





JUMPSTART ORIENTATION

**PARENT & FAMILY**

**SESSION**



# 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**



# 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 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. 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.



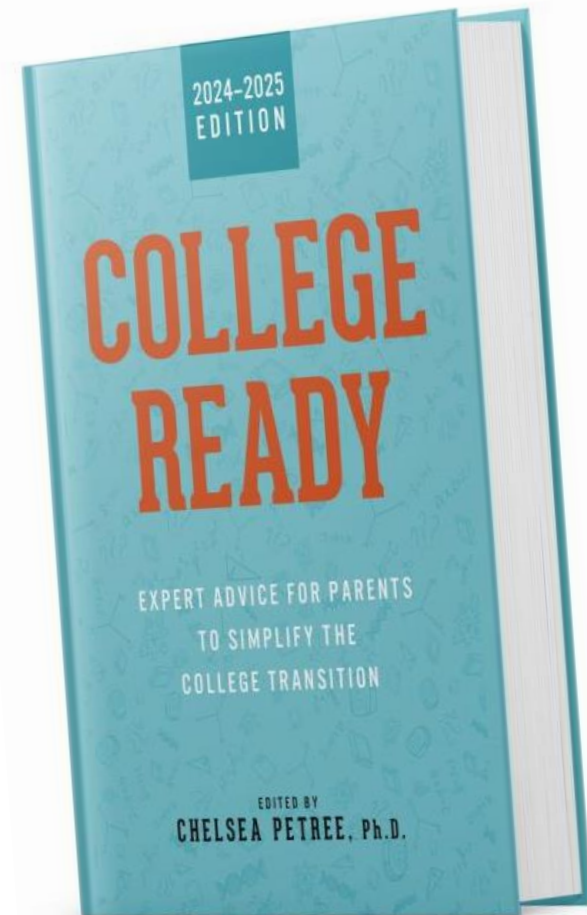
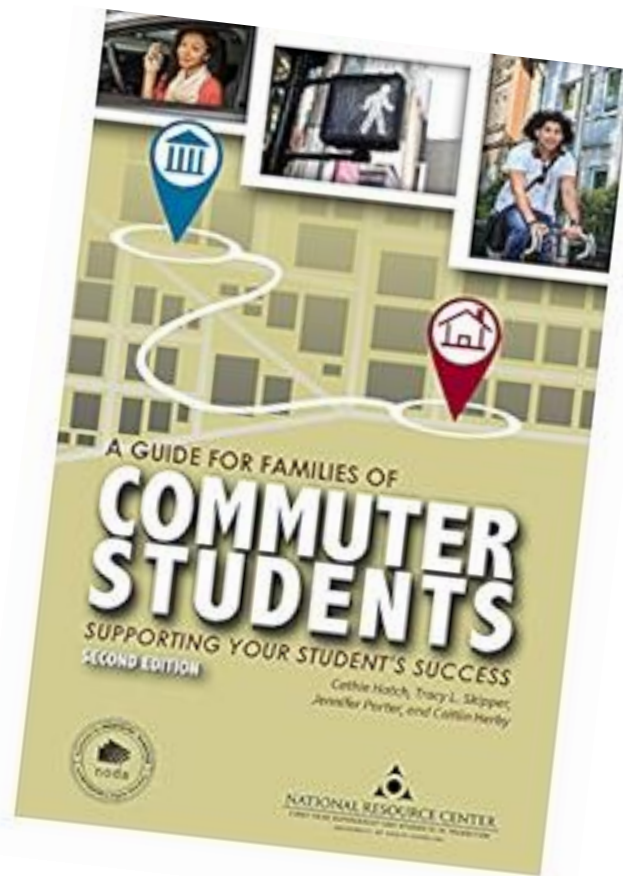
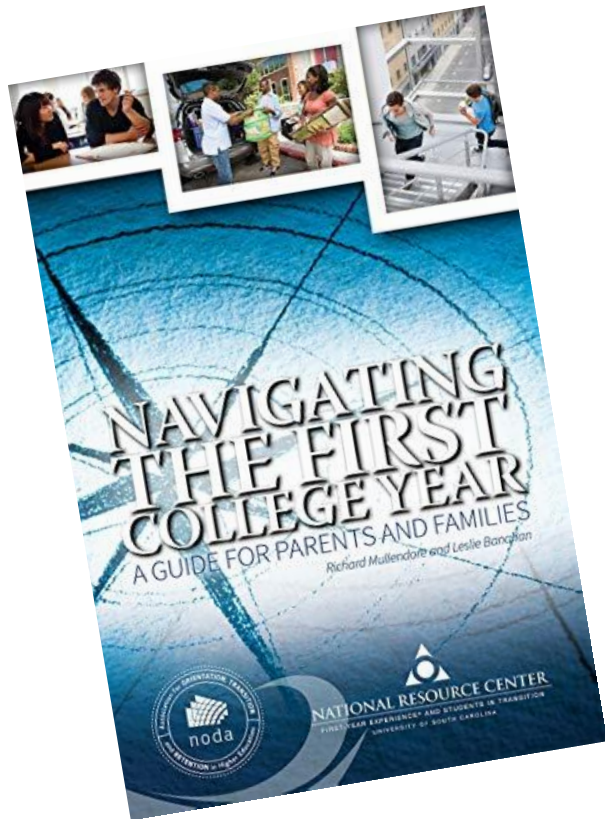




# NAVIGATING THE TRANSITION

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.



To receive a FREE copy of any of these materials, email your name and shipping address to **FAMILIES@UVU.EDU**



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.

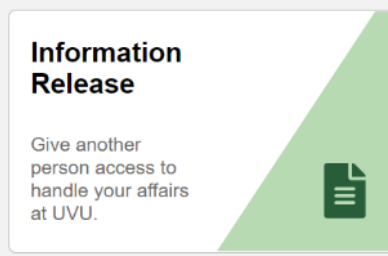




# First Things First:

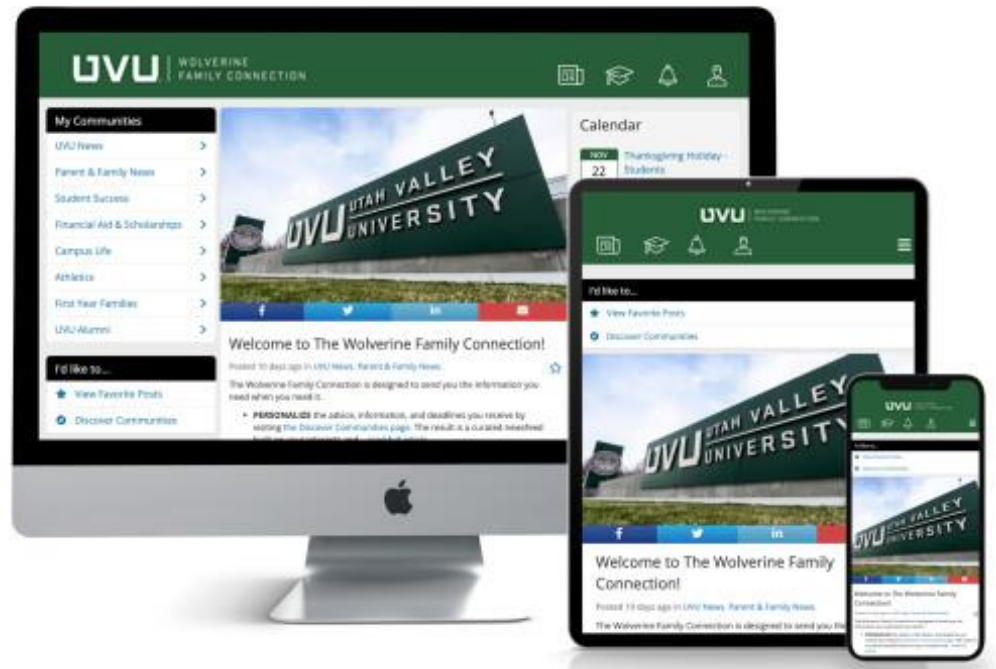
## FERPA

- Student completes the Student **Information Release** online
- Go to [my.uvu.edu](https://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



# WOLVERINE FAMILY CONNECTION

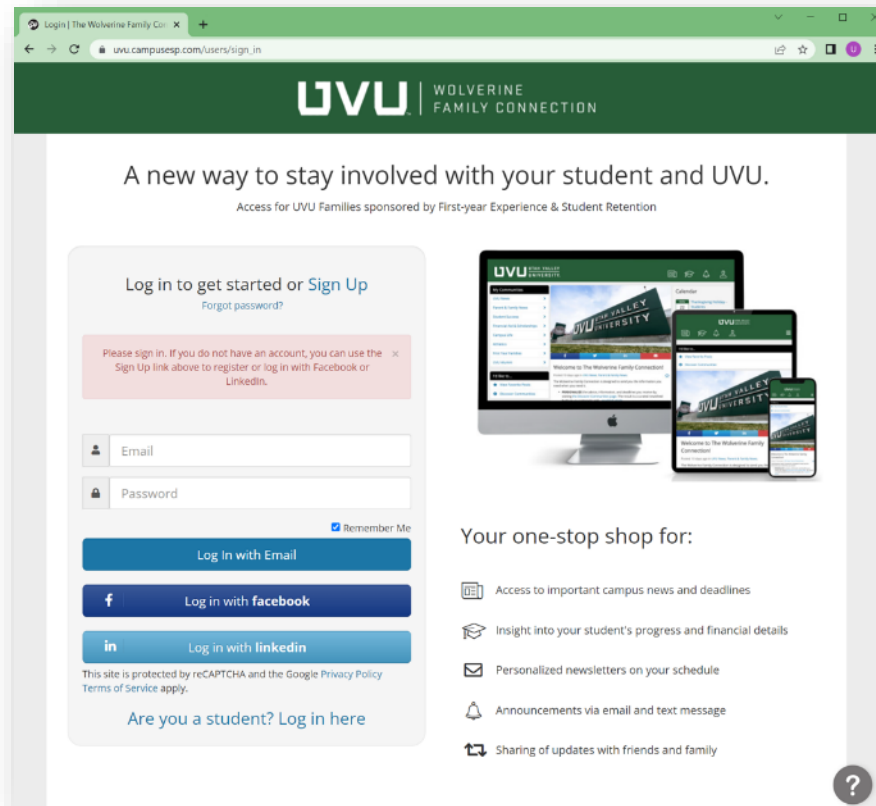
- Access to important campus news & deadlines
- Resources and tips for supporting your college student
- Insight into your student's progress & financial details





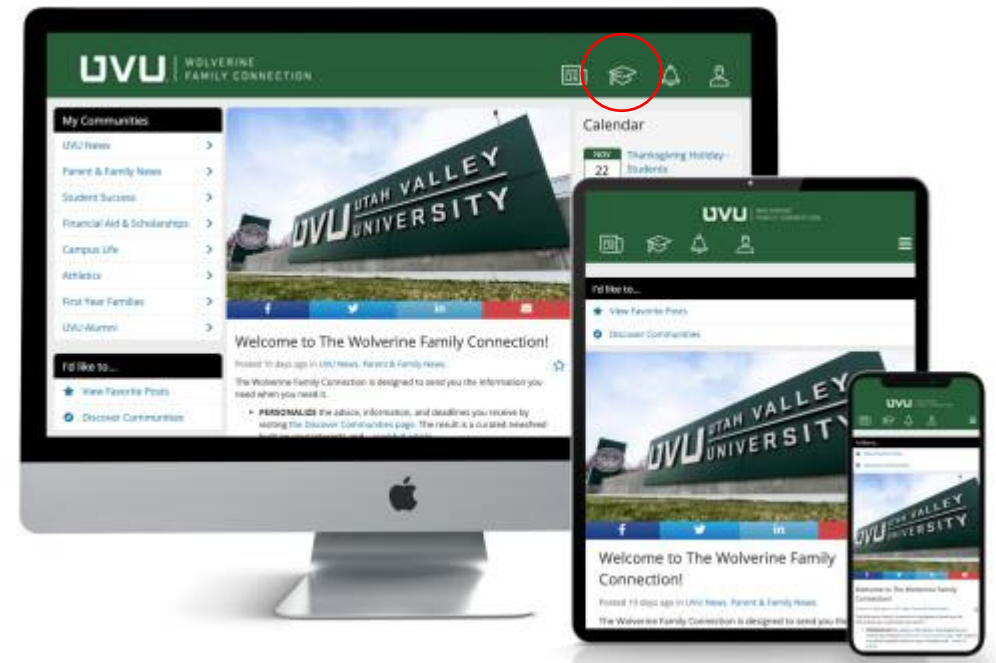
# WOLVERINE FAMILY CONNECTION

- Go to [uvu.campusesp.com](https://uvu.campusesp.com)
- Sign Up



# WOLVERINE FAMILY CONNECTION

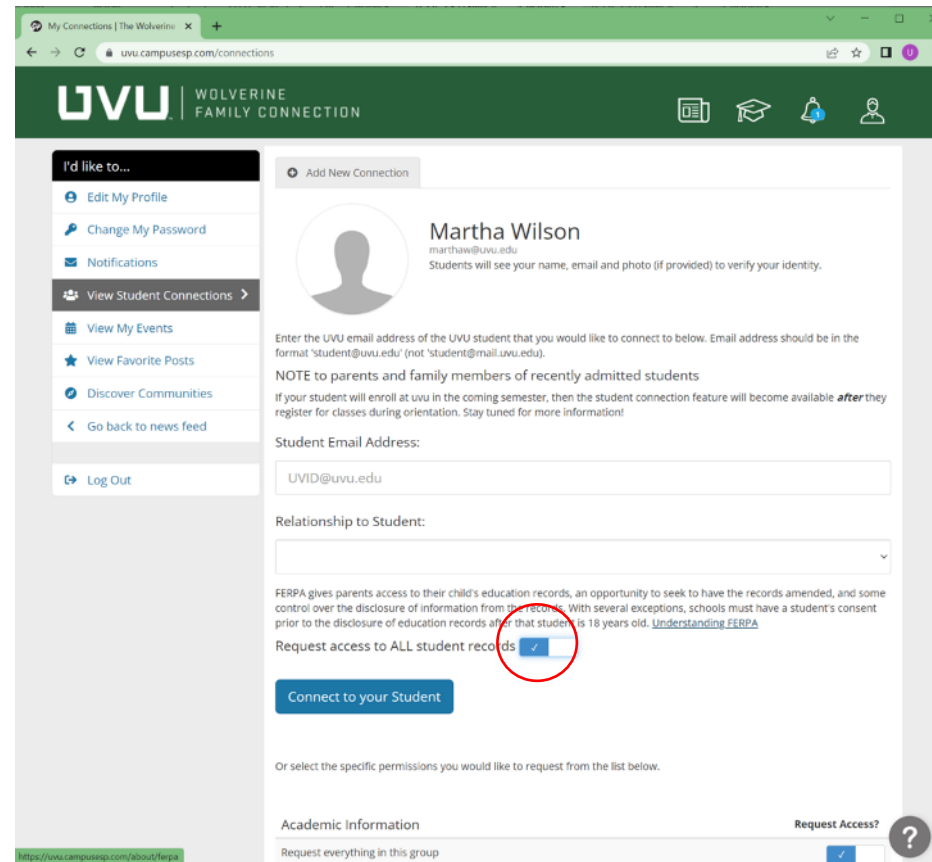
- Once you have an account, create a student connection:
- Click on the graduation cap





# WOLVERINE FAMILY CONNECTION

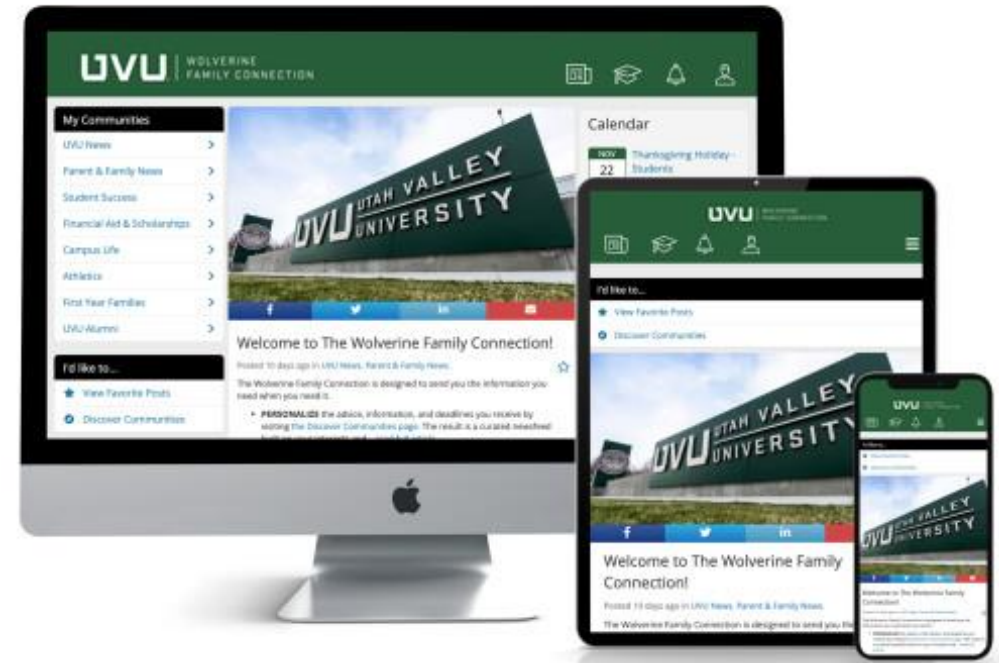
- Follow the instructions
- Request access to ALL student records
- “Connect to your Student”
- Your student will receive an email and can choose to approve your request



The screenshot displays the 'WOLVERINE FAMILY CONNECTION' web interface. On the left is a sidebar menu with 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 specifies that the feature becomes available after the student enrolls in the coming semester. The form includes a 'Student Email Address' field with 'UVID@uvu.edu' entered, a 'Relationship to Student' dropdown menu, and a checkbox for 'Request access to ALL student records' which is checked and circled in red. A blue 'Connect to your Student' button is positioned below. At the bottom, there is a section for 'Academic Information' with a 'Request Access?' 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 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.



UVU PARENTS & FAMILIES

**SUPPORTING YOUR**

**STUDENT ACADEMICALLY**



# 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](http://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
- 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/](https://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/](https://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, and spirit of our students.

1. **Student Health Center:** [uvu.edu/studenthealth/](http://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](http://uvu.edu/wellness)
3. **Membership options** in UVU's Student Life & Wellness Center: [uvu.edu/campusrec/slwc](http://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](https://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](https://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 engaged on campus are more satisfied with their college experience, more likely to succeed academically, and more likely to graduate.

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





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](http://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)**





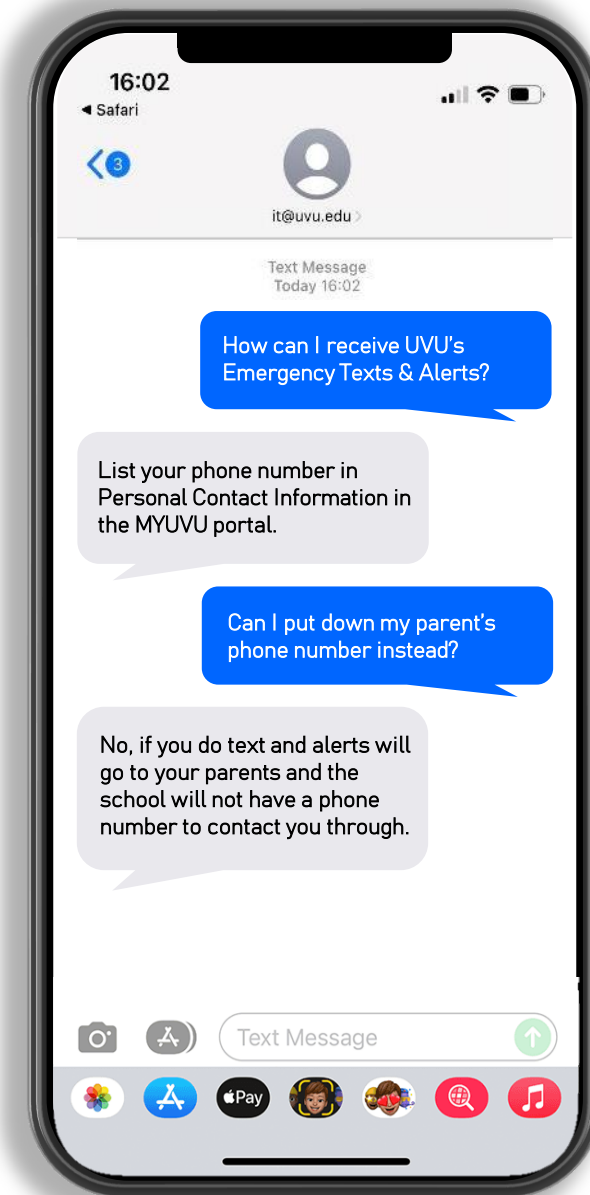
# CAMPUS SAFETY

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:

- 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](http://uvu.scholarshipuniverse.com))
  - Apply early / as soon as possible, even after **March 1** priority deadline.





# GREENBUCKS

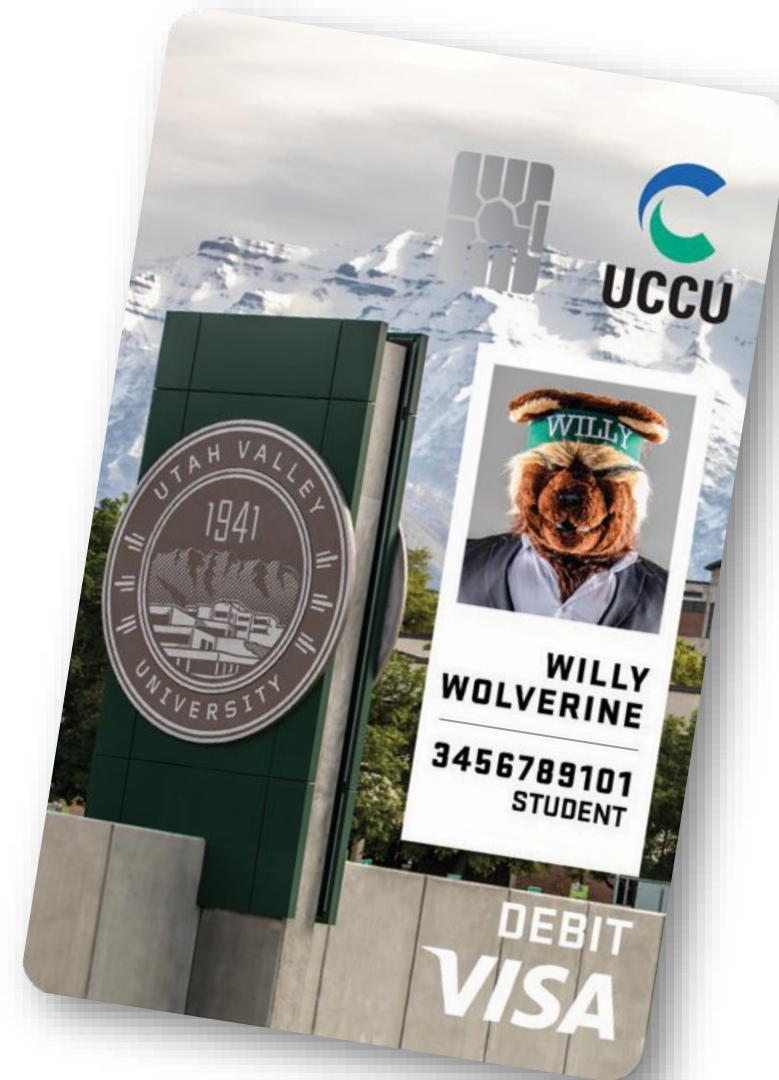
Rather than carrying cash or credit cards, students may deposit money into an account for on-campus purchases.

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!**





## 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

# FRESHMAN CONVOCATION 2025

**THE.  
BEST.  
WELCOME.  
EVER.**

Monday, August 18<sup>th</sup>  
5:00 pm | UCCU Center

Freshman Family BBQ  
after the program!

# UVU FRESHMAN HOUSING EXPERIENCE AT THE GREEN

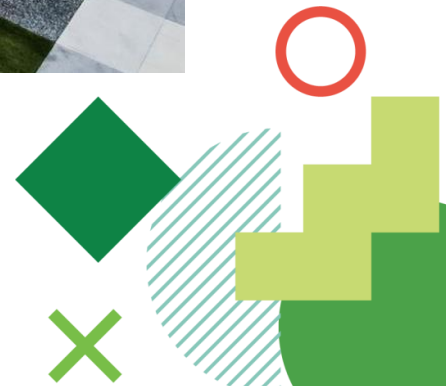
The Green is a student housing community located across the street from UVU campus. This partnership provides incoming freshmen students a vibrant and engaging community experience that fosters connections beyond the classroom setting.

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

Fall 2025 – 1<sup>st</sup> Block

SLSS 101R – 1 Credit

- 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.







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







# REMAINING JUMPSTART AGENDA

1. Luncheon
2. Your choice...
  - Tour of Roots of Knowledge
  - Workshops with student
  - Free time to explore
2. Resource Fair



## Roots of Knowledge Gallery



# We want your feedback!

Tell us how you liked  
this presentation and  
how we can improve it  
for the future.

