



JUMPSTART ORIENTATION

PARENT & FAMILY SESSION

The book we really needed
was “What to Expect 18 Years
After You Were Expecting”.



PARENT & FAMILY

SESSION

- NAVIGATING THE COLLEGE TRANSITION
- FAMILY ENGAGEMENT 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

Hope you have a good first day. Did you get everything worked out? What about parking? Did you get a tag in case you have to go to campus?

3 AM

You don't realize how uncalled for it is to send that many questions in one message. Sounds like buddy the elf.

9:34 AM



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 or 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 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 as they experience 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. **Create 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 (and your student!) that they possess the abilities,** skills, and talents to manage them.
4. **Learn all you can about UVU 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.

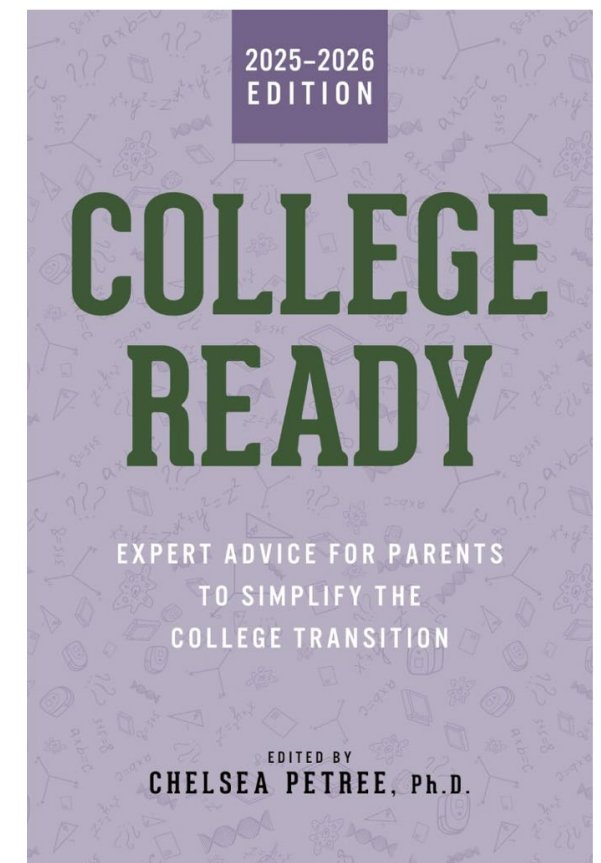
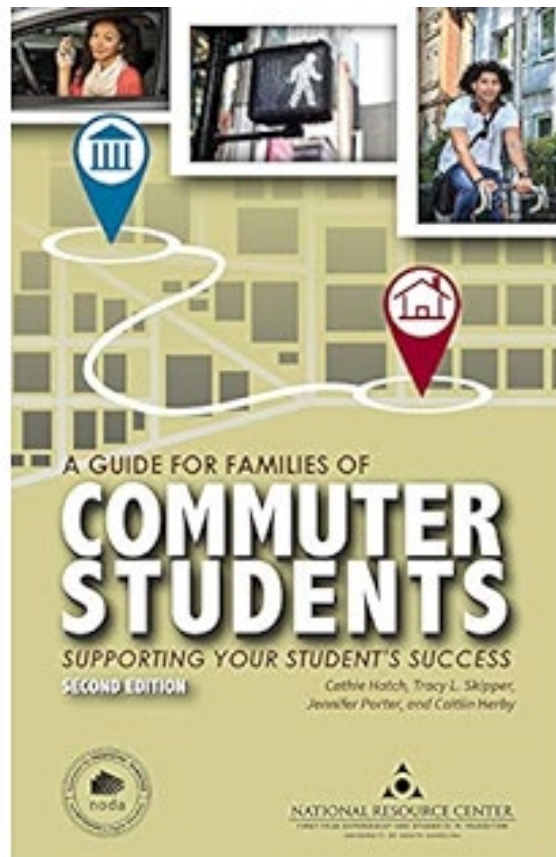
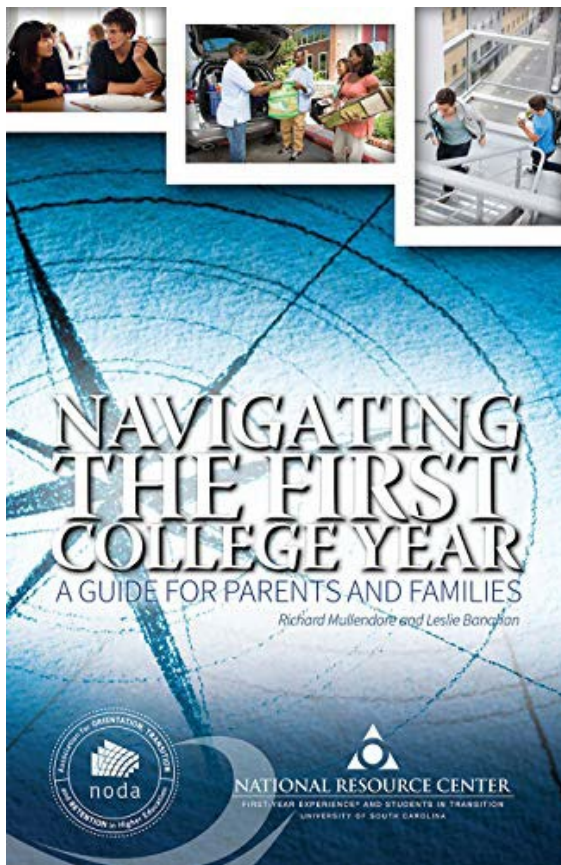


Your student still needs you!

1. **Emotional Support and Encouragement**—check in, listen, praise, reassure
2. **Guidance on Finances**—budgeting, saving, responsible spending, financial aid
3. **Academic Motivation**—ask about classes, celebrate, don't micromanage
4. **Life Skills Tips**—ask if they need tips on cooking, laundry, household tasks, share your “hacks”
5. **Health Check-ins**—ask about nutrition, doctor/dentist appointments, mental health, self-care

I'm on your side.
How do you want
me to help?

Do you want to be
heard, helped, or
hugged?



To receive a FREE copy of any of these materials, email your name, shipping address, and the book(s) you want to:

FAMILIES@UVU.EDU



OR use this QR code
(also in your
Parent Pamphlet)

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 security phrase that you can remember
- Verification of password will be required for telephone conversations
- Photo proof of identification required for in-person requests for information

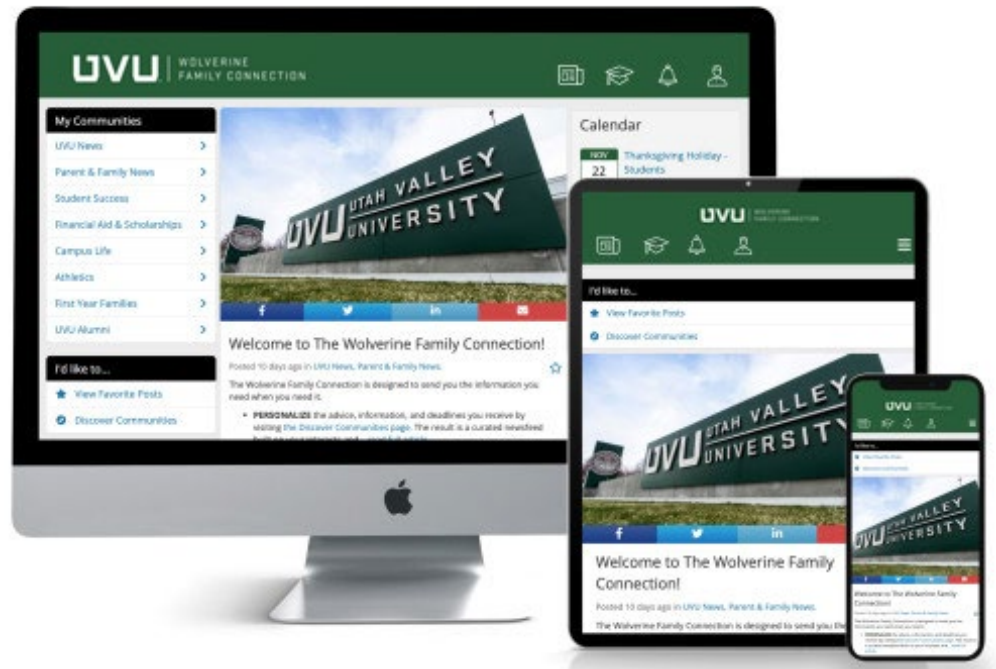
Information Release

Give another person access to handle your affairs at UVU.



WOLVERINE FAMILY CONNECTION

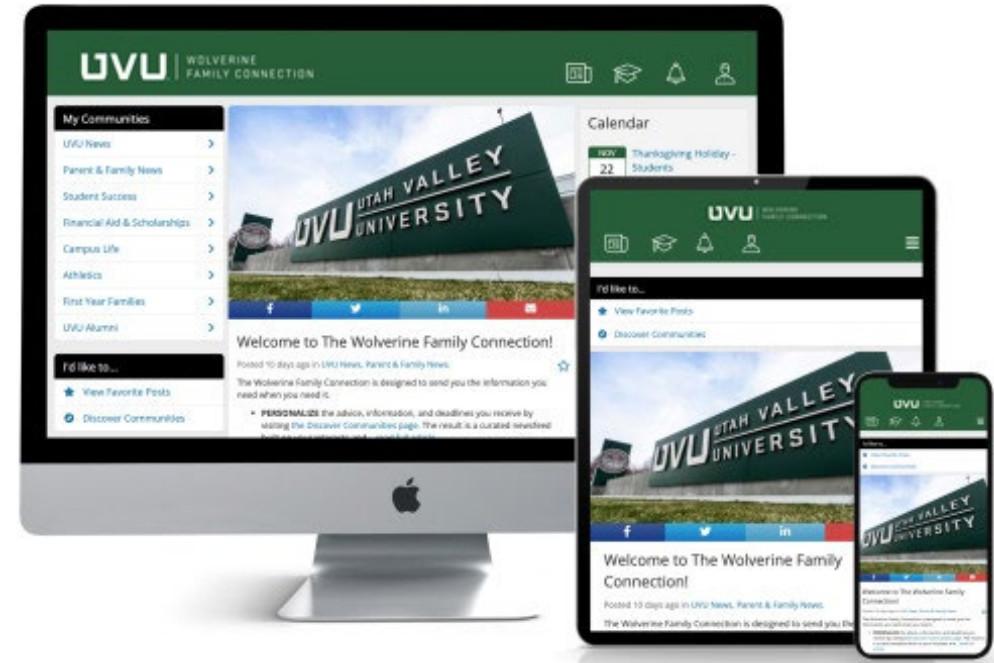
- Access to important campus news & deadlines
- Resources and tips for supporting your college student
- Insight into your student's progress & financial details



WOLVERINE FAMILY CONNECTION

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

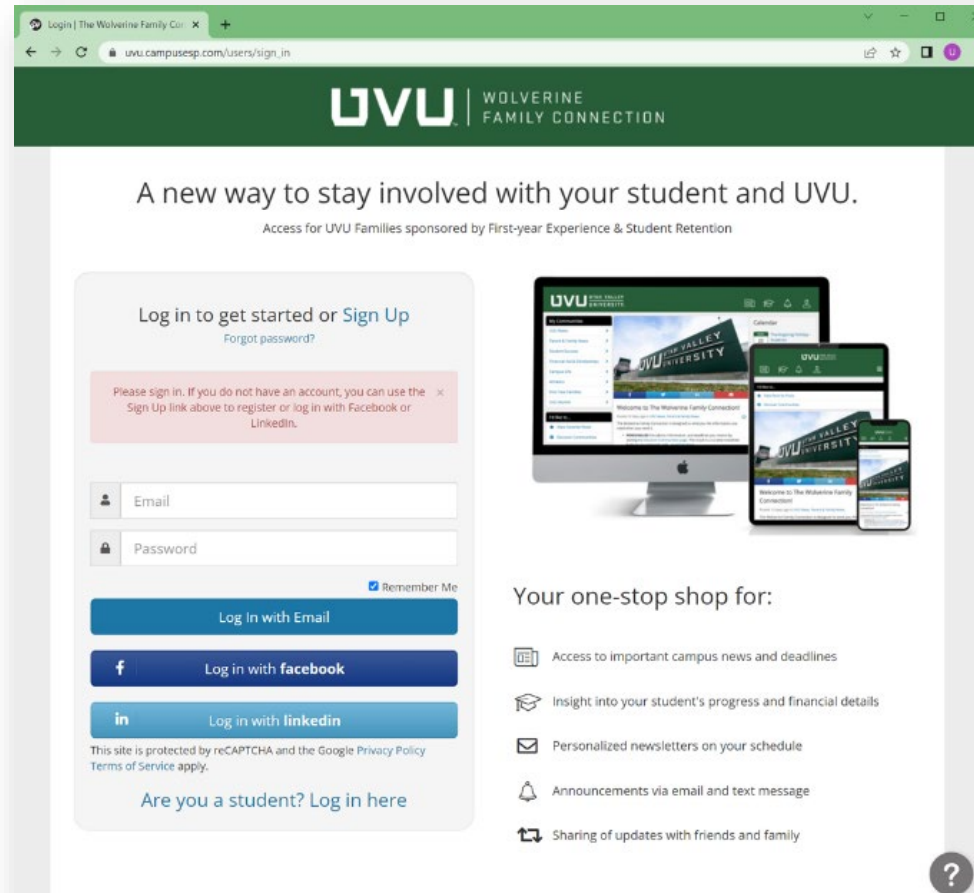


This process does not replace the UVU [Student Information Release](#) process described earlier. Rather, it is a complementary portal that can preclude many, if not most, requests for student information.

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

WOLVERINE FAMILY CONNECTION

- Go to uvu.campusesp.com
- Sign Up

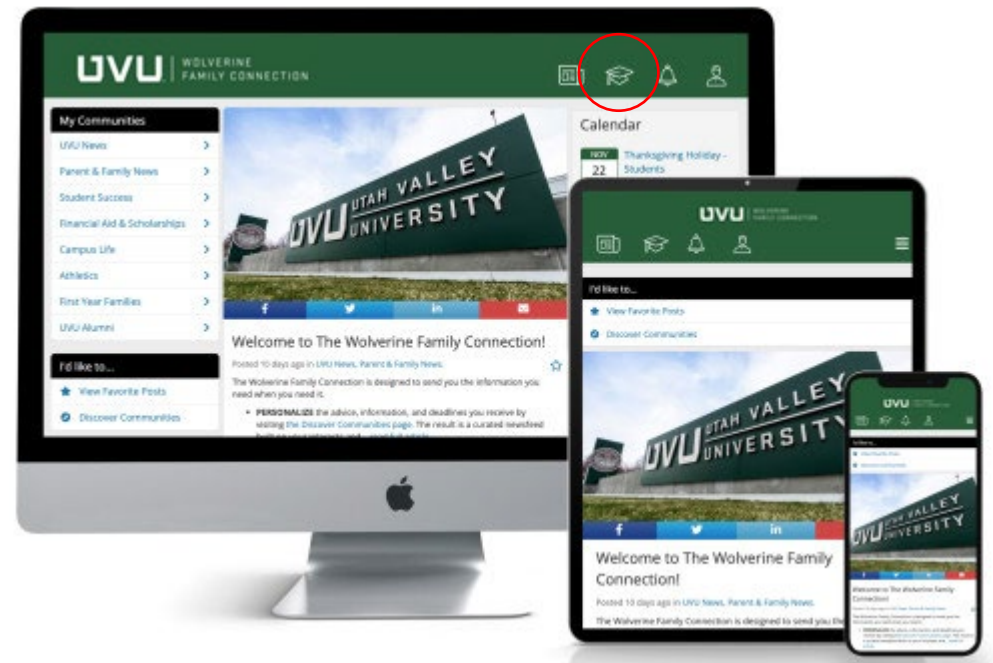


The screenshot shows the login page for the Wolverine Family Connection. The header features the UVU logo and the text "WOLVERINE FAMILY CONNECTION". Below the header, a message states: "A new way to stay involved with your student and UVU. Access for UVU Families sponsored by First-year Experience & Student Retention". The main content area has a login form with fields for "Email" and "Password", a "Remember Me" checkbox, and buttons for "Log in with Email", "Log in with facebook", and "Log in with linkedin". A red box contains a message: "Please sign in. If you do not have an account, you can use the Sign Up link above to register or log in with Facebook or LinkedIn." To the right of the form is an image of a desktop monitor and two smartphones displaying the app. Below the image, the text "Your one-stop shop for:" is followed by a list of features: "Access to important campus news and deadlines", "Insight into your student's progress and financial details", "Personalized newsletters on your schedule", "Announcements via email and text message", and "Sharing of updates with friends and family". At the bottom left, there is a link: "Are you a student? Log in here". At the bottom right, there is a question mark icon.



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 'My Connections | The Wolverine' web application. The browser address bar displays 'uvu.campusesp.com/connections'. The page header includes the UVU logo and 'WOLVERINE FAMILY CONNECTION'. A left sidebar menu lists options: 'I'd like to...', 'Edit My Profile', 'Change My Password', 'Notifications', 'View Student Connections' (highlighted), 'View My Events', 'View Favorite Posts', 'Discover Communities', 'Go back to news feed', and 'Log Out'. The main content area is titled 'Add New Connection' and features a user profile for 'Martha Wilson' (marthaw@uvu.edu). Below the profile, instructions state: 'Enter the UVU email address of the UVU student that you would like to connect to below. Email address should be in the format 'student@uvu.edu' (not 'student@mail.uvu.edu').' A note for parents of recently admitted students explains that the feature becomes available after registration. The 'Student Email Address' field contains 'UVID@uvu.edu'. The 'Relationship to Student' dropdown is empty. A paragraph of text explains FERPA rights. A checkbox labeled 'Request access to ALL student records' is checked and circled in red. Below this is a blue 'Connect to your Student' button. At the bottom, there is a section for 'Academic Information' with a 'Request Access?' checkbox (checked) and a help icon.

My Connections | The Wolverine

uvu.campusesp.com/connections

UVU | WOLVERINE FAMILY CONNECTION

I'd like to...

- Edit My Profile
- Change My Password
- Notifications
- View Student Connections**
- View My Events
- View Favorite Posts
- Discover Communities
- Go back to news feed

Log Out

Add New Connection

Martha Wilson
marthaw@uvu.edu
Students will see your name, email and photo (if provided) to verify your identity.

Enter the UVU email address of the UVU student that you would like to connect to below. Email address should be in the format 'student@uvu.edu' (not 'student@mail.uvu.edu').

NOTE to parents and family members of recently admitted students
If your student will enroll at uvu in the coming semester, then the student connection feature will become available **after** they register for classes during orientation. Stay tuned for more information!

Student Email Address:

UVID@uvu.edu

Relationship to Student:

FERPA gives parents access to their child's education records, an opportunity to seek to have the records amended, and some control over the disclosure of information from the records. With several exceptions, schools must have a student's consent prior to the disclosure of education records after that student is 18 years old. [Understanding FERPA](#)

Request access to ALL student records ☒

Connect to your Student

Or select the specific permissions you would like to request from the list below.

Academic Information

Request everything in this group ☒ Request Access?

<https://uvu.campusesp.com/about/ferpa>

New on the Wolverine Family Connection: **Discussion Boards**

UVU | WOLVERINE
FAMILY CONNECTION



 Search Posts...

Calendar

OCT Fall Break
16

Click the icon on your account to get started!

- Ask questions, share ideas, make connections with UVU parents and families
- Add your own posts and comments, or read what others are saying
- Private group with no ads



UVU PARENTS & FAMILIES

SUPPORTING YOUR STUDENT ACADEMICALLY

Student: is there anyway I can get my grade up?
Me: yeah, you can turn in your homework
Student:





THE BIG FOUR:

BEHAVIORS SUPPORTING

ACADEMIC SUCCESS

1. ATTEND CLASS REGULARLY

2. MANAGE TIME EFFECTIVELY

3. GET TO KNOW FACULTY

4. SEEK HELP EARLY





RESOURCES FOR STUDENT SUCCESS

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

- Emphasize to your student that making good use of campus resources is a sign of strength, not weakness.
- Familiarize yourself with the support services and resources at UVU so that you can provide guidance when asked.
- Contact a **Student Success Specialist** if your student needs personalized support! Anonymous referrals can be submitted at uvu.edu/success/contact.php

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



ACADEMIC RESOURCES

- Academic Advising
- Academic Tutoring Lab
- Language Lab
- Math Lab and Math Mentors
- 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.

UVU PARENTS & FAMILIES

STUDENT HEALTH & WELL-BEING

Some days I'm like, "Wow, look at this independent, amazing human I raised." Other days I'm like, "Who's going to tell them you can't microwave foil?"

GROWN & FLOWN™

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, and spirit of our students.

1. **Student Health Center:** uvu.edu/studenthealth/
 - Low-cost services for UVU students with medical and psychiatric care, psychological services, learning disability assessment services, and suicide awareness and prevention.
 - 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

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

4. **UVU Thrive:** uvu.edu/mentalhealth
 - 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
 - Free, 24/7 access to remote mental health service
 - Health coaching, scheduled counseling, chatline support



STUDENT HEALTH & WELL-BEING

CARE HUB



Mission: to foster an inclusive environment for Wolverines to access food, housing, health, and safety resources.

FOOD

- Food Pantry
- Mobile Pantry
- Pantry Order Deliveries
- Emergency Meal Vouchers
- Fresh Food Fridays
- Gleaning Program
- SNAP Application Assistance

CASE MANAGEMENT

- Trauma-Informed Care Approach
- Collaborates with students to create a resource plan
- Students remain in control of their experience

ADDITIONAL SUPPORT

- Holiday Assistance
- Emergency Scholarship Fund
- Community Resources
- Emergency Housing 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 involved on campus are more satisfied with their college experience, more likely to succeed academically, and more likely to graduate.

- On-Campus Jobs (uvu.jobs)
- Study Groups
- Student Organizations
- Campus Events
- Interacting with Faculty & Staff
- Volunteer Work
- Internships and Research Opportunities



UVU FRESHMAN HOUSING EXPERIENCE AT THE GREEN

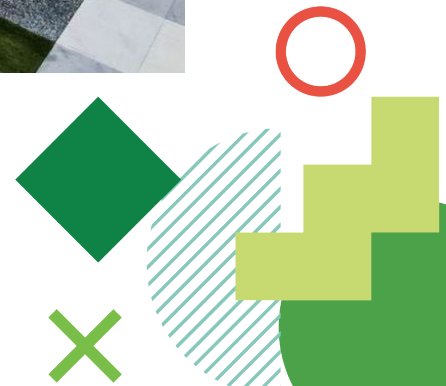
The Green is a student housing community located across the street from UVU campus. This partnership provides incoming freshmen students a vibrant and engaging community experience that fosters connections beyond the classroom setting.

Students will live in a building with a Residential Community Leader (RCL).

Students interested in this program should apply via The Green's applicant portal.



New: Freshman programming is also available at Wolverine Crossing and Summerwood.



WOLVERINE CONNECTIONS

UVU FIRST-YEAR SEMINAR COURSE

SLSS 1000

Helps your student thrive, not just survive!

- Introduces and integrates new students to the UVU community, both academically and socially.
- Teaches strategies for academic success and effective collaboration techniques.
- Develops student awareness of campus resources and assists in exploring and establishing personal, academic, and career goals.



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.
- Additional security and law enforcement presence for the near future.
- 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)



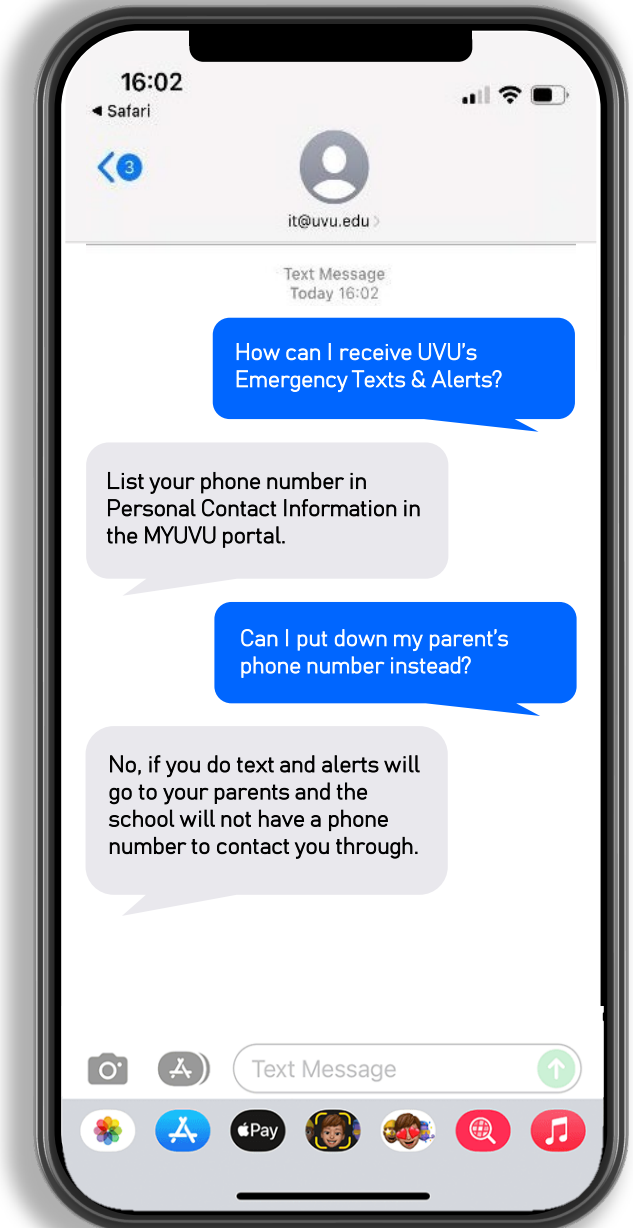
CAMPUS SAFETY

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 Student 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



**You guys are going to
save so much money
when I go away to
college!**

*Best teenager texts,
from @the_leighton_show*

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:

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



FINANCIAL AID & SCHOLARSHIPS

UVU offers a comprehensive and varied program of financial assistance.

Financial Aid

- **Apply for FAFSA**
 - We encourage **all** students to apply, whether they think they “qualify” or not.
 - They don’t have to accept any aid that they don’t want.
 - FAFSA must be completed for many UVU need-based scholarships.

Scholarships

- Apply for scholarships through **ScholarshipUniverse** (uvu.scholarshipuniverse.com)
 - Apply early / as soon as possible, even after **February 1** priority deadline.



GREENBUCKS

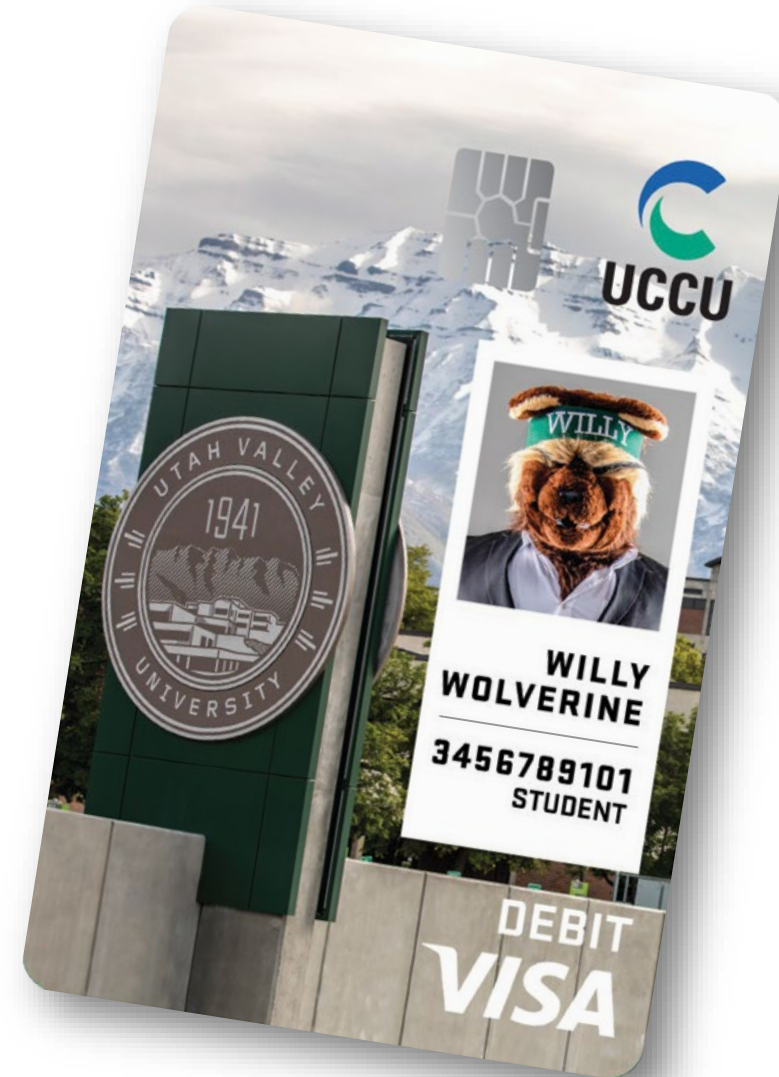
Rather than carrying cash or credit cards, students may deposit money into an account for on-campus purchases.

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!



Love Where You Bank

STARTER PACK

College life is busy.
Banking shouldn't be.



Get Started

Scan the QR code to
open your account

Elevated Checking

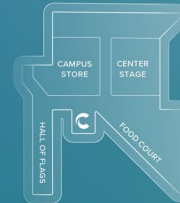
A checking account with more, a lot more!
Get it free until you turn 26.



-  Cell Phone Protection
 -  Roadside Assistance
 -  Telehealth
- & so much more!

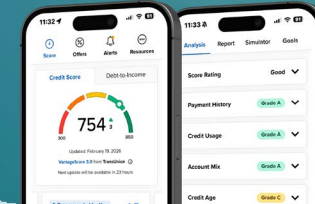
On-Campus Branch

A full-service branch in the heart of
campus, for all your financial needs!



Credit Score Toolbox

Monitor your credit score and
see insights to build your credit.



PlusCard

Your UCCU Debit card, student
ID, bus pass and more.



Credit Builder

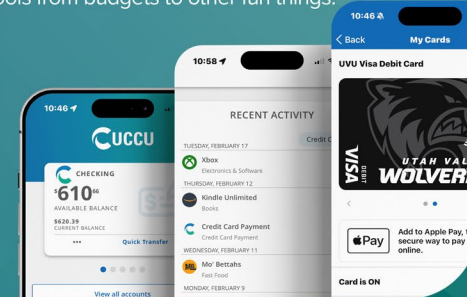
A small installment loan designed
to help build credit safely.



UCCU Mobile App

State of the art banking tools from budgets to other fun things.

-  Budget Tools
-  Card Controls
-  Bill Pay
-  Zelle



WELCOME TO THE WOLVERINE FAMILY!



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!



UTAH VALLEY UNIVERSITY

WEEKS OF
WELCOME

AUGUST 17-29

FRESHMAN CONVOCATION FYE

THE.
BEST.
WELCOME.
EVER.

AUGUST 17, 2026
6:00 PM



Parent Involvement

Volunteering and events just for you!

1. UVU Parent & Family Council

- First year! Applications open in August
- Meet 4-6 times a year with UVU leaders and other parents
- Share insights and feedback, volunteer for projects, connect

2. Fall Family Day

- Activities, dinner, and fun!
- Perfect time to visit your student

3. Homecoming Social

- February-part of Homecoming basketball game
- Brunch in a beautiful campus location
- Another perfect time to visit your student

4. Webinars

- Relevant topics, Q&A

Sign up to
learn more





WE'RE HERE FOR YOU!

Cissy Rasmussen

Parent & Family Programs Coordinator

1. Wolverine Family Connection
(uvu.campusesp.com)
2. Find this slide presentation on the
[Wolverine Family Connection](#)
3. Website: uvu.edu/parents-families
4. Online Orientation for families:
uvu.edu/orientation/parents.html
5. Email: families@uvu.edu
6. Facebook & Instagram:
[@uvuparentsandfamilies](#)

