Finding Balance
Supporting Your Student for Success
Student Services at UVic

Joel Lynn
Director, Student Services

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UVic is committed to the success of your student

Inclusive of:

- Supporting academic success
- Supporting personal growth and development
- Supporting the transition to a new, diverse, & dynamic community

Support Services available to students today are dramatically different than those available 10 years ago… Explore what we have to offer..!
Your student is an emerging adult

- Evolving into an autonomous adult is a major life transition for every young person.
- The first six weeks of the student experience are pivotal to your students’ success.
- Student support services at UVic are aware of the unique needs of students making the transition to higher education for the first time.
- Your student’s experiences at university will be very different from those experienced by yourself or people you know who are your contemporaries.
Introducing you to the role of parent as guide

- Your support is a key reason your student is here today

- Your family as well as your student are transitioning into a new phase in your lives
Parents and University Communication

- Our primary relationship is with your student
- Personal information may not be released to anyone except as provided in the Freedom of Information and Protection of Privacy Act
- In certain circumstances, students may choose to designate a parent as proxy
Communication

- Communication skills within families are an important factor in whether the transition experience is a positive one for parents and their students (Saunders, Sousa-Peoples, & Whiteside, 2009)
- Ask your student how often he or she would like to talk. Set regular times to catch up. (Hofer and Moore, 2010)
Supporting the academic experience

- Students need to independently learn how to write exams, papers and other course requirements.
- Help them to learn how to succeed academically by identifying on campus resources that can provide assistance.
Supporting the academic experience

- Talk to your student about academic priorities
- What type of study environment will your student need to create? (This question is relevant no matter where your student is living)
Student Health and Wellness

- Build your coaching tool kit by talking to staff at the Student Resources Information Fair on Saturday.
- Find out what services are offered at UVic— for ongoing health concerns your student may need to access community resources.
- Knowing what support services are available for students can help you provide good coaching tips during the school year.
Student Awards and Financial Aid

Lori Nolt
Director

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How much does it cost?

To answer the question, consider your student’s circumstances:

- How many classes will they take?
- Will your student drive a car or take the bus?
- Will your student share accommodation or rent their own place.
How much does it cost?

Adjust the following budget estimates based on your student’s individual circumstances:

- Shelter & Utilities: $4,658
- Food: $1,632
- Local transportation: $510
- Health & personal care: $816
- Miscellaneous: $816
- Tuition & fees: $5,585
- Books: $1,700

Total: $15,717
What financial support is available?

- Your student’s savings
- Summer employment
- Parental contribution
- Scholarships and bursaries
- Student loans
- Student lines of credit
- Work study
- Part-time job during school
- Cooperative Education
It’s not too soon for your student to learn to manage their money

…or too late!

Great online tools can help your student gain financial literacy:

- CanLearn [www.canlearn.ca](http://www.canlearn.ca)
- Canadian Bankers Association [www.yourmoney.cba.ca](http://www.yourmoney.cba.ca)
- Canadian Youth Connection [www.youth.gc.ca](http://www.youth.gc.ca)
- The Debt Free Graduate [www.debtfreegrad.com](http://www.debtfreegrad.com)
- Get Smarter About Money [www.getsmarteraboutmoney.ca](http://www.getsmarteraboutmoney.ca)
Living on Campus

Kathryn MacLeod
Director, Residence Services

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Living on Campus

- Learning takes place inside and outside the classroom
- Residence—helps students engage in academic and campus life
- Residence Service’s goal: To support student’s academic success and personal growth
- Residence life: programming, campus resources, community, academic and personal support
Themed Communities: New in 2011-2012

- Leadership and Academic Engagement
- Health and Wellness
- Sustainability
- Quiet Floors
- Substance Free
Applying to Residence

- First year guarantee for high school students
- Lotteries for graduate and “other” students
- Important Dates:
  - June 15—first year room offers
  - July 12—other room offers
  - Sept 3—move in!
Residence Services Teams

- Over 80 Community Leaders living in residence
- 6 Residence Life professional staff
- 100 housekeeping and administrative staff
- Open: 8 am to 6 am Monday to Friday
- Our campus partners
Living on Campus

Thomas Bain
Director, University Food Services

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University Food Services

Retail Outlets
• 7 outlets located throughout campus

Resident Dining
• 4 facilities within the Cadboro Commons
University Food Services
Meal Plans

Residence students
• 3 levels
• Base (Starter) Plan + two additional levels

Students living off campus
• New plan – designed for students living off campus or in residences with some cooking facilities
• Tax savings plus discount at the cashier station
Supporting Your Student

Susan Corner
Manager, Student Transition Services

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Things to consider this weekend

- Does UVic fit your student?
- Is UVic a good size?
- Take time to walk around the campus and see it as a family
- Start to talk about how your student can balance their academic and social life.
Things to Consider Now

- Encourage your student to get involved in campus life.
- You can find out more at the Student Resources Information Fair in the SUB:
  - Recreational facilities
  - Intramural teams
  - Clubs and Course Unions
  - Volunteering
A Level of Anxiety is Normal

- It is normal for parents to experience some level of anxiety as their children begin university.
- Attending parent orientations will help to reduce your anxiety. These events will also help you identify resources and services.
- Your role is changing, but continues to be important in your student’s life.
Things to Consider Now

- **Budgeting** – how many of you are confident that your student understands how to create and manage a budget?

- **Work** – will your student want or need to work? Find out about on campus jobs for students and UVic’s great Co-operative Education program

- **Safety** – visit Campus Security at the info fair to discuss your concerns and to find out about campus safety
Things to Consider Now

- How can you use the time between now and September to set a strong foundation for your relationship to grow in a new direction?
- For students living at home, talk about living arrangements and how things will be different.
- What new responsibilities and privileges will come with the start of university?
Experience UVic – Your Next Step

- Enjoy dinner together in the Residence Dining Room
- Enjoy evening programming with Residence Services in the Cadboro Commons
Experience UVic – Your Next Step

- Volunteers will be leaving from Cadboro Commons Saturday morning to walk over the SUB for tours, Registration 101 and Opening Ceremony.
- Not staying in Residence? If you are driving, please follow the signs to Parking Lot 2 and then go to the McKinnon Gym.
- Seating is in Faculty groups. From there you will go directly to your Faculty Experience.
Experience UVic – Your Next Step

Saturday Afternoon at the SUB

- Info fair open from 12 noon to 4pm
- Faculty Expo in SUB open from 2pm to 4pm

Tours
- VIKES bus tour
- Campus tour
- Residence viewings
- First People’s House Tour

Registration 101
What happens Next

- We have planned the close of this presentation to give you time to participate in a final activity.
- Introducing our Parent Minute Paper:
  - Letter of Implied Consent
  - Minute Paper
  - Pencils
- Drop off minute papers in basket at exit doors.
Minute Paper

Student affairs conducts research to support our understanding of our students’ experience. Part of this research relates to parents’ experiences.

Your participation is completely voluntary and responses are anonymous.

We would like to invite your participation by asking you to complete a minute paper answering these two questions:

1. What is the most significant thing you learned today?
2. What question is uppermost in your mind at the end of today’s presentations?
Thank You

Final Questions?