Greetings from the Office of First Year Experience Programs

As fall semester hits the halfway point, and campus beauty is all around us, we are happy to send you this latest newsletter for parents and family members of first year students. We hope to provide you with helpful information throughout the year, as we do with your student.

What Your Student May Be Experiencing

By now, most students have experienced their first midterm exams, college papers and other academic milestones. With all of these events come a range of emotions; relief, disappointment, grade anxiety, pride and self-doubt are all around – at times in the same person! Other firsts that students may have experienced include: IU Football and tailgating, an all-nighter, the first roommate argument, relationship changes, first IU involvement opportunity, the first missed family celebration, the amazing feeling when walking across this beautiful campus on the perfect fall day. So many things have happened in a short amount of time that cause students joy, stress and personal growth.

Most students have begun to feel a sense of routine; they are establishing patterns – of studying, socializing and in managing their daily needs. Now is a great time for them to assess the effectiveness of these patterns and determine if adjustments are needed. As they have some sense of what do expect in the classroom and on campus, it’s also a great time for conversations with you about their time management strategies, study habits, social activities and personal health and safety decisions. Be sure to reference some of the resources available to your student (and linked below) as you help support him or her from a distance. For them, knowing you understand is comforting; having you understand AND be a help in connecting them with support here at IU is invaluable.
Second Semester Course Registration Information

Currently on campus, students are starting to register for second semester courses. Each student is assigned a window of time in which they can register for classes. The student newsletter included this message:

*Make an appointment with your academic advisor prior to registering for spring semester to discuss your interests and options and to ensure you are on track. You can see more details and timelines of registration at Student Central on Union.*

This process can be both exciting and stressful, especially for first-year students, as they consider both their choices and requirements. Current Hoosiers suggest the following may provide good conversation between students and their family members:

- What do you need to know from your advisor and what questions will you be asking?
- Which classes do you plan / need / want to take next semester?
- What class are you most / least excited about next semester? Why?
- Have you explored timelines, dates and registration directions from Student Central on Union?

IU Health Center: Free Prescription Delivery Service

New: students can have prescription medications delivered to them, avoiding the hassle of having to pick them up. The Indiana University Health Center is now delivering prescriptions to residence centers. If your student is on a medication that is refilled monthly, he or she may now have this prescription delivered directly to his or her residence center at no additional charge. Interested? [Click here](#) to enroll.

Your CONNECTIONS Letter

During the New Student Orientation freshman program, NSO guests were offered an opportunity to write a personal letter to their IU-bound freshman. Those letters were delivered this past week. We are confident that there were many smiles and much love in reading them. Thank you to all who participated. For those who did not have the opportunity, we encourage you to send a handwritten letter to your student this week with any words of wisdom and support you care to share. It’s a special moment in the age of email and texting!

IU Resource Guide

A reminder: the Online [IU Resource Guide](#) is full of helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more. We encourage frequent use of this resource, as well as other Parent Information resources. Two great places to start are the [Parent Pages](#) on the FYE website, and the [parent resources](#) information provided by the Office of the Provost.
If you are looking for the latest information about campus, visit the IU News Room, where you can search for news and press releases by topic, campus, or keyword. For additional information about the Bloomington campus, the Indiana Daily Student, our student newspaper, is a great resource.

IU Parents Association

The IU Parents Association is coordinated with the assistance of the Division of Student Affairs and the Office of the Dean of Students. Have questions or want more information? Send them an email at mykidis@indiana.edu.