

UIS Parent & Family Newsletter

Vol. 1 Issue 2

published by

New Student Orientation and Parent Relations

ILLINOIS
SPRINGFIELD

2016 October Newsletter

Inside This Issue:

UIS News 2-3

Exciting Opportunity at 2016 Chancellor's Picnic 3

Health and Fitness – Fall Health Tips 4

Fall Sports Update – The New Faces of UIS Athletics 5

First-Time College Parent/Family Tips: How to Survive the First Visit Home 6

Student Voices – Why UIS is the Best Choice for Your Student's Education: A student's perspective 7

Prairie Stars Family Association Corner ... 7

Important Dates to Remember: Looking Ahead 8

Some Important Numbers 8

Welcome from the Director of New Student Orientation & Parent Relations

The fall semester for the Office of New Student Orientation & Parent Relations is a brief period of respite where we clean up, get organized, and start planning for the next year. While the reaping machines are harvesting this year's crops (and aggravating allergies for several of us in the orientation office) we are currently putting finishing touches on our annual Family Weekend.



New Student Orientation & Family Programs is presenting its third annual [Family Weekend](#) on October 8-9. Family Weekend overlaps Homecoming, so parents and family members that want to come down on Friday, October 7 will find plenty to see and do on campus with the 2016 Spirit Run, Homecoming Parade, UIS Women's Volleyball, Men's Soccer, and Fireworks.



Our Family Weekend programming will include the Parent and Family Continental Breakfast and Social with the Stars Research poster presentations, Family Game Night and Pizza party, and back by popular demand the 2nd annual UIS version of Family Feud.

continued





There will also be plenty of time to spend with your student and explore Springfield's dining and Lincoln sites.

August 18-26. Students receive salary (minimum wage), board, some meals, and uniform shirts. If you think your student might be interested in welcoming the class of 2021 encourage them to visit our website and attend the information session on November 7.



And speaking of the class of 2021, we are busy preparing for [Spring and Summer 2017 Orientation programming](#). If you and your student are having a great experience with UIS, share the love with your friends, family, and neighbors - maybe they will want to join us next year. Dates for [UIS Preview Days](#) can be found on the [Admissions](#) website. Our first Preview Day is coming up Saturday, October 22.

In addition to planning for Family Weekend, NSOPR begins our recruitment process for next year's orientation team. If your student enjoyed Orientation or has a love for UIS they might be interested in joining the O-Team. Applications for Orientation Leader positions will be available on Thursday, November 3. Orientation leaders are required to be on campus for work June 7-24, July 17-22, and return early in August to work

I hope you enjoy the wonderful fall weather. Winter will be here before you know it! Look for our next newsletter in January.

Shine on Prairie Stars!

Lisa

www.uis.edu/newstudentorientation/

 Follow NSOPR on Facebook
www.facebook.com/uisnewstudentorientation/

UIS News

By Michelle Green, Director of Marketing

Fall Enrollment Up; Second Highest in UIS History

A total of 5,428 students enrolled this fall, a slight increase of 26 students over Fall 2015, and just shy of UIS' all-time record high enrollment posted in Fall 2014.

Illinois residents make up 67 percent of the Fall 2016 student body. Thirteen percent are from other states, and 20 percent are international students. This year's student body is more diverse, and the incoming freshman class brings a higher average ACT score than last year.

All three University of Illinois campuses – UIS, UIC, and UIUC – posted enrollment increases of between .2% - 1.8%. Many other Illinois public

universities reported enrollment declines.

With the increase in numbers of students comes additional change in availability of majors.

continued



Effective fall 2016, UIS now offers six new undergraduate majors and one new graduate program for students to choose from.



Exercise Science B.S., Biochemistry B.S., Public Policy B.A., Public Administration B.A., Athletic Training B.S., and the B.A. in Theatre are enrolling students now, along with the Master of Science (M.S.) in Data Analytics. In addition, UIS added a Finance track to its popular Bachelor of Business Administration (B.B.A.) program this fall. The B.B.A. also has tracks in Management, Marketing, and Sport Management.

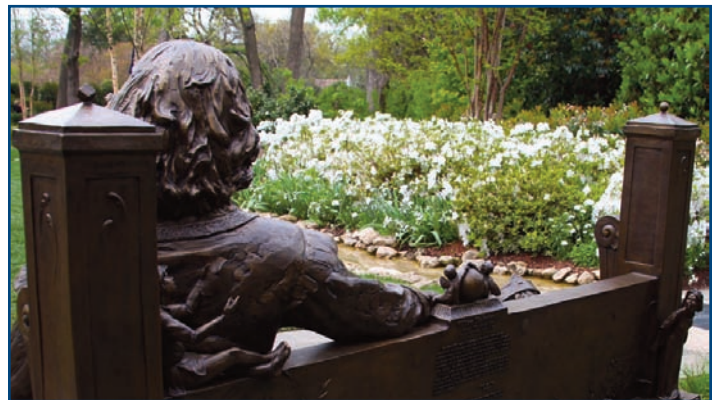
The new programs reflect UIS' unique strength in government and public service preparation, and also provide several high demand majors for the changing job market.

"Shakespeare's Garden" dedicated

Thanks to a gift from a University of Illinois donor, UIS is nearing completion of a Shakespeare garden on campus.

The garden will feature a full-sized sculpture of William Shakespeare by sculptor Gary Lee Price, surrounded by plants that are featured and celebrated in the Bard's poems and plays. Each of the plants will have a sign identifying its connection to Shakespeare. The garden will offer a peaceful setting for students to sit or study. UIS' Shakespeare classes are expected to utilize the garden as a teaching tool.

The garden's creation coincides with the 400th anniversary of Shakespeare's death and UIS Theatre's presentation of Macbeth this fall. The sculpture is a gift from the John N. Chester Endowment for the acquisition of works of art to grace the campuses of the University of Illinois.



Exciting Opportunity at 2016 Chancellor's Picnic

By Joan M. Sestak,
Director of Community Relations

The Chancellor's Picnic is a long-standing tradition during the first week of classes. Over 850 people are treated to food, fun and conversation. The picnic is a chance for students, faculty and staff to get together for some social time before embarking on the new academic year. For many students it is often the first time returning students have a chance to see each other and catch up. This year's picnic also featured a special event - faculty, staff and students were invited to



sign a beam which will be used in the construction of the new Student Union schedule for completion in the fall of 2018.





Health and Fitness — Fall Health Tips

By Lorie Mick, RN, UIS Health Center

It is our goal to provide health care that allows individuals to perform optimally, both physically and mentally, in order to achieve their academic and intellectual potential and to minimize interruptions in their academic careers.

Fall has arrived! It is a great time of year for festivals, campfires, and football. Unfortunately, it's also a time of year for things like allergies, cold, and flu. Reviewing and following these tips will help prevent some of these issues.

Allergies—If you have environmental [allergies](#), you may find yourself sniffing, sneezing, coughing, or itching — and it's your surroundings that are causing the problem. Ragweed and field harvests are a big cause of allergy symptoms in the Fall. Things that can help are Benadryl, Claritin, Zyrtec, Nasacort, or Flonase. These can be found at any pharmacy without a prescription.

Cold vs. Flu—Many people do not understand the difference between these two. Here is a table that may help:

Cold or Flu?

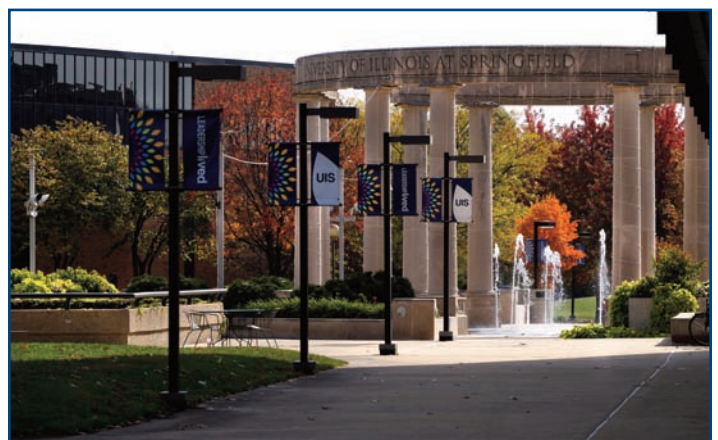
Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	Almost Always High (Greater than 100°)
Rare	Headache	Common
Slight	General Aches & Pains	Usual/Often Severe
Gradual over a Few Days	Onset	Rapid Onset
Common	Stuffy Nose	Rare
Common	Runny Nose	Common
Common	Sore Throat	Sometimes
Mild to Moderate	Cough	Common – Can be Severe (Dry)



Some medications to help treat these symptoms are Tylenol, Ibuprofen, Aleve, cough drops, cough suppressants, and decongestants. **ANTIBIOTICS** do not treat colds. Always drink plenty of fluids.

The best ways to prevent a cold or flu is to wash your hands regularly or use hand sanitizer. Also, the Flu Vaccine will be available for the upcoming season. It is highly recommended to get this vaccine. Keep in mind it takes 2 weeks before it is fully effective.

If you have any questions, or want more information about these topics, students are welcome to make an appointment with Health Services, (217)206-6676. Our hours are 8:30 a.m.-5 p.m., with appointments available from 9 a.m.-4 p.m. All full and part-time students are welcome.



Fall Sports Update – The New Faces of UIS Athletics

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

The Illinois Springfield athletic department has several new faces, but none more prominent than new Director of Athletics, **Jim Sarra**. After spending the past 11 years at the University of Texas – San Antonio, Sarra takes over the reins in his first role as head athletic director.



“I’m delighted that Jim Sarra is joining the UIS Leadership team as Director of Intercollegiate Athletics,” said Chancellor Susan J. Koch. “Jim’s extensive experience with all facets of Athletics and his strong focus on academic success for student-athletes are among the many strengths recognized by the search committee in their recommendation. I have every confidence Jim will lead our young Division II athletics program to even a greater success.”

Sarra was the Deputy Director of Athletics since 2009 at UTSA but has served in multiple roles since 2005-06.

A native of West Seneca, N.Y., Sarra earned his bachelor’s degree in elementary education and master’s degree in advanced teacher education

from St. Bonaventure University before earning another master’s degree in sports management from Western Illinois.

Also new to UIS is **Samantha Schall**, who takes over as the head men’s and women’s tennis coach. Schall comes to Springfield from Metropolitan State in Denver, Colorado where she played collegiately and then stayed on as an assistant coach following her time. Schall is also a first time head coach, taking over both programs.



Adam Hall takes over the men’s soccer program after stints at both Ancilla College (NJCAA) and Saint Joseph’s College (NCAA Division II). Hall owns a career record of 35-18-2 in three years as a head coach including a 9-6-1 record in the Great Lakes Valley Conference, which UIS is part of.





First-Time College Parent/Family Tips: How to Survive the First Visit Home

By Brooke Schmidt, Graduate Assistant, New Student Orientation and Parent Relations

With the 2016-2017 academic year underway, students are quickly settling into their daily routine of classes, clubs, sports, and friends. Fall is just around the corner; which also means students will journey home for long weekends and holidays. For some, this will be the first time returning home after moving onto campus. This transition can sometimes be difficult for students and family members after the change in residential status; particularly with first time college families. Difficult is, by no means, the same as impossible! These few tips can help ease the transition to a stress-free homecoming:



Communication is key – I remember the first time I came home from college hyped up on caffeine and independence. My parents and I were able to take the time to communicate realistic expectations and concerns about the change in temporary living situation. Remain open and understanding about your student's lifestyle change while standing your ground on hard limits. Personal boundaries are important to both parties, and communication can truly help ease any stress during this time. Stand your ground, you are still the parent! Discuss with your student your expectations while they are home: chores, curfew, respect for siblings, sleep and work schedules. Something my parents and I discussed was giving them a heads up if I was going to be coming home later than originally

planned or if I was going to a different location than discussed. Just because your student is used to being on their own, does not mean safety and smart decision making skills go out the window!

Respect each other's space – You have probably gotten used to having an extra room in the house to do with as you please. If you are anything like my parents, you might even have done some redecorating and taken advantage of the additional closet space. Keep in mind that your student has also gotten used to the change in their own way. Neither of you need to change your living habits as long as there is a mutual respect and understanding of the other.

Don't stop your routine – Just because your student is home does not mean you have to put your life on pause to be available to them every second. Keep your appointments, date nights, etc. on the calendar. You have an "adult in training" back in your home, you will want your space too!

Enjoy every minute together – College is a time of exciting change. Your student is discovering new aspects of themselves they will be eager to share with you. Take the time to listen. This is an exhilarating journey for you as well, you won't want to miss out!

Student Voices —

Why UIS is the Best Choice for Your Student's Education: A student's perspective

By Marquiera Harris, class of 2019, Majoring in Social Work, Orientation Leader 2016

If you are wondering whether or not you made the right choice sending your student to UIS, allow me to reassure you. Being a freshman transfer, I had similar doubts and concerns last year. Then I started going to events planned by Residence Life, like decorating the halls for holidays, and the Family Weekend events. I began to make friends and enjoy myself. Then I started having trouble staying organized and focused. My freshman seminar course here at UIS helped me become

better prepared and accustomed to college life. We created portfolios that consisted of ways to help with time-management issues, worksheets on staying organized, and mapping out the entire semester based on course syllabi. I completed my first semester at UIS with a 3.67 GPA all thanks to the wonderful events that are always happening around campus and my amazing freshman seminar. So, as I said, don't worry, YOU CHOSE RIGHT!!!

Prairie Stars Family Association Corner: Wow, What an Inaugural Year!

We ARE PSFA!

What is that you ask? Prairie Star Family Association. We are a parent group designed to help keep parents in touch with UIS. Our goal is to develop relationships among the families of the students attending UIS by:

- Identifying and implementing activities that will increase family/student involvement during Family Week
- Increase family and student awareness activities available at UIS
- Identifying fundraising opportunities and ways to meet the needs of students who do not have parent involvement

We have a lot of accomplishments this inaugural year including: formation of PSFA objectives, established and held monthly executive meetings, and new parents, staff, students, and transfer students have seen us at orientation this summer. It was great to see and meet everyone! PSFA has also established a Facebook page to keep you updated and involved. If you haven't already, check us out at www.facebook.com/uispsfa/ and don't forget to come back often! Also, if you haven't already signed up for this great



association, you can do that online too at: <https://uofi.uis.edu/fb/sec/5672808>. Membership is free to all parents and family members of current UIS students.

We are in the process of setting up guidelines and a strong foundation for fundraising. Why you ask? So that we can eventually set up a scholarship fund for the students. So if you see us on the UIS campus say "Hi." Don't forget to visit our Facebook, and please sign up! Help us help them and all while keeping in touch on what's going in! Have a safe and fun rest of your fall.

Angela Kneer
PSFA President





Important Dates to Remember: Looking Ahead

Academic Calendars are available on the UIS website at www.uis.edu/registration/calendars/

October 14	Fall Break, No Classes
October 15	Mid-Point of Semester
November 24-25	Thanksgiving Recess
December 10	Fall Semester Ends
December 5-10	Monday-Saturday – Finals Week * Final Exam information for each course can be found on the student’s syllabus or from the instructor.
December 10	Semester Ends. Residence halls close at 12 noon.
January 16, 2017	Martin Luther King, Jr. Day, Campus Closed
January 17	Spring Semester Classes Begin
March 11	Mid-Point of Semester
March 13-17	Monday-Friday – Spring Recess

Some Important Links, Numbers & Email Addresses

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