



FIRST-YEAR *Transitions*

A GUIDE FOR PARENTS OF PROVIDENCE COLLEGE STUDENTS 2009 - 2010



GREETINGS FROM THE PRESIDENT

Before it was a place name, *providence* was a theological term denoting God's loving plan to bring each created being into fulfillment. Thus the name Providence College does not merely reflect the location of the school, but rather its deepest mission: to provide an environment where each person created in the image and likeness of God comes to understand his or her identity and role in God's plan for us.

At Providence College, we prepare our students—your sons and daughters—to make the best possible decisions for fulfilling their roles within God's plan. As parents, you likewise play a major role in God's plan for them, a role that is in transition as they enter adulthood and begin their College studies. *Transitions* is designed to help you understand and help your students participate fully in College life and in the academic and extracurricular opportunities offered to them.

Education at PC addresses the whole person—mind and body, heart and soul. We build upon the academic and spiritual foundation of our students, so that—with the gift of God's grace—we can enable and inspire them to be transformed. I invite you to join with us in supporting your students' transformation and the realization of their own *providence*.

Brian J. Shanley, O.P.

Rev. Brian J. Shanley, O.P.

President

INTRODUCTION

College students mature at different rates and bring a variety of different coping skills to their situation. As with any process, there are certain tendencies that occur for first-year students of which parents should be aware. The “ebbs and flows” of each semester tend to follow certain cycles.

College provides a unique opportunity for parents and the institution to collaborate as partners in the development of first-year students. Identifying issues, encouraging use of support systems, and recommending new strategies are appropriate roles for both a concerned parent and a caring institution. This collaborative effort requires all of us to review our expectations about personal responsibilities. Our common goal is to advance students’ problem-solving skills, not to solve their problems or to make decisions for them. Given the investment parents make today in higher education, this can be a particularly difficult challenge.

This parent guide contains two parts. Part one is comprised of information on resources and a glossary of common terms. Part two is a calendar of typical student and parent issues and important deadlines. Some of the issues identified in this guide may not occur at the times indicated here, may never occur, or may occur in entirely different ways than described here.

This guide can provide a wealth of knowledge and a unique perspective of the freshman year. Hopefully, it will assist parents with possible challenges their son or daughter might encounter.

This informational booklet was prepared by Associate Dean/Director of Parent Programs Jacqueline F. Kiernan MacKay and Senior Associate Dean of Undergraduate Studies Dr. Wanda S. Ingram.

REFERENCE SOURCES FOR THIS DOCUMENT:

Let the Journey Begin: A Parent’s Monthly Guide to the College Experience,
J. MacKay and W. Ingram, Houghton-Mifflin, New York, 2002.

Residence Life Programs and the First-Year Experience,
Zeller, Fidler, Barefoot, 1991.

PROVIDENCE COLLEGE'S FERPA POLICY

The release and disclosure of information from student records maintained by the College is governed by the Family Educational Rights and Privacy Act of 1974 as Amended, referred to as FERPA.

Under Providence College's FERPA policy, confidential information concerning a student's records may be released to the parent(s) of the student, or any other designated individual, only through written consent of the student. **Unauthorized disclosure of student information is a violation of federal law.** If the student wishes to have any information disclosed to parents or any other designated individual, a RELEASE OF INFORMATION AUTHORIZATION form must be filed with the Office of Enrollment Services/Academic Records, Harkins Hall 207, as soon as possible. It is strongly recommended that the form be returned within two weeks of matriculation.

Once the appropriate written authorization by the student is received in this office, designated individuals may be informed of the student's status at Providence College, including but not limited to grades, academic standing, and financial information. If at any time after submission of the form the student wishes to modify the list of individuals authorized to receive confidential information, a new authorization form must be completed and returned to the Office of Enrollment Services/Academic Records. This authorization release is binding upon the College and will remain in effect until withdrawn by the student. This withdrawal must be in writing and submitted to the Office of Enrollment Services/Academic Records.

According to FERPA, Providence College may provide "Directory Information" *without* the consent of the student in accordance with the provisions of the law. "Directory Information" includes: name, local and home addresses, college postal box number, telephone number(s), date and place of birth, major fields of study, dates of attendance, E-mail address, enrollment status, class year, degrees and awards received, the immediately previous educational institution attended by the student, participation in sponsored athletic events or other student activities, and height and weight of members of athletic teams. Students may, to the extent permitted by FERPA, direct the College to withhold "Directory Information" by filing a notice, *in writing*, with the Office of Enrollment Services/Academic Records within three (3) days of the start of the Fall Semester.

Any questions concerning FERPA may be addressed to the Office of Enrollment Services/Academic Records, Harkins Hall 207, 401.865.2854, or records@providence.edu.

GLOSSARY OF TERMS

Academic advisor: faculty member responsible for helping a student explore academic alternatives, assists in choosing courses, goal-setting, and referrals.

Academic dismissal: disqualification from continued matriculation which can occur in several ways: three “F’s” in any one semester or cumulatively in one academic year (except for first-semester freshmen or transfer students); academic probation for two successive semesters; or cumulative quality grade point (q.p.a.) average less than 1.58 at the end of the second semester of the freshman year.

Academic probation: a warning of severe academic danger: cumulative quality grade point average at the end of the first semester is below 1.60 and between 1.58-1.80 cumulative at the end of the second semester.

AP credits: course credit for AP exams with a score of four or greater; AP courses may fulfill a free elective only unless otherwise noted; students are still expected to meet the College’s requirement of eight full-time semesters.

Courseload for freshmen: four courses per semester; there is an extra course fee for an additional course (except ENG 101-Freshman Writing Seminar and MIL 101-Fundamentals of Military Science).

Course registration list: booklet published each semester before course registration containing all available courses, academic calendar, final exam schedule, and campus map.

Dean’s honor list: a 3.55 q.p.a. (see below) or better attained at end of a semester with no grade less than a “C,” full-time status, and in good standing.

Grade reports: students may access mid-semester and final grades via Providence College’s web student information system, CyberFriar. Students who wish to receive a final grade mailer every semester or in any given semester must complete a “Final Grade Mailer Request” form in the Office of Enrollment Services/Academic Records.

Hall director: professional who coordinates services and staff of each residence hall; serves as a resource person and referral source for students.

Internships/experiential education: a supervised work experience that exposes students to professional responsibilities in a career field of interest. An internship can be paid, volunteer, or for academic credit.

Majors: area of specialization consisting of a cluster of related courses drawn from one or more departments; usually requires a minimum of 30 credit hours.

Minors: cluster of thematically related courses drawn from one or more departments; usually 15-18 credits.

Monthly payment plan: 10-month installment payment plan.

Promissory Note: written agreement to repay student loans.

G.P.A.: grade point average is obtained by dividing the total number of quality grade points by the total number of credit hours attempted.

Renewal FAFSA: Free Application For Federal Student Aid; returning students receive renewal information in the months leading up to the renewal deadline.

Resident assistants (“RAs”): upperclass students who reside in the residence halls and provide assistance and support to students on their floors. During the academic year, they coordinate special activities and programs for their students.

Student Handbook: handbook for full-time students that provides information about student life at Providence College, its activities, and the procedures and regulations which apply to it.

Undeclared: students who enter the College without a declared major and are assigned to a specially trained academic advisor to assist them in their decision-making process leading to the selection of a major.



BRIEF DESCRIPTIONS OF FREQUENTLY CONTACTED OFFICES

Academic Services (Office of)

401.865.2494 Library Upper Level

This office offers tutorial services for all undergraduate students. It also provides and facilitates academic services for physical and learning disabled students as well as student-athletes. A Writing Center is also housed in this complex.

Balfour Center for Multicultural Affairs

401.865.2738 Harkins Hall 310

The Balfour Center for Multicultural Affairs provides multicultural education and intercultural programs. The center is a support service and resource for students, family, staff and administration, and neighboring communities.

Bursar (Office of)

401.865.2284 Harkins Hall 400

This office is responsible for tuition, billings, and payment.

Office of Career Services

401.865.1530 Slavin Center 111

Through individual and group sessions, students are assisted with exploring academic and career options, developing career-related experiences and internships, and decision-making skills.

This office also assists seniors in all stages of the career and job search process.

Chaplain's Office/Campus Ministry

401.865.2216 Campus Ministry Center (St. Dominic Chapel)

The chaplain's office provides many services and programs and strives to help

students to integrate spiritual, intellectual, and personal growth. The chaplain and other campus ministers are available to students of all faiths to help and support them in times of crisis or difficult decision making.

Dean of Undergraduate and Graduate Studies (Office of)

401.865.2495 Harkins Hall 213

The Dean's Office, which oversees the academic progress of all undergraduate and graduate students, is the office of academic referrals relative to interpretation of current policies and regulations. A special dean for freshman concerns, questions and general advisement is available on a full-time schedule in this office.

The office is responsible for the review of all grades and degree-bearing programs, monitoring student academic status (probation, dismissals, graduation year adjustments, etc.), development of new academic programs, changes in curriculum, and conferral of all honors, i.e. Dean's List, graduation honors, etc.

Enrollment Services (Office of)

401.865.1033

Academic Records-Harkins Hall 207

Registration & Scheduling-Harkins Hall 412

Academic Records maintains student academic records. This office verifies student enrollment, maintains the authorization of the release of confidential information and the non-disclosure of directory information in accordance with FERPA, and issues mid-term and

final grade mailers upon request. The office also processes transcript requests, grades and transfer credit, and handles all changes of address and other corrections to student data information. Registration & Scheduling coordinates the course schedule and student registration.

Financial Aid (Office of)

401.865.2286 Harkins Hall 215

The office oversees federal, state, and institutional loans, grants/scholarships, student work opportunities and other forms of financial assistance.

Personal Counseling Center

401.865.2343 Lower Bedford Hall

Personal counselors are available to assist students in examining areas in their lives that range from everyday challenges to serious crises. All services, including individual counseling and peer support groups, are confidential within the limit of the law and ethics. When deemed appropriate, off-campus referrals are made.

Residence Life (Office of)

401.865.2392 St. Joseph Hall 110

The residence life office oversees those aspects of student life that constitute on-campus residence, room assignments, meal plans, safety, and social growth.

Safety and Security (Office of)

401.865.2391 Huxley Avenue Entrance

The security office is charged with the responsibility of protecting the College community and College property and

facilities. The department provides highly visible preventive motor, foot, and bike patrols on campus; responds quickly to the needs of individuals on campus; and provides personal safety escorts as requested. Providence College complies with the federal regulations relating to the Crime Awareness and Campus Security Act. That report is available at the Office of Safety and Security.

Student Activities-Involvement-Leadership (S.A.I.L.)/Slavin Center

401.865.2211 Slavin Center 104

This office is responsible for coordinating co-curricular opportunities for students including: student activities/events, leadership development, orientation, and assisting with student organizations. Additionally, the office is responsible for the general coordination of Slavin Center and McPhail's Entertainment Facility. The office also oversees transportation services.

Student Health Center

401.865.2422 Lower Bedford Hall

The center is staffed by a nurse, nurse practitioners, part-time physicians, and emergency medical technicians. It provides basic first-aid/medical care to students. When appropriate, referrals are made to off-campus physicians or facilities.

College Web address

www.providence.edu

JUNE & JULY

STUDENT ISSUES

- Desire to separate from parents but needing reassurance
- Great expectations!
- Reluctance to communicate feelings

PARENT ISSUES

- “Letting go”
- Communicating feelings
- Check out health insurance for college-bound students

IMPORTANT EVENTS

- New Student Orientation material updates
- First Monthly Payment Plan due June 1
- Fall semester bill mailed mid-July
- Health Forms due July 17
- Entrance interviews for Perkins and Direct Loans (Process begins)

“In the Book of Ecclesiastes, we are reminded that there is a time for every season under heaven. The summer months are traditionally a time of rest, for the gathering of family and friends, and the celebration of accomplishments. They are also a time to take perspective on what has gone before and on what is yet to come. Doing so can inspire gratitude for blessings received and hope for the future and, indeed, in the providence of God who will bring to perfection the good work he has begun in us.”

REV. JOSEPH J. GUIDO, O.P.
VICE PRESIDENT FOR MISSION AND MINISTRY;
COUNSELING PSYCHOLOGIST,
PERSONAL COUNSELING CENTER;
ASSISTANT PROFESSOR OF PSYCHOLOGY

TIPS AND RESOURCES

Parents and students review materials contained in New Student Orientation Mailing.

Check out “To Do List” and deadlines.

Check out dates for “welcome receptions” sponsored by Alumni Relations.

Discuss with your child: ability to do laundry, cleaning, writing checks, keeping a budget, and money management issues.

Discuss expectations with your commuter child, i.e. study location, time management, socializing (curfews), etc.

Be prepared by keeping an open mind, being flexible, and accepting cues from your child.

Be sure to check the “What to Bring” list before purchasing room furnishings.

Bank accounts can be opened during orientation and the first week of school. Students can access money through ATMs (Automatic Teller Machines) in Slavin Center. Bank is located within walking distance of the campus.

Parents check out PC Parent Website at www.providence.edu/PCParents for helpful information for first year parents.

AUGUST

STUDENT ISSUES

- Saying good-bye
- Communicating feelings
- Excitement and doubts
- Questioning decision-making skills
- Packing up and moving out
- Living at home and commuting
- Keeping long-distance friendships alive
- Having second thoughts

PARENT ISSUES

- Saying good-bye
- Communicating feelings
- Anticipation
- Assisting with packing up and moving out
- Living at home with a commuter student

IMPORTANT EVENTS

- Housing assignments mailed home week of August 10
- Fall semester bill due August 15
- Move-in date for Urban Action August 30

As the summer begins to come to an end, August can seem like quite a bittersweet month for incoming students. A culmination of angst, excitement, and even fears, it is the time when reality begins to set in. Although it can be very intimidating moving forward from the familiar, comfortable faces of family and friends, embarking on this great journey could not be a more momentous experience and time of growth.

JAIMIE SCAMBIO
CLASS OF 2010

TIPS AND RESOURCES

Check out dates for “welcome receptions,” sponsored by Alumni Relations.

Dealing with many questions including, “How will you feel about not seeing your child on a daily basis?”

Check out “What to Bring List” from Residence Life.

Coping with separation anxiety (if you’re feeling doubts, they will too).

Discuss expectations about personal values, alcohol, coping with peer pressure. Check out “Talking To Your Student About Campus Safety” on the PC Parent Web site at www.providence.edu/PCParents.

Don’t rush to make physical changes right away (such as planning a den or workout room when your child moves out).

Sometime during this month, the Office of College Events will send a local “Hotel Brochure” to help you plan visits to Providence during major College events.

Plan ahead and be aware of moving-in dates and times designated by Residence Life.

SEPTEMBER

STUDENT ISSUES

- Homesickness (adjustment)
- Risk-taking
- Self-discovery
- Finding your way around campus, i.e. classes, mail
- Communicating needs with friends, roommates, professors
- Dealing with loss—old friends, siblings, community base
- Roommate adjustment
- Time management and procrastination
- First tests, papers, quizzes
- Balancing work commitments and academics
- Social pressures (alcohol, fitting in)
- Adjustment to class schedules
- Frustration over expectations vs. reality of introductory courses
- Examining values—your own and others'
- High incidence of "poisons" (ivy, oak, sumac)
- Negotiating new environment
- Expectations vs. reality of college life
- Managing money

Reactions to homesickness may vary—sometimes you may not know what to say, but being an empathetic listener can make all the difference.

TIPS AND RESOURCES

Asking open-ended questions, such as "How did that feel?" or "What do you think?" encourages communication and avoids superficial answers.*

Encourage your son/daughter to work out situations to best of their ability. A good way to communicate your support and concern is by recommending your child use campus resources. Personal counseling, chaplain's office, and residence life staff can provide special support at this critical time. See the Correspondence List to help you make an appropriate referral.

Recommend that your son/daughter attend the Involvement Fair as an easy, non-threatening way to connect with other students and learn about different activities on campus. The S.A.I.L. office and *The Cowl* (student newspaper) can provide dates and times for campus events.

Focus on strengths—encourage, affirm—even if your son/daughter gets a "C" or lower, and brainstorm ways to improve.

SEPTEMBER

PARENT ISSUES

- Getting questions answered at orientation
- Feelings of separation and loss
- Changes in family routine/patterns
- Financial concerns
- Anxious about son/daughter's adjustment
- Unsure about how to respond to son's/daughter's ambivalence in response to new environment
- Adjustment to some negative changes in son/daughter, i.e. impatience, short temper
- Adjustment to some positive changes in son/daughter, i.e. realizing and appreciating deeds of parents

IMPORTANT EVENTS

- Move-in day September 2
- Student Orientation September 2-7
- Parent Orientation September 2-3
- Welcome week for freshmen begins September 7
- Classes begin on September 8
- English proficiency exam
- Disbursement of monies for federal and institutional money
- Involvement Fair-September 10
- Course adjustment period (add/drop courses)
- Transformations Leadership Retreat September 26-27

"Change can be exciting, but it can also be stressful.

Students need to recognize that family and friends can be an important resource to help them in adjusting to that change. They also need to remember that although relationships can take on new dimensions, such things as family rituals, styles of communication, value systems, and memories of good times are very much a part of who they are."

JACQUELINE F. KIERNAN MACKAY

ASSOCIATE DEAN OF UNDERGRADUATE STUDIES/
DIRECTOR OF PARENT PROGRAMS

TIPS AND RESOURCES

To help with homesickness, meetings with RAs and residents on your son's/daughter's floor will occur.

To encourage students to communicate expectations, RAs and hall directors help with "roommate agreements."

Suggest that your son/daughter call 865.234.0 for information on how to get involved in fall intramural sports. This can provide another way to meet new people and continue an interest in sports involvement.

Encourage your son/daughter to get to know faculty and take advantage of office hours.

**From: "Let the Journey Begin: A Parent's Monthly Guide to the College Experience," J. MacKay and W. Ingram, Houghton-Mifflin, New York, 2002.*

OCTOBER

STUDENT ISSUES

- Adjustment issues may continue, i.e. homesickness, loneliness
- Planning first “official” weekend home (Columbus Day)
- Long-distance relationships may begin to weaken
- Stressing over mid-semester exams
- Balancing academics and co-curricular activities
- Social pressures (alcohol, fitting in)
- Questioning their choices when grades don’t meet expectations

PARENT ISSUES

- Adjustment to son’s/daughter’s first weekend home
- Concern over mid-semester grades
- Continued awareness of changes in family patterns

TIPS AND RESOURCES

Encourage your son/daughter to reconnect with their academic advisor.

If you have concerns about your son’s/daughter’s drinking behavior, share them honestly and directly. If you have serious concerns, you may want to recommend a visit to the Personal Counseling Center.

Issues of time management and learning “when” to study, “what” to read vs. skip over, and “how” to approach each course can be frustrating. Remind your son/daughter of academic support services—tutorials, Dean’s Office, Academic Services, faculty, etc. This can be especially important during mid-semester time.

Be aware that managing money may become an issue, i.e. anticipating different needs.

There are many ways to become involved in campus life, i.e. clubs, organizations, McPhail’s Entertainment Facility (open 7 days a week), Big Screen Movies, etc.

Early October might be a good time for a “care package” from home including “goodies,” hometown newspaper clippings, money, etc. Send care packages to: student’s name, Friar Box #, Providence College, Providence, RI 02918.

IMPORTANT EVENTS

- Columbus Day, No classes October 12
- Mid-semester October 21
- Major/Minor Fair October 28
- Second seating of the English proficiency exam

TIPS AND RESOURCES

If there are roommate conflicts, requests for room changes can occur beginning in mid-October.

A great “stress buster” is exercising at Concannon Fitness Center.

Now may be a good time to suggest a visit to the Office of Career Services to begin the process of self-assessment i.e., interests, abilities, values, etc.

Resources such as SIGI Plus can be a valuable tool in this initial stage.

Encourage your son/daughter to take advantage of free RIPTA bus services throughout the state, and to check the S.A.I.L. office or RIPTA.com for schedules.

Shuttle service is available. Check the S.A.I.L. office for schedules.

NOVEMBER & DECEMBER

STUDENT ISSUES

- Freshman Family Weekend
anticipation vs. anxiety
- Holiday issues—missing being home to help prepare for the holidays
- Health—colds, flu, “the blues”
- Alcohol use may increase due to stress over exams, papers, Christmas parties
- Worrying about plans for semester break
- Course registration concerns
- Papers due! Finals! Grades! Stress!
- Returning home; connecting with old role models, i.e., teachers, coaches, etc., and comparing first-semester college experiences with friends who attend other colleges

The stress is on! Make sure your son/daughter is aware of ways to deal with stress, e.g., exercise, sleep, good nutrition, and checking with Personal Counseling Center for stress-management tips and to fine-tune coping skills.

TIPS AND RESOURCES

Encourage your son/daughter, if overwhelmed, to ask for help as soon as possible, and emphasize that they are not alone.

Remind your son/daughter of the importance of exercise and good eating to ward off illness.

Be prepared for a range of reactions on their part during the Christmas break, i.e., student might need to “veg out”; others may take a “whirlwind” approach in connecting with old friends; some may need the opportunity to reflect on successes and frustrations of the first-semester college experience.

Be mindful that studying for first-time college finals can be overwhelming for many students. They may need you as a “sounding board.” Just listening may be enough. Sometimes suggesting resources like Tutorial Services (Academic Services) can both be reassuring and provide some much needed direction.

Be aware of the powerful impact of peer pressure, particularly the impact on a student’s decision to drink.

Students receiving low mid-semester grades can expect to be contacted by the Dean’s Office to discuss academic strategies.

Encourage early contact with academic advisor for registration.

NOVEMBER & DECEMBER

PARENT ISSUES

- Freshman Family Weekend anticipation
- Dealing with son/daughter who is in process of change
- Planning for the holidays
- Providing support and encouraging responsibility and follow-through during stressful time
- Adjusting to new behaviors during semester break (hair, dress, accent, food preferences, establishing boundaries, etc.)

IMPORTANT EVENTS

- Course Pass/Fail option deadline
November 6
- Freshman Family Weekend Nov. 6-8
- Spring semester bill mailed
early-mid November
- Thanksgiving break November 25-30
- Deadline for "WD" December 4
- Reading Period December 12-13
- DWC Exam December 14
- Reading Day December 15
- Final Exams December 16-21
- Spring semester bill due
December 15

“By the end of the first semester, the perceptions students have established about drinking on campus are often based on the erroneous assumption that ‘everyone is drinking.’ These perceptions can lead students to make decisions about their own alcohol use and a need to fit in socially and identify with their peers. It is essential for parents to communicate with their sons/daughters about how they are adjusting socially and discuss the role alcohol plays in how they have established friendships and coped with social pressures.”

DR. ANNE COLEMAN

COUNSELING PSYCHOLOGIST/

SUBSTANCE ABUSE COUNSELOR

PERSONAL COUNSELING CENTER

JANUARY & FEBRUARY

STUDENT ISSUES

- Returning semester issues—readjustment to new routines/renewing strategies that worked first semester
- Weather—cabin fever, “the blues”
- Decision-making stressors—add/drop, pass/fail, etc.
- Missing those who did not return, family, home friends, etc.
- Pressure to improve first-semester grades
- Questioning choice of major/transferring to another college
- Stress over Valentine’s Day when not dating
- Loneliness
- Health—flu, weight gain

Getting back into the “swing of things” can be challenging. Surviving the first semester was a major accomplishment. Continue to encourage your son’s/daughter’s intellectual risk-taking and self-discovery.

TIPS AND RESOURCES

Support your son/daughter’s efforts in setting new goals for second semester.

Peer support groups sponsored by the Personal Counseling Center can be especially helpful at this time.

Regretting choices made last semester requires a proactive response on the part of your son/daughter. Remind them of the importance of meeting with their academic advisor and freshman dean to review first semester academic performance.

Urge your son/daughter who may be suffering with a cold or flu to make contact with the Student Health Center. In cases of extended absences, the Dean’s Office should be notified.

To help with “cabin fever,” recommend taking an off-campus trip. Refer your student to the BOP monthly calendar.

Remind your son/daughter that this is a good time to connect with the Concannon Fitness Center, swimming in Peterson Recreation Center, and free skating at Schneider Arena.

JANUARY & FEBRUARY

PARENT ISSUES

- Health issues—not being able to care for sick son/daughter; concern over missed classes and grades
- Worry about son/daughter who did poorly first semester
- Missing your son/daughter and getting back into routine that is still new to family

IMPORTANT EVENTS

- MLK Day - No Classes
All resident students report
January 18
- Classes begin January 19
- President's Day, No Classes
February 15
- Disbursement of monies for federal and institutional money
- Renewal FAFSA available after
January 1 at www.fafsa.ed.gov

“Many students, after first semester, feel they are ‘the only ones having difficulty’ readjusting to college life and coping with their first-semester grades. They need to settle down, re-evaluate their time management skills, and establish some strategies as soon as possible.”

DR. WANDA S. INGRAM

SENIOR ASSOCIATE DEAN OF UNDERGRADUATE STUDIES

MARCH

STUDENT ISSUES

- “Spring Fever”
- Weather—cabin fever, “the blues”
- Mid-semester stress
- Money problems
- Pre-registration concerns
- Alcohol and drug issues may escalate
- Summer jobs
- Questioning choice of major
- Spring Break plans—excitement vs. stress

PARENT ISSUES

- Concerned about decisions for next year
- Providing extra support during mid-semester
- Spring Break adjustment

IMPORTANT EVENTS

- Mid-semester March 17
- Spring Break February 27 - March 7
- Housing selection
March-April

“March is replete with challenges: getting refocused after spring break, performing well on mid-term exams, dealing with pre-registration concerns, and gearing up for final projects and papers. With so many competing demands and distractions, students should make a conscious effort to prioritize their commitments and remember the lessons that they learned in the fall. They should ask themselves, ‘What must I accomplish first?’ and ‘What can I do now that will save me time later?’”

BRYAN D. MARINELLI

DIRECTOR OF ACADEMIC SERVICES

TIPS AND RESOURCES

Reinforce your son’s/daughter’s use of campus resources, i.e. Student Health, Personal Counseling, Chaplain, etc.

Be aware that with the arrival of spring, the social pace picks up. This might be a good opportunity to revisit values and expectations concerning peer pressure and alcohol issues.

If your son/daughter is undeclared, remind them of importance of attending special undeclared student workshops.

Encourage your son/daughter to reconnect with academic advisor for April registration.

Mid-semester grades might indicate a need to check with Academic Services for help with study skills, test-taking strategies, and time management.

Students receiving low mid-semester grades can expect to be contacted by the Dean’s Office to discuss academic strategies.

The period between spring break and Easter might call for an extra care package or special words of encouragement.

APRIL

STUDENT ISSUES

- Registration jitters
- Summer job anxieties
- Money concerns
- Not wanting to study due to good weather
- Increase in outdoor activities means increase in injuries and sunburn incidents

PARENT ISSUES

- Being supportive of son's/daughter's decisions (classes, roommates, etc.)
- Sharing son/daughter's frustrations around registration process
- Preparing for Easter Recess

IMPORTANT EVENTS

- Course Pass/Fail option deadline
April 7
- Easter Recess April 1-5
- Last day to withdraw "WD"
from class April 23
- Renewal FAFSA deadline April 15
-also check with home state for
possible state grant deadline
- Monthly payment plan brochures
mailed for next academic year
- Last day of classes - April 30

“Spring fever” explodes and brings with it lots of distractions. Since procrastination can be a key problem, good time-management skills are essential.

TIPS AND RESOURCES

Remind your son/daughter of safety issues as outdoor activities increase. Suggest that they use campus escorts and the campus shuttle bus.

Remember that registration can be an easier process if your son/daughter is well prepared. Reinforce the need to seek out academic advisor well in advance of the process.

One way to deal with summer job anxieties is to recommend to your son/daughter that they attend workshops sponsored by the Office of Career Services on how to obtain summer jobs and summer internships.

Life after Easter Recess can be difficult due to lack of motivation—encourage son/daughter to get back into their routine and stay with it.

MAY

STUDENT ISSUES

- “Spring Fever” explodes
- Not wanting to study due to good weather
- Stress over finals, grades, report cards
- Anxiety of leaving college friends
- Money and summer jobs
- Defining independence and autonomy with Mom/Dad
- Anxiety/excitement re: connecting with high school friends
- Packing up/moving out
- Setting realistic summer goals, i.e., summer-school performance, weight loss, summer job, etc.

PARENT ISSUES

- Packing up/moving out
- Son’s/daughter’s coping with finals, grades, report cards
- Anxiety of son/daughter returning or not for summer vacation
- Expectations re: maturity, independence, and autonomy

IMPORTANT EVENTS

- Reading Period May 1 - 2
- DWC Exam May 3
- Reading Day May 4
- Final Exams May 5-10

“As our students leave us in May, my hope is that they leave here changed for the better. Of course I care whether or not they have grown in learning: that they have learned the difference between mitosis and meiosis, or that they remember the lesson of Plato’s cave. But, I’m more interested in their growth as human beings: that their horizons are now broader, that they’ve learned from their mistakes, that they’ve tapped into resources they had not known they possessed, and found interests in things they hadn’t considered before. I hope they’ve found a professor they’re excited about, that they’ve reached out as an active participant in this learning endeavor, and that they’re excited about coming back next year.”

REV. MARK D. NOWEL, O.P., PH.D.

DEAN OF UNDERGRADUATE AND GRADUATE STUDIES

TIPS AND RESOURCES

Encourage your son/daughter to make good use of the reading period in preparation for finals.

Remind your son/daughter if overwhelmed to ask for help as soon as possible and stress that they are not alone.

Awaiting final grade reports can cause lots of anxiety during the early part of the summer. Be aware of how this will impact summer vacation.

Adjusting to your son/daughter’s “newfound” independence may require flexibility on both your parts, i.e., setting priorities, lifestyle, curfews, etc.

If your son/daughter has a question about a grade on their final report card or needs to make arrangements to finish an incomplete grade, this should be addressed immediately in the following order with:

1) the professor, 2) the chairperson, and 3) the Dean’s Office.

Although this first academic year has come to a close, your transitions throughout your son’s/daughter’s college experience will continue to unfold.

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