



Family Association

Send your student a UND E-card!

Virtual postcards, complete with UND photos, can be sent via e-mail to your student.

Visit <http://www2.und.edu/our/ecard/> and add some fun to your student's inbox!

UND Quick Facts

When was the University of North Dakota founded?

1883.

How many fields of study does UND currently offer students?

The University offers 193 fields of study.

Total Fall 2006 Enrollment

Total = 12,834

Men = 6,664 (51.9%)

Women = 6,170 (48.1%)

Undergraduate Numbers

Freshman = 2,425 (18.9%)

Sophomores = 2,611 (20.3%)

Juniors = 2,041 (15.9%)

Seniors = 3,299 (25.7%)

Total Undergraduates = 10,376

New Students

Beginning Freshman = 1,900

Transfer = 751

Degrees Awarded from 7.1.05 to 6.30.06

Bachelor's = 1,874

Certificates = 46

Master's = 500

Doctoral = 110

Specialist = 2

Law = 60

Medicine = 57

Total = 2,649

For more interesting facts, check out the current student profile at <http://www.und.edu/profile/>

What's Happening At UND

President Kupchella focuses on achievements, challenges in annual address

President Charles Kupchella focused on UND's achievements and challenges in his annual "State of the University" address Oct. 18. The talk was part of the University Council meeting, convened by University Senate Chair Doug Munski.

Higher education is competitive, Kupchella said, and of the some 4,000 colleges and universities in the nation, "UND is near the top in size and sizzle." UND will serve around 15,000 people this year on campus, and another 10,000 through continuing education, he said. With students from 66 countries, study abroad agreements with about 50 nations, and as one of just 47 institutions with both law and medical programs, UND is a leader. As the second-largest employer in the state and with a \$360 million budget, UND has an economic impact of more than \$1 billion. Both patent and research grant applications are up, but, Kupchella said, UND's greatest impact is in the graduates it sends out into the world to succeed.

Kupchella emphasized the importance of the liberal arts in teaching students, and said that it's vital to also be an engine of economic development and find new ways to keep students in the area. He thanked Gov. John Hoeven and the North Dakota Legislature for their support and emphasized the need for continued assistance.

"Students, faculty and staff, programs and facilities make the University great," he said, going on to cite such examples as the NASA Suborbital Education and Research Center, rural medicine, American Indian programs, entrepreneurship, EERC, and others. UND has about 600 Presidential Scholars and 20 National Merit Scholars, he said, and higher admission standards have only enhanced the quality of the student body.

Facilities continue to improve, he said, citing the new Wellness Center. Construction is under way or will soon begin on a new parking structure, replacement student housing, the Northern Plains Center for Behavioral Research, and the EERC National Center for Hydrogen Technology. The Centers of Excellence program through the state of North Dakota has provided \$20 million for three projects, including \$7 million at UND for the hydrogen technology facility, economic development in Unmanned Aerial Vehicle (UAV) and simulation applications, and in life sciences and advanced technologies.

Challenges faced by the University include low faculty and staff salaries, decreasing numbers of young people in the state, overall funding levels, and keeping tuition at an affordable level. The state provides around 24 percent of UND's funding, Kupchella said, and it would take an additional \$30 million each year in state appropriations to bring the University up to the level of its peer institutions. For every dollar UND receives in state funding, he said, UND leverages an additional \$3. UND's needs are great, Kupchella said, citing \$40 million in deferred maintenance and understaffing, as well as low pay for faculty and staff.



continued from page 1

His goal, Kupchella said, is to make UND one of the top 100 doctoral universities in the nation and to position it to move into the top 50. “Funding is the only obstacle,” he said. “We need both public and private support.” Private philanthropy is critical, he said, noting that UND’s endowment stands at \$87 million. The goal, he said, is to raise \$500 million for the endowment in a capital campaign. Last year, the UND Alumni Association and Foundation received \$20 million in gifts, and the College of Business and Public Administration exceeded its \$20 million fundraising goal. The University also received the Hopper Danley \$10 million gift, the second-largest in UND’s history.

Since becoming president in 1999, Kupchella said he’s watched UND athletes compete for seven national titles. Athletics are important, Kupchella said, and he thinks the University can transition to Division I with additional support. Of UND’s 15 peer institutions as determined in the North Dakota Legislature equity study, all are Division I institutions. With facilities that are comparable to those institutions, he said, he believes that UND can go Division I by raising an additional \$2 million each year. He also touched on the lawsuit against the NCAA, noting that it has been filed and will be one of the issues on the University’s plate this year.

UND has a bright future that’s built on a great past, Kupchella said. And with help from the Legislature and friends of the University, the goal in UND’s strategic plan of becoming one of the top 100 institutions in the country is within reach. “I want to build and sustain one of America’s best universities,” he said.

Visit the UND Family Association Website:

<http://www.und.edu/dept/divsos/familyassociation/>

Helping students set realistic goals **The Goal Post**

Fall and football are now upon us! What does that have to do with student leadership? In football, there’s a goal post. And in the leadership world, you need to post some goals.

To help your student keep on track, you can share these five elements of a successful goal:

Achievable. Set goals that are realistic within the context of your life. Too often the reason any of us fail is that we set unachievable goals.

Measurable. Use quantifiable words in your goal lingo rather than fluffing them up with airy concepts. For instance, saying, “I’ll spend two extra hours per week on writing assignments” is easier to measure than “I’ll put more effort into my writing assignments.”

Short. Keep your goals to short paragraphs. That way, they’re easier to commit to memory and always keep in mind.

Positive. State your goals in a positive manner that makes them appealing. It’s a good way to motivate yourself mentally.

Begin/End. Determine when you will start working on each goal and when it should be achieved. This will help you focus... and succeed!



It’s never too late for students to set some reasonable, attainable goals. At this point in the academic year, they know what lies ahead school-wise and where they need to extend extra effort. They also know what activities, sports and other commitments go into their days. Help them develop both short- and long-term goals—and then offer your support. It always helps students to have a fan waiting in the stands as they strive for their personal goal post.



Empty Nest Syndrome

What is this thing they call “empty nest syndrome”? And are you suffering from it, now that your student has been away for awhile?

According to Psychology Today, empty nest syndrome refers to “feelings of depression, sadness, and/or grief experienced by parents and caregivers, after children come of age and leave their childhood homes.” Many parents of college students go through it in one shape or form.

What It Looks Like

This syndrome manifests itself in various ways. They include:

- Feelings of sadness
- Spending time in your student’s empty bedroom as a way to feel close again
- Having more free time and energy
- Figuring out the family dynamic without your student in the everyday mix
- Adjusting to a more peerlike relationship with your student

Sometimes, an empty nest hits hard, causing overwhelming sadness, excessive crying and feeling that your useful life has ended. If that’s the case, it may be time to talk with someone and possibly get professional assistance.

Another compounding factor in this whole equation, particularly for women, is that, at the same time their student is leaving for college, they may be going through menopause and caring for elderly parents who increasingly rely on them. While studies show no increase in depressive illness among this population, that is a lot to handle. Treat yourself well during this time of transition.

A Deeper Relationship

The “empty nest” that first came to national prominence in the 1970s has changed with the times. Being in touch with your student at college, via various technological means, helps with the transition.

One researcher, Karen L. Fingerman, PhD, a professor at Purdue University (IN) and author of *Mothers and Their Adult Daughters: Mixed Emotions, Enduring Bonds* (Prometheus Books, 2002), says that the parent/child relationship often improves when the student leaves home.

“People may worry about losing their child when the child leaves home,” Fingerman says. “In fact, they’re not. They’re going to have a more mature, more emotionally meaningful and deeper relationship with them to look forward to.”

continued on page 4

2006 - 2007 ACADEMIC CALENDAR

Dates are subject to change

Veteran’s Day - No Classes	Nov. 11
Thanksgiving Holiday- No Classes	Nov. 23-24
Reading and Review Day - No Classes	Dec. 8
Final Exams	Dec. 11-15
Winter Commencement	Dec. 15
Spring Classes Begin (at 4:00pm)	Jan. 8
First Full Day of Classes	Jan. 9
Martin Luther King Jr. Day - No Classes	Jan. 15
President’s Day - No Classes	Jan. 19
Spring Break	Mar. 12-16
Good Friday - No Classes	April 6
Easter Monday - No Classes	April 9
Final Exams	May 7-11

More information on UND events can be found at www.und.edu/calendar/

continued from page 3

Enjoying Your Nest

So, enjoy the extra time and energy that comes along with an empty nest! Dig into hobbies that you've been pushing to the back burner. Consider different career possibilities. Spend time on leisure activities without feeling guilty. Your student may be gone—for now—yet he or she will always be part of your life. Create a welcoming “nest” for him or her to return to during breaks and stay in touch while you're apart. Those empty feelings will soon fade as you both focus on developing your new adult relationship.

Empty Nest Syndrome: How Will it Affect You?

Here's a simple quiz to gauge how the empty nest is impacting you: <http://quiz.ivillage.com/parenting/tests/nest.htm> (Note: quiz is from the perspective of a parent of a high school senior).

Sources: “Empty Nest Syndrome,” Psychology Today online, <http://www.psychologytoday.com/conditions/emptynest.html>; “An empty nest can promote freedom, improved relationships,” APA Online, April 2003

New UND Student Wellness Center Opened September 25, 2006



Family Association Care Packages are ready for you to order!

Go to <http://www.und.edu/dept/divsos/familyassociation/carepack.jsp> for a complete description of each Care Package and to download the order form. Choose from any of the following options: Good Morning, Thinking of You, Movie Night (either Blockbuster Rental or Carmike Theater), Get Well Soon, Winter Warm-Up, All Nighter or the Valentine's Day Cookie (available around Valentine's Day only). Our new Care Packages are a hit with new students!

UND Family Association

The goal of the Family Association is to provide you, the family, with information that you want and need to help make your student's time in college positive and successful. The people behind the program are families and students who understand the excitement and challenges of college. All families of current students are members of the Family Association. However, the Family Association is always looking for families who want to take a more active role in the organization. If you're interested in serving on the Family Association Advisory Board or just want to share your ideas, please contact:

Heather Kasowski, Special Projects Coordinator

(701) 777-6468 or 1-800-CALL-UND ext 7-6468 or heatherkasowski@mail.und.nodak.edu