Greetings from the Office of First Year Experience Programs

Students have survived their first round of midterms at IUB and are now likely enjoying the beautiful fall colors on campus and eagerly anticipating Parents Weekend and Thanksgiving Break. But mid semester can often bring on other stressors, too. Even when everything seems to be going well, this point in the semester can bring on its own added issues: relationship changes, academic possibilities, successes, pressures and adjustments all take their toll. As students reflect on their semester and the changes it has brought, it is important to remember that IU has resources to help you help them. Remember: there are people who care and who can help your student, and there is access to information for both students AND family members. Below are ways for you to support your student and ways for your student to prepare for the months ahead:

- Thanksgiving Break
- Preparing for Course Registration
- *Something from Nothing: The Art of Rap*
- Hungry for Success
Preparing for Thanksgiving break

While you are busy thinking about and preparing for Thanksgiving, your student may be preparing to head your way for the week-long break. For some, this may be the first time returning home since the semester began. For most, it is a cause to celebrate not just the holiday, but reconnecting and being together with family and friends again. But things might not pick up where they left off in August. Here are some tips to guide you through this transition:

- **Recognize** that your household dynamic will likely change once your student returns home during breaks. They have been gaining independence while living on their own, and now they are back in your home for the first extended time. There very well may be a shift in your relationship and possibly an adjustment of rules and expectations. It’s a good idea to have a conversation about what those expectations are for both of you as you experience their newly gained maturity and independence.

- **Spoil** your student with their favorite foods. While IU has great food options for dining, students often find themselves eating the same thing over and over again. Treat your student to some home-cooked meals, or take your student to their favorite restaurant. After months of eating the same foods, they will appreciate it.

- **Encourage** your student to relax. For many students, this may be the last time to catch a breath before the stress of finals begins. Your student may find him or herself trying to catch up with friends and family during the break. Remind them that winter break is a few weeks away, and they will have plenty of time to catch up with those they did not get to see.

- For more advice on welcoming your student home for break, read this [article](#) from the College Parents of America. We also share this more humorous, but still helpful, [perspective](#) we found and enjoyed.

Perhaps distance or other circumstances will prevent your student from leaving Bloomington for the break.

- **Students living on campus** will receive information about housing and dining closures for break from Residential Programs and Services (RPS). Make sure they make plans ahead of time to ensure they have a place to stay during break. For more information, call RPS at (812) 855-1764.

- **Students who stay in Bloomington** over break often want to catch up on rest, studies, and relaxation. For those looking for things to do in town over break, [VisitBloomington](#) has a list of events you can suggest to your student.
Prepare for Course Registration
Course registration for spring semester is right around the corner! Make sure your student is prepared with these tips from University Division:

- Have your student check his or her enrollment date. An enrollment date is assigned to each student, which is the earliest date to register online for spring courses. The enrollment date is listed in the Student Center on One.IU.
- Students must see their advisor before their enrollment date to develop a plan that reflects their interests and goals. Students should prepare for their advising appointment by using the iGPS tool.
- Check for holds on the student’s account. Some holds could prevent students from registering for classes. Students can find holds and learn more about them by going to their Student Center home page.
- If your student needs help finding their enrollment date, checking for holds, or adding courses to their iGPS Plan, IU Peer Coaches are available to help. Learn more here.

Explore the Arts
Encourage your student to indulge in the history of rap music for FREE!

Arts and Culture Experience: Something from Nothing: The Art of Rap
Event: Friday, November 6, 7pm

As a part of our Arts and Culture Experience program, we will be giving away a limited number of free tickets to the screening of Something from Nothing: The Art of Rap documentary at the IU Cinema. FYAmbassadors will be at each residence dining hall on November 3-5, 11:30am-12:30pm or until tickets run out.

This and so many other opportunities are available to students, often for free. From peer recitals to Broadway shows to museum exhibits—there is always something to do related to the arts. Always.

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

**Arbutus Yearbook**: Order your copy of the 2015-2016 Indiana University Arbutus Yearbook. For more information, click [here](#).

**Important date**: For a list of important academic dates, visit studentcentral.indiana.edu. Here is an important date to note:

- **Thanksgiving Break** - November 22-29

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.

Do you feel in the know about campus issues and safety? You can see updated news and resources at [Protect IU](#) and on [Facebook](#).

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.