

Expect More. Achieve More.

Office of Student Affairs, Boyden Hall Rm 106

April 2009

Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this spring:

- ▲ Some students lose their motivation for the final push
- ▲ Spring fever hits and problems arise as students become restless
- ▲ Anticipating the end of the year
- ▲ Frustration and confusion develop because of class registration
- ▲ Papers and exams are piling up
- ▲ Summer job panic
- ▲ Feeling like they are no longer accountable for their actions—may turn to vandalism
- ▲ Sexual assault increases
- ▲ Concerns about moving home for the summer

Making the final stash versus the can of trash

Resume Reminders

The end of the year is only a few weeks away and for many students that is the start of the summer job season. This year—probably more than ever before—your student wants her resume to **JUMP OUT** at potential employers. There is no silver bullet to landing the perfect summer job or internship. However, taking a little extra time on the basics could make it more likely that your student's resume makes the final stash versus the can of trash!

Encourage students to keep these basics in mind when creating their resumes:

- **Avoid college slang**—don't make potential employers guess what you are talking about.
- **Don't go overboard**—you have done a lot in your time at college, but you aren't writing a memoir, you are compiling a resume. Try to limit your resume to one to two pages with the highlights of your experiences.
- **Make sure you include any volunteer experiences** that provided you with specific marketable skills. Don't just limit your resume to paid positions.
- **Ask a mentor, supervisor or friend to review your resume** for clarification, typos and to ensure that you didn't forget to include anything.

- **Don't forget to clean up your social networking sites.** Employers are members of Facebook and MySpace too, and the picture you paint on your resume may be tarnished if it doesn't match what

they perceive from the pictures posted on your web profile.

- **Network, connect and build relationships now.** You may not land the job, but if you have built connections and impressed a potential employer, she may forward your name/resume on to someone she knows is looking too. Every connection counts!

Also encourage your student to talk with the knowledgeable career services folks on campus, too. They can help her formulate a resume to remember!

From Leader Lessons, a weekly newswire for student leaders and their advisors/supervisors, www.paper-clip.com.

Inspiration
Check out the winners of the World's Best Resume Writer contest at www.worldsbestresume.com for some examples sure to inspire.



Getting ready for move-out day

Moving Out

It's almost time for the mass campus exodus, as campus dwellers vacate their spaces and head to their summer sites. If your student lives on campus, here are some things for you all to start thinking about now in order to make a smooth transition:

Getting Info Early.

Gathering checkout information from residence hall staff members by going to meetings and reading what's being passed out is your student's responsibility. So encourage her to ask questions—she'll be in the know and ready to go!

Heading Home. How will your student get home? Discuss whether a van, his own vehicle, a borrowed truck or another mode will work best.

Storing Stuff. Since most campuses don't have summer storage space, consider where that rug, microfridge, furniture and more will go. If your student is moving off campus next year, maybe he can get permission to store some stuff over the summer—it's better for him to ask now, though, rather than expecting it'll be okay at the last minute. Or, he may need to rent a storage space in town.

Having Enough Containers. Encourage your student to gather boxes and bags now because they can be tough to come by at the very end of the year. Suitcases, duffel bags, crates and plastic containers work well, too.

Starting to Pack. The packing should start before move-



The Rise of Emotions

Saying goodbye on move-out day can get emotional for some students. It may hit them that they're leaving behind some great friends for the summer—or maybe longer for those who are graduating. So, be prepared that move-out day won't just be about the packing and cleaning tasks. Your student may want to track down friends, spend some time and say good-bye in his own way.

out day in order to prevent stress, anxiety and a hectic scramble on that last day. Indeed!

Cleaning It Up. The dust bunnies and sticky residue will be plentiful once things get boxed up, so prepare your student for the clean-up job ahead. And encourage her to clean as she goes. It's important to leave the room clean—not only is leaving a mess disrespectful to the kind cleaning staff who have helped your student all year, there is also a hefty charge associated with room cleaning.

Throwing Stuff Out/ Recycling. Students need to find out how to recycle and discard unwanted items so they can put those things in their proper place. Things can't just be left in the room, waiting for someone else to take care of them—make sure students talk to residence hall staff to get the scoop.

Move-out is an inevitable necessity that students can't ignore. Doing so will just make their final day in the halls messy, confusing and expensive, if they don't follow the process in place. Better to get the info now and plan ahead for a smooth transition!

Most Men Don't Want Hard-Drinking Dates, Study Shows

Miscommunication between genders continues to be an issue on many of today's college campuses. Case in point: Many college women believe that college men are drawn to them when they've been drinking excessively. Except the truth, according to a new study, is that 71% of these women overestimate the amount of alcohol that the typical college man hopes his date would imbibe.

Drinking to attract male attention and to pursue intimate relationships was a rationale found by the study done at Loyola Marymount University. "There is a great, and risky, disconnect between the sexes," lead author Joseph LaBrie, an associate professor of psychology at the campus, told *The Washington Times* (3/10/09). "While not all women may be drinking simply to get a guy's attention, this study may help explain why more women are drinking at dangerous levels."

Research shows that college women have been drinking more and more—binge drinking is up 22% among college women, according to the National Center on Addiction and Substance Abuse at Columbia University. This is double the increase seen among college men.

What parents can do in the midst of this scenario is to share these types of statistics with their students. Females need to know that men aren't necessarily looking for the "girl gone wild" when it comes to alcohol. And males need to know that these assumptions are out there so they can set the record straight. Healthier students and healthier relationships are on the line.

Five Funnies for National Humor Month

The Month of Mirth is upon us, as National Humor Month takes center stage. And infusing a little bit of humor into your student's life could be just what she needs during this busy month!

Here are a few ways to do just that:

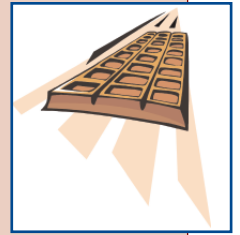
- **Make Some Mad Libs.** At www.eduplace.com/tales you can create your own "Wacky Web Tales" and come up with some pretty wild stories. Send the link to your student, along with a sample one you did, just to make him giggle.
- **Tap Into Your Inner Muppet.** Encourage friends and family to quickly take the "What Muppet are You?" quiz at www.quizilla.com/quizzes/102732/what-muppet-are-you. It's a hoot to see which Muppet personality best fits you!
- **Dress Up the Family Dog.** Or guinea pig, cat, pot-bellied pig or neighbor! Take a photo of this freakish site and email it to your student, along with a goofy caption.
- **Send a Funny T-Shirt.** Whether it has your student's favorite cereal on it, a photo of your little nephew making a wacky face or a word she finds funny ("per-snickety," perhaps?), send it along for a fashionable funny!
- **Find a YouTube Clip.** What was it that made your student laugh when he was a kid? Chances are, you might find a clip of it on YouTube! Type in a keyword like "Cookie Monster" or "Elmo" or "Raffi" and you just might encounter a funny blast from the past that you can send along to your student.

Sending a bit of mirth to give your student a laugh could be just what he needs right now!

Candygram!

Use an index card or piece of cardstock/cardboard, with different candies conveying your special message...

- ▲ I appreciate all the Nuggets (Hershey's Nuggets) of knowledge you share!
- ▲ You make me Snickers—thanks for the laughs!
- ▲ Sending Mounds of support!
- ▲ You have so many great Twix up your sleeve!
- ▲ You're putting in a Whopper of an effort at school—I'm proud of you!
- ▲ I love you is the Reese's-son for this card!



Time Management from Different Angles

We're all looking for ways to work smarter and more efficiently. And while time management is often discussed on campus, here are some different angles to help students who may still be struggling in this area...

Beware That Stuff Steals Time

It's so true. When you have too much stuff in your living space, you spend more time looking for things. By doing a "stuff purge," students will be better able to get to things quickly while staying more organized.

Decompress Your Mind

A stressed, overactive mind is not as time efficient as a calm, collected one is. So, whether students use breathing techniques, exercise or other stress management tools, it's important to make them a natural part of their everyday lives. Not only will their time usage be more efficient, their body will be healthier.

Don't Over Schedule

There comes a time in some students' schedules where they just can't fit anything else in. So, learning to say no is important. It's much better to be realistic than trying to be all things to all people. The latter is bound to disappoint someone and to overwhelm your student.

Avoid Weekend Reliance

It's easy to say during the busy weekday, "I'll get to that over the weekend." However, weekends often get full, plus it's important for students to give themselves some down time, too. So, encourage students not to rely on weekends as their time to get most things done. They can dose it out over the weekdays, too, for maximum efficiency.



Time Stealers

Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook... all are Time Stealers. Is this how students *want* to be spending their precious free time? Ask them.



Taking a look at birth order

Figuring Out Our Families

National Sibling Day is coming up on April 10, so focusing on family dynamics

makes a lot of sense. Part of the equation can be birth order, which, according to some experts, plays an integral role when it comes to why we are the way we are.



Kevin Leman, author of *The Birth Order Book: Why You Are the Way You Are*, says that the following general characteristics fit various birth orders:

An Only Child or First-Born may be a perfectionist, reliable, a list-maker, well-organized, critical, serious, scholarly, an achiever, self-sacrificing, a people-pleaser, conservative, a supporter of law and order, believe in authority and ritual, legalistic, loyal and self-reliant. Only children or first-borns often feel confident that others take them seriously.

A Middle Child may be a mediator, have the fewest pictures in the family photo album, avoid conflict, be independent, extremely loyal to a peer group and have special friends. Middle children can have the most contradictory characteristics, such as being friendly and outgoing or quiet and shy. They may be the ones in the family who get “lost.”

A Youngest Child may be manipulative, charming, a bit of a showoff, a people person, a good salesperson, precocious, outgoing, affectionate, uncomplicated, rebellious, critical, temperamental, spoiled, impatient and impetuous.

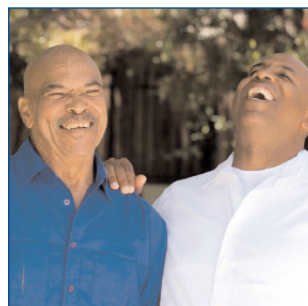
Youngest children may sometimes be viewed as absent-minded and have a tough time being taken seriously.

But Wait, There's More..

Of course these are generalities and characteristics may vary. Birth order is about the tendencies we have, based on where we fall in the family. Other factors that may influence birth order include:

- **Spacing.** If there are more than five years between children, a “second family” of sorts begins, causing children to take on different roles than those mentioned above.
- **Gender.** If there are two girls in a family and one boy (or some other mix), that can impact how birth order plays out.
- **Physicality.** The size of kids, their physical beauty/plainness, disabilities and more can also turn “typical” birth order patterns around.

No one person fits all these characteristics. Birth order is but one tool to examine family patterns and relationships in that never-ending quest to figure out your family!



Source: Family Issues Facts from the University of Maine Cooperative Extension, www.umext.maine.edu/onlinepubs/htmpubs/4359.htm

In Honor of Earth Day

Earth Day is April 22. Looking for some interesting environmental info to share with your student on this occasion? Here are some options:

- ▲ **Ecological Footprints.** See what kind of impact you're each having on the planet by figuring out your ecological footprint at www.earthday.net/footprint/index.html.
- ▲ **Sustainable Suppers.** What is this “eating local” thing all about? Check out the great resources at www.sustainabletable.org.
- ▲ **Earth Day Quotes.** Find some good ones to share at www.quotegarden.com/earth-day.html.
- ▲ **The Great Stuff Conundrum.** Check out *The Story of Stuff* at www.storyofstuff.com. It's a 20-minute web video about our production and consumption patterns. As students are getting ready to consolidate their stuff before moving home, it could be a good reminder of ways to create a more sustainable, environmentally-friendly world.

Happy Earth Day to you!

