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**BLUGOLD NUGGETS
SUMMER 2011**

Welcome to the Blugold Nuggets, the UW-Eau Claire e-newsletter for families of our students! This issue is designed to speak to the families of our incoming students, but most issues are designed with all students in mind. We wanted to offer some topics to discuss or actions to take prior to arriving on campus. (Most issues are not quite as long.) This is a subscription service so if you'd like to share it with other family member or stop receiving just click on [subscribe](#) or [unsubscribe](#).

SEND OFF PARTIES

This summer our "Send off Parties" will be held in Apple Valley, MN, Madison, Eau Claire, Appleton and Milwaukee. In August, you and your student will likely have some different questions than you did at Orientation. What will you do at the party? Receive tips from alumni and upper class students, connect with other families from the area, perhaps arrange for ride sharing, win prizes, and get those last minute packing secrets! Join University staff, students, and alumni for free food, refreshments and fun!! Please [RSVP today for a party near you so we can make sure we have enough food and refreshments for everyone!!!!](#)

CAMPUS MAP

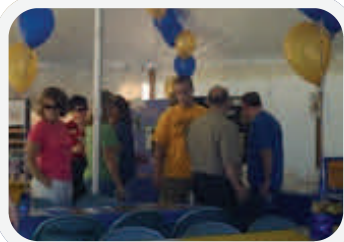
Dates to Remember

- Thursday, Sept. 1st
Residence Hall Move In
- Thursday, Sept. 1st
Blugold Family Connection Welcome Tent
- Friday, Oct. 21 - 23
Parents Weekend

- Twin Cities Area** - Farquar Park (Large Picnic Shelter) Apple Valley, MN
Monday, August 8th - 5:30 - 7:30pm
- Madison Area** - Garner Park (Main Level Shelter)
Wednesday, August 10th - 5:30—7:30pm
- Chippewa Valley Area** - Carson Park (Pine Pavilion) Eau Claire
Thursday, August 11th - 4:30—6:30pm
- Fox Valley Area** - Telulah Park (Large Pavilion) Appleton
Monday, August 15th - 5:30—7:30pm
- Milwaukee Area** - Greenfield Park (Shelter #5)
Tuesday, August 16th - 5:30—7:30pm

BLUGOLD FAMILY CONNECTION WELCOME TENT

FRESHMEN MOVE-IN DAY—THURSDAY, SEPTEMBER 1ST - 10AM—4PM



Get your questions answered and your thirst quenched! Moving can be exciting or emotional, but certainly a busy ordeal. Take a break with us in the Blugold Family Connection Family Welcome Tent, on **Thursday, September 1st from 10am—4pm**. University faculty and staff members available to fill you in on everything you want to know about UW-Eau Claire. There will be Parents' Weekend information, refreshments, area maps, visitor guides and much more. Look for the tent on upper campus between the tennis courts and Towers Hall. We look forward to seeing you there!

FINANCIAL AID & MONEY MATTERS



Just a few reminders about financial aid (check out the calendar) from Financial Aid for additional information:

Business Office

If you haven't applied for financial aid, it is not too late. Go to the [Financial Aid web-site](#) for an explanation of the process and a link to the [FAFSA](#).

- If your student has received a financial aid award, it must be accepted or declined in self service on My Blugold.
- If your student received a loan, he/she must sign the promissory note and go through online entrance counseling.
- If you have not filed for Minnesota reciprocity, do so immediately at Get Ready For College.

Getting a job:

If your student is looking for work, check out the [UW-Eau Claire job board](#), that lists both on and off campus jobs. Also suggest that the

student go to the Job Fair on September 9th in the Council Fire Room, Davies Center, from 10 to 2.

To improve your student's financial literacy, UW-Eau Claire provides students access to [CashCourse](#), an easy to use, interactive web-based tool. Why not go through it together--- you might learn something too!

Paying Tuition – Fall Semester 2011

Payment for Fall Semester 2011 is due in full by Friday, September 30th to avoid finance charges. Students will be sent an email about their bill to their UWEC email account prior to the start of school. If the student elected to participate in our partial payment plan, one half of the bill is due on Friday, September 30th to avoid an administrative service fee. The remaining half, plus finance charges, are due on Friday, October 21st, 2011. Students will be sent an email for this

final bill to their UWEC email account.

Student account information on [MyBlugold CampS](#) is tentatively scheduled to be available after August 20, 2011. Click here for more information.

Fall 2011 Student Account Refunds

Starting with Fall Semester 2011, the Business Office will only offer two options for excess financial aid refunds. They are:

1. Direct deposit to a personal checking or savings account.
2. A paper check mailed to your local address on MyBlugold CampS.

Students will be emailed specific instructions on these options to their UWEC email account. It will be extremely important that students review these options and follow the instructions to ensure that they receive their refund check in a timely matter.

SAYING GOODBYE: HELPING YOUR STUDENT TRANSITION SUCCESSFULLY TO COLLEGE

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One of the most emotional moments in the life of the family takes shape in households across the country in late summer to early fall: the time when college-bound students begin to leave home. What does this mean for the parents who remain behind? How can you help your student handle this huge transition and prepare them to be successful when they're so far away?

Parents may find themselves rattling through the eerily quiet house pondering the mementos of a lifetime spent with the new college student. It is certainly normal for parents to grieve over a change of this magnitude. For many parents the grieving starts before the student has left home. This may cause some tense moments between parent and child as both parties attempt to understand the dynamic of this relationship in transition.

Remember that the soon-to-leave student is most likely also saying good-bye to childhood friends - parents are not the only ones struggling to say good bye.

The final days of the summer before the student leaves for college are intense and pressure filled. Taking care of the last of the packing and needed purchases for the dorm room and saying goodbye to the life long friends are big events. This process may overwhelm some students and many parents. Tears and anxiety are certainly to be expected. Recognition of these reactions and family discussions about the practical matters such as financial planning, transportation, orientation and registration will do much to allay these fears.

Parents should celebrate the departure of the college-bound student. A special dinner, party, trip to a favorite place or something with special meaning to the family can do much to reassure the student that the love of the family goes with him or her. Families should enjoy this moment and show the pride in their student's accomplishments and anticipation of the many rewards of the college experience.

While parents often experience empty nest feelings when their child leaves home, it is extremely important to guide your students towards success by helping them with this transition too.

What to do before your student leaves home:

- ***Be prepared.** Leaving your child at college can be a very emotional thing. But, let's be honest, you've had 18 years to prepare for this moment. He or she might be miles away. But this is why you are a parent - to let your child spread his or her wings.
- ***Set expectations before you leave.** You're hoping your child will have the morals and values you've instilled in them since youth. Before you pack the car and bunk the beds, make sure you have had the talk with your child. Tell them what you expect before you even leave the driveway. Don't expect to have time for heart to heart talks once you arrive at school - getting their belongings into the dorm will be chaotic at best!
- ***Simplify the move.** Be organized and prepare in advance. Get the boxes packed early. Review our Ultimate Packing Lists to help maintain some sense of control over this experience - from dorm life, personal needs to studying requirements!

How to act when you drop your child off:

- ***Locate the essential places.** At orientation your child became acquainted with the campus buildings; now is the time to locate the places for personal business, e.g., the health center, a local pharmacy for prescriptions, the bank with an ATM.
- ***Think about you want to say.** No kid wants to see their mother bawling her eyes out in front of their new peers. And no child wants to hear that "life won't be the same at home without you." Your child is going through enough; don't add to the anxiety or emotions with your own. You don't have to say much. A simple "I love you!" or "We're just a phone call away" will give your child the encouragement he or she needs.
- ***Take a second look...** (after they've turned away). You should be proud; this is one of your crowning moments as a parent. You're allowed a tear or two.
- ***Keeping in touch.** At the end of the day, every parent wants to know their child is safe. This doesn't mean you need a daily check-in from your child. Keep conversations relaxed and comfortable.

BLUGOLD FAMILY CONNECTION PARENT CHATS



Do you have questions about what's happening at UW-Eau Claire?

One place for answers is the UW-Blugold Family Connection online chat!

We will have staff members and students available to answer your questions on everything from getting involved, campus life, academic help, and other items to help your student be successful here at UW-Eau Claire.

Fall Parent Chats

7pm - 8:30pm

September 15th

October 26th

Simply click on the picture, it will bring you to the [Group Chat](#) page where you can log into the chat.

You will be asked to enter a login name (this is a name you choose and is what will appear on the screen as you type a question or comment) and enter a password of your choosing. There are also optional contact information questions listed on the login page.

Even if you are new to chatting you are welcome to log on and you'll be able to watch and see what other family members are asking and the answers they are getting.

WISCONSIN COVENANT SCHOLARS



Hello, my name is Kristi Herbenson and I would like to introduce myself as the Wisconsin Covenant Coordinator for the University of Wisconsin-Eau Claire. It is my privilege to be able to work with your students as they start a new journey in their lives. As a scholar at UW-Eau Claire, there are many activities/opportunities in which students can take part. The program includes: activities to help ease the transition to college, fun social and cultural events, financial literacy opportunities, community service experiences, and referrals to appropriate resources on campus. Students will be invited to take part in a WI Covenant social the first week of school, so tell your student to look for updates! I am excited to meet your student and help her/him have a wonderful experience here at UW-Eau Claire. For more information on the WI Covenant please visit our [website](#).

Dates to Remember

Week of August 8th: Watch for the Phase II Orientation Mailing (please note that Phase II is for students only)

August 8th, 10th, 11th, 15th, 16th: Send Off Parties (See above for more information)

Late—August: Bill Available on My Blugold CampS

September 1: Freshman Move-In to Residence Halls

September 2: Phase II Orientation (For Students only)

September 5th: CubeFest Weekend

September 6th: First Day of Classes

September 6th: Last Day to Select a Meal Plan

September 12th: Last Day to Add a Full Semester Course

September 19th: Last Day to Drop a Full Semester Course

PARENTS WEEKEND



Greetings UWEC Families! The annual [UWEC Parent's Weekend](#) is close at hand. This year we invite you all to join us Friday, October 21st- Sunday, October 23rd for some [spectacular events and perennial favorites](#).

Information will be mailed out towards the end of summer. It should be another fun year for Parent's Weekend, and we are looking forward to having you here to participate in our fun events. We hope to see you there!

PARENT TO PARENT ADVICE

Over the years we have gotten great advice during Coffee and Conversation. Here are some of the [ideas and tips](#) that are particularly pertinent to your summer conversations and preparations.

And if you heard any other good tips that you think we should share, please email them to family@uwec.edu



CUBE FEST

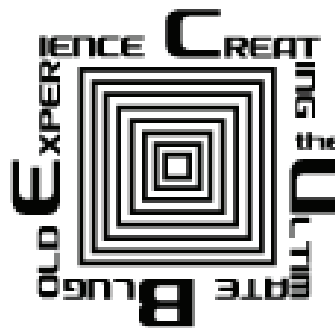
Once you have left your students in the residence hall and returned home, you can be assured that there will be plenty for them to do to meet people and become acquainted with campus. Commuter parents--- please encourage your students to take advantage of all these opportunities as well--- it is their chance to become part of the Blugold community.

The educational and fun activities begin with [Phase II](#) on Friday, September 2nd. where students will meet in small groups with a faculty/staff per-

son and a mentor to discuss academic expectations and get ready for the start of classes. They will go to a Student Services fair, meet with their academic department (or undeclared adviser), have two picnics, and go hear a great motivational speaker.

After that, [CUBE fest](#) begins, 10 days of fun filled activities open to all students. Social get-togethers, athletic events, the [Blugold Organizations Bash \(BOB\)](#), volunteer activities, concerts, tie-dying and more

Encourage your students to attend as many activities as possible!!



TIPS FOR THE COMMUTER STUDENT



Students who are living at home face special challenges, as well as opportunities. Students watch their friends go off to college or move into the Residence Halls and can often feel “left out.” They may be torn between time with friends from high school and meeting new friends at college. Their path toward independent adulthood will inevitably accelerate, but you may have difficulty with their desires for independence. On the up-side, they have the opportunity to stay connected with family and be involved in important events, they have to adjust to fewer new things and they should have a quiet place to study.

Here are a few hints to help your student in the transition to college:

- As is always the case, open communication is essential. Discuss “house rules” and be open to “renegotiation” as the student gains more independence and has different responsibilities. In some cases their academic work may be so heavy at times that their usual participation in household chores or family activities may need to be changed. Know that sometimes group projects will require meetings on campus in the evening or at other inconvenient times. Again, communication is the key.
- Be clear about who is paying for what and how much the student is expected to work (if any). If you are decreasing what you have been paying for (clothes, car expenses, etc.) be certain the student understands.
- Make certain that the student attends Phase II Orientation on September 2nd. Students will receive information about this in August. Encourage your student to connect with others at the Chippewa Valley Send Off Party on August 11th.
- Encourage your student to get involved in university activities. Go to the Student Organizations web-page and review the possibilities together. Then have the student go to OrgSync, the students personal portal to campus organizations. Here a student can request information about organization in which he/she is interested. Also mention the [Blugold Originations Bash \(BOB\)](#) on September 7th, where most campus organizations will have a table and be eager to talk to students.

RESIDENCE HALL MOVE IN

The residence halls will open on Thursday, September 1 for freshmen and begin Friday, September 2 for transfer and upper class students. Please arrive during your student's pre-assigned move-in time in order to help alleviate traffic congestion. Notice of the time will be sent to you in late July. If you have a legitimate conflict with moving in during that specific time, please contact the [Housing & Residence Life Office](#) at 715-836-3674 or by [email](#).

Hall Raisers will be available to assist with moving in on September 1st. If your student has been assigned to live in the hotel for the Fall 2011 term, assignment and roommate information will be mailed in early August.

[Click here for more hotel information](#)

[Click here for more information on the average measurements of our furniture.](#)

Move in Recycling:

Housing & Residence Life strives to encourage sustainable living on campus. One way that we promote sustainability is through programs like Cardboard Corral. This program collects and recycles cardboard containers discarded by students during move-in. Last year we were able to divert over 12 tons of cardboard from landfills! Signs will be prominently displayed directing students and parents to the white tents which function as our “corrals.” Student workers will be waiting there to collect and stack cardboard. [Please help the campus go green by participating!](#)

REMINDERS FOR YOUR STUDENTS

AP Scores

If your students sent us AP scores, they should [have received](#) a letter and a credit evaluation. Please have them review it carefully to make certain that we have received all of their scores. Often we don't get scores for tests that they took prior to their senior year. If we haven't received all their scores, have them check out the [Testing website](#) to see how they can get them to us. If a student needs to change a schedule, that can be done on-line. If they have questions, they can talk with an adviser by calling 715-836-3487.

Books for Fall

Students can reserve their books for fall by going on-line at www.whywaitforbooks.com. Detailed information about how to do this can be found in both the student and the parent binders. (To get started, click on "Textbooks" at the top.) Their books will then be packaged and ready for pick-up when they arrive on campus.

NOTE: If your student has not yet done so, he/she can get a class schedule that lists books by going to "MyBlugold CampS." Choose "Student Center" under self-service. In the drop down menu that says "other academics," choose "My Schedule." At the top right hand corner of the schedule, choose "View textbook summary." (Caution: if a course indicates "no textbook required" it could mean that there really isn't a text. It could also mean that one has not been assigned yet.)

Blugold Dining Options and Security of Blugold ID

Your student should have selected one of two Blugold Dining options online (or, if they have not selected one, they will be assigned the default option). Your student has until September 6th to change their mind. Click [here](#) for more information about [Blugold Dining](#) options.



Your students Blugold Card is the official university ID card, and its use is not transferable. Blugold Dining staff will carefully examine the Blugold Card to confirm that it is being presented by the rightful cardholder. If it is presented by anyone else, the card will be confiscated, and the cardholder will be required to purchase a new Blugold Card for \$10. Any further instance of abuse will be referred to the Dean of Students office for disciplinary sanctions, outlined in [Chapter UWS 17.10 of the UW System Administrative Code](#).

BLUGOLD FAMILY CONNECTION GIFTS

Looking for a way to make your student feel special, or to pick them up during a rough time? Send a gift from the [Blugold Family Connection](#).

A selection of flower and balloon bouquets as well as fresh bakery items prepared right here on campus are available for delivery. We also offer other gift items, including; UWEC aluminum water bottles, UWEC teddy bears and special holiday gifts. [You can now order and pay online](#), we take care of the rest.



Delivery is made to the front desk of your student's residence hall on your requested delivery date. Off campus students can pick their treats up in our office in Schofield Hall. For a complete list of our gift items please visit our [website](#) or contact us with any questions at family@uwec.edu

SUMMER DISCUSSIONS ABOUT ALCOHOL

While dangerous alcohol use has been the number one health problem on college campuses for decades, a lot has changed to make drinking more complicated than it was even 10 years ago. For example:

- Some products have alcohol in can equivalent to an entire bottle of wine—two cans is really 10 servings of alcohol.
- You can order alcohol in a bag online and have it delivered to wherever you are—which makes alcohol very easy to access.
- Some students are drinking hard liquor mixed drinks concealed in BPA free bottles—our data shows that students estimate poorly and typically pour three times as much alcohol as they think.

However, most of our students at UW-Eau Claire use alcohol responsibly or not at all. Even if your student isn't planning on drinking in college it is important to discuss safety and your expectations with him or her. Our students also tell us that they really do listen to their parents' advice on alcohol and we've invested in some tools for you and your student to investigate over the summer.



Tools for you:

In the next week or so you will be receiving a handbook in the mail that is specifically designed for conversations between parents and students in that summer between high school and college. It has been researched and proven effective in reducing dangerous drinking in students whose parents have utilized it.

Tools for your student:

At orientation your student's Orientation Assistant encouraged them to complete an online education course called "[E-checkup-to-go](#)". The link can also be found on the [CASE website](#). Students who complete this course prior to Phase II orientation are eligible to win prizes. The course takes about 15-20 minutes. Parents are also encouraged to take eChug, please enter your age as 99, so your data is excluded from our research.

Excellence. Our Measure, Our Motto, Our Goal.

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Questions / Comments: [Blugold Family Connection](#)

Jennifer Lee, Director, Blugold Family Connection, Blugold Nuggets Editor

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