



## **Fall 2023 Support Pack Orientation Programming**

*Fall semester for your student: challenges, opportunities and resources will be offered:*

- **Friday, August 18** at 5:00 p.m. - 6:00 p.m. in *Room 135 Fisher Hall*
- **Sunday, August 20** at 10:00 a.m.-11:00 a.m. in *Rosza Performance Hall*
- The powerpoint of the session is available on our website.

### ***The University Welcome***

Join our orientation planning team, Michigan Tech's President, Dr. Richard Koubek and Interim Dean of Students, Laura Bulliet, as we welcome our newest students and their families to the Michigan Tech community. Join us at 6:00 p.m. on Saturday, August 19 in the MacInnes Ice Arena in the Student Development Complex.

***A Support Pack Welcome, Overview and Meet and Greet*** will feature a panel of Administrators that will provide resources for you to reach out to during the year. The session will be held in the Rozsa Theater on Sunday, August 20 at 9:00 AM. Bakery goods and coffee will be available after the program.

### ***Michigan Tech Parent and Guardian Philosophy***

Michigan Technological University views students as young adults who are in the process of becoming responsible, accountable, and capable. We respect their growing independence and hold them accountable for decisions they make. We also respect their privacy, but don't always promise confidentiality and if needed, we will get others involved to ensure their well-being.

As such, Michigan Tech views parents and guardians as our partners and will collaborate with them to the best of our ability to assist their student. However, it is our preference to work directly with students in order to foster their growth and development. Parents and guardians are encouraged to continue to strengthen and build the relationship with their student by adding the role of mentor and coach.

### ***Suggested Readings:***

Letting Go: A Parents' Guide to Understanding the College Years by Karen Levin Coburn and Madge Lawrence Treeger, 6<sup>th</sup> edition, 2016

51 Tips for Parents of College Students by Alan Farber, PhD and Linda O'Brien, MA, 2017

Your Freshman is Off to College: A Month-by-Month Guide to the First Year by Laurie L. Hazard, ED.D and Stephanie K. Carter, MA, 2016

You're On Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years by Marjorie Savage, 2003

# Michigan Tech Resources Especially for Support Packs

## **Waino Wahtera Center for Student Success**

Support Pack members are an important factor in the success of first-year students. That is why the Waino Wahtera Center for Student Success works to support students and their parents and family members. By sponsoring events designed especially for families, developing communication tools and resources to keep parents informed, and answering your questions, we can help you support your Michigan Tech student. Visit [www.mtu.edu/success](http://www.mtu.edu/success) and click on the *Parents and Family* tab on the left side menu.

**Support Pack Weekend** –Support Pack Weekend is a Michigan Tech tradition that allows you to visit your student(s) while participating in a variety of activities your whole family will enjoy. Spend quality time together while exploring campus and the Keweenaw each fall. Visit [www.familyweekend.mtu.edu](http://www.familyweekend.mtu.edu).

**Guest Access** – Account access for parents, also known as Guest Access, allows Michigan Tech students to grant individuals access to their private educational records. The Registrar's Office at Michigan Tech recognizes that parents, guardians, and family members are important to students. We provide the opportunity for these individuals to have access so they may help guide and encourage their student, serving as an involved partner in their student's academic success. By using Guest Access, the student may grant access to any or all of the following information:

- Electronic bill notification, online bill pay
- Tuition bill and associated holds
- Student's emergency contact information
- Financial aid awards
- Unofficial academic transcripts
- Midterm grades (for first-year students only)
- Term-end grades
- Class schedules and course details

**FERPA** - The Family Educational Rights and Privacy Act of 1974 (FERPA) as amended, is a federal law (**20 U.S.C. 1232g**) that protects the privacy of a student's educational record. For more information, visit <http://www.mtu.edu/registrar/parents-family/access/ferpa>

**Parent and Family Notification Policies** – Michigan Tech views students as young adults who are in the process of becoming responsible, accountable, and capable individuals. We respect their growing independence and hold them accountable for decisions they make. We also respect their privacy, but don't always promise confidentiality, and if needed, we will get others involved to ensure their well-being. For more information, visit <https://www.mtu.edu/deanofstudents/parents-family/notification/>.

## **Frequently Called Offices and Phone Numbers**

<b>Office or Department</b>	<b>Website</b>	<b>Telephone</b>
Admissions	<a href="http://www.mtu.edu/admissions">www.mtu.edu/admissions</a>	906-487-2335
Campus Bookstore	<a href="http://www.bookstore.mtu.edu">www.bookstore.mtu.edu</a>	906-487-2410
Career Services	<a href="http://www.mtu.edu/career">www.mtu.edu/career</a>	906-487-2313
Cashier's Office/Student Billing	<a href="http://www.mtu.edu/student-billing/services/cashier/">www.mtu.edu/student-billing/services/cashier/</a>	906-487-2247
Center for Diversity and Inclusion	<a href="http://www.mtu.edu/diversity-center">www.mtu.edu/diversity-center</a>	906-487-2920
Student Mental Health and Well-Being	<a href="http://www.mtu.edu/counseling">www.mtu.edu/counseling</a>	906-487-2538
Dean of Students	<a href="http://www.mtu.edu/deanofstudents">www.mtu.edu/deanofstudents</a>	906-487-2212
Disability Services	<a href="http://www.mtu.edu/success/disability/">www.mtu.edu/success/disability/</a>	906-487-3558
Financial Aid	<a href="http://www.mtu.edu/finaid">www.mtu.edu/finaid</a>	906-487-2622
Residence Education and Housing Services	<a href="http://www.mtu.edu/housing">www.mtu.edu/housing</a>	906-487-2682
International Programs and Services	<a href="http://www.mtu.edu/international">www.mtu.edu/international</a>	906-487-2160
Public Safety and Police Services	<a href="http://www.mtu.edu/publicsafety">www.mtu.edu/publicsafety</a>	906-487-2216
Registrar's Office	<a href="http://www.mtu.edu/registrar">www.mtu.edu/registrar</a>	906-487-2319
Student Affairs	<a href="http://www.mtu.edu/student-affairs">www.mtu.edu/student-affairs</a>	906-487-2212
Student Leadership & Involvement	<a href="http://www.mtu.edu/student-leadership">www.mtu.edu/student-leadership</a>	906-487-1963
Student Health Insurance	<a href="http://www.mtu.edu/hr/students/insurance/">www.mtu.edu/hr/students/insurance/</a>	906-487-1088
UP Health Systems University Center	<a href="http://www.portagehealth.org/university_center.aspx">www.portagehealth.org/university_center.aspx</a>	906-487-1860
Waino Wahtera Center for Student Success	<a href="http://www.mtu.edu/success">www.mtu.edu/success</a>	906-487-3558

## **Important Dates for 2023-24**

View the full academic calendar online at [www.mtu.edu/registrar/students/calendars/academic](http://www.mtu.edu/registrar/students/calendars/academic).

Fall Semester Bills Due	August 23, 2023
Fall Semester, First Day of Classes	August 28, 2023
K-Day	September 8, 2023
Fall Career Fair	September 19-20, 2023
Homecoming	September 24- September 20, 2023
Family Weekend	September 29-30, 2023
Midterm grades available (5 p.m.)	October 16, 2023
Thanksgiving Recess	November 17-26, 2023
Final Exam Period	December 11-15, 2023
Fall semester ends	December 15, 2023
Spring bills due	January 3, 2024
Spring semester, First day of classes	January 8, 2024
Winter Carnival	February 7-11, 2024
Midterm grades available (5 p.m.)	March 4, 2024
Spring Recess	February 24-March 3, 2024
Final Exam period	April 22-26, 2024
Spring Semester ends	April 26, 2024

### ***Support Pack Orientation Slides***

Support Pack Orientation slides are available at <https://www.mtu.edu/success/orientation/parents-family/>. Please visit the website listed below to download or print any of the session materials you are interested in.

### ***Support Pack Questions***

If you have any questions about Support Pack Orientation, your student's first year, or about campus in general, please don't hesitate to contact the Waino Wahtera Center for Student Success at [success@mtu.edu](mailto:success@mtu.edu) or (906) 487-3558.

Many new students experience a similar pattern of emotions and experiences. Certain times in the academic year tend to be universally challenging for students. Family members who understand the ebb and flow of the first college year are better prepared to help their students negotiate the challenges of transitioning to college. Listed below by month are some typical adjustment issues your student may face during their first year at Michigan Tech.

### **August/September**

- Feelings of excitement or anxiousness
- Testing newfound freedom/ independence
- Frequent calls and/or visits home
- Homesickness and loneliness
- Anxiety about roommates, professors, classes, new surroundings, policies, and procedures
- Challenges with managing own time, schedule, and habits
- Stress related to first exams
- Relationships from home remain strong (with friends, significant others, and family).
- Experience consequences of decisions made

### **October**

- Free time disappears and student becomes very busy with academics and activities outside the classroom
- New friendships and connections are solidified
- Roommate problems may arise
- Student may question, "Do I fit in here?"
- First grades are returned
- Midterm exams take place
- Midterm grades are returned

### **November**

- Roommate challenges become more apparent
- Many exams and papers/projects due before Thanksgiving Break
- Increased academic pressure due to procrastination
- Potential to cope with stress through non-productive behaviors (lack of sleep, poor eating habits, alcohol consumption, or lack of exercise)
- Common onset period for illness (cold, flu, strep, etc.)
- Financial stress of running out of funds

### **December**

- Anxiety over preparations for final exams
- Excitement and/or anxiety over returning home for the holidays
- Sadness over leaving new friendships and/or love relationships
- Roommate challenges continue

### **January**

- "Fresh start" mentality sets in with new term
- Satisfaction and/or disappointment with fall-term grades
- Homesickness
- Loneliness for love relationship back home
- Relief being away from home and back at school
- Student begins to question whether their major is a good fit

### **February**

- Feelings of claustrophobia and depression set in with winter
- Potential increase in alcohol and other substance abuse
- Challenges with love relationship back home
- Valentine's Day brings out loneliness, isolation

### **March**

- Anxiety over finding roommate(s) or housing for next year
- Excitement and/or disappointment over spring break plans
- Midterm exam stress
- Concern over summer employment/future plans
- Concern over winter weight gain or lack of exercise

### **April/May**

- Excitement with arrival of spring
- Concern over major uncertainty
- End-of-semester pressure
- Final-exam anxiety
- Apprehension over returning home for summer
- Sadness over leaving new friendships and/or love relationships at school
- Realization of how college influences life decisions

# Academic Differences Between High School and College

## High School

Each day students proceed from one class directly to another, spending 6 hours each day and 30 hours a week in class.

Most of your student's classes are arranged for them.

The school year is 36 weeks long and most classes extend over the entire year.

Students may study outside class as little as 0-2 hours a week, mostly on last-minute test preparation.

Students are expected to read short assignments that are then discussed and re-taught in class. Teachers check and often grade homework.

Teachers remind students when assignments are due.

Teachers often write information on the board to be copied directly in your student's notes.

Teachers approach your student if they believe they need assistance and are often available to talk before, during, or after class.

Teachers have been trained in teaching methods to assist in imparting knowledge to students. Testing is frequent and covers small amounts of material. Review of material on test is usually completed in class prior to tests.

Mastery of a subject is usually seen as the ability to reproduce what was taught in the same manner presented.

Students are usually told what their responsibilities are, and they are corrected when they are out of line. Your student guidance counselors/teachers who keep them on track to graduate.

You may graduate as long as you have passed all required courses with a grade of D or higher.

## College

Students often have hours between classes; class times vary throughout the day and evening and you spend only 12 to 16 hours each week in class.

Your student arranges their own schedule in consultation with their academic advisor. Schedules tend to look lighter than they really are.

The academic year is divided into two separate 14-week semesters, plus a week after each semester for final exams.

Students need to study at least 2-3 hours outside of class for every hour in class, including reviewing class notes regularly and completing assignments. Students are assigned substantial amounts of reading and writing which may not be directly addressed in class. Professors may not even collect assigned homework, but they will assume students can perform the same tasks on tests.

Professors may not remind students when work is to be completed. Students are responsible for keeping track of assignments.

Professors may lecture continuously, expecting students to identify the important points in their notes. Professors write on the board to emphasize parts of the lecture, not to summarize it.

Professors are usually open and helpful, but expect students to initiate contact if they need assistance. Professors expect students to attend scheduled office hours.

Professors have been trained as experts in their particular areas of research.

Testing is usually infrequent (sometimes 2-3 tests per semester) and often covers large amounts of material. Students are responsible for organizing material to review and prepare for the test.

Mastery of a subject is usually seen as the ability to apply what was learned to new situations or to solve new kinds of problems.

Students are expected to take responsibility for their actions, as well as for the consequences of their decisions. Graduation requirements are complex, and differ from year to year. Students are expected to know their own requirements.

You may graduate only if your grade point average is a 2.0 (C average) or better.

## Tips

Encourage your student to use any free time during the day to study and prepare assignments. Discourage leaving all academic work until evenings, when many social activities occur. If possible, treat the 8am-5pm timeframe as academic time.

Recommend your student visit their advisor prior to registration to ensure proper course selection. Recommend no more than 15 credits in the first semester.

Remind your student to develop a regular study routine and to stay on top of course material as the pace and workload is quicker than high school.

Suggest learning effective study skills and finding a suitable quiet study environment (library, lab, or lounge) where your student can focus and be productive.

Advise your student to keep up on readings, complete all assigned reading before class, and then review readings while taking notes.

Urge your student to complete all assignments, encouraging them to focus on understanding the concepts presented. Recommend additional practice problems.

Recommend your student review all course syllabi and use the Michigan Tech student planner to keep track of all assignments, tests, quizzes, and even outside activities.

Advise your student to develop good note-taking skills. Urge them not to write down everything the professor says, but instead to develop a clear and concise system that helps them consolidate the material.

Suggest your student make a point to meet each of their professors during office hours at least once each semester, and remind them to come prepared with a list of questions to ask. Also makes for good networking!

Encourage your student to visit the learning centers or visit their professor in office hours if they need assistance in understanding material.

Propose that your student look at the material from the entire term and organize it in a way that makes sense to them. Recommend using outlines or diagrams to help them remember the material.

Urge your student to thoroughly learn and understand the course material instead of simply memorizing it. Suggest practice problems, study groups, and reviewing notes to learn concepts.

Have discussions with your student about their decisions, using open ended questions to spur conversation. Process tough choices together.

Remind your student to check their DARS report regularly and consult with their academic advisor about graduation requirements and courses.

Motivate your student to excel in their courses. Encourage them to get help when needed and to develop the study skills necessary to succeed.

## Other Major Differences Between High School and College

Area	High School	College
<i>Competition/Grades</i>	Academic competition is not as strong; students can often obtain good grades with minimal effort. Achievement is rewarded with honors/recognition/awards.	Academic competition is much stronger; minimum effort may produce poor grades (first C, D or F). Many students are from the top of their high school class. Recognition of efforts is less common.
<i>Status</i>	Students establish a personal status in academic and social activities based on family and community factors.	Students can build their status as they wish; high school status can be repeated or changed.
<i>Decision Making</i>	Students can rely on parents, teachers, and counselors to help make decisions and give advice. Students must abide by parents' boundaries and restrictions.	Students rely on themselves; they see the results of making their own decisions. It is their responsibility to seek advice as needed. Students set their own restrictions.
<i>Motivation</i>	Students get stimulation to achieve or participate from parents, teachers, and counselors.	Students apply their own motivation to their work and activities as they wish.
<i>Freedom</i>	Students' freedom is limited. Parents will often help students out of a crisis should one arise.	Students have much more freedom. Students must accept responsibility for their own actions.
<i>Distractions</i>	There are distractions from school, but these are partially controlled by school and home.	The opportunity for many distractions exists. Living on their own forces students to manage their own time spent on TV, video games, internet, extracurricular activities, and with friends.
<i>Value Judgments</i>	Students often make value judgments based on parental values and upbringing.	Students have the opportunity to see the world through their own eyes and develop their own opinions and values. They will face moral and ethical decisions they have never faced before.
<i>Extracurricular Involvement</i>	Students sometimes need permission to participate in extracurricular activities or their involvement is limited by their parents.	Students must decide whether or not to participate in co-curricular activities. They must find balance between involvement and academics.
<i>Responsibilities and Priorities</i>	Students count on parents and teachers to remind them of their responsibilities and to guide them in setting priorities.	Students must balance their own responsibilities; set their own priorities and goals.
<i>Learning Environment</i>	High school is a teaching environment in which students acquire facts and skills.	College is a learning environment in which students take responsibility for thinking through and applying what they have learned.

*The information on the preceding pages has been adapted from Mullendore, R.H, & Hatch, C. (2000). Helping Your First Year College Student Succeed: A Guide for Parents. Columbia, SC: University of South Carolina, National Resource Center for The First-Year Experience and Students in Transition. And from Southern Methodist University <http://smu.edu/alec/transition.asp>.*

## Welcome to the Michigan Tech family!