

Directions



MEMORIAL UNIVERSITY

A publication of the
Department of Career
Development and
Experiential Learning that
helps parents/guardians
help their student(s).

Topics Covered...

...Student's Life – An Introduction

...Winter 2007 Semester Timeline

...Building Experience Through
Experiential Learning

...Career Countdown...What Will
They Do With Their Degree?

...Information You Should Know
(About your Student)

...What Every Parent Should Know,
Have, and Be

...Additional Resources

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Memorial
**student
services**
Get The Most Out Of Memorial!

Student's Life: An Introduction

Ah, university. Being away from the comforts of high school and starting a new experience can be a little overwhelming. There are many changes that accompany your student as they begin their new adventure centered on university. These changes will test your student's ability to manage time, make decisions, be creative and stay focused. To help with this transition and the next few years, there are numerous support networks in place to assist your student at Memorial University; many of which will

help to alleviate stressors and make it a more enjoyable and worthwhile experience.

The following sections aim to provide more detail about these support networks that are in place to ensure your student can have the best experience possible while here at Memorial. Everything from getting a locker, a student ID, part-time job, books to getting involved in extracurricular activities.

Winter 2007 Semester Timeline

January 22, 2007, Monday

- End of Regular Registration Period and last day for Undergraduate Students to add courses
- Last day for Undergraduate Students to drop courses and receive a 100% refund of tuition fees,

January 29, 2007, Monday

- Last day for Undergraduate students to drop courses and receive a 50% refund of tuition fees, Winter Semester

February 1, 2007, Thursday

- Final date for filing undergraduate applications for admission/re-admission to Spring Semester 2007.

February 5, 2007, Monday

- Last day for Undergraduate students to drop courses and receive a 25% refund of tuition fees.

February 19-21, 2007

- Winter Semester Break

February 26, 2007, Monday

- Final date for Undergraduate and Graduate Students to drop courses without academic prejudice.

March 1, 2007, Thursday

- Final date for filing undergraduate applications for admission/re-admission to Fall Semester 2007.

April 2, 2007, Monday

- Registration begins for eligible students registering in Undergraduate courses, Spring Semester.

April 4, 2007, Wednesday

- Lectures end, Winter Semester

April 6, 2007, Friday

- Good Friday. No classes or examinations

April 9, 2007, Monday

- Examinations begin, Winter Semester (www.mun.ca/regoff/grades_exams)

April 18, 2007, Wednesday

- Examinations end, Winter Semester

April 20, 2007, Friday

- Winter Work Term ends for Co-operative Education Students

For more information, please check out the online University Calendar, specifically the 'University Diary' found under the link 'General Information' at <http://www.mun.ca/regoff/calendar/>.

For a list of ongoing career development initiatives, please check out the CDEL 'Calendar of Events' at http://www.mun.ca/cdel/career_dev_stu/calendar.php.

www.mun.ca/cdel

Directions

Building Experience Through Experiential Learning

If your student is looking for different avenues to develop skill sets and gain experience that are valuable in today's workplace, then they need to look at some of the experiential learning opportunities offered at Memorial.

Co-operative education is at the forefront in experiential learning at Memorial. Employers benefit each year with access to over 1,500 well-rounded students eager to put their skills to work. Memorial's highly successful programs offer a combination of classroom study and work term placements in local, national and international businesses that help fuse academic knowledge

with practical experience. To see a list of co-operative education programs offered at Memorial, please visit www.mun.ca/coop.

If your student is interested in one of our many non-coop academic programs offered at Memorial while at the same time gaining employable skills, they can check out the Department of Career Development and Experiential Learning on campus employment programs. These include:

- Memorial's Undergraduate Career Experience Program
- Graduate Student Work Experience Program

- Student Work And Service Program
- Summer Career Placement Program

For more information on these programs and other employment opportunities for your student, please visit www.mun.ca/cdel/career_dev_stu/employment_opportunities.php.

What makes them experiential learning? It is the fact that they have a reflection piece built into them so that when your student is finished their placement, they know what skills and qualifications they have attained and how that may benefit them in the future.

Career Countdown...What Will They Do With Their Degree?

Thinking about their graduation from University and making that step into the real world is something that every parent and guardian goes through during their student's time at university. Students are often scared and uncertain when asked the dreaded questions of "What are you going to be?" or "What will you do with your degree?"

One thing you can do is to talk to your student about getting the most out their university experience. Working part time while going to school, enrolling in a co-op program, volunteering and getting involved in clubs/societies will not only give them experience outside of the classroom, but will expose them to an array of experiences and skill sets needed in today's workplace.

You can also talk with your student(s) about what you see as their strengths. Students are often unaware of areas they excel in, and as you communicate with them regularly, you often have the best perception of these. Remember, encouragement and listening can go a long way to helping your students reach their potential, not only in school but in life as well.

Information You Should Know (About Your Student)

Student number:	Other Information:
Faculty of Study:	
Department:	
Address:	
Phone Number:	
Cell Number:	
Email Address:	
Work Number:	
Make of Vehicle/Colour:	
License Plate Number:	
Authorized Parking Lot:	
Study areas:	
Bank Account:	
Campus Enforcement & Patrol: (709) 737-8561	
Online Faculty / Staff Phonebook: www.mun.ca/people_departments/	

Directions

What Every Parent Should Know, Have, and Be

Adapted from the University of Minnesota's website: <http://www.parent.umn.edu/parents/should.html>

Know:

- that when your child calls with a problem, they are not asking you to solve it, just listen to their dilemma. Since they're opening up, avoid "how did this happen, how could you...?" Instead encourage them to consider the alternatives and think about what is their gut instinct.
- that your child is well prepared and that you did a good job. Don't expect them to handle things as you would. The dazed look on their face is not the result of failing to know what to do; it's the result of struggling with how to communicate with you without triggering any response.
- growth requires making mistakes. We have to let them make mistakes. A big part of college is making choices, wrong ones, and then recovering from them.
- that in most cases parents don't find out until after the fact. This is good experience; they make a mistake, suffered the repercussions, but...then solved the problem themselves. Growth occurs... we laugh about it together after the fact.
- that your student is not leaving you. They are just going off to school, they will be coming home from time to time, and they are still apart of your family.
- NOT to make changes that make it look like your are continuing your family life without them.
- to let your student try to do things on his or her own. Every time they call and say that they need money, let them try to figure out how to manage. It's the only way that they will learn to be independent and responsible after all, they are now mini-adults.

- that sending your first child off to college is not as heartbreaking as you expect it to be. With the ease of communication, be it e-mail, or free nights and weekend cell phone minutes, you might find you have more real conversations with them while they're away at school than you did before they left!
- not to be surprised if you don't see much of them the first time they come home.
- what options are available for financial aid. Do some research and help your student decide on what's best for them. Don't assume they will handle it themselves because in the end, they need your help.
- your child's roommates, campus friends, and class schedule if possible. Not for snooping, but for better understanding of your child's world.
- to offer to take friends/roommates for coffee or pizza when you visit. It will be a future conversation starter.

Have:

- enough money saved for emergencies that you didn't anticipate.
- access to your student's bank accounts and credit card account. Set up the account before your drop them off. There will be less inclination for them to get a credit card on their own. Plus...when the student travels and needs assistance, you can easily transfer money, replace lost cards, etc. if needed.
- the time to listen to your student. Let them use you as a sounding board. Many times they have concerns or problems about roommates and need to talk to someone to vent to without hurting a roommate's feelings. Just getting to talk about it makes them come up with their

own solution, and sometimes the problem isn't really a problem they just need to hear themselves talk about it.

- e-mail, and use it often.
- your student set up a checking account before they leave for college, or help them set up and learn to use an account as soon as they arrive at school.
- open communication with your student. Ask questions about their classes and decisions they have made. Let them know you're there if they need you.
- a contingency plan in place for reaching their students in an emergency, and if they are living away from home, a plan to get them home.
- some basic information at your fingertips if the need arises: Student Number, Faculty of Study, Department, Address, Phone Number, Cell Number, Email Address, Work Number, Make of Vehicle & Colour, Vehicle Licence Number, Authorized Parking Lot, Study Areas, and Bank Account.

Be:

- happy that your child is furthering his or her education.
- patient, Patient, PATIENT.
- able to recognize that part of why we send our sons and daughters to university is for them to grow.
- willing to listen but slow to react.
- supportive, listening, non-judgmental, and try not to map out their student's career.
- in constant touch the first year with letters, goodies, little gifts, money, and a few phone calls.
- prepared to let them determine their own future.

Additional Resources

Online Resources:

- Career Library – www.jobweb.com/resources/library/Parents/default.htm
- How can parents help? – www.hiram.edu/career/parents/parenthelp.html
- Helping Your Student Make Informed Career Decisions – www.sa.psu.edu/career/pdf/career_decisions.pdf
- Career Transition and Development Articles – www.vtaide.com/png/career.htm
- Career Planning Starts With Self-Assessment – www.contactpoint.ca/resources/dbase.php?type=user_query&fetchid=1581
- Transition from University to Work: The Beginning Years – www.contactpoint.ca/resources/dbase.php?type=user_query&fetchid=1710
- The Young and the Enterprising – www.contactpoint.ca/resources/dbase.php?type=user_query&fetchid=1306
- The High Five Messages of Career Development – www.mun.ca/cdel/career_dev_parents/messages.php

Books:

- *Becoming Adult: How Teenagers Prepare for the World of Work* (2000) – Abstract: www.mun.ca/cdel/career_dev_parents/becoming_adult.php
- *Ready or Not, Here Life Comes* (2005) – Abstract: www.mun.ca/cdel/career_dev_parents/ready.php