2019 - 2020
PARENT & FAMILY
CALENDAR
Dear parents and families:

Welcome to the University of Minnesota campus community! Your student’s transition to college is an exciting time for the whole family, and your role in your student’s life will remain very important in the coming years. Research shows that students are more successful when family members understand the college experience and resources available for their students and for themselves.

The University values parents and family members as partners in students’ education. We know that you will continue to serve as your student’s advisor, coach, and mentor. Students benefit when families support and participate in the university experience. So we encourage you to use the information in this calendar to support your student through this transition.

This calendar is our gift to you. We hope it will help you feel connected with campus and serve as a resource throughout the year. We suggest reading through the calendar at the beginning of the school year: Topics are organized by month, but many of them are relevant at any time. The calendar includes academic dates and information, and we also have written about many transition topics. You will find helpful resources and contact information on the back cover. We encourage you to use this information to help your student take advantage of all the U of M has to offer.

Orientation & Transition Experiences (OTE) is here to offer support and assistance during students’ first two years. The Parent & Family Program continues the University’s support to parents and family members throughout students’ college experience. We are committed to helping your student succeed. Please contact Orientation & Transition Experiences or the Parent & Family Program with questions or suggestions — or even to share stories of success. Our contact information is above.

On behalf of the University, we would like to welcome you to the Gopher family, and we look forward to connecting with you over the coming years. Best of luck with your transition, and go Gophers!

Sincerely,

Lisa M. Gruszka
Director of Orientation Programs
Orientation & Transition Experience

Meaghan Miller Thul
Director
Parent & Family Program
**DESIRED OUTCOMES FOR PARENT/FAMILY INVOLVEMENT**

The University Parent & Family Program, in collaboration with offices and departments throughout campus, works with parents to help them understand the student experience, support student learning, and empower students to take personal responsibility for their social and academic choices.

Families contribute to student success by:

- Understanding the student experience and knowing about resources available at the University of Minnesota.
- Supporting the University’s goals for student learning and development outcomes, which can be found at z.umn.edu/outcomes.
- Knowing when to step in to help their student and when to empower their student to take responsibility.
- Developing an affinity for the University of Minnesota.

www.parent.umn.edu
As the new school year approaches, new students realize that everything in their lives is about to change. Residential students will be living, eating, and sleeping in new spaces. Commuter students will be traveling to campus along new routes and seeking out places to spend their time. All students will be dealing with their finances in ways they never had to before, figuring out how to meet new friends, and learning to balance their time. Change can be good, but it can also be a bit challenging. It can be helpful to acknowledge that not only is this transition big for your student, it can also be significant for your family. Give yourself and other family members time to process feelings, adjust to a new household normal, and navigate the bumps that may come along.
The more you understand about the University of Minnesota and your student’s transition, the easier it will be to trust the process.

- Review your notes from Parent Orientation and take a look at the Gold Book. (z.umn.edu/goldbook)
- Empower your student to take responsibility for packing and preparing for school.
- Make sure your student purchases a U-Pass. U-Pass is valid for unlimited rides on buses and light rail throughout the Twin Cities all semester long. Order one at buspass.umn.edu.
- If your student works on campus, you are probably already familiar with the amazing benefits of an on-campus job. The University has many outstanding student employment opportunities that help build valuable skills that they can apply during internship experiences and following graduation.
- Make sure your student is ready for class on the first day. The U of M Bookstores works with faculty to ensure an adequate supply of the correct materials for their course. Visit the website for the latest information on new, used, digital, and rental materials at the best possible pricing. Shop in store or online now to be ready for class.
- Make sure your student has responded to financial aid awards and completed their loan documentation. This is a great opportunity to start a conversation about financial aid responsibility and money management. For more information on making wise borrowing choices go to z.umn.edu/loanchoices.
- Have your student set up Parent/Guest Access. If you would like permission to view and discuss the details of your student’s record, your student must authorize you with Parent/Guest Access. (z.umn.edu/authorizeaccess)

**STILL HAVE QUESTIONS?**
Contact Parent & Family Program at parent@umn.edu

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<td>MCAE Kick-Off (early move-in at 2:00pm)</td>
<td>Incoming Freshmen Hall Move-In*</td>
<td>Incoming Freshmen Hall Move-In*</td>
<td>MCAE Kick-Off</td>
<td>MCAE Kick-Off</td>
<td>Welcome Week (thru Sept. 1)</td>
<td>U of M Bookstores open 8:00 a.m. - 8:00 p.m. ends</td>
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*Housing & Residential Life will notify your student of their assigned day and time for Move-In (www.housing.umn.edu)
Welcome Week for all new students (first-year and transfer) provides a quick and thorough introduction to the University and resources, outlines what to expect and how to adjust during the first few weeks of class, and communicates the importance of getting involved on campus and making friends. Even with these programs, homesickness is common among new students, and it’s a condition that comes in all degrees from mild to severe. It’s usually temporary and it stems from being in a new situation without the support system the student has always relied on. The keys to overcoming homesickness are to get busy and to make connections. Students who are engaged and active have less time to miss their parents, hometown friends, or family pets.
### HOW TO HELP

Empower your student to seek answers to their questions. This will teach them to find campus resources to help them now and in the future, and it gives them confidence in their problem-solving skills.

- **For concerns about housing or dining**, have your student reach out to their Community Advisor (CA) or Hall Director in the residence hall.
- **For academic issues**, the first contact should be the student’s instructor, academic advisor, or someone at the SMART Learning Commons.
- **Students who are having trouble with personal issues or adjustment to college life** can contact Student Counseling Services.
- **For physical or mental health concerns**, Boynton Health can help.
- **For safety or legal issues**, University Police can be reached by dialing 911 or calling 612-624-COPS.
- **Encourage your student to pay attention to the U of M Bookstores textbook return dates** if they have made any schedule changes.
- **For student services** (including where, when, and how to pay the first tuition bill), see One Stop Student Services at onestop.umn.edu.
- **Students must enroll or waive the University-sponsored Student Health Benefit Plan**. Contact the Office of Student Health Benefits with questions at shb.umn.edu.

### SEPTEMBER 2019

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<td>U of M Bookstores open 8:00 a.m. - 8:00 p.m.</td>
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<td>Welcome Week ends</td>
<td>Labor Day - University closed</td>
<td>Classes begin</td>
<td>U of M Bookstores open 10:00 a.m. - 6:00 p.m.</td>
<td>Labor Day - University closed</td>
<td>Classes begin</td>
<td>U of M Bookstores open 10:00 a.m. - 6:00 p.m.</td>
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<td>Last day to cancel fall semester courses for 100% refund</td>
<td>Last day to return fall course materials at the U of M Bookstores</td>
<td>Outdoor Fall Sale at the U of M Bookstores begins</td>
<td>U of M Bookstores open 12:00 p.m. - 6:00 p.m.</td>
<td>Outdoor Fall Sale at the U of M Bookstores begins</td>
<td>Last day to apply for fall undergraduate graduation</td>
<td>U of M Bookstores open 10:00 a.m. - 6:00 p.m.</td>
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<td>Deadline to enroll in or waive the University-sponsored Student Health Benefit Plan (SHBP)</td>
<td>Homecoming begins</td>
<td>Homecoming football game</td>
<td>Homecoming ends</td>
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*Housing & Residential Life will notify your student of their assigned day and time for Move-In (www.housing.umn.edu)
Within four to six weeks of the start of college, students form patterns that can either help them be successful or contribute to academic problems. When students face setbacks or disappointments from some of the decisions they’ve made, they may believe the easiest solution is to quit and come home — or turn the problem over to parents to solve. Students may become discouraged when they face new challenges at this point in the semester. They tend to see only the problem in front of them, not the successes they have already achieved.
A regular check-in by parents — either in person or by phone — provides clues to a student’s health, social adjustment, and coursework.

Family members can:
> Remind your student of your family’s values and priorities.
> Join us for Parent & Family Weekend on October 25-27. Watch the Parent & Family Program Update Email for information about registration.
> Encourage your student to work through the consequences of decisions and take steps to ensure the same problem doesn’t arise in the future.
> Affirm that there is still plenty of time to recover from any mistakes or issues.
> Celebrate the good decisions and the progress they have made since starting college.
> Check in with your student on how they are performing academically to show support and interest in their studies and progress. As the semester progresses, your student will be receiving valuable feedback and midterm grades from their instructors.
> Make sure you and your student are ready for all of the fall events on campus. Check out the latest campus fashions and novelties at the U of M Bookstores. Subscribe to sale and event updates at bookstores.umn.edu.
> Now is the time to complete the FAFSA for the 19-20 academic year. Visit fafsa.ed.gov.
As the weather gets colder and the days become shorter, students are more prone to colds and flu, not to mention the stress that increases toward the end of the semester. The most successful students are those who get eight hours of sleep a night, eat balanced meals, and do something physical to work off calories and anxieties.
Remind your student about the importance of mental and physical well being. Suggest they work to manage stress and take time to relax. Here are some helpful tips to suggest to your student.

» Work out at the University Recreation & Wellness Center.
» Take a yoga, tai chi, or Pilates class at Boynton Health.
» Practice deep breathing exercises.
» Reduce sugar, caffeine, and alcohol intake.
» Spend time alone or with a good friend.
» Prioritize tasks: Focus on one at a time.
» Listen to soothing music.
» Talk to a professional helper.
» Say “no” to additional unnecessary responsibilities.
» Encourage your student to use the many resources available on campus to help manage stress. Here is a great list of ideas: http://mentalhealth.umn.edu/stressmgmt/index.html

> Is your student flying home for the holidays? Metro Transit is a great way to get to the airport. It’s cost-effective, easy, and fast.

STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu
Safety is one of the greatest concerns families have for their college student, no matter the time of year or how long their student has been on campus. Safety is a broad topic and includes emotional safety and personal well-being as well as physical safety. Every community member at the University has a role to play in student safety, from being welcoming to other community members using the resources available to help facilitate safety, and being diligent about practicing self care.
DeCEMBER 2019

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Remind your student:
> Secure belongings.
> Avoid leaving laptops unattended for even a short time.
> Lock residence hall door when leaving the room and while sleeping.
> Report any incidents of stalking and online bullying.
> Be safe on the METRO Green Line. For light-rail safety tips visit metrotransit.org/safety.
> Call University Police, if necessary. They can help direct students to resources and assist students with reporting crimes.
> Make use of University Security (612-624-WALK) - a walking and biking escort service to and from campus locations and nearby (adjacent) neighborhoods.
> Know about the Aurora Center for Advocacy and Education. They provide crisis intervention and advocacy services to victims/survivors of sexual and relationship violence, harassment, and stalking.
> Check out dedicated study spaces all over campus: studyspace.umn.edu.
> Wrap up the semester by selling back any unwanted textbooks and returning textbook rentals to the U of M Bookstores by the deadline. It’s also a good time to think spring and check out your spring textbook needs as well.
> Is your student flying home for the holidays? Metro Transit is a great way to get to and from the airport. It’s cost-effective, easy, and fast.

STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu

HOW TO HELP
Whether your student currently lives on campus, in an off-campus apartment, or is still living at home, this is the time to start thinking about next year’s housing. Shortly before residence hall students left campus for break, they were asked to make decisions about on-campus living for next fall.
If students are planning to live off campus, they will need to know how to cook and clean, manage bills, and negotiate compromises with their roommates without supervision. Here are some conversations to have with your student:

- Have your student develop a budget that shows how much rent, food, transportation, and utilities will add to their other college expenses and responsibilities.
- Discuss the importance of roommate selection with consideration to study habits and social life.
- Talk to your student about what matters to you – security, distance from the apartment to campus, rental costs, or the terms of a rental lease.
- Students can visit Student Legal Services for a free lease review.
- Off-Campus Living, an office dedicated to providing opportunities for interaction and integration for off-campus students, is a great resource for connecting within your new community and staying engaged on campus.

STILL HAVE QUESTIONS? Contact Parent & Family Program at parent@umn.edu
Now that your student has had an opportunity to complete one semester and is immersed in semester two, they may have a better idea of what study skills they want to improve. Academic resources on campus offer assistance in improving student skills, taking more useful notes during class, and preparing more successfully for tests and exams. Academic support is for ALL students. In fact, the most successful students use every resource at their disposal to be as effective as possible.
### HOW TO HELP

Be familiar with University resources so that you can help refer your student to the most helpful services.

- Student Counseling Services, University Libraries, and Multicultural Center for Academic Excellence all provide workshops and coaching to help with test-taking, note-taking, math anxiety, and time management.
- SMART Learning Commons offers tutoring, group study sessions, research assistance, and exam preparation.
- The Center for Writing provides help with planning, writing, and revising papers and research projects.
- All faculty schedule office hours for students to discuss lectures, projects, and class assignments.
- Recommend a 1-2 credit hour Academic Success Course to your student offered by Student Academic Success Services.
- Double check that your student’s FAFSA has been completed for the coming year and discuss how a change in housing (like living off campus) will affect your student’s budget.

### Academic Success Centers:
success.umn.edu

### FEBRUARY 2020

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<td>Last day to cancel spring semester courses and first 7-week session classes for 100% refund</td>
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<td>Summer registration opens for degree-seeking students</td>
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### STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu
Now might be the right time to review the budget you and/or your student created in August. Students will most likely have a more realistic idea of what the monthly budget should be by March. The Office for Student Finance encourages students to identify their priorities (what really matters on a daily basis and long-term), develop a realistic budget, and work at keeping any debt to a minimum.
Revisit this conversation with your student.

> Compare the planning budget with reality.
> Rework the budget.
> Start planning a budget now for the next academic year.
> Check onestop.umn.edu for spring semester tuition billing dates.
> Make an appointment with a counselor in One Stop Student Services for a financial wellness meeting. These meetings include creating a spending plan, understanding credit/credit cards, banking and savings basics, loans and repayment, and setting financial goals.
> Talk to your student about the One Stop Student Services Live Like a Student campaign.
> Remind your student to complete their taxes. Free tax preparation is available on campus. Students living off-campus should remember to file their renter’s credit with their taxes if necessary.
> Is your student flying somewhere warm for spring break? Metro Transit is a great way to get to the airport. It’s cost-effective, easy, and fast.

STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu
Feeling connected to people on campus helps students feel connected to the University and gives them a sense of commitment to their education. College friendships are a marker of a successful adjustment to college life. All students mature and grow at a different pace, and they may find that boyfriends, girlfriends, and best friends from high school now seem like strangers. Meanwhile, college friends who are going through the same life experiences in the same place and at the same time can quickly become extremely close. Most of these changes are normal and positive; in fact, it’s often a sign of concern if students are associating only with friends from the past rather than making connections on campus.
HOW TO HELP

Be familiar with University resources so you can help your student when necessary.

› Students should join student groups and organizations.
› Encourage your student to talk to the people sitting next to them in class.
› Tell students to visit offices like Student Counseling Services and Student Unions and Activities for suggestions on how to make connections. It’s important to remind students that it may require multiple tries to develop these connections, and encourage them to stick with it and make the best of every opportunity.
› Stay connected to the campusclimate.umn.edu website to know what is happening on campus.
› Remind your student to work with their academic advisor if registering for summer classes.
› Is your student taking summer classes? U-Pass is available for summer. Using Metro Transit with the U-Pass is a great way to get to classes, an internship, or a summer job.

STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu

APRIL 2020

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Students spend most of their high school years preparing for and imagining what college will be like. What they don't consider is that at the end of the first year, they may be at home for many weeks. They are not precisely the same as when they started college, but their family expects them to fit back in and be the same person they have known since birth. The summer between the first and second years of college is often a time of deep reflection. The reflection that students are doing over the summer can lead to conflicts or confusion among all family members. Many students feel unsure of where they belong; their place within the family has changed, but they are still family. Their primary identity is college student, but they are not currently at college. It’s not clear what it all means, nor are they sure how to handle their discomfort, given that they will be back in college in a few months.
Families play a critical role in helping to establish a new family identity. Here are some things to be thinking about during this time:

> Allow your student to understand their new role in the home while maintaining a set of values and a lifestyle that is comfortable for the family.

> When students are examining so much about themselves, it is helpful for them to see that their parents may also have questions and may also be facing changes, but that family still includes them.

> Finish the academic year in style at the U of M Bookstores. Sell back any unwanted textbooks, return textbook rentals, and check out the outdoor May Sale on Coffman Plaza.
About 30% of Gophers study abroad. When it comes time for students to think about leaving campus, the regret of leaving friends, a girlfriend or boyfriend, or even a good campus job may seem to outweigh learning abroad. Most study abroad programs require a significant financial commitment, but financial aid, loans, and scholarships can offset the cost of this investment. Family members can help students plan ahead for an international experience, not only minimizing these barriers but also empowering students to take full advantage of their time abroad.
If your student is considering learning abroad, here are some helpful tips to suggest.

- Work with an academic advisor each semester. By doing so, students will be well prepared for study abroad and will remain on track for graduation.
- Have your student set aside small amounts of earnings over time to be used for travel and incidental expenses while out of the country.
- Tell your student to utilize the support and suggestions the Learning Abroad Center offers in learning abroad preparation, the transition phase, the international experience, and putting learning into context when they return.
- Something to consider for commuter students: A learning abroad experience may be the first time they have lived away from home, presenting an entirely new dimension to the college experience.

STILL HAVE QUESTIONS?
Contact Parent & Family Program at parent@umn.edu
Students who started college with a clear idea of their academic major and a future career often change their plans during their first year. They are learning a lot about themselves, and they are viewing themselves in an entirely new environment. They also are identifying talents they never knew they had and discovering fields of knowledge or career opportunities they did not know existed.
## July 2020

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### HOW TO HELP

Talk to your student about actively reflecting on their potential major and future career goals. These action items can be helpful when talking with your student:

- Reflect on topics of interest, courses where they excelled, and fields that draw on their individual strengths.
- Encourage your student to be intentional with their involvement in student organizations and volunteerism.
- Tell your student to visit the Center for Academic Planning & Exploration (CAPE) to develop an understanding of options available and to develop a plan.
- Have a conversation with their academic advisor.
- Help them set expectations about career development opportunities such as internships, mentorships, and part-time jobs.
- Encourage your student to work with a career advisor to develop a résumé or portfolio, practice interview skills, and do a professional job search.
- Tell your student to apply for a summer job – in part to learn job-search skills.

### STILL HAVE QUESTIONS?

Contact Parent & Family Program at parent@umn.edu
## Helpful Resources

### General Information
- **Housing & Residential Life**: 612-624-2994
- **Metro Transit (metrotransit.org)**: 612-373-3333
- **One Stop Student Services (Billing & Financial Aid)**: 612-624-1111
- **Orientation & Transition Experiences**: 612-624-1979
- **Parent & Family Program**: 612-626-8770
- **Parking and Transportation Services**: 612-626-PARK
- **University Information (www.umn.edu)**: 612-625-5000
- **University of Minnesota Bookstores**: 612-625-6000
- **University of Minnesota Police Department**: 612-624-COPS

### Academic Assistance
- **Center for Academic Planning & Exploration (CAPE)**: 612-624-3076
- **Center for Writing**: 612-626-7579
- **International Student & Scholar Services**: 612-626-7100
- **Office of Community Standards**: 612-624-6073
- **SMART Learning Commons**: lib.umn.edu/smart
- **Student Academic Success Services (SASS)**: 612-624-3323
- **University Libraries**: 612-624-3321 (www.lib.umn.edu)

### College Offices
- **Carlson School of Management (CSOM)**: 612-624-3313
- **College of Biological Sciences (CBS)**: 612-624-9717
- **College of Continuing and Professional Studies (CCAPS)**: 612-624-4000
- **College of Design (CDes)**: 612-626-3690
- **College of Education and Human Development (CEHD)**: 612-625-3339
- **College of Food, Agricultural and Natural Resource Sciences (CFANS)**: 612-301-2389
- **College of Liberal Arts (CLA)**: 612-625-2020
- **College of Science and Engineering (CSE)**: 612-624-2890
- **School of Nursing**: 612-625-7980
- **University Honors Program (UHP)**: 612-624-5522

### Student Life
- **Computer and Technology Information**: 612-301-HELP
- **Gopher Athletics Ticket Information**: 1-800-U-GOPHER
- **Learning Abroad Center**: 612-626-9000
- **Office of Student Finance**: 612-624-1111
- **Office for Student Affairs**: 612-626-1242
- **Student Conflict Resolution Center**: 612-624-SCRC
- **Student Employment**: 612-626-8608
- **Student Legal Services**: 612-624-1001
- **Student Parent HELP Center**: 612-626-6015
- **Student Unions & Activities**: 612-624-INFO
- **U Card Office**: 612-626-9900
- **University Veterans Services**: 612-625-8076

### Health and Wellness
- **Aurora Center for Advocacy and Education**: 612-626-2929
- **Boynton Health**: 612-625-8400
- **Disability Resource Center**: 612-626-1333 (v/tty)
- **Student Mental Health**: www.mentalhealth.umn.edu
- **Student Counseling Services**: 612-624-3323
- **University Recreation & Wellness**: 612-626-9222

### Diversity and Multiculturalism
- **Multicultural Center for Academic Excellence (MCAE)**: 612-624-6386
- **Multicultural Student Engagement**: mcse.umn.edu
- **Office of Equity and Diversity**: 612-624-0594
- **The Gender and Sexuality Center for Queer and Trans Life**: 612-625-0537
- **Women's Center**: 612-625-9837