

A FRESH START NEWSLETTER

A NEWSLETTER FOR PARENTS OF FIRST YEAR STUDENTS

Published by the Providence College Parent Program

Spring 2012

Happy New Year!!



Greetings Parents!

For first year students and parents, a new year brings with it a new semester, full of challenges, excitement, and even some unwelcomed anxiety. It provides an opportunity for students to reflect, refocus, and put some new plans in place in regards to both academic and non-academic issues. For parents, the ebbs and flows of the academic year reinforce your role in the educational process as you continue to encourage your student to ask questions, use campus resources, and ask for help when needed. Needless to say, your patience, open and thoughtful communication can go a long way in assisting your son or daughter to make good and healthy decisions as the second semester moves along.

Hopefully, the information contained in this “Fresh Start” Newsletter will serve as a useful tool as parents and the College journey together in helping students to reach their full potential and maximize their Providence College experience. Although the road may seem bumpy at times, please know that we are here to assist you at every turn.

For more information about resources for parents, check out our website at: www.providence.edu/PCParents.

Jacqueline Kiernan MacKay

Associate Dean/Director of PC Parent Program

A Message From the Freshman Dean

Dr. Wanda Ingram, Sr. Associate Dean of Undergraduate Studies

It is my hope that your student will return to Providence College with what I call a case of the “R’s” – rested, refreshed, renewed, and ready to begin the semester with a plan!

Now that they understand the pace of college courses, the importance of the syllabus, and the need for good habits, many well intentioned New Year’s resolutions are made by first year students. For those who did well, there is a need to understand how and why so that they can replicate another successful semester. If things did not go as planned, there is a need to make an assessment of strengths and brainstorm ways to regroup. Reviewing resources like those on the Academic Services web site www.providence.edu/academic-services (under Academic Skills) can be helpful.

For parents, it is important that you continue to encourage the development of good habits, flexibility, getting to know professors, and keeping a healthy balance between academics and extra-curricular activities. Please remind students to schedule an appointment with their freshman dean (401-865-2495) to brainstorm options and explore solutions.

The Balfour Office for Multicultural Affairs—Serving All Members of the PC Community—Elena T. Yee, Director of BOMA

As the new director of the Balfour Office for Multicultural Activities, I'm excited to share with you about what BOMA entails and the ways that the office support students in their transition to the College. As you may not know, BOMA is a new office within the Division of Student Affairs. Previously it was connected with the Multicultural Scholarship Program (MSP), which still exists under the leadership of Michael Walsh in the Office of the Dean of Undergraduate and Graduate Studies. Additionally, the new Unity Center is a physical space located in the lower level of Slavin Center for students to use for fellowship, meetings and study.

My ultimate vision for BOMA is to create opportunities for all students to deepen their intercultural understanding, skills, and maturity. I also seek to support students who are in the numerical minority on our campus due to race, ethnicity, socioeconomic class, nationality, ability, and so on. As such, there is a pilot Peer Mentor Program and the Horizons Fall Retreat geared towards freshmen students of color and international students.

As you can see from the description of the office, the emphasis is on activities which mean all students, yes all, are welcome to be involved with many of the programs organized and sponsored by BOMA. During this year's orientation, Lee Mun Wah, a renowned diversity trainer and teacher, spoke to new students about the value of diversity and how to engage with greater intention with those we don't know and who may differ from us. One of the most helpful and affirming statements he told us that we could say to one another is, "Tell me more..." My hope and prayer that it may it be so with students at Providence College, as they make their way on campus and are transformed as they invest their time and energy in their studies, in service, and with one another.

I hope you will encourage your students to attend the many events sponsored by BOMA during the academic year. In keeping with our collaborative goals, many of our programs are co-sponsored with other offices and groups on campus including, The Center for Catholic and Dominican Studies, the Office of Career Services, and Student Congress.

If you, or your student, have any questions or concerns, please feel free to contact me at eyee@providence.edu, phone (401-865-1525) or stop by the office (Slavin Center, 114).

DID YOU KNOW???



In keeping with its mission and outreach efforts, **Campus Ministry** has opened a new satellite office on the lower level of Slavin Center, across from McPhail's Entertainment Facility. It serves as a supplement to Campus Ministry's headquarters which is located in St. Dominic Chapel. The satellite office, which is staffed by Pastoral Council members, serves as an informational source on Campus Ministry and as a place to study and/or socialize. The office provides a relaxed atmosphere with soft seating and computer terminals.

“Overcome the urge to take charge if something goes wrong. When talking to your student, make sure he or she can answer “who”, “what”, “where”, “when”, and “how” questions. When did it happen? Where can your student go for help? Who should your student speak to? What can that person do to help? How can this be resolved?”

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

Beyond the Classroom: Preparing Your Student (and You!) for Study Abroad - Katherine Jacobs, Study Abroad Coordinator-Center for International Studies

It may seem early to start planning for your student's junior semester or year abroad, but applications for study abroad approval are due December 1st of sophomore year. Therefore, spring semester of freshman year and the summer are the best times to begin discussing the possibility of study abroad with your son or daughter.

Your student may already be a seasoned world traveler, or may have never left the U.S. Either way, the prospect of spending 4 to 9 months in another part of the world can be nerve-wracking for parents and students alike. Below are the top three recommendations for making the study abroad process rewarding and anxiety-free:

1. Start Research Early

Providence College currently recognizes over 200 study abroad programs in 47 different countries—that's a lot to choose from! Some majors have specific lists from which they must choose, while other majors choose from the comprehensive geographic list. Instead of getting hung up on a particular city or country, encourage students to consider issues such as whether or not language study is important, if they'd rather live in an apartment, dorm, or homestay, and if they prefer urban or rural environments. All of the recognized program options can be found at <http://www.providence.edu/cis/Study-Abroad/>.

2. Communicate

With the multitude of activities and deadlines students juggle on a daily basis, it is easy for them to "forget" to mention their study abroad plans to mom and dad. Prior to the start of Sophomore year, ask students how they feel about the prospect of spending a semester or year in another part of the world. Encourage them to discuss their ideas, fears, and questions openly with you. Once Sophomore year has begun, ask if they are on track for submitting a completed online application by the December 1st deadline.

3. Encourage Independence

The pre-departure processes we use, from early inquiry to the final orientation prior to departure, are designed intentionally to promote independence and self-reliance in students—skills that will be necessary while they are abroad! Students are given ample opportunity to learn about study abroad through information sessions, fairs, and individual advising at the CIS. We always welcome parent inquiries, but you should allow and encourage your student to gather all of the information by him/herself and share it with you directly. This will not only ensure that students have all the necessary knowledge, but will best prepare them for leaving their cultural comfort zone and making the most of their experience abroad.

More information about study abroad and the Center for International Studies can be found at www.providence.edu/cis.

2012 IMPORTANT DATES!

January 17: Undergraduate Classes Begin

March 10-18: Spring Recess—No Classes

April 5-9: Easter Recess—No Classes

May 4: Last Day of Classes

May 7-14: Exam Period

Second semester challenges can be stressful. Remind your student that talking with a counselor, working out at the Concannon Fitness Center, and/or getting involved with a campus activity, can be great stress relievers.

Jacqueline Kiernan MacKay



It's Never Too Early To Start Planning!—Patti Goff, Interim Director, The Office of Career Services

The Office of Career Services realizes that most first year students have significant adjustment issues to address during their first semester, and as a result, many of them just aren't ready to start talking about career plans and graduate school. However, now that spring semester is here, we want to help freshmen to be able to get a jump start on their career development. Below is a list of events and action steps they can take part in this semester to help them get ahead!

- ◆ Take FOCUS, an online assessment to help students select majors, set career goals and/or plan for graduate school. <http://www.providence.edu/career-services/career-links/Pages/default.aspx>
- ◆ Activate their eFriars (career management database) account at <https://providence-csm.symplicity.com/students/index.php>
- ◆ Create a resume and have it reviewed at Career Services during daily Quick Question Hours
- ◆ Attend a major career event without the pressure of having to actively participate!

What It Takes to be a Leader Panel: 1/24/12 | 4:30pm | Unity Center
 Spring Career & Internship Fair: 3/20/12 | 3-6pm | Peterson Recreation Center
 Providence Alumni –Student Networking Night: 3/27/12 | 6:30pm | '64 Hall

- ◆ Keep checking the EVENTS page of eFriars for career panels, workshops, and other career programs

Freshmen are always welcome to make an individual career counseling appointment in Career Services by calling 401-865-1290. This appointment can be as vague as, "What should I be doing the next 3 years to help me choose a career?" Or as focused as, "How can I get an internship at XYZ company the summer of my junior year?" We are here to help students of all ages, at all levels of their career development. Please encourage your students to start planning NOW!

As a parent, you can help your student to get through the winter blues by sending a care package full of goodies, hometown newspaper clippings, and notes of encouragement.

Send packages to:
 Student's Name
 Friar Box # (18+ friar box number)
 Providence College
 Providence, RI 02918



Encourage Your Student to Get Involved with Leadership at PC! -- Leslie J. Heller, Assistant Director of S.A.I.L.

A new semester brings new opportunities! Check out the following ways for your student to get more involved on campus and develop as a student leader this spring:

Breakfast of Champions

Student attendees will get a FREE breakfast while learning about a different leadership topic each week during this popular workshop series. This program is for student leaders of all levels, and will be held each Wednesday from 9:30am-10:30am in McPhail's, beginning February 1st. Interested students can pre-register in the S.A.I.L. Office in January.

2012 Orientation Leader Selection

An e-mail was recently sent to all members of the classes of 2013, 2014 and 2015 inviting them to apply to join the 2012 New Student Orientation staff. We are looking for a diverse pool of applicants representing different majors, hometowns, and interests, to fill approximately 70 spots on this year's orientation staff. Please encourage your student to apply and to contact Leslie Heller at lheller@providence.edu.

A Special Event for PC Parents, Alumni, and Friends....



On Saturday, April 28, 2012, Providence College will host the third annual **A Night in Black and White**. The event will be held at The Park Plaza Castle, Boston, and guests will enjoy a festive evening with the PC community, and indulge in gourmet food and wine pairings.

All proceeds from the event benefit the PC Fund, supporting the College's greatest needs. Last year's **A Night in Black and White** was truly a significant event for Providence College. Support from alumni, parents and friends made it the largest, single-event fundraiser in the College's history, raising nearly \$450,000.

This year's honorees are Bryan and Susan Koop '11P, '12P and William '77 and Claudia Concannon '08P -members of our community who have made a significant impact on Providence College and the greater communities in which they live.

Last year's event was a sell-out! Don't miss your chance to be part of the celebration. For more information about **A Night in Black and White**, and to view the event video, please visit: www.support.providence.edu/blackandwhite.

THE PROVIDENCE COLLEGE PARENT PROGRAM

Information. Education.

Collaboration.

Feel free to contact us at:

parents@providence.edu

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