



UTAH VALLEY

UNIVERSITY

UVU



JUMPSTART ORIENTATION

PARENT & FAMILY

SESSION



PARENT & FAMILY

SESSION

- NAVIGATING THE COLLEGE TRANSITION
- FAMILY ENGAGEMENT FOR STUDENT SUCCESS
- UVU'S RESOURCES FOR STUDENT SUCCESS
- SUPPORTING YOUR STUDENT ACADEMICALLY
- **BREAK**
- STUDENT HEALTH & WELL-BEING
- CAMPUS SAFETY
- COLLEGE FINANCES
- WRAP-UP



UVU PARENTS & FAMILIES

NAVIGATING THE

COLLEGE TRANSITION



THE FAMILY TRANSITION

CHANGES AHEAD!

Students aren't the only ones to experience change when they start college!

When a family member begins college, the entire family undergoes significant change.

- Even/especially when the student continues to live at home.

The good news is that students, parents, and families can survive and thrive through the college transition!

We've got some tips that can make help make this transition smoother for all of you.





NAVIGATING THE TRANSITION

College is a time of profound change and active learning.

1. Expect emotional ups and downs—college is stressful and demanding. New opportunities will bring excitement often tempered by anxiety.
2. College students change their career choice, hairstyle, clothes, language, and even habits. They may question religious beliefs in light of exposure to other ideas. While these changes may be distressing to family members, remember that most students come to share their family's core values.
3. Allow your student the opportunity to fully express new viewpoints and opinions.



NAVIGATING THE TRANSITION

Because your student is experiencing many new challenges and assimilating much new information, they may vacillate on previously firm decisions.

1. Anticipate and tolerate uncertainty and change in their priorities, choices and decisions.
2. The typical college student will change their major 3 to 5 times before they earn their degree. Rather than indecision, this behavior reflects an active exploration of career interests and goals.



NAVIGATING THE TRANSITION

Your student will remember and value your support, as well as the freedom to direct his or her own college experiences.

1. Keep communication lines open. Conversations about college and the transition should be happening **now**, before the semester starts.
2. Devise a strategy to keep in touch and connected once the semester has started. At the same time, allow your student space to experience their independence.
3. Understand that your college student may choose not to participate in some family traditions, in favor of activities with new friends or new responsibilities.



NAVIGATING THE TRANSITION

Your student will occasionally make mistakes, suffer disappointments, or fail at something.

1. Promote independent problem-solving. Your student will benefit greatly by developing resilience and grit through coping with challenges and hardship. Resist the urge to rush in and fix things!
2. Avoid giving unsolicited advice. When your student approaches you with a problem or concern, they may just be looking for a listening ear, not a solution.
3. Although your student has many new challenges ahead, remind yourself that they possess the abilities, skills, and talents to manage them.
4. Learn all you can about UVU and the resources available to support your student's academic success, as well as their physical, mental, and emotional health. This knowledge will help you provide guidance when/if your student asks for help.

UVU PARENTS & FAMILIES

FAMILY ENGAGEMENT

FOR STUDENT SUCCESS

First Things First: FERPA

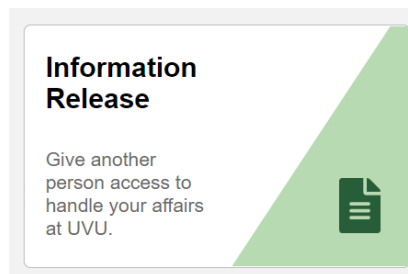
According to the Family Educational Rights and Privacy Act (FERPA), a college cannot provide information about a student's class attendance, grades, academic progress, or participation to anyone but the student and select college personnel without the student's permission.

- Designed to protect the student's privacy but may cause tension with family members who have a genuine concern about the student's academic progress or who are helping to fund his or her college education.
- Your student may choose to grant you access to their personal educational information. Parents, spouses, guardians, etc., must all be granted access by the student.



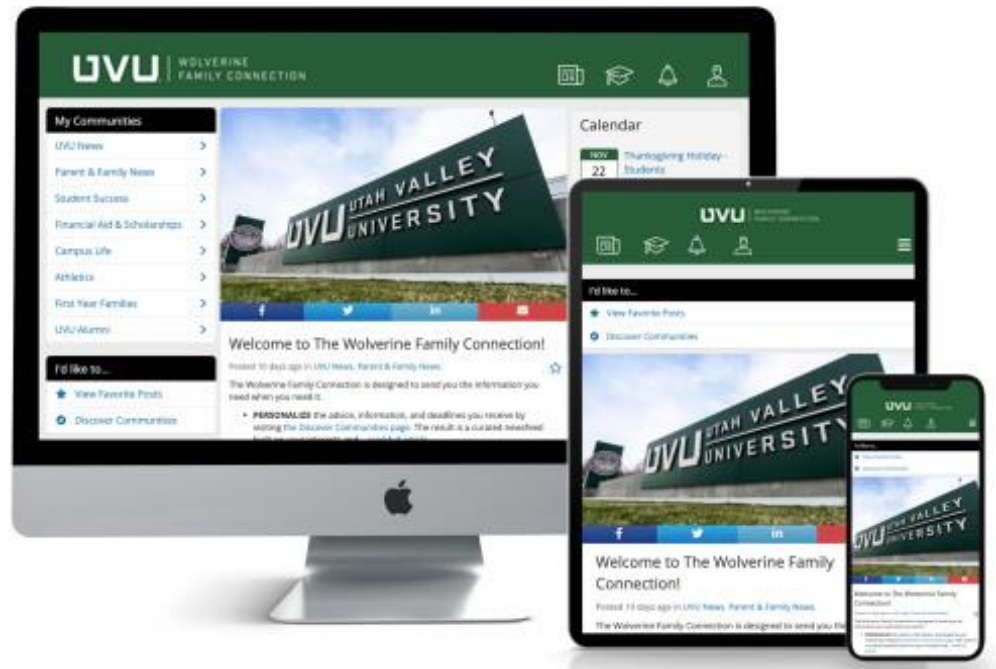
First Things First: FERPA

- Student completes the Student **Information Release** online
- Go to my.uvu.edu, **Students** tab, **Registration & Academics** page to find link
- Pick a password that you can remember
- Verification of password will be required for telephone conversations
- Photo proof of identification required for in-person requests for information



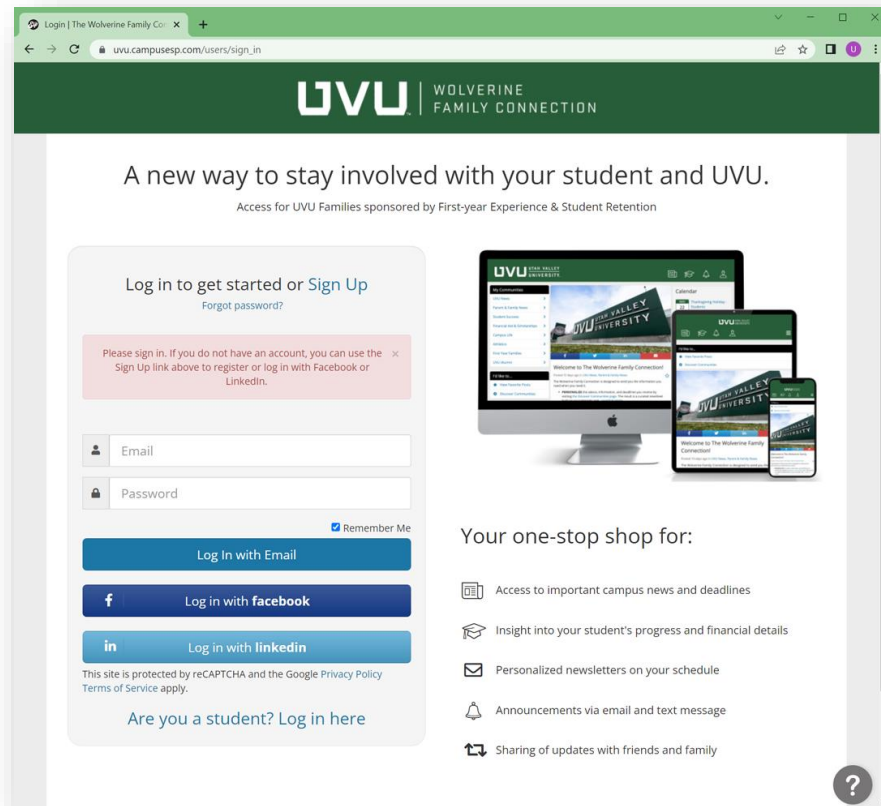
WOLVERINE FAMILY CONNECTION

- Access to important campus news & deadlines
- Resources and tips for supporting your college student
- Insight into your student's progress & financial details



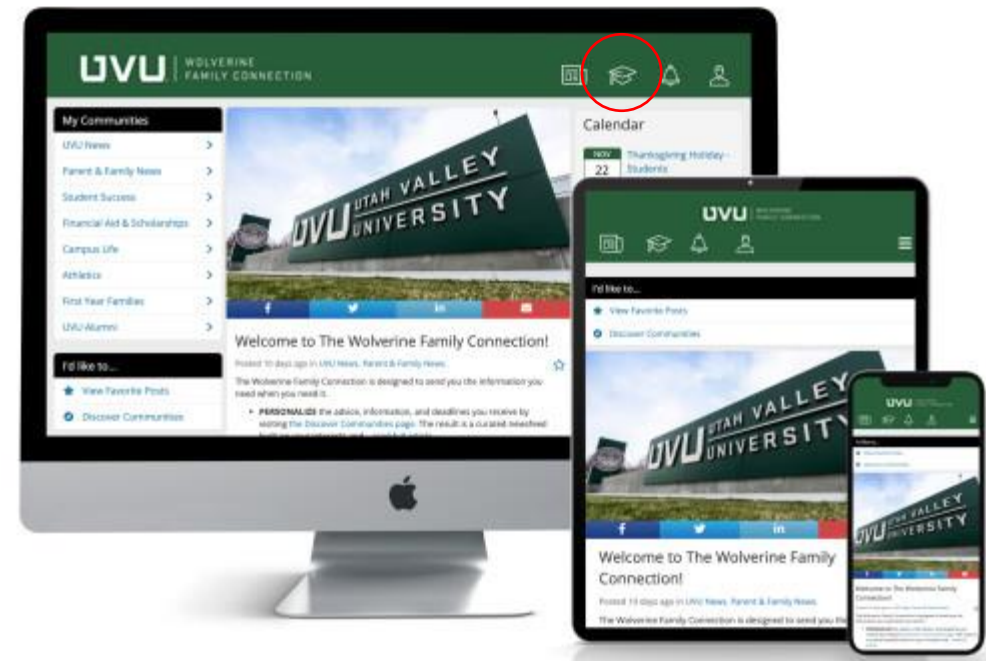
WOLVERINE FAMILY CONNECTION

- Go to uvu.campusesp.com
- Sign Up



WOLVERINE FAMILY CONNECTION

- Once you have an account, create a student connection:
- Click on the graduation cap



WOLVERINE FAMILY CONNECTION

- Follow the instructions
- Request access to ALL student records
- “Connect to your Student”
- Your student will receive an email and can choose to approve your request

The screenshot shows the 'Add New Connection' page for Martha Wilson (marthaw@uvu.edu). The form includes a 'Student Email Address' field with 'UVID@uvu.edu' entered, a 'Relationship to Student' dropdown menu, and a 'Request access to ALL student records' checkbox which is checked and circled in red. Below the form is a 'Connect to your Student' button. At the bottom, there is a 'Request Access?' section with a 'Request everything in this group' checkbox, which is also checked.

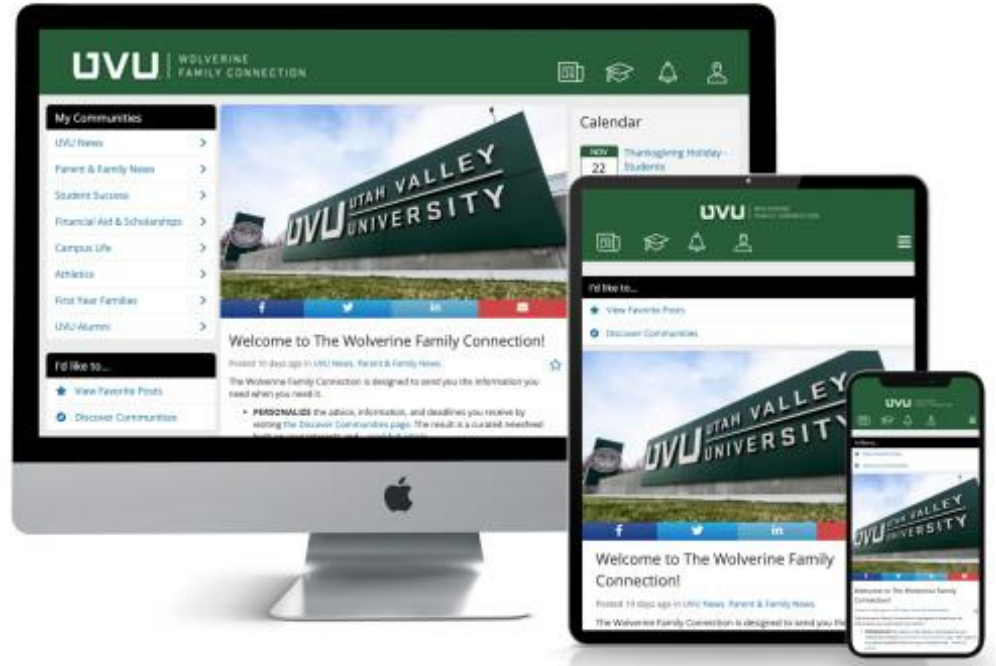


WOLVERINE FAMILY CONNECTION

- Available **real-time** information:
- Degree Information / Major / Class Standing
- Current Class Schedule / Credit Hours
- Grade(s)
- Financial Aid Information, including awards and amounts offered
- Current Account Balance / Outstanding Charges
- Student Holds

This process **does not** replace the UVU **Student Information Release** process described earlier. Rather, it is a complimentary portal that can preclude many, if not most, requests for student information.

If appropriate, we highly recommend that you work with your student to put both processes in place.



UVU PARENTS & FAMILIES

UVU'S RESOURCES

FOR STUDENT SUCCESS



RESOURCES FOR STUDENT SUCCESS

Many students tend to underutilize college support services or wait too long to access them.

1. Emphasize to your student that making good use of campus resources is a sign of strength, not weakness.
2. Familiarize yourself with the support services and resources at UVU so that you can provide guidance when asked.

Scan this QR code for a comprehensive list of all the resources we will be talking about today! (Plus, many others!)



UVU PARENTS & FAMILIES

SUPPORTING YOUR

STUDENT ACADEMICALLY



THE BIG FOUR:

BEHAVIORS SUPPORTING

ACADEMIC SUCCESS

1. ATTENDING CLASS REGULARLY

2. MANAGING TIME EFFECTIVELY

3. GETTING TO KNOW FACULTY

4. SEEKING HELP EARLY



ACADEMIC RESOURCES

- Academic Advising
- Academic Tutoring Lab
- Language Lab
- Math Lab
- Writing Center
- Research help at the Fulton Library
- Academic Coaching





ACCESSIBILITY SERVICES

- Provides reasonable and appropriate accommodations to ensure equal access in the academic environment for students with disabilities.
- Provides a variety of services, software and equipment for students with a wide range of disabilities.

THE MELISA NELLESEN CENTER FOR AUTISM

- Provides exceptional care and support for individuals on the autism spectrum and their families.
- Transition programming and support for current and potential UVU students with Autism Spectrum Disorder.



MAJOR & CAREER EXPLORATION

UVU has a variety of resource dedicated to helping your student define and assess their interests:

- **Career & Internship Center**
(uvu.edu/career-internship/):
 - **Pathway U**
An online tool that helps students evaluate major and career options by assessing their interests, values, and personality.
- **First-Year Advising Center**
(uvu.edu/firstyear/advising/):
 - **MYERS-BRIGGS TYPE INDICATOR (MBTI)**
Identifies personality type, and corresponding job families and occupations for personality type.
 - **STRONG INTEREST INVENTORY (SII)**
Shows student interests across six General Occupational Theme areas. Careers are suggested based on the student's overall interests.

BREAK



UVU PARENTS & FAMILIES

STUDENT HEALTH

& WELL-BEING

STUDENT HEALTH: PHYSICAL HEALTH

For your student to perform well academically, they need to stay strong physically. This means eating healthy food, getting plenty of exercise, and sleeping enough.

- Encourage healthy habits!
- Consider a grocery delivery or healthy meal service, instead of sending a care package of sweets.
- Encourage intramural sports, outdoor adventure center, fitness classes, etc.



STUDENT HEALTH: MENTAL HEALTH

With so much change and transition and the stress that often comes with college, there is a legitimate concern that your student's mental health may be affected.

- Stay in contact and be aware of changes in your student's mood or attitude.
- Encourage use of campus counseling resources.
- When it comes to your student, remember that you are the expert. If you think your student needs additional support, you are probably right.



STUDENT HEALTH RESOURCES

UVU promotes & supports wellness for the body, mind & spirit of our students.

1. Student Health Center: uvu.edu/studenthealth/
 - a. Low cost services for UVU students with medical and psychiatric care, psychological services, learning disability assessment services, and suicide awareness and prevention.
 - b. No insurance accepted.
2. Free & low-cost wellness programs to enhance physical and emotional wellness: uvu.edu/wellness
3. Membership options in UVU's Student Life & Wellness Center: uvu.edu/campusrec/slwc



STUDENT HEALTH RESOURCES cont.

UVU promotes & supports wellness for the body, mind & spirit of our students.

4. UVU Thrive: uvu.edu/mentalhealth
 - a. UVU has services available to support students through whatever challenges, obstacles, and pressures may impact their daily life and academic performance.
5. TimelyCare: uvu.edu/mentalhealth
 - a. Free, 24/7 access to remote mental health services
 - b. Health coaching, scheduled counseling, chatline support



STUDENT HEALTH & WELL-BEING

OMBUDS

om-buh dz, n.: a person who investigates and attempts to resolve complaints and problems between students and the university.

- The Ombuds is confidential, multi-partial, and independent.
- We can help with:
 - ✓ Maintaining your student's rights on campus
 - ✓ Mediation of interpersonal conflicts
 - ✓ Academic complaints and conflicts
 - ✓ Discrimination
 - ✓ Grading procedure disputes
 - ✓ School policy and procedures
 - ✓ Housing Landlord disagreements
 - ✓ Other problems or disputes



STUDENT HEALTH & WELL-BEING

STUDENT ENGAGEMENT

Students who are engaged on campus are more satisfied with their college experience, more likely to succeed academically, and more likely to graduate.

- On-Campus Jobs
- Study Groups
- Student Organizations
- Campus Events
- Interacting with Faculty & Staff
- Volunteer Work
- Internships
- Research



STUDENT HEALTH & WELL-BEING

STUDENT SUPPORT SYSTEMS

UVU promotes and supports a diverse campus environment dedicated to inclusion and personal belonging.

- Women's Success Center
- Multicultural Student Services
- Veteran Success Center
- First-Generation Student Success Center
- LGBTQ+ Student Services
- Accessibility Services
- And more!



UVU PARENTS & FAMILIES

CAMPUS

SAFETY



CAMPUS SAFETY

College campuses mirror the larger society with respect to crime.

- Your student should keep the same precautions with respect to person and property that they would anywhere else.
- Institutions are required by federal law to report the number and type of criminal acts that occur on campus each year.

UVU statistics can be found at uvu.edu/police/crime_info/statistics.html along with tips for remaining safe on campus.



CAMPUS SAFETY

- UVU has a fully licensed and functioning police department.
- UVU police are willing to assist with a variety of security concerns:
 - Walk your student to their car
 - Stalking threats
 - Keys locked in vehicles

UVU Campus Police
Office located in Gunther Technology (GT) 311
801-863-5555 (if an emergency call 911)



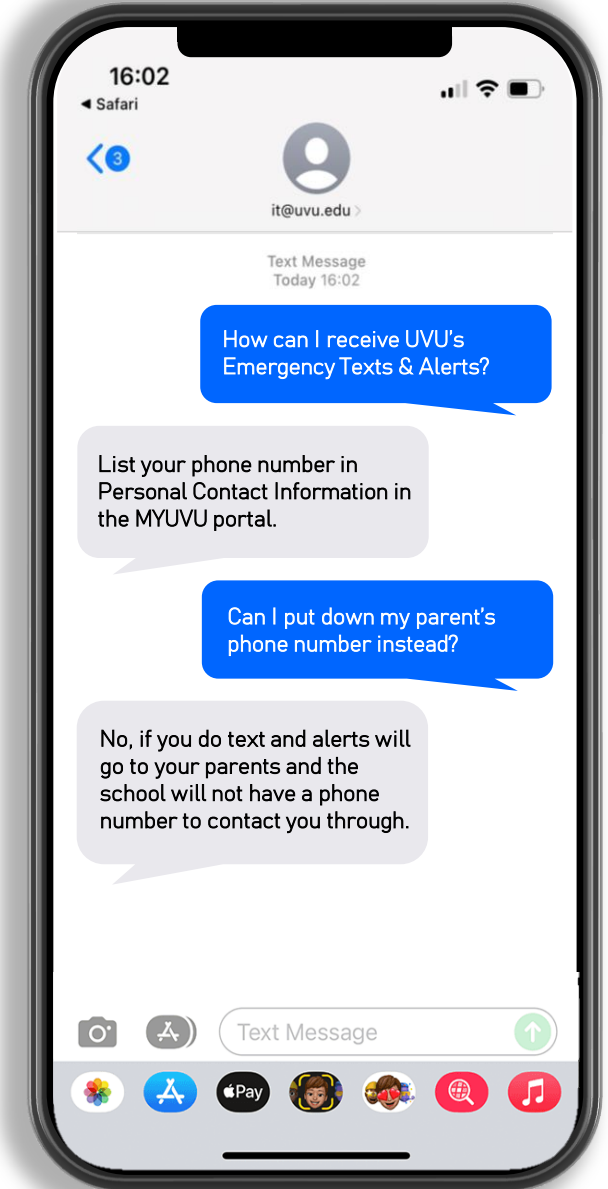
CAMPUS SAFETY

UVU will send automatic text alerts and notifications to students in case of an emergency or disaster.

Text Alerts

- myUVU
- Profile (upper right)
- Text Opt-In

Test Your Text Messaging





UVU EMERGENCY INFORMATION

Latest updates

(most recent posts appear at the top)

Wednesday, February 22, 2023

[UVU Delays Classes on Wednesday, Feb. 22 Until 10 a.m.](#)

All Utah Valley University campus facilities will be open today, Feb. 22, after 10 a.m. However, if the weather makes travel unsafe, students are advised to check with their instructors to determine the status of their classes. Faculty may choose to teach remotely or in person while providing online learning options for students negatively impacted by the storm. Employees who feel unsafe to travel should communicate with their supervisors about remote work arrangements.

We will continue to assess the weather and will send more information as needed. For more information, please see [UVU Snow Day Plans](#).

Posted by [Layton Shumway](#) at 9:01 AM. [No comments](#).

Thursday, April 21, 2022

[Great Utah ShakeOut 2022](#)

Prepare to duck, cover, and hold on! The Great ShakeOut is coming to UVU.

What?

It's an annual statewide earthquake preparedness drill held by the state of Utah to practice earthquake safety protocol. At UVU, we want to be prepared. We were all reminded in 2020 that we live in an earthquake zone.

When?

April 21, 2022, at approximately 10:15am.

How?

Students, staff, and faculty are invited to participate in the short protective actions (drop, cover, hold on). If on campus, you will hear an overhead announcement. The UVU community will also receive a warning on computer screens that will remind you to take protective actions as if there were an earthquake.

During this year's Great ShakeOut you may also see our emergency

CAMPUS SAFETY

Emergency Information

- Severe Weather
- Active Shooter
- Power Outage
- Earthquake
- Exercises or Drills
- Campus Delays or Closures

UVU.INFO

UVU's Emergency Information Website

UVU PARENTS & FAMILIES

COLLEGE

FINANCES

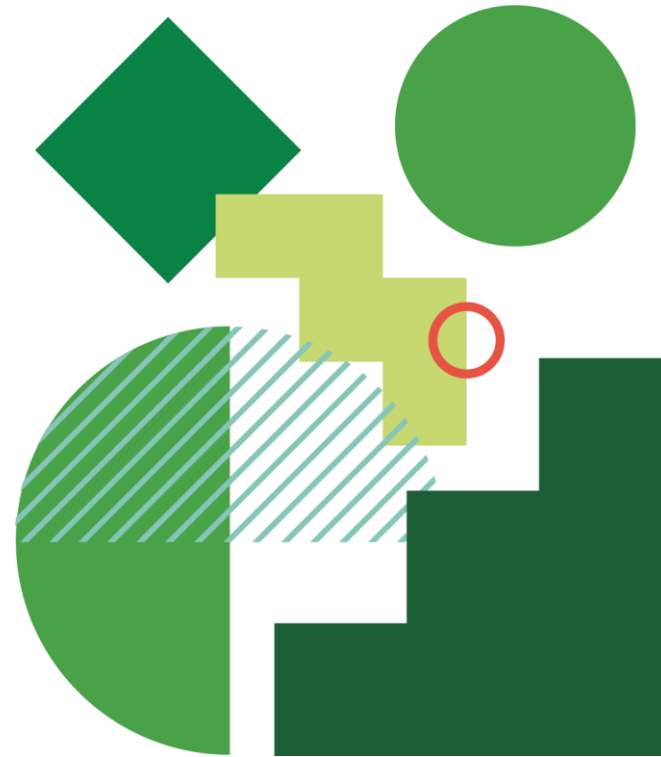
PAYING FOR

COLLEGE

Students cite financial difficulty as one of the top reasons for leaving college before completion.

Discuss paying for college and managing college expenses **now**. Typical costs include:

- a) Tuition, books, supplies, lab fees & student fees
- b) Housing & utilities
- c) Transportation to campus and work (fuel, vehicle maintenance, etc.)
- d) On-campus parking
- e) Food and eating meals away from home
- f) Campus events, student activities, entertainment

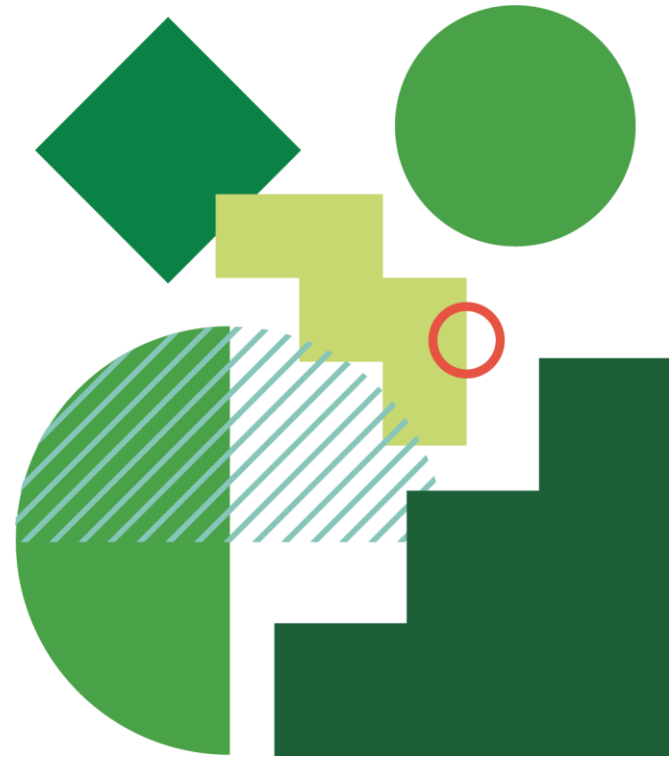


FINANCIAL

AID

UVU offers a comprehensive and varied program of financial assistance.

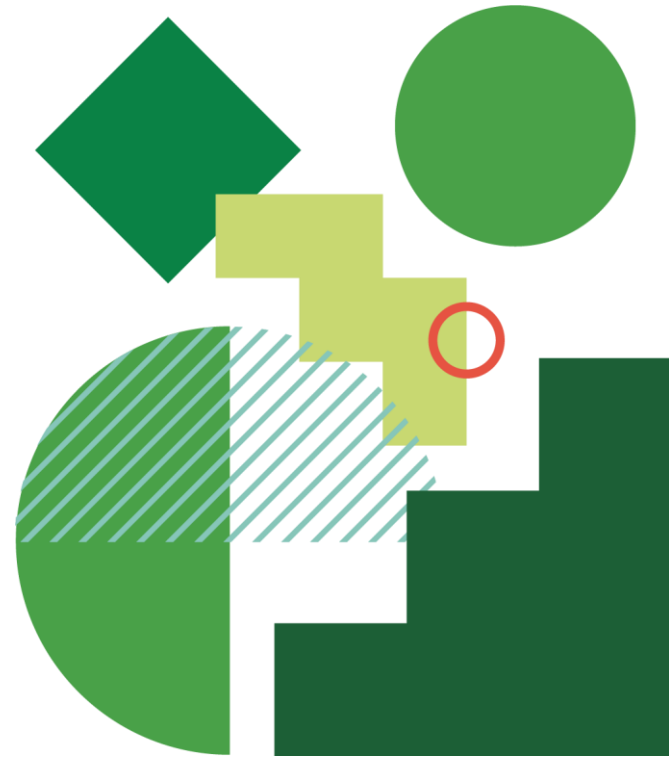
1. We encourage all students to apply, whether they think they “qualify” or not.
2. They don’t have to accept any aid that they don’t want.
3. FAFSA must be completed even for many UVU need-based scholarships.
4. Apply early / as soon as possible, even after March 1 priority deadline.



GREENBUCKS

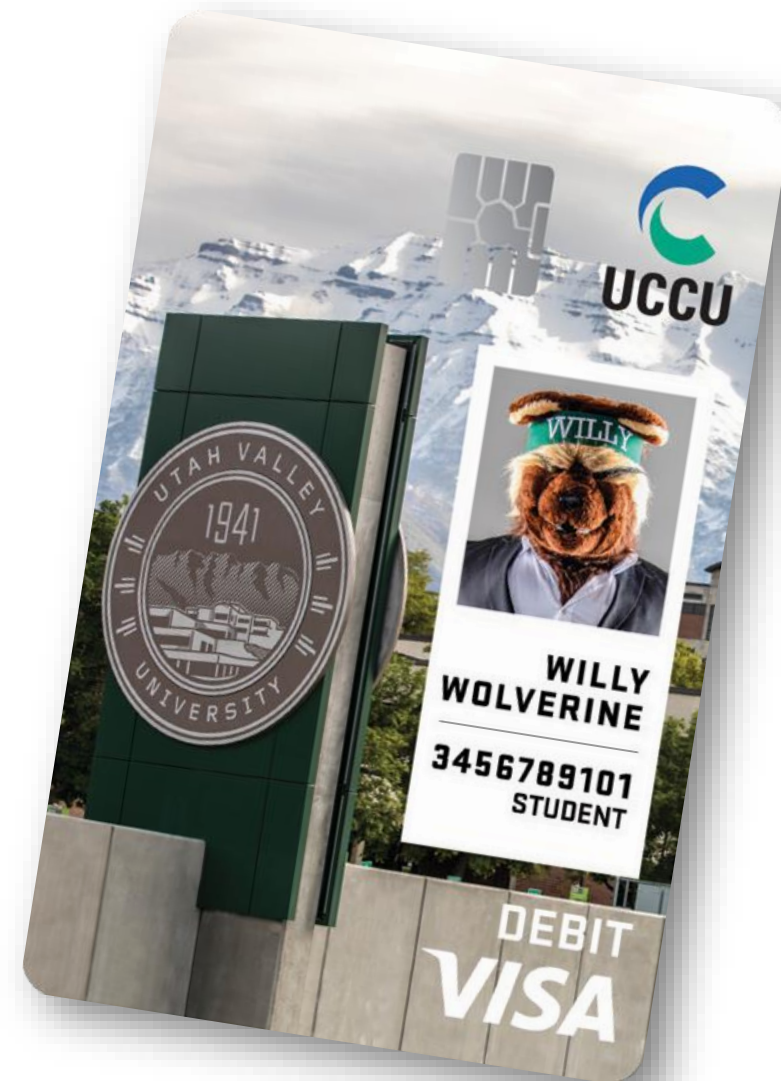
Rather than carrying cash or credit cards, students may deposit money into an account for on-campus purchases.

1. Helps regulate discretionary spending.
2. Available on the UVU OneCard and UCCU PlusCard.
3. Can be used as a meal plan only (Green Plan).
4. Visit Campus Connection or <https://uvu.edu/campusconnection/greenbucks-giftcards/index.html>
5. UVU Gift Cards are available, too!



UVU PLUSCARD

A student ID card and a Visa debit card combined to help your student manage their busy life!



UVU PARENTS & FAMILIES

WELCOME TO THE

WOLVERINE FAMILY!

A large, modern concrete structure with a central waterfall and green benches on a grassy campus. The structure is a long, low building with a flat roof and open sides, supported by concrete pillars. In the center, there is a wide waterfall cascading down into a pool. Several green benches are placed around the structure. The foreground is a grassy area with concrete borders. In the background, there are trees and other campus buildings.

GET INVOLVED ON CAMPUS!

Go to [UVU.EDU/EVENTS](https://uvu.edu/events) to see all the events happening on campus—arts, athletics, conferences, community events, and more!



WE'RE HERE

FOR YOU!

This has been a crash-course in UVU basics. Don't worry, we don't expect you to remember it all.

1. Wolverine Family Connection (uvu.campusesp.com)
2. Website: uvu.edu/parents-families
3. Online Orientation for families: uvu.edu/orientation/parents.html
4. Email: families@uvu.edu
5. Social Media: [@uvuparentsandfamilies](https://www.instagram.com/uvuparentsandfamilies)
6. Find this presentation on the **Wolverine Family Connection**



REMAINING JUMPSTART AGENDA

- Resource Fair
- Workshops

