

Family Association



“I Just Called To Say I Love You. . .”

Dr. Cheryl Saunders, Director, UND Learning Center

It was an uneventful day at the end of which there were the usual phone messages that awaited my response. The most important was from our university sophomore. It began, “Hi, Mom and Dad - I just called to say, I love you.” I smiled with these words – often heard but rarely sounding this way – her voice had a tone that spoke volumes!

I immediately dialed her number. She answered and when she heard my voice, she fell apart. She began to weep and sob. “. . . I’m not going to be able to get the grades I need . . . Chemistry is not going well. I go to class; I do my assignments, but the tests are killing me! No medical school is going to admit me. I’m so stupid! I’m wasting all of your money. I’m sorry; you and Daddy have worked so hard to get me here. I’ve let you down!” The sobbing continued until I responded – as her mother, but also informed by what I know from my professional work with students like her every day as Director of UND’s Learning Center.

Like I’ve often said to students like her, this time with different endearing language and a lump in my own throat – “Babushka [my affectionate name for her], you are smart. Daddy and I will always love you. You are not wasting money. You are going to medical school. By the way, I have never asked any of my doctors what grades they received in Chemistry. . . you will be successful.” I ended with a question of my own. “What can I do to help?” She answered, “Just what you are doing now—you’re listening.”



I listened, but I also made the following suggestions to help here with the problem Chemistry class and the other academic challenges she’s sure to face around the next corner along her academic career.

- **Talk to your professor.** Talk about your grades, your testing style along with any mistakes your professor may notice in your tests.
- **Get suggestions** for strategic study ideas for that class.
- **Seek tutoring in that class.** If tutoring is available, participate in tutoring on a regular basis.
- **Go to the Learning Center.** The personnel there will be able to help you with study skills including a study schedule, study agenda, time management, and other study skills issues.
- **Prepare yourself for success.** Positive self-talk will enable and enhance learning and create positive testing outcomes. Negative self-talk will sabotage your learning and create negative test scores.

Remember grades **do not and cannot** measure intelligence, creativity, ability to contribute to society, or self-worth. **Grades do measure just one particular test on one particular day of life!** The sobbing stopped. She listened. Her attitude improved and she received the semester grades she was striving to achieve.

Student Involvement at UND

Student involvement is a great way to meet people, learn outside of the classroom, and explore interests. Research shows that “involved” students statistically graduate at higher rates, have more confidence interacting with faculty members, and rate their university experiences as more positive. UND currently has over 260 student organizations that cover a wide range of interests.

Based on recent research of UND students, we know:

- 78% are involved in at least one student organization
- 43% have held at least one leadership position in a student organization
- 50% have participated in volunteer/service projects while at UND
- 19% are involved in some form of student governance (Student Gov’t, Hall Gov’t, etc.)

Events that highlight student involvement for Fall 2007 include: Involvement Expo, August 22; Volunteer Recruitment Fair, August 30; Fraternity recruitment, September 4-7; Sorority Recruitment, September 6-10. Contact the Center for Student Involvement and Leadership at 777-4200 with any questions.

New Apartment-Style Housing!



Check out

www.housing.und.edu/reshalls/master.shtml
for more information!

Dining Center Renovations

Squires Dining Center is receiving a \$2.2 million transformation. Renovations will result in a completely renewed dining environment with market-style dining, restaurant seating, contemporary decor and display cooking. Students will have the option to choose ingredients and watch their meal being prepared in front of them. A grand re-opening is planned for mid-October.



Obtaining Marketable Skills

Marketable skills are those that prospective employers will look upon favorably when determining if they'd like to hire your student for an internship or job. Two career experts, Marcia B. Harris and Sharon L. Jones, share their tips regarding obtaining marketable skills in the book, *The Parent's Crash Course in Career Planning: Helping Your College Student Succeed* (VGM Career Books, 1996).

They suggest that students develop strengths in at least two or three of the following areas since many employers look at marketable skills even more than they look at what a student's major is:

- Computer skills (e.g., programming, word processing, spreadsheets, data base management, e-mail, Internet)
- Quantitative skills (e.g., accounting, statistics, economics)
- Communication skills (e.g., written and oral)
- Marketing skills (e.g., sales, publicity, fundraising)
- Scientific skills (e.g., lab skills, scientific research)
- Foreign Language skills (e.g., especially Spanish, Portuguese, Chinese or Russian)
- Leadership skills (e.g., supervisory, extracurricular leadership roles, teamwork/team leader)

To learn more about their career tips, go to http://www.jobweb.com/resources/library/Parents/10_Tips_for_Parents_19_01.htm.

Career Services

Does your student need help finding a job? UND's Career Services offers free services for students. Encourage your student to stop by Room 280, McCannel Hall and check out all they have to offer. Contact Career Services at (701) 777-3904.

Summer @ UND

Summer is a great time to be on campus at UND. Hundreds of courses are offered, the weather is great, and the campus is beautiful.

Check out www.summer.und.edu for a complete listing of courses, times, and dates. The website also includes a listing of the many events that occur on and off campus during the summer.

Trash to Scholarships

A message from UND Staff Senate:

"For the past two years, Staff Senate has put up three tents, one in each Residence Hall complex, during finals week, accepting what students don't want/can't take with them stuff such as couches, futons, carpet pieces, appliances, clothing, etc. We then hold a one-day sale the Saturday after graduation and proceeds go to the Staff Senate Scholarship Fund.

Each year, we award fifteen \$500 scholarships to UND Staff Dependents. We want to let families know that if their student can't take something home, their student could donate it to our sale instead of throwing it away."

UND Spotlight - Sociology Professor Frank White

Frank White may be the only college professor to have his picture with the Stanley Cup hanging in the National Hockey League of Fame. It started last year when former student Mike Commodore, defenseman for the Carolina Hurricanes, brought the Stanley Cup to UND and stopped in to visit White's Sociology of Sport class.



"We've kept in touch over the years," White says, "and he's visited my classes a couple of times. Commy could have taken that cup anywhere." Instead, Commodore took White with him on his media bus tour of Grand Forks. "It was a great gift from a former student."

White's ability to connect with students is legendary, and there's always a long waiting list to get into his classes. During semester pre-registration, some of his classes fill up within an hour. He teaches courses in Introduction to Sociology, Social Problems, Sociology of Sport, and Drugs and Society.

White has received a Bush Teaching Scholar Award. That's especially notable because his teaching responsibilities include large, 250-student introductory courses. But he is able to make those large lecture classes feel smaller and more intimate. And he connects with students. "People say that Frank loves the fraternities, the sororities, the Norwegians, the athletes, whatever," he says. "The truth is, I talk to all of the students and don't stand behind the podium."

White is known for his sense of humor in the classroom, but notes that his classes aren't about telling jokes: "I tell stories that tie into the topic. I call it 'narrative lecturing'." Classes aren't a cakewalk, either. Students are expected to do additional work, and grading is tough. Still, even on the coldest day, classes are packed although he doesn't take attendance.

His concern for students shows in other ways: he is active in sports, works with student government, Telesis (the student alumni association), leadership activities, and more. "You can't connect with students just twice a week," White says. "You have to connect outside the classroom as well." Students often invite him to their graduation commencements and introduce him to their families.

Today, former students often "headhunt" him to speak at business conferences and banquets across the country, and some have even tried to hire him for their corporations. "I like being around a university," White says. "When you have a passion for teaching, it's not work."

SPRING 2007 ACADEMIC CALENDAR

Dates are subject to change

Good Friday - No Classes	April 6
Easter Monday - No Classes	April 9
Final Exams	May 7-11
Spring Commencement	May 12

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

To view more spotlights on UND faculty and students, visit <http://www.und.edu/spotlights/archive.html>.

*Congratulations
Graduates!*

Words of Wisdom

Commencement speeches often contain insightful snippets of life advice for graduates and for others embarking upon new beginnings. Here are a few samples to share:

"Love what you do. Get good at it. Competence is a rare commodity in this day and age. And let the chips fall where they may."

- From Jon Stewart's May 2004 Commencement Address at the College of William & Mary

"We need help. Your help. You must help. Please help. Please provide help. Please be willing to help. Help... and you will make a huge impact in the life of the street, the town, the country and our planet. If only one out of four of each 100 of you choose to help on any given day, in any given cause—incredible things will happen in the world you live in. Help publicly. Help privately. Help in your actions by recycling and conserving and protecting, but help also in your attitude. Help make sense where sense has gone missing. Help bring reason and respect to discourse and debate. Help science to solve and faith to soothe. Help law bring justice, until justice is commonplace. Help and you will abolish apathy—the void that is so quickly filled by ignorance and evil."

- From Tom Hank's May 2005 Commencement Address at Vassar College

Interested in reading more commencement speeches? Head to www.flylittlebird.org

Changes in Tuition and Fee Payment and Financial Aid Process for Fall 2007

There will be some significant changes in the tuition and fee payment and financial aid disbursement processes for Fall 2007. Tuition, fees, and on-campus housing charges are due in full by 3:30pm **September 7**. Students whose tuition and fees are not paid in full (or granted a payment deferment) by this date will be assessed a \$200 late fee.

Available financial aid will be applied to student accounts beginning **August 31**. Financial aid will be disbursed based on the number of credit hours the student is enrolled in as of 11:59pm **August 29**. Classes dropped or added after this date will not be considered for financial aid eligibility.

Any excess financial aid will be disbursed to students either as an electronic direct deposit to the student's designated account or mailed to the student's HOME address as it appears in CampusConnection. Students will not be able to pick up financial aid checks in person!

UND encourages students to authorize direct deposit for their excess financial aid and other refunds as it is the quickest and safest option. The Direct Deposit authorization form can be found at www.und.edu/dept/busoff/html/studentform. Students who prefer to have their excess financial aid mailed should verify and update their HOME address through CampusConnection to ensure their check is sent to the correct address. Students can access CampusConnection at www.und.nodak.edu/dept/registrar/campusconnection/index.htm. Some student loan checks are still sent to UND as paper checks so it is important for students who authorize direct deposit to also verify the accuracy of their HOME address in CampusConnection.

Students whose awarded financial aid may not be available by September 7 may request a payment deferment from the Business Office. Payment deferment forms are at www.und.edu/dept/busoff/html/studentform.htm.

If you have any questions on the above changes, please contact Student Financial Aid Office at 777-3121 or sfa@mail.und.nodak.edu or the Business Office at 777-3911 or businessoffice@mail.und.nodak.edu.



**NEW PARKING RAMP
CONSTRUCTION
UNDERWAY!**

**SCHEDULED FOR
COMPLETION FALL 2007**

Family Association Corner

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. 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
heatherkasowski@mail.und.edu

**Save the Date!
UND Family Weekend
September 28 - 29, 2007!**



Care Packages

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!

Visit the UND Family Association Website: <http://www.und.edu/dept/divsos/familyassociation/>