

TOP 10 WAYS

... TO SUPPORT AND CONNECT WITH YOUR STUDENT AT IOWA

- 1 Share your concerns with the Parents Association Advisory Board.** These volunteer board members—parents just like you—want feedback about your student's experiences so they can be aware of current issues. Visit the Parents Association's web site at www.uiowa.edu/~parent, e-mail the board at parents-association@uiowa.edu, or call the on-campus liaison at 319-335-3557 with your questions or concerns.
- 2 Subscribe to @IOWA,** a monthly e-mail newsletter compiled for alumni, parents, and other friends of the University to keep you up-to-date on the latest UI news. Subscribe online at www.iowalum.com/atiowa.
- 3 Pick up *Parent Times*,** an excellent educational tool for parents, which is delivered to your home three times a year. Tell the editors what you want to read about at parent-times@uiowa.edu.
- 4 Review the *Black & Gold Handbook for New Students*,** which was distributed at Orientation. Use this handy reference guide along with the University web site at www.uiowa.edu to learn more about the wide variety of University resources and how the University operates, including various policies and procedures, important dates and deadlines, requirements, and campus activities important to your student.
- 5 Read *Your Student's First Year*.** Orientation Services compiled tips from professionals across our campus to help you understand the common concerns of first-year students and so you can provide guidance and support as your student adjusts to life in college. That advice, along with a list of related reading material, is online at www.uiowa.edu/admissions/undergrad/orientation/parents.
- 6 Be an active partner in the education of your student**—if or when your child calls you or tells you about a problem or concern (with a roommate, a difficult class, making new friends, or finding their "niche" on campus), help your son or daughter realize that ALL students are working through one or more of these issues. They need to step back to think about how to work through these issues on their own. There are many resources available on campus to help.
- 7 Communicate about the "tough" issues**—research has shown that when parents have conversations about important issues (such as alcohol/drug use, getting along with a roommate, being successful in the classroom, time management) DIRECTLY with their children, it has a positive impact on behavior. Encourage your student to use campus resources such as the University Counseling Service and instructor office hours.
- 8 Attend Family Weekend and Homecoming Weekend** and visit campus at other times during the year to take advantage of the University's educational, cultural, and recreational programming. Visits are great opportunities to learn more about what the University has to offer its students, and there is a convenient calendar of University events online at <http://imu.uiowa.edu/cic/calendar>.
- 9 Encourage your student's involvement on campus**—satisfaction with any University is tied to the ability to get involved. Opportunities abound at Iowa through student organizations, intramural athletics, University-sponsored lectures and events, and a myriad of places to volunteer.
- 10 Become a Parent Advocate.** Local constituents who contact their elected officials can have more impact on legislative decision-making than any other form of political activity. Volunteer members of the University's Legislative Advocacy Network communicate with their elected officials and other community leaders when issues important to the University and higher education come to the fore. Join the advocacy network online at www.iowalum.com/advocate.

The University of Iowa

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- UI Parents Association
- Office of the UI Vice President for Student Services
- UI Orientation Services

