



Keeping in Touch (Just Enough)

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Twitter. Texting. Skype. Facebook. Cell phones. E-mail.

These days, there are more ways than ever to keep in touch with your UW-Madison student as he or she adjusts to campus life during the fall semester.

But beyond the actual tools you decide to use, there are several important underlying matters relating to communication to consider. How frequently should you communicate with your student? How has your role changed since your student left for college? Can too much communication actually hinder your student’s development?

The Parent Program asked a handful of faculty and staff experts for their thoughts on this topic. The common thread: Constant contact isn’t as important as setting expectations and boundaries about everyone’s role.

Above all, you’re doing the right thing by wanting to stay involved and in touch, says Wren Singer, director of UW–Madison’s Center for the First-Year Experience. UW–Madison strongly believes that parents play an important role in helping students make the most of their Wisconsin Experience.

While it’s natural to want to help your son or daughter through every bump in the road, especially during the early months on campus, keep in mind that learning to live independently is one of the most important skills your student will gain in college. Rather than giving directions or picking up the phone to solve a problem, parents can act as mentors, dispensing wisdom and encouragement, while also allowing students the freedom to act on their own.

“Ask questions and stay involved,” Singer says. “Try to encourage your student’s success and put him or her in touch with those who can help, but without doing it all.”

Think of it as drawing a distinction between “intervening” in your student’s life and “coaching” him or her through their new experiences, she suggests. Before you talk, e-mail, or text, think about how much to stay in touch and who the contact serves. Some students and parents talk every day, which can be perfectly healthy. But for many families, Singer suggests



Results from a survey posted on the Parent Program website showed that 71 percent of parents communicate with their student primarily by text, while 22 percent communicate by phone.

that one to two times per week can be a good way to catch up on news without becoming overly involved.

Barbara Hofer, a professor of psychology at Middlebury College, recently completed a research study and a new book, *The iConnected Parent: Staying Close to Your Kids in College (and Beyond) While Letting Them Grow Up* (with Abigail Sullivan Moore). Hofer’s research shows that too much communication can actually be detrimental in terms of student development.

“In our studies, students in the most contact with their parents were the ones who were least independent and autonomous, and least able to regulate their own lives and academic work,” she says.

Hofer found that college students were in contact with their parents an average of 13.4 times per week, with no meaningful difference by year in school or by institution, and with only a small gender difference.

Students report that they initiate nearly as much of the contact as do parents (six versus seven contacts per week). They also say that they have more contact with mothers than fathers, and more than a quarter say they would like more contact with dad. The survey results also show that 19 percent of the students in the study even reported sending papers home to their parents for editing and proofing.

“It isn’t just the quantity of the contact, but the quality, of course, and how parents are using those calls,

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The Parent Program is here for you.

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UW–Madison Parent Program



Keeping in Touch (continued)

e-mails, and text messages,” she adds. “Students who report that their parents are using these connections to continue to regulate their behavior are the ones who are least happy with their relationship with their parents and least happy with the college experience. They also have lower grades and are more likely to procrastinate.”

To avoid this phenomenon, Darald Hanusa, a lecturer in the UW–Madison School of Social Work and a therapist in private practice, recommends that students and parents have a clear conversation about expectations, talking about the kinds of people the students would like to be during the college years. It’s always best to make some kind of compromise, so both parties get a little of what they feel they need.

“As a parent, you can ‘win,’ but it will come at the price of closeness in the relationship,” he says, adding

that it’s not too late to have the conversation, if it hasn’t happened already.

Through all of this, don’t hesitate to keep your student apprised of important developments at home. “In times of family distress, it’s important to keep your students lovingly in the loop,” says Felix Elwert, a UW assistant professor of sociology. “When a grandparent falls ill, or parents separate, your student should know.”

“Even though your student no longer lives at home, he or she is still very much part of the family,” he adds. “Keeping important—wrenching—developments from them would just undermine the trust required to nurture a strong parent-student bond.”

Through it all, UW–Madison is there to help, with the Parent Program here to provide news, resources, and answer questions.

Tips for Staying in Touch

Staying in Touch: Things to Do

- Decide together how often to talk. A longer talk on the weekend and a few brief spontaneous calls or texts messages during the week may work well.
- Be mindful of who is initiating communication: let your student take the lead.
- Before you pick up the phone, decide who will benefit from this call — you or your student.
- Give your student space to lead his or her own life at college, and know the boundaries. Respect privacy.
- Know how to recognize and respond to venting. Listen, but don’t always rush in to solve the problem. When appropriate, encourage your student to seek out campus resources that might help.
- Don’t be afraid to let your student stumble or be unhappy temporarily.

Staying in Touch: Things to Avoid

- Using the cell phone to provide wake-up calls for your student, or reminding him or her of an upcoming test or paper.
- Asking for copies of your student’s syllabuses in order to provide reminders about due dates.



We encourage you to talk with your student about how often you will communicate with each other.

- Expecting to hear from your student every day.
- Using your student’s NetID to log into your student’s e-mail account, register for classes, and conduct other college business.
- Editing your student’s college papers and assignments by e-mail.

Source: *The iConnected Parent*



Key Dates

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Key Dates

October 30
Freakfest

October 31
Halloween

November 5
Last day to drop fall courses

November 9
Countdown to Commencement

November 25–28
Thanksgiving Recess

November 29
Last day to withdraw without academic penalty

December 15
Last day of class

December 16
Study Day

December 17
Exams begin

December 19
Commencement

**December 24–
January 17**
Winter Recess

January 18
Instruction begins

Making a Second-Year Housing Decision

While it may seem like you just dropped your student off on campus, soon he or she will start to think about their living arrangements for next year.

At one time, if a lease wasn't signed as soon as possible — as early as nine months before the next academic year — a student could end up living on a friend's couch, far away from campus, or in less-than-desirable living arrangement. But those days are over.

Today, it is a renter's market, with more quality housing options available than there are students to live in them. Despite this change, the stampede to sign leases each fall continues ... often, to the detriment of the student.

Many new students, pressured into signing a lease early, end up paying high rent, living with people they barely know, and opting out of what could be a better fit for living arrangements.

First-year students should first consider the benefits of continuing to live in University Housing residence halls. This year, approximately 22 percent of University Residence Hall residents are returning students. Everything a student needs is provided, which allows them to focus on academics, campus involvement, and activities. Living off campus brings independence, but — for some — also the loss of a safety net. Look carefully at what will suit your student best at this point in his or her life and help your student make a thoughtful decision about where to live.

Students living in University Residence Halls should check their wisc.edu e-mail accounts on Jan. 26, 2011 for an important survey about Rooms Online, the second-year room assignment system. The survey needs to be complete by Feb. 3, 2011. If students choose to return to the residence halls, they are given a date and time to select their 2011-2012 room assignments. Contracts and deposits are due March 1, 2011 for the 2011-2012 academic year, and can be made online or in person at the Cashier's Office in the lower level of Slichter Hall.

If your student chooses to live in one of the neighboring campus communities, and wants a quality place that is convenient to campus, he or she should resist the commercial messages to "sign now before they're all gone," and wait until after winter break to begin a

serious housing search. That's when the broadest options will be available and rent prices often start to fall.

During winter break, talk with your student about the type of living arrangements being explored.

When your student is ready to sign a lease agreement, the property owner may require parents or guardians to co-sign. A co-signer is someone who contractually accepts financial responsibility for payment if the student fails to pay the monthly rent. Most landlords allow each student on the lease to be responsible for only his or her portion of the total monthly rent. That way, if a roommate fails to pay, the burden isn't put on everyone else. However, you or your student will want to ask specific questions about this to be sure. Regardless, it is always a good idea to make sure your student knows and trusts the people with whom he or she will be living.

Let your student know how you feel about co-signing a lease. Some parents choose not to. If that's the case, tell your student so that he or she can look for properties that do not require co-signing.

What your student commits to, and where and with whom he or she lives, are big decisions. Encourage your student to visit each of the places under consideration in person, and to not make hasty rental decisions.

For more information on the November rush-leasing myth or for a list of available rentals, visit <http://www.campusareahousing.wisc.edu>. For information about living in University Residence Halls, visit <http://www.housing.wisc.edu>.

If you are attending First-Year Parents' Weekend in November, be sure to attend the session "Making a Second-Year Housing Decision." For those not able to attend, a video of this session will be posted on the Parent Program website after November 15.



It is likely that your student is starting to think about where to live next year.



Questions about housing for next year? We have answers!

University Housing, the UW-Madison Parent Program and the Campus Area Housing service coordinated by Visitor & Information Programs are teaming up to host a live informational Web chat about 2010-11 housing options from 6-7 p.m. (CST) on Wednesday, November 3. Participants are encouraged to submit their own questions or simply sit back and observe the chat. For those who can't participate in the live chat, a complete transcript will be posted the following day. More information and a link to the event will be available at www.parent.wisc.edu

Getting Home for the Holidays: Transportation Options

Trying to figure out how to get your student home for the upcoming holidays? (Thanksgiving recess is Nov. 25-28 and winter break is Dec. 24-Jan. 17). Let us help. Here are some travel options.

By bus

- Badger Bus runs between Madison and Milwaukee, La Crosse, Rochester, and Minneapolis. Tickets can be purchased online or at the Memorial Union Essentials Desk. Visit www.badgerbus.com for more information.
- Van Galder Bus Company provides transportation between Madison and Janesville, South Beloit, Rockford, Chicago Midway, Chicago O'Hare, Chicago downtown, and Minneapolis. Tickets can be purchased online or at the Memorial Union Essentials Desk. Visit www.coachusa.com/vangalder/ for more information.
- MAD-BUS is a student-run company that provides transportation from Madison to St. Paul and Minneapolis for holidays, breaks, and special events. Students enjoy free movies and complimentary drinks and snacks. For more information or to purchase tickets, visit www.mad-bus.com.
- Better Bus is another student-run company that provides transportation from Madison to the Twin Cities. Movies are played throughout the ride and complimentary snacks and beverages are provided. For more information or to purchase tickets, visit www.betterbus.com.
- Mega Bus also picks up at the Memorial Union with

service to Minneapolis. Their coach buses include free Wi-Fi and power outlets. For more information, visit us.megabus.com/.

By air

- The Dane County Regional Airport is about seven miles from campus and services multiple airlines. Students should use one of these local taxi services to get to the airport: Madison Taxi (800-894-3866), Badger Cab Company (608-256-5566), or Union Cab (608-242-2000).
- For expanded flight options, consider Milwaukee Mitchell International Airport, Chicago O'Hare Airport, Chicago Midway Airport, or the Minneapolis-St. Paul Airport. All are accessible by bus.

Staying in Madison?

For those students living in University Residence Halls, the residence halls will remain open for students staying in Madison during Thanksgiving recess. The dining halls, however, will be closed, so students should plan ahead and use other dining options during that time.

During winter break, University Residence Halls will be closed Dec. 24 and reopen on Jan. 15. The dining halls will be closed Dec. 24 and reopen with limited hours on Jan. 12.

UHS Offers Flu Shots

Make sure your student doesn't fall victim to the flu, especially with the cold winter approaching.

Students can receive free flu shots at University Health Services (UHS).

This year the seasonal flu vaccine and the H1N1 vaccine have been combined into one shot. If your student hates needles, FluMist nasal spray is available for \$5. Your student must be feeling healthy on the day he or she comes in for the shots, and must present a student ID.

Flu shots are available at UHS without an appointment through Oct. 29. After Oct. 29, students must call for an appointment. UHS is located at 333 East Campus Mall, sixth floor. Hours are 9 a.m. to 4:30 p.m., Monday-Friday.

In addition to UHS, flu shot clinics being held in other campus locations through October. For times and locations, visit www.uhs.wisc.edu/docs/flushotschedule.pdf.

For more information, contact UHS at 608-265-5600.

Did you know?

Freakfest

Freakfest, the annual Halloween celebration on State Street, will take place on Saturday, Oct. 30, beginning at 7 p.m. The evening's festivities include prizes for the best costumes and musical performances, including OK Go and Little Big Town. Thousands filled the street last year to enjoy the entertainment and costume-clad attendees, and this year is expected to be just as fun. Tickets can be purchased at various downtown businesses. For more information visit madisonwihalloween.com/.

Please note that the Residence Halls do not allow guests on Halloween weekend.



Badger Watch Receives National Recognition

The UW Police Department's Badger Watch program was awarded the nation's 2010 Neighborhood Watch Program of the Year by the National Sheriffs' Association. Modeled after existing neighborhood watch programs, Badger Watch relies on more than 1,400 citizen volunteers who serve as the "extra eyes and ears" on campus. Badger Watch also was named Crime Prevention Program of the Year by the Wisconsin Crime Prevention Practitioner's Association.

For Badger Watch, each community volunteer takes

responsibility for a section of his or her neighborhood, such as the building in which he or she resides. Volunteers watch out for illegal activity and other emergencies, and promptly report them. Initially geared toward UW staff, the program now also accepts students as volunteers.

Volunteers undergo an intensive one-hour, basic safety-awareness presentation, and are offered advanced safety-training courses.

For more information on Badger Watch, contact Officer Kristin Radtke at 608-265-6753 or keradtke@wisc.edu, or visit www.uwupd.wisc.edu/.

Career Corner

International Internships Make Textbooks Come Alive

A recent study by the American Council on Education (ACE) revealed that more incoming freshmen are expressing an interest in international internships than ever before — and for good reason.

Employers increasingly recruit only from candidates who have worked as interns. What's more, another survey by ACE found that almost nine out of ten companies reported a need for employees with a greater international knowledge in the decade ahead.

Take it from Craig Petray, who graduated from the UW in 1983 and is now the CEO of the NutraSweet Company. He considers embarking on an international internship a "very positive" move. Not only does it suggest that a potential employee speaks a second language, he says "it [also] gives one exposure to a different culture and business setting. Many businesses nowadays are global, and finding people who can help you facilitate international growth is important."

Equally valuable, international internships are the ultimate in "learning by doing," says Maj Fischer, managing director of UW–Madison's International Internships Program (IIP). Because they make students' "textbooks come alive," she says, internships are the best way to apply classroom knowledge to a real-world setting, while developing skills such as

teamwork, self-motivation, and problem-solving.

"Internships also allow students a 'trial run' in the field they are studying, so they know whether or not it is the right career path for them," Fischer also says.

And since all international internships through IIP are credit bearing, an internship in another country is "a bonus," combining elements of professional training with the benefits of studying abroad. That's why coursework accompanies academic internships.

"At Madison, credit is not given for the internship itself, but for reflection and critique on the internship and self-analysis of what [a student] gained," Fischer says.

Sure, all internships can pose some challenges to make them "do-able," especially when they are un(der)paid and might even delay graduation. But IIP, which is partially funded by the Madison Initiative for Undergraduates, provides a variety of options to make them work, including individual advising and help with scholarships.

Fischer sees an international internship as a savvy investment in one's future. In an increasingly global marketplace, "Students need to ask themselves, 'Can I afford not to do it?'"

— Masarah Van Eyck



E-Postcards: Send a Smile!

Let your student know you are thinking about him or her by sending an electronic postcard. E-postcards are the perfect way to wish your student good luck on exams, happy birthday get well soon, or just to say hello.

You may choose among eight photos of campus and the Madison community, then customize your card with a personal message. The e-postcards are a complimentary service of the Parent Program.

To send your student a smile, visit our website at www.parent.wisc.edu and click on the postcard icon.

Badger Family Spring Visit: Save the Date

Badger Family Spring Visit, which features family-friendly events during the month of April, is fast approaching. Simply choose a weekend in April that works for you and take advantage of these free or low-cost entertainment options while enjoying the beauty of springtime in Madison.

Here is a sample of the many events to choose from:

- Dane County Farmers' Market — the largest producer-only farmers' market in the country
- The dynamic and unique sound of "Redefined" — a UW co-ed a cappella performance group
- Spring Football Game
- Monterey Jazz Festival — bringing classy and current Monterey Jazz to Madison
- Henry Vilas Zoo — Madison's free public zoo
- UW Band Concerts — enjoy the extravagant performances of a top collegiate band

All participants receive a complimentary welcome bag filled with discount cards for area shopping, dining, and parking, in addition to giveaway items we are eager to share with you.

For more information, call 1-877-262-3977 or send an e-mail to parent@uwmad.wisc.edu. We hope to see you in April!

Writing Center

The Writing Center helps students in all disciplines become more effective and more confident writers. The trained, supportive instructors and undergraduate peer tutors work one-on-one with students at all levels through email, online "chat", and in person. They also provide workshops about academic writing and have an online writing center providing electronic tutoring and instructional materials. The Writing Center is an excellent resource for all students looking to improve their writing ability for their classes and for after graduation. For more information on the Writing Center's services and to set up a one-on-one appointment, visit writing.wisc.edu/ or call 608-263-1992.

Campus Closed for Furlough Days

The following dates have been designated as furlough days, and the campus will be closed for all but essential services, including patient care, police, power plant, and housing and animal care.

- Friday, November 26, 2010
- Thursday, December 30, 2010
- Friday, March 18, 2011
- Monday, May 16, 2011

The Wisconsin Idea

Illuminate

"Illuminate: Year of the Arts" spotlights the breadth, depth, power, and purpose of artistic exploration and expression at UW-Madison. From September 2010 through August 2011, more than 300 performances, exhibits, symposia, public events, publications, distinguished visiting speakers, and on-line resources will celebrate the many ways the arts help us see differently, and help us see more. For a complete list of events, visit <http://www.arts.wisc.edu/yearOfTheArts.php>.



ILLUMINATE
UW-MADISON YEAR OF THE ARTS
2010-11

The First-Year Experience

Homesickness: How to Help Your Student

Making the transition to independent living and college life takes time—sometimes more time than students imagine. During this gradual process of adjustment, it's normal for first-year students to experience homesickness. For some, it comes early in the first semester; for others, it occurs later on.

Parents may feel the urge to get directly involved. In most cases, the best thing is to step into the coach/mentor role. Help your student overcome homesickness by encouraging him or her to work through it. Here are some tips to help you support your homesick student:

- Actively listen and be reassuring. Let your student know that he or she is not alone in feeling this way. Many students, including those who are outgoing and confident, struggle with this adjustment, but they may not be talking to other students about it. Tell your student that you love him or her, that you are proud, that you know things will get better, and he or she will succeed at college.
- Decorate! If your student hasn't already, recommend that he or she make his room feel more like home by putting up photos, notes, or other items from home. Having a personal space that reminds him or her of home can provide comfort in this new setting.
- Encourage your student to get involved. UW-Madison boasts more than 800 student organizations on campus, as well as numerous job opportunities. Joining student organizations, volunteering, or getting a job are great ways to meet new friends and form social networks. For more information about ways to get involved, go to www.parent.wisc.edu and select "out-of-class learning."
- If your student lives in University Housing, encourage him or her to seek out a House Fellow. House Fellows are upper-class students with training and experience in supporting students who are homesick. They will point students toward campus resources, including opportunities to get involved.
- If you do not see progress after a short while or you are unsure how else to be supportive, encourage your student to contact the University Health Services Counseling Center. The center is an excellent and confidential resource, offering 24-hour crisis intervention services: 608-265-5600.

For more information, contact the Parent Program.

Meet Parents and Staff at First-Year Parents' Weekend

We look forward to seeing many of you on campus during First-Year Parents' Weekend, scheduled for Nov. 12-14. Hosted by the Wisconsin Alumni Association (WAA), you can count on an event-filled weekend. Be sure to join the Parent Program for a reception beginning at 5 p.m. on Friday, Nov. 12, following the Question-and-Answer Panel with the chancellor's cabinet. We invite you to talk with other first-year parents and UW-Madison staff while enjoying refreshments and entertainment.

For a full list of the weekend's events, visit www.uwalumni.com/fpw. For more information, contact WAA via e-mail to fpw@uwalumni.com or call 888-947-2586 (toll free).

Parents Ask: How Does the Class Registration Process Work?

Soon your student will receive an e-mail message with an assigned registration date and time. Registration dates and times are primarily based upon class standing and the number of completed credits (including AP credits) on a student's transcript.

Although students aren't required to meet with an advisor before registering for classes, they are encouraged to consult with an advisor when making course decisions. Students are encouraged to plan ahead, as November is busy for most advisors. A student's assigned advisor is listed in his or her My UW.

Additionally, students can log into My UW and begin creating a "Wish List" of courses for the upcoming semester. Doing this ahead of time allows students to make their registration process more efficient; on the day registration opens, they can log into My UW, find out the availability of the courses they have already pre-selected, and select courses from that list. Keep in mind that the course schedule is a work-in-progress.

Students can continue to monitor course availability and change course selections up until the first drop deadline without a notation on their transcript.