Greetings from the Office of First Year Experience Programs

Believe it or not, it is October! Your student is approaching the half-way mark of the fall semester. October can present challenges to students with the stress of mid-terms in sight and homesickness in the air. Let us help you and your student fall in love with IU and find a second home here in Bloomington. Below are ways for you to support your student and ways for your student to make the most of their October experience:

- Ways to support your homesick student
- Homecoming
- Getting Involved
- Hungry for Success

Ways to Support Your Homesick Student

As promised, we dedicate part of each monthly newsletter to a topic relevant to what new students may be going through at that time. Students and parents alike are often taken by surprise that homesickness might be an issue several weeks into the semester. Perhaps it due to the excitement and “newness” of being away from home wearing off; perhaps it’s hearing stories of friends back in high school; maybe it’s just a delayed reaction. Read what our friends at the IU Health Center have to offer:

Tips from the Counseling and Psychological Services (CAPS), IU Health Center
Homesickness is a common experience for students transitioning to IU. What can you do to support your child?

- Help students increase self-efficacy: the belief that they are capable of taking care of themselves. Support them in finding a solution, but don’t do the work for them.
- Encourage involvement at the new setting. If the student insists they need to see you, rather than having them come home, go to campus to visit. This allows them a positive association between home and the new environment, while also giving them the opportunity to stay in connection with their peers in the residence hall or on campus.
- Remind them they have done this before. Most students have been through some life transition. Share your memories about that transition and what they did to get through it.
- Share your experiences: If your child isn’t reaching out to peers and feels alone in their experiencing homesickness, it can help to hear about a time that you or another member of the family also had difficulty adjusting, with focus on how it got better over time.
- Encourage live verbal connection with you. While many young adults now use social media and texting to communicate, when it comes to feeling supported and connected live communication is more effective.
- If the homesickness hasn’t resolved within a few weeks, your child is not eating/sleeping, not going to class, or is feeling like hurting him/herself or others, it is time to reach out for additional help. Your student can come in for a CAPS appointment to talk with a professional. The first two visits at CAPS are free and confidential with the IU Health Fee. Students can schedule online or call (812) 855-5711 to make an appointment.

Homecoming
Indiana University's Homecoming week this year is October 11-17. Are you an alum? Maybe we'll see you on campus at some of the alumni events!

The Indiana University Alumni Association, with the help of the Homecoming Steering Committee, Union Board, IU Athletics, and the Indiana University Student Foundation, have planned several events in which students can participate:

Wednesday, October 14--Nearly Naked Mile
Thursday, October 15--Spirit Day/Thank A Donor Day/Paint the Town Crimson
Friday, October 16--Homecoming Parade & Pep Rally
Saturday, October 17--Homecoming Football Game & Tailgate

Be sure to nudge your Hoosier toward participating in these great IU traditions.

Getting Involved

BelNvolved: One of the best ways for your student to find a home and community here at IU is by getting involved! BelNvolved is a comprehensive system for students to discover and connect with student organizations on campus. This site can assist students in finding organizations that best fit
their interests. The opportunities are endless. For more information, please have your student contact Student Life and Learning at iusll@indiana.edu.

FYAmbassadors: FYAmbassadors (FYA) serves as the student voice for the FYE office. Our student organization provides programming and exclusive opportunities to first-year students, like your student. All students are welcome to join FYA, even first-year students. We provide leadership opportunities regardless of their year! If your student is interested, please have them visit beinvolved.indiana.edu for more information.

Is Your Student Hungry for Success?

*Wednesday, November 4, 5-8pm, Tree Suites in the Indiana Memorial Union*

The Career Development Center is hosting its second annual “Hungry for Success” event on Wednesday, November 4th in the Indiana Memorial Union (Tree Suites).

Why should your student attend? This is an opportunity to get ahead. Your student will hear from academic advisors, career advisors, student leaders, and directors from specialized career services offices. They will learn to better understand themselves, continue to explore options at IU, as well as discover ways to get involved on campus – all leading them closer to choosing a major/career path.

Free food and giveaways are included! The event begins at 5:00pm and is expected to wrap up around 8:00pm.

Students can use their myJobs account to RSVP if possible. If not, they can simply arrive at the event on Wednesday, November 4th.

Quick Updates

**MyStudentBody:** The deadline for completing part 2 of MyStudentBody is October 11th. You may want to remind your student to complete this, as failure to do so will prevent them from registering for spring courses. Questions and assistance can be directed to myplan@indiana.edu.

**Connection letters:** If you participated in the “Connections” session during New Student Orientation by writing a letter to your Hoosier, you may be wondering about the status of the letter you wrote. All addresses have been checked and rechecked, and have been delivered to the residence halls. Keep your secret for just a while longer, but you can anticipate your letter(s) being in your student's mailbox within the next few days.

**Important dates:** Here are a few important dates to remember. For a list of important academic dates, visit studentcentral.indiana.edu.

- **IU Fall Break** - October 9-11. Classes do not meet on Friday, October 9.
- **Refund deadline** - October 25. This is the last date courses may be dropped and refunds issued.
• **Spring Course Registration** - Course registration dates and times are assigned to students in their Student Center. Currently, dates are not assigned. However, students must see an academic advisor before their scheduled registration time. Encourage your student to see an advisor in October.

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**Additional Resources**

Still have questions about IU? Check out the [Online IU Resource Guide](#), a tool that will provide you with helpful information related to academic life, campus involvement, housing, health and wellness, transportation, and more.

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.

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 an email to mykidis@indiana.edu.