Task Force on Sexual Assault, "It's On Us" is a nationwide public awareness campaign to reduce sexual assault on college campuses by encouraging bystander intervention.



Learn more about this initiative and its impact on campus [here.](#)

Add additional emails to
our mailing list

→ Thank you for Attending Family Weekend!

Thank you to those families who joined us for the 2014 Family Weekend! Please make sure to check out the photos from the week on our [UAH Parent & Family Facebook page](#).

Comments or Suggestions? We would love to hear from you! Please email family@uah.edu.



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Follow us on **twitter**

FOLLOW US ON **Pinterest**