Greetings from the Office of First Year Experience Programs

The spring semester is officially underway. Most likely your student has fallen into a normal pattern of classes and social activities. In this month's student newsletter, we challenged first year students to venture beyond their normal schedules and explore other programs and events offered on the IUB campus! Below are some suggestions of how you can encourage your students to become more involved.

- Preparing Your Student for Spring Break
- Choices and Challenges
- FYEssentials
- Student Central
- Thinking Ahead

Preparing Your Student for Spring Break

Spring break takes place next month and you can be sure it's on the minds of our Hoosiers. There are many spring break options for students. Whether your student is hitting a spring break hot spot, working, participating in an alternative break, or returning home to relax and visit family and friends, we encourage you to have a conversation about expectations and plans for that time. You may find College Spring Break: Another Letting Go Experience for Parents helpful; it is an article highlighting how to navigate through your college student's spring break plans.

Also, below are ideas and suggestions for your conversations based on you student's plans for break:
Is your student traveling?
As a parent, you may be hesitant about your student travelling with a group of friends because of what the media portrays as the "typical" spring break experience. However, this "typical" spring break only serves a small population of college students across the nation. If your student is travelling, be proactive and have discussions about safety and responsibility. Here are some helpful tips when talking to your student about travelling for spring break.

Is your student visiting home?
It's not unusual for students to visit home for spring break. While many really want to be on a beach with friends, time spent at home can allow students to relax and catch up on things. Here are some suggestions for your student to ensure a productive spring break.

Is your student thinking about participating in an alternative break trip?
Encourage your student to think outside the box for spring break ideas. IU offers alternative break experiences. Explore the alternative break trips here.

Choices and Challenges
Who am I? Where am I going? How do I get there? These are important questions to ask when choosing a major and career. Below are workshops provided by the Career Development Center to help students navigate these questions. All workshops will take place in the Career Development Center, located at 625 N. Jordan Ave.

Who am I?
It's a question everyone asks at one point or another! This workshop will give students the tools they need to learn all about who they are and how to leverage them in order to pursue a major and career they'll love. Participants will learn about all the different self-assessment instruments available to students through the Career Development Center and how they position students to handle the BIG questions.
Tonight: 6-7pm
Wednesday, Mar. 2: 6-7pm
Thursday, Apr. 7: 6-7pm

Where am I going?
Is your student unsure of what to major in? In this workshop, students will learn about to the best ways to explore majors & careers, so they can make the best choices possible.
Wednesday, Feb. 3: 6-7pm
Thursday, Mar. 3: 6-7pm
Tuesday, Apr. 5: 6-7pm

How do I get there?
This workshop will teach students how to find valuable opportunities along the way and how to put together a great resume!
Thursday, Feb. 4: 6-7pm
Tuesday, Mar. 1: 6-7pm
Wednesday, Apr. 6: 6-7pm
FYEssentials
By attending events included in the FYEssentials calendar, students will discover a variety of resources and venues for a complete First Year Experience. For the complete list of FYEssentials spring events, click here. Below are a few of the many events happening in February:

- **Emerging Leaders Retreat**
  Saturday, February 6
  IMU, 10:30am-5:30pm
  RSVP here by February 3.

- **Monday Motivators: Think Happy!**
  Monday, February 15
  Wells Library E159, 5pm

- **FAFSA Help Sessions**
  February 16 and 17
  La Casa, 7-9pm

- **Back on Board with Athlete Greg Louganis**
  Monday, February 29
  IU Cinema, 7pm

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**Student Central – Get Answers. Fast.**
For questions about financial aid, student accounts, or class schedules, Student Central is excited to announce the following:

- Extended telephone hours. Call (812) 855-6500. Monday-Thursday: 8:30am-6:45pm; Friday: 9am-6:45pm (EST).
- A new self-service feature, available 24/7. At [studentcentral.indiana.edu](http://studentcentral.indiana.edu), look for the “Question? Ask Student Central” textbox, and type in your question for a “best answer,” links that are relevant to your question, and other topics that relate to your question. Also, look for the 10 most frequently asked questions and their answers on the right-hand side of the screen.

Student Central is dedicated to making sure you are well informed and can get answers to your questions at any time of day.
Thinking Ahead
The semester is already in full swing and will fly by fast. We’ve told students about the following:

Welcome Week Assistants 2016: Welcome Week Assistant applications will be available this month. WWAs get to move back to campus early, welcome and help new students, plan and participate in some great events, and have a great time doing it! If this sounds like something your student might be interested in, nudge him or her to explore the info found here.

IU Day: It’s the first-ever IU Day for all those who love IU! Save the date for this 24-hour celebration of IU on April 12. Learn more here.

Quick Notes
Important dates: Below we provide a couple of dates to note. For a list of important academic dates, visit studentcentral.indiana.edu.

- **FAFSA Due:** March 10
- **Spring Break:** March 12 (after last class)–20
- **Residence Centers close for Spring Break:** March 12, 10am

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.