



**UNIVERSITY
OF ALBERTA**

AUGUSTANA CAMPUS



Parent Orientation Handbook 2022/2023

Welcome Parents & Families of First Year Students!



WELCOME Letter
from the Executive Director,
Student Life

Welcome to the University of Alberta, Augustana Campus! We are very excited to have you join us this year.

Augustana's Student Life team is ready to welcome students to campus this Fall. There are many opportunities for students to get involved, learn in and out of the classroom, and connect with others.

We have a range of services for students at Augustana to support their academic and social transition. Please review the information in this handbook and on the website.

Randal Nickel, M.Ed.
Executive Director, Student Life

Just Like Clockwork: The Rhythm of University Life

Reprinted with permission from Mullendore, R. H., & Hatch, C. (2000). *Helping Your First-Year College Student Succeed: A Guide for Parents*. Columbia, SC: University of South Carolina, National Resource Center for The First-Year Experience and Students in Transition. Copyright 2000 University of South Carolina. All rights reserved.

<p>SEPTEMBER</p> <ul style="list-style-type: none"> • Adjustment to university environment • Fears around not fitting in, not having what it takes to succeed in university • Being away from family and close friends • Excitement; meeting new people • Testing freedom • Frequent calls and visits home • Homesickness and loneliness • Anxiety about roommates, instructors, classes • First exams 	<p>OCTOBER</p> <ul style="list-style-type: none"> • Midterm exams • Consequences of poor time-management and study skills may start to show • Roommate problems may begin to arise • Students' question: "Do I fit in here?" • First test grades returned • Love relationships from home remain strong • Consequences of decision-making experienced • Excitement and/or anxiety regarding Thanksgiving holiday; for students living away this may be the first visit home
<p>NOVEMBER</p> <ul style="list-style-type: none"> • Midterm grades returned • The novelty begins to wear off • Roommate challenges become more pronounced • Many exams and papers due before Remembrance Day break • Stress-related illnesses (e.g., cold, flu, etc.) increase • Financial strains begin to develop; consequences of poor budgeting are felt 	<p>DECEMBER</p> <ul style="list-style-type: none"> • Anxiety over preparation for final exams • Excitement and/or anxiety regarding going home for holidays • Sadness about leaving new friendships and/or love relationships • Roommate challenges may continue
<p>JANUARY</p> <ul style="list-style-type: none"> • "Fresh Start" mentality sets in with new term • Satisfaction and/or disappointment with fall-term grades • Homesickness • Loneliness for love relationships back home • Relief at being away from home and back at school • Seasonal changes start to impact studies; fewer hours of sunlight, cold temperatures and lack of outdoor activities may lead to feelings of depression, isolation, and lethargy 	<p>FEBRUARY</p> <ul style="list-style-type: none"> • Feelings of claustrophobia and depression continue to set in with winter as students likely are not as active • Potential increase in alcohol and other substance abuse • Challenges with love relationships back home • Valentine's Day brings out loneliness and isolation • Excitement and/or disappointment regarding Reading Week plans
<p>MARCH</p> <ul style="list-style-type: none"> • Social activities increase • Planning for next year begins • Concerns over summer employment • Anxiety regarding finding a roommate for next year • Concerns over winter weight gain • Once again, consequences of procrastination and difficulty with coursework show 	<p>APRIL</p> <ul style="list-style-type: none"> • Final exam anxieties • Excitement with the arrival of spring • Concerns over planning program of studies for next year • End-of-semester pressures • Apprehension about returning home for the summer • Sadness over leaving new friendships and/or love relationships at school • Academic probation and required to withdraw issues

Major Differences Between High School and University

Reprinted with permission from Mullendore, R. H., & Hatch, C. (2000). Helping Your First-Year College Student Succeed: A Guide for Parents. Columbia, SC: University of South Carolina, National Resource Center for The First-Year Experience and Students in Transition. Copyright 2000 University of South Carolina. All rights reserved..

High School	University
Teacher/Student Contact	
Contact closer and more frequent, five days a week.	Faculty are available to students during office hours a few hours a week and by appointment to address students' concerns. Contact initiated by students.
Competition and Grades	
Academic competition is not as strong; good grades can often be obtained with minimum effort.	Academic competition is much stronger; minimum effort may produce poor grades.
Counselling/Dependence	
Students can rely on parents, teachers, and counsellors to help make decisions and give advice. Students typically abide by parents' boundaries and restrictions.	Students rely on themselves; they see the results of making their own decisions. It is their responsibility to seek advice as needed. Students set their own restrictions.
Motivation	
Students get stimulation to achieve or participate from parents, teachers, and counsellors.	Students apply their own motivation to their work and activities.
Freedom	
Students' freedom is limited. Parents will often help students out of a crisis should one arise.	Students have much more freedom and need to accept responsibility for their own actions.
Distractions	
There are distractions from school, but these are partially controlled by school and home.	The opportunity for more distractions exists. Time management for students will become more important.
Value Judgments	
Students often make value judgments based on parental values; thus, many of their value judgments are made for them.	Students have the opportunity to see the world through their own eyes and develop their own opinions and values.

Important Dates and Deadlines for Augustana Students*

Date	Important because...
August 22	Welcome Day for all new Augustana students
August 23	First Year Seminar (AUIDS) start date
August 25	Fall 3-Week start date
August 26	Fall 3-Week add/delete deadline
August 31	Fall 3-Week 50% withdrawal deadline
September 5	Labour Day; University buildings closed
September 8	Fall 3-Week withdrawal deadline
September 13	Last day of Fall 3-Week classes
September 19	Fall 11-Week, Fall 5-Week One, and Fall/Winter Two-term 11-Week classes start date
September 22	Fall 5-Week One classes drop deadline; students withdrawing after this date through September 29 will be assessed 50% fees
September 28	Fall 11-Week add/delete deadline
September 29	Payment Deadline: last day for payment of Fall Term fees. Fall 5-Week One 50% withdrawal deadline.
October 10	Thanksgiving Day; University buildings closed
October 17	Fall 11-Week 50% withdrawal deadline
October 19	Augustana Faculty last day to withdraw from Fall 5-Week One classes
October 26	Last day for Fall 5-Week One classes for Augustana Faculty students
October 27	Augustana Faculty Fall 5-Week Two classes begin
November 1	Augustana Faculty Fall Term 5-Week Two classes drop deadline; students withdrawing after this date through November 18 will be assessed 50% fees
November 7-10	University of Alberta Fall Term class break; classes withdrawn including courses offered by Augustana Faculty
November 11	Remembrance Day; University buildings closed
November 17	Augustana Faculty Fall 5-Week Two classes refund deadline; students withdrawing after this date will be assessed full fees
December 2	Fall 11-Week and Fall 5-Week Two classes withdrawal deadline
December 8	Student Academic Conference
December 9	Last day of Fall 11-Week classes
December 13-19	Final exam period for Augustana Faculty
December 25, 2022 - January 2, 2023	Winter Closure; University buildings closed

*A complete listing of important dates and deadlines can be found at <https://www.ualberta.ca/augustana/student-life/academic/important-dates-and-exam-schedule.html>

Scholarships, Awards and Financial Support

The Office of the Registrar administers over \$34 million each year in scholarships, awards and financial support to undergraduate students. Additional funding and support are also available from external sources. For more information, please visit <https://www.ualberta.ca/registrar/scholarships-awards-financial-support/index.html>.

Scholarships and Awards for Current Students

Undergraduate Scholarships

<https://www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards/index.html>

Undergraduate and Graduating Awards

<https://www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards/undergraduate-academic-scholarships.html>

Augustana Faculty Scholarships

<https://www.ualberta.ca/registrar/scholarships-awards-financial-support/undergraduate-awards/awards-by-faculty/awards-au.html>

Additional Resources

Students' Union Awards

<https://www.su.ualberta.ca/services/awards/>

Government of Alberta Scholarships

<https://alis.alberta.ca/explore-education-and-training/pay-for-your-education/apply-for-free-money-to-pay-for-school/>

Scholarships Canada

scholarshipscanada.com

National Educational Association of Disabled Students (NEADS)

neads.ca

Tips

Encourage your student to follow these suggestions to increase their odds of receiving scholarships, bursaries and awards:

- **Study hard.** Scholarships usually have a minimum average that you have to attain to be eligible.
- **Get involved.** Many scholarship, bursary and award criteria include involvement in your community or your school. Future success is based on more than just grades.
- **Volunteer.** Volunteerism is a key to healthy communities and some organizations that you may have volunteered for or participated in may give out scholarships to current or former members to aid them with their post-secondary education.
- **At school.** Get involved in whatever your passion may be—playing sports, participating in student government, working on the student newspaper or being involved in theatre, bands or clubs.
- **Talk to others.** They may have tips for where you can get involved within your community and/or who may offer awards for post-secondary education. As a parent make sure to check with your place of employment regarding possibilities.
- **Make sure to provide all information requested on the application and submit it by the deadline.** Due dates may vary quite drastically and occur throughout the school year. Students should start looking for application deadlines within the first couple of months of their studies.

AUGUSTANA CAMPUS

Important Contact Information

Augustana Campus

General Inquiries (Switchboard).....780.679.1100

Accessibility Resources.....780.679.1649

Campus Chaplain.....780.679.1535

Campus Security at Augustana (University of Alberta Protective Services).....780.679.1555

Counselling Services.....780.679.1511

Food Services.....780.679.1128

Indigenous Student Services.....780.679.1562

International Student Services.....780.679.1639

Parking Services.....780.679.1163

Residence Services.....780.679.1163

Student Academic Services.....780.679.1132

Students’ Association.....780.679.1541

Technology and Learning Services.....780.679.1600

Throughout the year there may be other important contact information you want to record related to your student’s specific program.

Name

Contact Information

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

AUGUSTANA CAMPUS

4901 - 46 Avenue
Camrose, Alberta T4V 2R3

