

UIS Parent & Family Newsletter

2016 Summer Newsletter

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Dear Parents and Family Members,

Welcome to our inaugural Parent & Family Newsletter. I am excited to create this resource for our parent and family members. We want to assist and support you as you guide your student to be a successful adult. I hope our newsletter will provide some useful insights along the way, as well as keep you informed about what is happening on campus.

There have been many exciting things that have happened at UIS this year. In April we celebrated the long-awaited ground-breaking for the student union. We held our largest commencement ceremony in UIS history and we celebrate the achievements of Prairie Stars in the classroom, the playing field, and beyond.

The Office of New Student Orientation & Parent Relations hopes you will join us at our annual Family Weekend Saturday, October 8 and Sunday, October 9. I encourage you to get involved in our new Prairie Stars Family Association. While the PSFA started last fall and is still in its infancy we hope to grow the organization to welcome and serve our Prairie Stars Family!

Have a wonderful summer.

Lisa McGuire
Director,
Office of New Student Orientation & Parent Relations





Are You Ready For Your Student to Be At Home This Summer?

by Kylah Foster-Griffin, Student Orientation Coordinator

The spring semester is over and summer is here. Your college student has returned to the family. Here are a couple tips on how to prepare for your student's return.

- Since your student has been away for some months, sit down with your student to discuss rules about family expectations. You may want to schedule a time to talk with your student about house rules, behaviors, and expectations while they are home for the summer. After months of scheduling their time and activities with little accountability to anyone else, coming home to the structure of home life and having to consider other people's needs can be a bit of a culture shock.
- You have always been there for your student, but it is natural that they might want to catch up with old (and new) friends. Let your student know you want to spend time with them too. You might even plan a meal or activity that includes friends.
- Don't think the old rules need to stay in place. True, they may need a day or two to unwind and catch up on sleep, but they are more mature now so let them show off. There is nothing wrong with a curfew, but talk about it first. One suggestion is to skip the curfew time but ask that they let you know where they will be and have them call if they change their plans.
- Understand that from this point on your relationship with your student should be based on mutual respect. Your student is most likely worried that you think they are not mature. Respect them and show them they turned out just fine.

Commencement 2016

Congratulations to all our Prairie Stars in the class of 2016. Parents and family members who supported their student must be feeling great joy (and a little relief) that your student will (finally) graduate.

The 45th UIS commencement ceremony was held on May 14, at the Prairie Capital Convention Center in downtown Springfield. More than 1,100 students graduated from UIS.





Student Union: Ground Breaking

By Michelle Green, Director of Marketing, University of Illinois Springfield

The University of Illinois Board of Trustees approved a contract in March that will kick off construction of the [first-ever student union](#) at the University of Illinois Springfield, a \$21.7 million facility scheduled for completion in January 2018. The planned two-story, 50,000-square-foot facility has long been a top priority for UIS, providing a hub for student life and fostering a greater sense of community on the growing, 5,400-student campus in the state capital.

Trustees gave project and design approval for the new student union in January 2014, a move that allowed Chancellor Susan Koch and UIS officials to ramp up efforts to raise \$8 million in private donations to build the new facility.

More than \$5.3 million in gifts have been raised and officials say they will meet their fundraising goal before the facility opens. The remaining \$13.7 million will be paid through campus funds and a construction fee that students approved overwhelmingly in a 2012 referendum.

Construction on the new facility began May 12. The new student union will anchor the campus's south quad, providing campus dining services, a coffee shop, a ballroom with seating for up to 450 people, and a Student Leadership Center that will house student government, volunteer offices and workspaces for student organizations.

[You can follow the construction live from your internet device.](#)





Athletics: Year in Review

By David Dalfonso, UIS Assistant Athletic Director for Media and Communication

The 2015-16 athletic year was very eventful for UIS athletics. Women's soccer set the program record for wins, with five, as goaltender Paige Polonus ended her career being named to the GLVC All-Conference team. Both the men's and women's soccer teams earned the National Soccer Coaches Association of America College Team Academic Award. Women's volleyball rallied to beat Southern Indiana for the first time in program history, finishing 7-24.

The cross country and track team embarked on their inaugural season as the men's team won the GLVC sportsmanship award. The men's basketball team advanced to the GLVC tournament for the fifth straight season while senior Jamaal Millison became the second Prairie Star to eclipse 1,000 career points. Women's basketball sophomore Shelbi Patterson was named to the GLVC Third-Team.

Men's golf is set to host the GLVC Championships while the women will host an NCAA Super-Regional. Talon Supak set a UIS 36-hole record with a two-under par finish at the UIS Invite.



Men's tennis went 3-1 in the fall season while the women compiled a record of 3-2. The baseball team hosted Bill Buckner for their annual First Pitch Banquet, as they unveiled plans for a state-of-the-art facility. The softball team competes under head coach Shannon Nicholson for the second year, after a 32-22 season last year.

Way to go STARS!



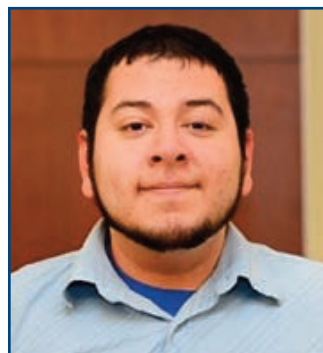
Things I Wish My Parents Would Have Told Me and other Reflections

By Kylah Foster Griffin, Student Orientation Coordinator

We asked three graduating seniors about their UIS experience. We wanted to know what advice they wished they received and the advice their parents and families gave to them before they left for college their freshmen year. Here are the questions we asked them:

1. What is one thing your parent/guardian should have told you before you left for college?
2. What is the best advice they gave you?
3. What are you going to miss about UIS?

And here is how they responded:



Name: Daniel Aguilar
Major: Political Science
Hometown: Chicago, IL

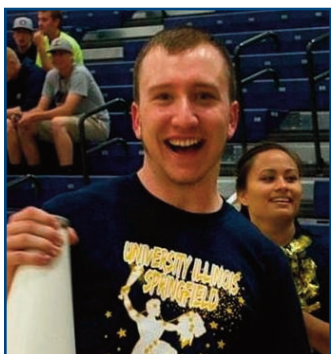
One thing my family should've told me was that even though you are the first one in the family to go off to college and we may not understand what is going on, keep

your head up and ask for help when you need it! It's okay to ask for help!

continued

The best advice my family gave me was when things become too hectic or overwhelming, take things day by day. If that's too much, take things hour by hour.

What I am going to miss about UIS is the individualized attention and support that I receive from the university.



Name: Michael Lotspeich
**Major: Sociology/
Anthropology,
Geographic Information
Systems**
Hometown: Bradford, IL

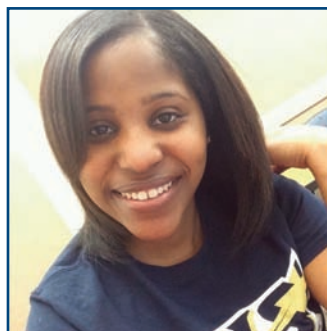
My freshman year, I wish my parents would have told me it was okay to have a school/life

balance. Sometimes I would stay up very late to get homework done that I could have easily done the next day.

One thing my parents told me was that you can always come home if you need to. Sometimes it was for a weekend, sometimes it was in the middle of the week, but I was glad that my parents would always welcome me home if I

needed it. But they did give my bedroom to my brother, Charlie.

Since I will miss being here at UIS, I selected a graduate program at an institution very similar to UIS, albeit much larger, because I appreciate the close academic relationships I am able to have with faculty. I know what I had here was unique, but I hope to replicate a similar model during my graduate teaching.



Name: Samaryia Magee
Major: Communications
Hometown: Chicago, IL

One thing my parents should've told me before I left for college is that college is NOTHING like high school. You make your schedule, your

wake yourself up, you have many responsibilities.

The best advice my parents gave me is to come home when I needed to. College can get overwhelming and when I needed a break, I would go home for the weekend.

I'm going to miss the friendly faces here at UIS.

What to do Over the Summer?

By Kylah Foster Griffin, Student Orientation Coordinator

Summer is the time to relax, go on vacation, and recover from the past school year. But for some, it is a time to get ready for what the next year has in store for them. Here are some things your student could be doing this summer:

- Take a summer class: Summer is a good time to take a class that the student anticipates will be challenging. Summer classes are also a great way to ease the credit hour load during the fall or spring semester
- Find a job: Some students already have a job at home, but if your student doesn't have one, they should start looking soon! This is a great way for them to start saving money and get some valuable work experience.

- Do an Internship: The Career Development Center on campus can help your student find an internship in Springfield or at home.
- Spend Time with You: Even though your student might be busy, plan time to spend together. Do a project together, go on vacation, or do something fun to continue to build the bond between you and your student while they are home.

It's
Summer
Time



How to stay healthy over the summer

By Lorie Mick, RN, UIS Health Service

With summer just ahead, it is a good idea to be sure and follow a few guidelines for summer safety. Doing this will ensure your health and can make your summer more enjoyable.

1. Get at least 30 minutes or more of moderate-intensity exercise daily. Examples may include: walking, jogging, swimming, biking, hiking, playing basketball, tennis, or even beach volleyball.
2. Always be sure to stay well hydrated. Drink at least 8 ounces of water eight times a day. It is ideal to drink more if doing any activity, especially outdoors. Avoid too many high sugar or high caffeinated beverages. These can lead to dehydration.
3. Remember to always use sunscreen if going outdoors, especially for extended periods of

time. Apply SPF 30 or higher, 15-30 minutes prior to going outside. It is important to also reapply every 2 hours. Even on cloudy days UV rays travel through the clouds and can cause burns.

4. Eating a well-balanced diet is always important. Summer is a great time of year for plenty of fresh fruit and vegetables. Also, it is a great time for grilling outdoors, which is a healthy option for preparing food.



SpringFest 2016

By Kylah Foster Griffin, Student Orientation Coordinator



SpringFest is a weeklong event during the spring semester of each year. It has been a campus tradition for the last 23 years and it keeps getting bigger each year. In the early years roughly 20 teams participated. This year we celebrated

Springfest April 18-23. It was our largest Springfest in history with over 700 students in 51 teams competing against each other. There was a different event each day.

continued

Monday was the Scavenger hunt. Teams were given a list of over 100 items to find in one hour. Tuesday was Trivia night. There were 10 rounds with 10 questions each related to this year's theme: Star Wars and the UIS campus.



Wednesday was Challenge night, where teams competed against each other in a variety of different Star Wars related mental challenges. Thursday was Flag and Chant. Each team had to perform a unique chant and decorate a flag to represent their team. Friday was the Spaghetti dinner, where teams earned bonus points if they brought a staff member to join them at dinner. Then Saturday was Sports Day. Teams competed against each other in sports such as volleyball, dodgeball, horseshoes, etc. and ended with the annual mud Tug-o-War.



Congratulations to the SpringFest 2016 winners:

1st Place: Sith Happens

2nd Place: The Galactic EmPHire

3rd Place: Inglorious Blasters

Stars Never Fall received the Spirit Award and Las Chulas was awarded the Sportsmanship Award. Ask your student about their experience, if they participated.

Family Weekend 2016

By Kylah Foster Griffin, Student Orientation Coordinator

Family Weekend is hosted by New Student Orientation and Parent Relations Office and has had numerous activities for families. Last year families participated in the Family Carnival on the Quad; the Amazing Race: UIS Family Version; Family Game Night; and UIS Family Feud. The Prairie Stars Family Association held its elections and inaugural meeting during last fall's Family Weekend.

This year Family Weekend will be Saturday, October 8 – Sunday, October 9. If your family wants to come



Friday evening, they could also participate in Homecoming activities like; the Homecoming Parade, BBQ, and Soccer game on Friday, October 7. Look for information about Family Weekend to be mailed in early August. [And watch our website, uis.edu/orientation](http://uis.edu/orientation) for more information. Registration for Family weekend will open up in early September.





Welcome to our First-Year Parents

By Kyla Foster Griffin, Student Orientation Coordinator

Welcome to our newest Prairie Star Parent and Family members. You will get to start off your UIS experience with first-year (freshmen) orientation programs: Summer Kickstart and August Launch week: Reach for the Stars. Look for information from the Office of New Student

Orientation and Parent Relations for more information about each program so you can plan work and vacation days. [Visit our website](#) for more information on Kickstart, Launch week, the Parent/ Family programs, and Travel information.

Prairie Star Family Association

By Kyla Foster Griffin, Student Orientation Coordinator



The Prairie Stars Family Association (PSFA) was founded in the fall of 2015 to support UIS parents, guardians, and family members by promoting shared experiences among UIS family members and help them feel more connected to UIS and their students.

PSFA members will work closely with the Office of New Student Orientation and Parent Relations (NSOPR) to meet these goals by assisting with the planning and coordination of events sponsored by the Office of New Student Orientation & Parent Relations including Family Weekend, parent panels during summer orientation, and socials before the Welcome BBQ at the beginning of Launch Week (August Orientation).

Membership in the Prairie Stars Family Association is FREE to the parents, legal guardians, and family members of currently enrolled UIS students. To join PSFA as a general member complete our online form at uis.edu/orientation/, click on the Parents & Families link and look for the PSFA section.

The inaugural Executive Board is:

President - CoTinna Harris

Vice President - Angela Kneer

Treasurer - Ellin Lotspeich

Secretary - Angela Gipson

[Follow the UIS Prairie Star Family Association on Facebook.](#)

Important Dates to Remember: **Looking Ahead**

**Parents of returning students please note the addition of a Fall Break in October and the change in the Thanksgiving Break schedule.*

June 6	Summer Semester Begin at UIS
July 30	Summer Semester Ends at UIS
August 17	New Student Move-in
August 19	Returning students Move-In
August 22	Full-Term Classes Begin
September 5	Labor Day, Campus Closed
September 28	Student Fall Semester Bills are due
October 14	Fall Break, No Classes
October 15	Mid-Point of Semester
November 24-25	Thanksgiving Recess
December 10	Fall Semester Ends

Some Important Links, Numbers & Email Addresses

<u>Career Development Center</u>	217/206-6508	careerservices@uis.edu
<u>Counseling Center</u>	217/206-7122	counseling@uis.edu
<u>Disability Services</u>	217/206-6666	ods@uis.edu
<u>Financial Assistance</u>	217/206-6724	finaid@uis.edu
<u>Health Services</u>	217/206-6676	uishealthservice@uis.edu
<u>Records</u>	217/206-6709	registrar@uis.edu
<u>Residence Life</u>	217/206-6190	reslife@uis.edu
<u>New Student Orientation & Parent Relations</u>	217/206-8181	UISOrientation@uis.edu
<u>USFSCO</u>	217/206-6727	usfscohelp@uillinois.edu