Greetings from the Office of First Year Experience Programs

Your student is about to complete his or her first semester at IUB. We hope this moment brings you pride and happiness. The first semester can be a wonderful, scary, exciting, and nerve-wracking time for both students and parents—but it’s almost complete! We wish you a wonderful time over the semester break with your IU Hoosier and will look forward to welcoming your student back for the spring semester in January. Below are ways for you to support your student and ways for your student to get ahead:

- **Supporting your student through these last few weeks**
- **Opportunities with the OTeam**
- **Reconnecting in January**

**Supporting Your Student Through These Last Few Weeks**

With the semester winding down, even experienced students may feel overwhelmed with the stress of final projects and exams. Here are some tips for helping your student succeed during finals week:

**Know the resources.** If your student needs academic help, check out some of these resources: **Academic Support Centers**, **Writing Tutorial Services**, and **many more**. If your student is having a hard time in a class, urge them to visit their professors’ office hours to discuss course materials, expectations, and support.
**Send a care package.** Even though most students were able to enjoy family during the recent Thanksgiving break, finals week is a great time to be reminded of the moral support from home. The Residence Hall Association sent information on purchasing a care package to be delivered to your student's residence hall. You can also create your own, personalized care package, of course. Care packages are a nice boost for students as they are preparing for finals. Check out this [We Are IU](http://weareiu.indiana.edu/) blog post for one student's suggestions of coveted items to include.

**Check in with your student.** Your student will likely be busy during this time as finals week nears, but calls, cards, and texts of encouragement go a long way! Let them know how proud you are and offer support if they are feeling overwhelmed.

**Remind them to be healthy.** Sleeping and eating may be at the bottom of your student's to-do list. Remind them that sleep and food are important tools for the brain.

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**Orientation Team Opportunities**

Working with New Student Orientation is a fantastic way for students to get involved on campus, develop leadership skills, and serve new students and their families in a unique and important way. OTeam members leave this experience with vast IU knowledge and with public speaking, facilitation, management, and other skills. Some students are even able to earn internship credit.

Recruitment for the 2016 OTeam is underway, and we are looking for students ready to learn, share, and be a part of something really special. Do you think your Hoosier might be interested? Urge him or her to check it out as an option by explore the positions available and the opportunities to learn more. It's all posted on the [FYE website](http://fye.indiana.edu).

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**DeStress Fest**

As the most stressful part of the semester approaches, it is important for students to have a balance. All students are invited to visit the Herman B Wells Library on Thursday, December 3rd from 6:30pm to 8:00pm for DeStress Fest. In partnership with Counseling and Psychological Services (CAPS) and Disability Services for Students (DSS), the Wells Library will provide a variety of activities meant to help students relax and take their minds off the pressures of finals.

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**Reconnecting Your Student to IU in January**

Encourage your student to check out these great events to help reconnect him or her with IU and Bloomington when they return from winter break:

**Student Involvement Fair:** Does your student wish they had been more involved on campus this semester? Is he or she now ready to be involved? Students can explore [belNvolved](http://belnvolved.indiana.edu) online to view the many student involvement possibilities on and off campus. The IU Winter Involvement Fair will take place on January 14 from 6pm to 8:30pm in the IMU's Alumni Hall. This is a great way to check out some of the many student organizations on campus.
Part-Time Jobs Fair: Does your student need a part-time job? On-campus and local Bloomington employers will be looking for employees at the Winter Part-Time Jobs Fair on Wednesday, January 20th from 1-4pm in the Alumni Hall in the Indiana Memorial Union. This fair is open to all IUB students, including students with Federal Work Study Authorization and any student looking to make some extra money!

Quick Updates

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

- Finals Week - December 14-18
- Dining Service Ends - December 18
- Residence Halls Close - December 19
- Residence Halls Re-Open - January 6 at 8am
- Limited Dining Services Available - January 6
- Full Dining Services Available - January 11

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.