

# the Ram Family Connection

February 2013  
A Newsletter for ASU Parents and Families

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## Welcome Message to ASU Parents & Families

There have been many new and exciting opportunities throughout campus this academic year. One of these opportunities comes from the HSI (Hispanic Serving Institution) Title V Grant program which assists students in their success toward graduation.

This program entitled, *The Ram Family Connection*, will assist ASU parents and families by establishing a communication link between the university, students, and families. In order to create this link, we want to introduce you to a few programs that will ensure this idea.

We want to introduce you to a few programs that will ensure this idea. The first project is a

monthly newsletter that is geared toward ASU parents and family members. Recently, we went live with our website which will serve as resource tool for families to utilize at their discretion.

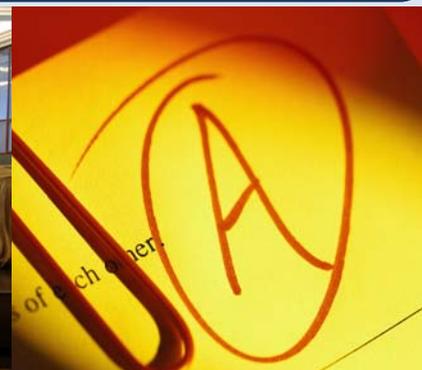
Your support and understanding in your students path to graduation is very important, which makes us great partners in this journey. We hope you and your student a great start for the new semester, and we look forward to seeing you in the near future.

***Together we can make the path for student success a reality!***



# Adjusting to College Life

## Time Management and Academic Performance



For new and returning ASU students, the Spring Semester brings new opportunities as students continue to gain knowledge in making decisions for their future. At times, these decisions can prove to be overwhelming. As your student begins discussing ideas with you, it is important to maintain open positive communication. Here are a few points of interest for you to help open this line of communication or help guide them when they say—*I am so busy, how do I keep my grades up?*

### ***Time Management Tools:***

Now that your student is in college, it is important that they learn to manage their time effectively. The ASU First Year Experience program provides students with access to a free interactive time management tool where they can enter the amount of time spent in class each week and then prioritize the remainder of time for activities outside the classroom. These activities include studying, eating, socializing, exercising and even sleeping. This tool helps students identify a healthy balance of activities, while making learning the primary focus.

[www.angelo.edu/services/](http://www.angelo.edu/services/)

[first\\_year\\_experience/schedule.php](http://www.angelo.edu/services/first_year_experience/schedule.php)

### ***Academic Performance:***

College coursework is challenging, and it can be hard to keep up with the increased rigor of academic demands. College professors expect students to be prepared, so it becomes imperative that students take responsibility for their learning and come to class read, assignments complete, and energetic ready to be an active participant in class. We encourage students to study smarter, not harder, by taking advantage of tutoring services available to them around the clock through SMART (Students Mapping a Right Track). SMART is an umbrella of academic support services to help improve student persistence and academic success.

All SMART services are free to ASU Students. SMART consists of the ASU Tutor Center, Supplemental Instruction, Math Lab, Writing Center and SMART Online (can be accessed 24 hours a day). The most widely used of these services is the ASU Tutor Center which offers broad-based study skill strategies and techniques to promote critical thinking, reading, note-taking, and time management for 20 subjects/disciplines and over 100 courses. Students are seen on a walk-in basis—no appointments necessary—and individual tutoring sessions last approximately an hour.

## Student Issues

# FIGHT THE FLU

According to the Center for Disease Control, the flu activity for Texas was elevated to “widespread” and the intensity of the illness was elevated to “high.” Here are a few tips on how your student can fight the spread of the flu virus.

- **Get Vaccinated!** Free flu shots are still available at the University Health Clinic for current students.
- **Practice Good Hygiene.** Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap.
- **Be aware of the onset of symptoms.** Flu-like symptoms include fever, cough, sore throat, body aches, headache, and fatigue. Some people also may have vomiting and diarrhea. If you have a fever, call the University Clinic and isolate yourself.
- **Take Flu Anti-Viral Drugs.** Antiviral drugs are different from antibiotics. Antiviral drugs can make illness milder and shorten the time you are sick.

For questions related to the spread or prevention of the flu virus please feel free to contact the University Clinic at (325) 942-2171.

## Student Involvement Opportunities for ASU students



The Center for Student Involvement (CSI) offers many opportunities to ASU students to expand their education outside of the classroom.

### Leadership Program:

The ASU LEAD program seeks to prepare your student for college and community leadership roles and responsibilities.

### Student Organization:

The 100-plus student organizations at ASU represent a variety of interests and purposes, and are organized as academic and professional organizations. In addition they offer honor, service, Greek organizations, and religious, sports clubs, and special interest groups.

### Community Service:

Serving the community is a great way to meet friends, make community connections and just have fun.

### Importance of Involvement:

Student Involvement can provide your student with a competitive edge when entering the workforce. Julie Ruthenbeck, the Director of ASU’s Career Development Center, discusses the benefits of involvement and how being involved can provide skills that prospective employers want in an employee.

“According to a survey conducted by the National Association of Colleges and Employers (NACE), the two most sought after skills by employers are the ability to verbally communicate with persons inside and outside the organization and the ability to work in a team structure.”

When students become involved, they receive practical, work-related skills employers seek out. Students can “hone both of these employer-coveted skills and present them on their resume.”

For more information on student organizations, please visit the Center for Student Involvement on their website at: [www.angelo.edu/services/csi/](http://www.angelo.edu/services/csi/).

# Financial Aid

## FAQ for Parents and Families

### What is Financial Aid?

Financial aid is awarded in the form of: Grants, Scholarships Loans, and Work-Study.

**Grants and scholarships** are considered gift aid and do not have to be repaid

**Loans** must be paid back, usually upon the completion of the degree. However, some loans have different repayment requirements, so please check with the Financial Aid Office concerning the various loan programs.

**Work-study** programs allow students to work on or off campus to earn a portion of their aid through a paycheck.

### When Should A Student Start Applying for Financial Aid?

The application period for federal and state aid begins January 1st of each year and will be applied for the following year.. After January 1st, the Free Application for Federal Student Aid (FAFSA) should be submitted electronically.



### Financial Aid and Academic Standards (*Satisfactory Academic Progress Help*)

*Did your student receive an e-mail indicating they were not meeting the satisfactory academic progress (SAP) policy?*

Here are three reasons your student may not be making SAP:

- Students must complete a certain percentage of the classes they attempt
- Students must maintain a certain grade point average (GPA)
- Students are only allowed financial aid for a certain number of hours

### **What You Must Do Now**

In order to regain eligibility for financial aid you can do one of two things:

- Pay out of pocket until you improve your situation and regain eligibility
- File an appeal (filing an appeal does not guarantee reinstatement of eligibility)

### **How to Check Your SAP Status in Ramport**

- Log in to your Ramport.
- Select the “Financial Aid” tab.
- In the “My Financial Aid” channel, click on “Financial Aid Status”
- Select the current aid year

# Making Plans for Spring Break

## A How To for Parents



During the Spring Semester, spring break is on the mind of most students – and many ASU families. Students have been diligently working throughout the semester, look forward to a point when they can have a break from the educational grind.

- Make Copies of Identification
- Do Research and check the U.S. State Department website for safe destinations.
- Have an Itinerary

Places such as Mexico, have been issues in the past, if you feel unsure about your student's spring break destination, talk to them about their plans and check travel warnings with the U.S. State Department. Communication is vital when it comes to spring break plans, it is important to have a plan of action prior to leaving.

For more information on spring break safety please contact the University Police Department at (325) 942-2071 or visit them at: [www.angelo.edu/services/universitypolice/](http://www.angelo.edu/services/universitypolice/).



For First-Year families, that “letting-go” experience can return when you allow your student to head off for spring break. If your student chooses to travel, it is important that you talk to them about safety.



We understand and offer a few tips you can follow to ensure the safety of your student:

- Stay Connected
- Discuss Transportation
- Discourage Expensive Jewelry

## F.E.R.P.A. Information

### Family Educational Rights and Privacy Act

#### What is FERPA?

FERPA is the Federal Educational Rights and Privacy Act of 1974, as amended establishes requirements regarding the privacy of student records. **FERPA governs:**

- The release of student records maintained by the university
- Access to student records

#### Parental Access to Student Records:

When a student reaches the age of 18 OR is attending a postsecondary institution, regardless of age, FERPA rights transfer from the parent to the student. Parents of ASU students may not receive non-directory information unless the student completes the FERPA Education Information Waiver Form located in the Registrar's Office.



To learn more about FERPA and the privacy of student records, contact the Registrar's Office at (325) 942-2043 or visit the website at: [www.angelo.edu/ferpa](http://www.angelo.edu/ferpa)

# Parent Spotlight



The First RAM Family Parents, Charlene Gregory and her family join us from Pflugerville, Texas. The Gregory's joined us as the first members of the Ram Family Connection program while participating in the Free-Night Stay at ASU in August, prior to the Fall 2012 Semester. Charlene spoke to us about her experience and expressed how this program has impacted her view of ASU as a mother.

"The most memorable experience I had was being warmly greeted by ASU staff and students upon arriving. The staff proved to be helpful in many ways, and were always approachable and knowledgeable about the campus and its services." She was impressed by the community and the connectedness among the university staff, students, and parents. Afterwards, she expressed how much safer she felt about sending her daughter off to college

and living in campus housing.

She highly recommends ASU parents and families to participate in this program to get a taste of what college life means to new students. "Even if it is your first or fourth student going to college there is always something new to learn." If you would like to learn more about upcoming events or parent resources, please visit our website at: [www.angelo.edu/services/ram-family-connection/](http://www.angelo.edu/services/ram-family-connection/).



## *Hispanic Serving Institute (Title V-HSI)*

The Ram Family Connection program is established for you and your family's benefit. If at any time you need assistance or have a question, please feel free to contact us at:



Phone: (325) 486-6611

E-Mail: [ssanchez11@angelo.edu](mailto:ssanchez11@angelo.edu)

Website: [www.angelo.edu/services/ram-family-connection](http://www.angelo.edu/services/ram-family-connection)

## **\*IMPORTANT REMINDER\***

Next year's **Housing Renewals** Starts February 1st. For more information on fall housing, please follow the link below:

<http://www.angelo.edu/content/files/18070-2013--spring-renewal-newsletter>

## *Upcoming Campus Events*

- |                             |  |
|-----------------------------|--|
| <b>Feb. 1<sup>st</sup></b>  | <b>Housing Renewals Begin</b>          |
| <b>Feb. 6<sup>th</sup></b>  | <b>Volunteer Fair</b>                  |
| <b>Feb. 8<sup>th</sup></b>  | <b>HSI Speaker Series</b>              |
| <b>Feb. 8<sup>th</sup></b>  | <b>Civil War Lecture</b>               |
| <b>Feb. 13<sup>th</sup></b> | <b>Black History Month Celebration</b> |
| <b>Feb. 27<sup>th</sup></b> | <b>University Etiquette Dinner</b>     |