

# SEPTEMBER

"Learning the lay of the land"

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## EMOTIONS YOUR STUDENT MAY EXPERIENCE:

- ◆ Enthusiasm
- ◆ Apprehension (due to new surroundings)
- ◆ Overwhelmed
- ◆ Homesickness
- ◆ Anxiety
- ◆ Comfort (due to getting use to surroundings)

## QUESTIONS YOUR STUDENTS MAY ASK THEMSELVES

- ◆ Should I visit or call home? (If they have not already done so)
- ◆ What are my parents doing while I'm not there?
- ◆ How can I get help in my classes?
- ◆ How can I fit everything I need to do in one day?
- ◆ When should I see my advisor?
- ◆ Why is my roommate so annoying now?

## WHAT PARENTS CAN DO TO HELP

- ◆ Show interest in student's school and environment by asking open ended questions about them
- ◆ Send care package or card (e-card will do) to let your student know you are thinking about them
- ◆ Encourage your student to make an appointment with or visit the course instructor if he/she is having difficulty in a course
- ◆ Listen to your student
- ◆ Ask your student how he/she is using his/her time and where he/she is studying
- ◆ Encourage your student to meet with his/her advisor to discuss adjustment issues and to get acquainted
- ◆ If your student is having roommate problems, encourage him/her to speak with his/her Resident Advisor (RA)

## IMPORTANT SEPTEMBER DATES

September 4	Labor Day - <b>VT classes DO meet</b>
September 4	"Celebration of Diversity", 7:00 pm, Old Dominion Ballroom, Squires
September 10	"Tackling your textbook" workshop, 1:00-2:00pm, 111 Femoyer Hall *
September 20	"Lecture Note-taking" workshop, 3:00-4:00pm, 111 Femoyer Hall *
September 28	Last day to drop classes from fall semester without grade penalty

\*These seminars are FREE and no pre-registration is required. Each topic is offered four times--- students only need to attend once. For information on additional programs visit

<http://www.caee.vt.edu/programs/seminar.html>