Fitting in at UW-Madison: the Greater Madison Community Center provides an excellent and confidential resource. For urgent mental-health concerns, UHS offers 24-hour crisis intervention services by calling 608-CRISIS. Whether you are a first-time Badger parent, just starting to navigate your new role, or a seasoned parent who has already sent a student off to college, there are some important questions to consider before you pull out the cell phone and start sending a barrage of texts or emails. While it’s natural to want to help your son or daughter through every bump in the road, especially when they are away from home, feeling in the dark can mean that your son or daughter doesn’t feel that you care, but not so much that they are overwhelmed. "Coaching parents support their student becoming overly involved. E-mail and text-messaging can be a good way to catch up on news without the student knowing that you care, but not so much that they are overwhelmed," says Wren Singer, director of UW-Madison’s Center for Student Relations. UW-Madison projects that parents provide an important role in helping their student make the transition to college. "A sign of intervening is when parents are doing things for their student, or doing things because of a continuing student," says Wren Singer. "When students know that you are available for support and coaching, they think that they will getelier, quicker results," he says. "Coaching parents support their student be - the scene of the friction on the stage and most importantly, help their student understand the importance of the role. As the semester begins, you may identify a pattern of communication that works best for you and your student. Some students and parents talk every day, others prefer to have a few weekend "fills". Singer suggests that talks be less frequent, less focused, and more personal. In addition, parents should talk to students through "digital "turf." Facebook, MySpace, and Twitter, last bastions of students’ digital social lives, offer good ways to communicate, provided that they are used wisely. Facebook can help you maintain a comfortable pattern of interaction with your student. More often than not, you will be able to make contact with your student through Facebook, Twitter, or other social networking sites. Parents ask questions and stay involved," Singer says. "Many parents have experience in supporting students who are experiencing homesickness, loneliness, or depression. For additional information about this topic, please contact the Parent Program.
Parent Involvement (continued)

Parent involvement is rewarding for both you and your student. Helping your student succeed is rewarding for you and it helps your student succeed. A partnership between you and your student is essential to a rewarding college experience. Parent involvement is hard to measure in a way that is quantitative, but the qualitative impact of a parent’s involvement in a student’s college experience is immeasurable. Parent involvement is the key to making college a rewarding experience for your student.

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Parent Involvement (continued)

Coaching parents to help teach their students is important, but it is easy to lose sight of the balance. For some parents, helping their student becomes more important than educating themselves on the subject matter. This can be a difficult situation, especially when parents are feeling the stress of balancing work and school. Parents and students can work together to find the right balance.

There are several things parents should keep in mind when supporting their student:

- **Be there.** Students will have a lot of questions, and parents can help by being available and responsive. Even if it is not possible to attend every class, parents can still show interest by asking about homework or assignments.
- **Be present.** Parents can attend school events, such as parent-teacher conferences, and can participate in their student’s education by attending parent meetings or workshops. Parents can also participate in clubs or organizations that their student is interested in.
- **Be open-minded.** Parents should be open to listening to their student’s concerns and challenges, and should work together to find solutions. This can help parents understand their student’s perspective and contribute to their student’s success.

If you would like to learn more about Parent Involvement, please visit the University of Wisconsin-Madison’s Parent and Family Programs website at [www.parent.wisc.edu](http://www.parent.wisc.edu).

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**Student Involvement Program**

**WiscAlerts–Text**

University of Wisconsin-Madison

The service is open to students, faculty, and staff. Students can sign up for WiscAlerts–Text by visiting [www.wiscalertstext.wisc.edu](http://www.wiscalertstext.wisc.edu). For more information about academic success, visit [www.wisc.edu](http://www.wisc.edu).

**Transportation:**

Home for Thanksgiving

The UW-Madison Thanksgiving Day is set for Thursday

**Tuition:**

 UW-Madison’s 2008–09 tuition rates are as follows:

<table>
<thead>
<tr>
<th>Course Hours</th>
<th>In-State</th>
<th>Out-of-State</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-16</td>
<td>$14,000</td>
<td>$26,000</td>
</tr>
<tr>
<td>17 or more</td>
<td>$16,000</td>
<td>$30,000</td>
</tr>
</tbody>
</table>

For more information about academic success, visit [www.parent.wisc.edu](http://www.parent.wisc.edu).
Taking care of personal safety is something to be discussed with your student. UW–Madison Student Safety Services has prepared tips to help students keep themselves safe on campus and promote safety in their daily lives. Learn about the importance of safe, drunk-free transportation and what to do if you or someone you know is in danger. You can use the information to help educate and motivate campus and promote safe behavior.

Transportation: Home for Thanksgiving

The year Thanksgiving is Thursday, November 27. Please note that classes will be held on Wednesday, November 26. Your student should attend an advising class on Wednesday, November 26. It is important to make plans for Wednesday because there is no class the following day.

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April 2009 is Visit Your Student Month!

In April, UW–Madison, the Greater Madison Convention & Visitors Bureau, the Business Improvement District, and the Parent Program are joining forces to show parents and families how the UW campus and the surrounding community can be sources of entertainment and enjoyment, and the next, there is anxiety and loneliness. Most students feel homesick at some point during their first year; for some, it comes early in their first semester, for others, it occurs later on. As a parent, it is difficult to know that your student is feeling down. Your first inclination may be to try to “fix” things from home, or even when you return to campus Friday–Sunday, Novem-
ber 14–16, for the First-Year Parents' Convention & Visitors Bureau, the Business Improvement District, and the Parent Program are joining forces to show parents and families how the UW campus and the surrounding community at your convenience. We invite your entire family to visit your student and experience other unique gifts from campus departments and local businesses. Students appreciate hearing from home throughout the semester, so cards, letters, photos, and homemade treats are always ap-
preciated. For questions or more information, contact the Wisconsin Alumni Association. During the event-filled weekend, be sure to join UW–Madison dean, director, and divisional staff for a fun-filled reception beginning at 6:30 p.m. on Friday, following a question-and-answer session, parents will have the opportunity to connect with other first-year parents and participate in a campus staff activity while enjoying refreshments and entertainment. Please visit the Web site www.uwalumni.com/ visityourstudent for more information.

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You can celebrate special occasions with personalized cakes, ice-cream sundaes, hot chocolate and other unique gifts from campus departments and local businesses. Students appreciate hearing from home throughout the semester, so cards, letters, photos, and homemade treats are always ap-
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Parent Involvement: Finding a Healthy Balance

It was not that long ago when college students would generally return home for holidays. Now, it is not unusual for students to take classes during the summer or during winter breaks. With more flexibility in college calendars and the ability to take classes online, students can perhaps spend less time at home or not return home at all. In these times of increased independence, parents are no longer expected to drop everything to solve a problem, parents can be a mentor, dispensing wisdom and encouragement, while also allowing the students to figure things out on their own.

Parent involvement is a topic of much debate. In the past, parents may have interfered too much, doing things for their student, or doing things because they felt it was necessary to ensure their student’s success. As the semester goes on, you may identify a pattern in your student’s behavior or notice a change in their performance that is concerning. There are a multitude of reasons why parents may feel the need to become involved, and these reasons might include wanting to stay involved and in touch, or feeling a responsibility to help guide their child through their new experiences.

Parental involvement should be a two-way street. If you are trying to support your child and do not feel connected to the campus resources, you may want to consider visiting the UW–Madison Student Health Services Counseling Center. This center provides an excellent and confidential resource. For urgent mental health concerns, call the 24-hour crisis intervention services by calling 608/262-5365.

Funding provided by the UW Foundation.

April 2009 is Visit Your Student Month!

April 2009 is Visit Your Student Month. On Friday, April 10, the Parent Program will host the 11th annual First-Year Parents’ Weekend hosted by the Wisconsin Alumni Association. During the event-filled weekend, be sure to join UW–Madison students, alumni, and Parent Program staff for a fun-filled reception beginning at 5:30 p.m. on Friday, following a question-and-answer session with UW–Madison Chancellor Carolyn “Biddy” Martin. At the Parent Program reception, you will connect with other first-year parents and faculty mentors, enjoy refreshments and entertainment, and network with colleagues. For questions or more information, contact the Parent Program at 877/262-3977.

Parent Program Web site features a “Send a Smile” link that offers easy ways for ordering flowers, gift baskets, and other unique gifts from campus departments and local businesses. You can collaborate on special occasions or personalize gifts to suit your needs.

Homelessness

Starting college can represent a major transition. In addition to the challenges of adjusting to college and often leaving a family setting for the first time, many students (especially those from lower-income families) experience homelessness. Homelessness is a chronic, widespread social problem that affects students from all walks of life. The journey of recovery can be a long one. Even while a student’s immediate circumstances improve, the effects of living in a homeless environment can continue to affect their life. Student homelessness remains a nationwide social problem, and the UW–Madison Student Housing Division is committed to helping students who find themselves in a challenging situation.

We look forward to seeing many of you this weekend. Visit the Web site www.uwalumni.com/fpw for information on this year’s event and other upcoming events, and opportunities for being involved or making a difference. We encourage you to visit the Web site for a comprehensive list of events during the weekend, offering something for everyone. Check the Parent Program Web site for more details later this fall.

One newsletter for parents & families of UW-Madison students

The Parent Program is here for you!

Parent Program

El Paso, TX 79902

Professional Staff: Randy D. Roberts, Dean Cal Bergman, Cal Bergman, Janice Timmermann, Amanda LaRocque, Kristy Mudge, and Julie Bohl

Student Leaders: Luke Redden, Jillian Singe, Bailey Liddle, Rachel Sanderson, and Alex Wren

Content courtesy of the Wisconsin Alumni Association. Contact parent@uwmad.wisc.edu or parent@uwalumni.com for questions or more information.

In most cases, the best thing may be to try to “fix” things from home, or even make preparation for the next minute, help, a day or two of instability can be helpful in a new environment can be helpful in easing the transition. sparkling interest from high school. Ask him or her what has sparked an interest. The continuity of something familiar in a new environment is especially helpful in easing the transition.

If you do not see progress after a short while, seek the guidance of someone who cares about and often leaves a family setting for the first time, many students (especially those from lower-income families) experience homelessness. Homelessness is a chronic, widespread social problem that affects students from all walks of life. The journey of recovery can be a long one. Even while a student’s immediate circumstances improve, the effects of living in a homeless environment can continue to affect their life. Student homelessness remains a nationwide social problem, and the UW–Madison Student Housing Division is committed to helping students who find themselves in a challenging situation.

We look forward to seeing many of you this weekend. Visit the Web site www.uwalumni.com/fpw for information on this year’s event and other upcoming events, and opportunities for being involved or making a difference. We encourage you to visit the Web site for a comprehensive list of events during the weekend, offering something for everyone. Check the Parent Program Web site for more details later this fall.

April 2009 is Visit Your Student Month!

April 2009 is Visit Your Student Month. On Friday, April 10, the Parent Program will host the 11th annual First-Year Parents’ Weekend hosted by the Wisconsin Alumni Association. During the event-filled weekend, be sure to join UW–Madison students, alumni, and Parent Program staff for a fun-filled reception beginning at 5:30 p.m. on Friday, following a question-and-answer session with UW–Madison Chancellor Carolyn “Biddy” Martin. At the Parent Program reception, you will connect with other first-year parents and faculty mentors, enjoy refreshments and entertainment, and network with colleagues. For questions or more information, contact the Parent Program at 877/262-3977.

Parent Program Web site features a “Send a Smile” link that offers easy ways for ordering flowers, gift baskets, and other unique gifts from campus departments and local businesses. You can collaborate on special occasions or personalize gifts to suit your needs.

Homeliness

Starting college can represent a major transition. In addition to the challenges of adjusting to college and often leaving a family setting for the first time, many students (especially those from lower-income families) experience homelessness. Homelessness is a chronic, widespread social problem that affects students from all walks of life. The journey of recovery can be a long one. Even while a student’s immediate circumstances improve, the effects of living in a homeless environment can continue to affect their life. Student homelessness remains a nationwide social problem, and the UW–Madison Student Housing Division is committed to helping students who find themselves in a challenging situation.

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