You Gotta Regatta!!
The 4th Annual IUPUI Regatta proved that nothing, not even hail and storms during set up Friday night, can dampen the excitement of this young but thriving campus tradition. In 2009, the Student Organization for Alumni Relations, the IUPUI Alumni Council, and the IU Alumni Association began the IUPUI Regatta with the hopes of utilizing a community resource, the Indianapolis canal, to create an event that would bring together all members of the IUPUI community. This year, after an entire week of events on IUPUI’s campus, race day included 112 rowing teams, live bands, a dog costume contest, an art contest, face painters, clowns, a bounce house, and fun for all ages. The day concluded with the Kavity Killas, a team from the School of Dentistry, winning the overall championship with a time of 7:13.

One very special tradition added to the Regatta in 2011 is the Paddles & Pancakes Family Breakfast. This year, nearly 200 family members and students attended and enjoyed breakfast together prior to the opening ceremonies of the Regatta. We were lucky enough to have members of the women’s soccer team and the men’s and women’s basketball teams volunteer their time to serve breakfast and welcome families to the Regatta. It was such a joy to meet the parents and family members who are a vital part of the IUPUI community. Check out more of the photos from the event on our new Facebook page- IUPUI Jags Family Association.
Meet the Assistant Vice Chancellor:

Greetings.

It is my pleasure and privilege to serve as the interim Assistant Vice Chancellor for the Division of Student Life. Our mission is to provide quality co-curricular programs and services that facilitate intellectual growth and personal development, creating pathways to success for all students. As an alum of IUPUI and with my 20 years of work experience in Student Life, I take great pride in the exciting opportunities and services that we offer to students in helping them to reach their full potential. My goal is to encourage every student to become a part of campus efforts to maintain a safe, positive, respectful and healthy community.

As the parent or family member of an IUPUI student, we value you as our partner and will do all we can to work with you in support of your student. We are committed to keeping you informed by providing you with relevant and up-to-date campus information through this Parent & Family Newsletter. Thank you for signing up for this easy method of communicating information to you.

I would encourage you to visit the student life website at http://life.iupui.edu to learn about our various services and programs. Please feel free to contact me at tpowell@iupui.edu or (317) 274-4431 with your questions. Again, thank you for entrusting us with your student. We are pleased they have chosen IUPUI to create lasting collegiate memories.

Go Jaguars!

Tralicia Powell Lewis

‘Tis the season to get the sniffles...

During this time of colds and flu, know that Student Health Services at IUPUI is there for your student. Offices are located in Coleman Hall and on the 2nd floor of the Campus Center and both accept walk-in visits.

Student Health Services offers free flu shot clinics in various locations around campus. Remind your student that the Campus Center clinic will be on October 17th from 10-2 in CE450.

For more information regarding Student Health Services or if you have questions, call Emily Werner at (317) 274-2274 or email askanurse@iupui.edu.

What will be different during the upcoming fall and winter breaks?

Julie Lash, Ph.D., IUPUI Counseling and Psychological Services

Talk with your student in advance about their plans for break…and yours – this will help reduce the chances for conflict and hurt feelings. You may expect them to spend that time with you but they may not be thinking the same thing.

Try to not take it personally if they do not want to spend time at home – they are growing outside of the classroom as well. Be clear about expectations related to family, and have discussions about how to balance these responsibilities with their new independence.

Be prepared to negotiate – the more you push, the harder they will push back. Provide a sense of stability and familiarity, and allow room for growth. At the same time, you have a right to establish the parameters and limits in your home. The bottom line, pick your battles. Then take a deep breath…you have survived the first semester!
How to support students during upcoming exam stress
Julie Lash, Ph.D., IUPUI Counseling and Psychological Services

Many classes at IUPUI have two LARGE exams (or projects) that determine the majority of a student’s grades - mid-term and final exams. As new students began preparing for mid-terms, they often realize that they don’t remember information from the beginning of the semester and panic when realizing all they need to review. The “fight, flight, or freeze” response kicks in – and students do one of three things: 1) buckle-down and study hard (fight), 2) pretend the exams don’t matter and have more fun (flight), or, 3) become overwhelmed and do nothing but worry (freeze).

What can you do to help? The best thing is to offer support and encouragement. Listen and let them know you understand their concern. When they don’t know where to start, ask if they have talked to a professor or classmate. Suggest they review study guides, class notes, quizzes, and old exams. Encourage them to break things down into sections to study, and take (short) breaks to relax. Reassure them that, no matter how they do on this round of exams, they will learn from the experience. Realize these first exams are part of learning to “do college.” Once exams are over, follow-up and see what they plan to do differently next time – and reflect on whether they used “fight, flight, or freeze.”

Tips for sparking conversation to make the most of your student’s visit home

Fall Break
• What is your favorite class? What do you like about it?
• What kinds of events have you attended on campus?
• Is the amount of money we agreed upon working out? Do you see any future adjustments?
• Are you there any organizations you’re thinking about joining? What has made you interested in them?
• Have you thought ahead to your final exams and what you’ll need to do to take care of yourself? Discuss ideas on stress relief, avoiding illness, getting enough rest.
• Is there anything that I could send you in a care package to make you feel better?

Winter Break
• What do you want to do or who do you want to see at home during your break?
• Now that you’re in college, let’s talk about how the rules will change for you when you are home.
• What has been your favorite part of your first semester in college?
• Is there anything you would change about this first semester? If so, what would it be?
• What classes are you taking next semester? Is everything finalized with your spring registration?
• Have you thought about where you are going to live next year? What kinds of things are impacting your decision?