



LAKEHEAD UNIVERSITY PARENTS NEWSLETTER

August 1997

What you can do & expect from your student!!

You are now entering the world of the university parent!! Whether you are going to be a "long distance" parent or a Thunder Bay parent, you are bound to see a lot of changes in your son/daughter over the next year, never mind the next three or four! As a parent you play an important role in your son's/daughter's life and, in particular, his/her educational success. It may be a different role this year, but an exciting, new, and challenging one! Communication and the provision of structure and support are necessities in helping your son/daughter succeed in his/her first year. It doesn't matter if you are miles away or right here in town, there are several ways you can be part of the university life here at Lakehead.

Out of Town Parents

Out of town parents, a unique situation! There are many things to prepare for before, during and after your son/daughter is at university and we've tried to outline these here. It is possible to find out all you can about the University as well. Come up during the year if it is possible. Try to do this during a varsity weekend, go to the games, meet the new friends. It is an interesting experience.

Communication is important. Obtaining a Bell CALL ME card is a great idea. It is a card that is for your HOME number only. In the calendar below, it might seem like there are a lot of packages to be sent, but honestly, when you are away from home, an unexpected package is a dream come true! Especially around those rough times, cards, letters and phone calls are important too. They really brighten up a day. You might not always get a letter back, but probably a phone call.

Be ready for changes in your son(s)/daughter(s) when you see them again for the first time: dress, language, friends, relationships, attitudes, values, opinions, and even interests. There will be changes, probably slowly at first. The move towards independence is very strong and visible. Don't fear, they still need you! Talking together before they leave is important. Use your experience with change and new situations to help them figure out what they can expect. Even though you will not be there in person, your indications of support and understanding will be appreciated no matter what.

Thunder Bay Parents

Thunder Bay parents, you get the chance to experience the year live and in person! Get involved in the University as well, this will help you relate to your son(s)/daughter(s) when they tell you about LUSU, the Thunderdome or the Agora. Find out what the University has to offer. Understand the adjustments of living at home while going to university and the need for privacy and change. This year is a chance for your relationship to evolve and grow as your son/daughter experiences new situations and learning environments. Life at home for your student may change totally or not at all. The opportunity to be a support system for your son/daughter is huge! You can be a listener, a participator, a proof-reader, resource person, advice giver, and an understanding friend. Encourage them to get involved in on-campus events and clubs. They can join the Buddy Program and meet students living in residence as well as other students living off campus. Listen to the development of opinions, ideas, values, friends, and language in your son/daughter as the year goes on!



Here is a rough calendar of what a year in the life of a student MAY be like, with some ideas of how you can contribute to your student's year. We've listed some emotions, dates, and activities you might see and hear about over the next year.

Out of town parents

AUGUST

- * students are likely feeling anxiety, fear, excitement, sadness about going away
- * address exchanges with friends...maybe buy a nice address book
- * students should start packing (bring winter clothes before Thanksgiving)
- * UPS is a good, fairly inexpensive way to send boxes to Thunder Bay, but not before anticipated arrival date
- * if you'll be in Thunder Bay, attend on-campus parent orientation events, tours, etc.
- * if you have relatives in Thunder Bay, contact them...a home cooked meal is a welcome pleasure every once in a while
- * making travel arrangements, usually LUSU has a courtesy van making trips from the airport to LU Residence
- * tuck a card in with their things, it will be a nice surprise when they are unpacking
- * the bank machines on campus are CIBC and Royal Bank (Bank of Nova Scotia in Residence)

SEPTEMBER

- * the big move, to residence or off campus
- * saying goodbye to friends and family; may be the first time ever leaving home; nervous and excited at the same time
- * phone hook up, cable, some still looking for off-campus housing
- * make use of the Landlord/Tenant Act
- * possible homesickness, finding it hard to reach out
- * orientation events for parents

All students will be involved in Registration, Orientation Week (Student Services, LUSU and residence), Campus Recreation sign ups, and spending lots of money...books, clothing, entertainment... There is a Volunteer Fair in Bartley Residence Conference Centre on Tuesday, September 16, 7:00 - 9:00 pm. Everyone can make use of this. This month may be overwhelming and exhausting for your LU student--new people, environment, and life style will begin to settle in. Classes begin September 8th (for all programs except Forestry) and professors will be handing out course outlines which in fact can be considered a contract between the student and the professor. Your son/daughter may want to look into new and used books. The course outline will state the required textbooks on it. Getting involved from the beginning could be the key to a very exciting year!

Thunder Bay parents

- * your sons/daughters could check out the course calendar, pay fees ahead of time, go shopping, check out the campus
- * attend on-campus orientation events, tours, etc.
- * take your son/daughter out to dinner, just because
- * your son/daughter will possibly be saying goodbye to some of their friends who are leaving to go away
- * be aware that in the upcoming month they might be busier than usual
- * leave a card on their bed, or somewhere they will find it



- * reach out to out-of-town students
- * come onto campus and experience the aura of what your son/daughter is experiencing
- * go to lunch at the pub
- * take your son/daughter out for lunch and talk about courses/program
- * orientation events for parents

OCTOBER

Out of town parents

- * Thanksgiving - a trip home is a nice treat and break away, but it could be an expensive one; look into student stand-by, a popular option
- * if a trip home is out of the question, a care package is a great idea here, because a lot of students will be leaving. Decorations, food, quote-books, necessities, Halloween stuff, letter, pictures, card, etc. (mid-terms start up as well so study munchies will be appreciated more than you know!)
- * homesickness, especially watching everyone else leave
- * Northern Ontario parents - you might want to invite friends of your son/daughter from elsewhere home for the holiday, nice break for them as well

Thunder Bay parents

- * invite an out of town friend for your Thanksgiving dinner/holiday
- * donate to the on campus food bank
- * go to the Varsity exhibition games at the Thunderdome
- * take your son/daughter out for hot chocolate during mid-term stress for a study break; keep munchies around the house for studying



MID-TERMS START UP IN OCTOBER AND SOME SPREAD OUT OVER WEEKS SO THERE COULD BE A LOT OF STRESS IN YOUR STUDENT'S LIFE RIGHT NOW. VARSITY EXHIBITION GAMES START UP THIS MONTH AS WELL. ALWAYS A GOOD TIME IN THE THUNDERDOME.

NOVEMBER

Not too much happening, mid-terms might be lingering, and there are usually a lot of assignments due around this time. And... in Thunder Bay... winter is about to begin. Near the end of this month, for any student, the need for change, or to get out might set in. But exams are right around the corner... in fact the exam schedule should be up in the Agora by now! So, it is possible for out of town students to book flights. If your son/daughter happens to be finished early in the exam schedule, stand-by might be good, however, returning to Thunder Bay in January may be a bit of a wait.

DECEMBER

- * package time again... can we say stress? Exams are here! Even though they will be home soon, this is ultra important. Cabin fever and stress could make December life pretty rough. Again, hot chocolate, munchies, comics, a movie, Christmas decorations for house and room
- * Residence - there is a Semi-Formal, usually the first Saturday before quiet hours set in. Yes, there are quiet hours in residence to accommodate exam time.

- * There is a lot of stress here as well, maybe easing off household chores, understanding the late, late night study sessions - fresh pot of coffee!
- * Again, keep some healthy munchies around, stress city!



The exams run December 3rd-16th.

Out of town parents

Thunder Bay parents

JANUARY

Most students are excited to get back to school and into the swing of things again. There is a reuniting of new friends! Winter Carnival is put on by LUSU, varsity starts up again, exam marks are in, and winter is definitely here! Classes resume January 5th. Some students experience failure in their academic courses. When marks are returned, encourage them to seek advice and tutoring.

FEBRUARY

Ah, "Spring Break" season, actually mid-year study week. This year the Study Week runs February 16th-20th (but not at this time for Education). Truly, this is a chance for students to catch up on their studies, perhaps do some reading ahead! Some students take the opportunity to get away. A trip home for a visit, or they might take a vacation. Invite friends of your son/daughter to your home for the week. It breaks up the second term nicely.

MARCH

- * a care package is a great idea now, a stressful time, cabin fever, wanting to return home
- * possible booking of flights, rides, transportation home

- * here, an outing is needed, a movie, coffee and dessert, etc.
- * support the women's basketball at the CIAU championships, they are here at LU!

AND...

This month is **VERY** stressful. Most mid-terms have just finished. A lot of assignments are due now, and students are anxious to finish up. Another factor is that finals for the year are just around the corner. The exam schedule will be up by now indicating when they will have completed their first year of university. Maybe a card of inspiration or one of "you're almost there!" for words of encouragement!

APRIL

- * Easter is here and this could mean a fun package for everyone, chocolates, bunnies, stuffed animals, cards, decorations! It is also going to be exam time so more munchies, please.
- * some people do go home, if it is financially possible, it is so close to the end
- * bookings of flights, bus rides...
- * make arrangements for storage or shipping home of boxes
- * cancel phone, hydro; do change of address for magazines, Columbia house; seal off lease agreements; find sublets
- * Spring formal in Residence
- * exchanging addresses

- * have a fabulous Easter, donate to the food bank
- * get those munchies in order for exam relief
- * students will be saying goodbye to new friends they met who live in different cities
- * old friends who went away to school will be returning some time soon

So, there you have it! The first year of university out of the way! It wasn't that exhausting... you made it, right? Have a great summer!

