

Parent Connection

Parent Connection is brought to you by the Student Success Centre at the University of Regina. It will help you stay connected and informed about supports and events at the University of Regina.

Supporting Your Child

Life is about change. Your child's decision to study at university will change him or her and will affect your family as well. Why does this happen? The first reason that comes to mind is that most students will begin to examine different ideas and ways of living life as they move into adulthood. This will please you at times and may test your patience at others. The question arises as to how you can help them as they move toward greater independence and self-sufficiency. Here are a few ideas.

First, be willing to listen. Let them tell you about their learning, their lives, and their plans. Be patient if their talk begins to challenge some of the ways that you live or think. They have grown with you over the past 18 years or so and what they have learned from you will continue to play a role in the choices they make in the future.

Second, if they talk to you about problems they are

facing, it is quite likely that they just want you to understand what is happening to them. We don't need to solve all of our children's difficulties at this stage. It is more important to help them learn how to solve the problems on their own. This may involve identifying information that they might need to make a good decision and talking with them about resources that they might access at the University or at other settings.

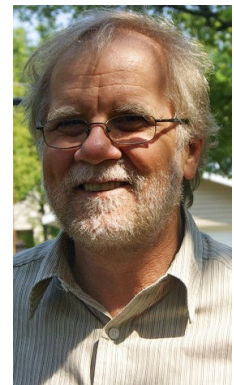
Third, know that you are an important part of their life despite the fact that they are becoming more autonomous. It is easier for young people to move out on their own if they know there is a safe place waiting for them when they need breaks from the stresses and pressures of life. While this is a time when they are more pre-occupied with the changes in their own lives, you can support them through the occasional kind thought or gift that lets them know that you 'have their back' and will be available if and

when they need you.

Fourth, negotiate when and how you will communicate with each other, be it by phone, email, text. It is all right for you to let them know that you will worry about them and that some type of contact helps you feel better.

In the meantime, take pleasure in the courage that your child is showing in undertaking the challenge of University. Encourage them to become involved in campus life. Chances are this involvement will lead to long-term friendships and memories that will last a lifetime.

Dr. Brian Sveinson
Director, Student Services
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Finding Balance

Successful students find balance between the many priorities in their lives: academics, extracurricular activities, family, friends, and often many other things. The Student Success Centre is here to help students find and maintain that balance so that they can make the most of their university experience. Encourage your students to use the resources that are available to them.

UR Guarantee

Students in the UR Guarantee Program have an advisor to help them with ALL aspects of University life, including access to academic supports, service and leadership opportunities, career development, way to get involved on campus and in the community, and opportunities to meet new people.

And, for newly admitted or transfer students (with 30 credit hours or less of post-secondary classes): if they do not secure career-related employment within six months of graduation, they will be eligible to come back for another year of undergraduate classes free of charge (tuition and course fees).

Free Tutoring

We offer free math and stats and writing tutoring. Our tutors are knowledgeable, friendly and patient!

Tutor Registry

Students can find additional academic assistance easily with our new online registry. The tutors listed are University of Regina students, meet a minimum grade requirement in the course(s) they are tutoring

for, and have been recommended by their professors.

Student Success Workshops

Free interactive workshops including:

- Note Taking and Reading
- Time Management
- Discover Your Learning Style
- Conquering Your First Semester
- Academic Writing
- Study Skills
- And more!

Learning Skills Consultations

Students can meet one on one to discuss personalized strategies to effectively handle the demands of their semester. Common topics include study skills, note taking and time management.

Preparing for Second Semester

Students should:

- Book an appointment with an advisor. Now is a great time to check in.
- Check on UR Self Service to see when they are eligible to register. Registration starts November 5.
- Check out the winter timetable on UR Self Service and start planning their class schedule.

Student Perspective: Sarah Wegner



My parents support me in a number of ways. I moved from BC to come to school so I don't get to see my parents often. I am really close to them, so we Skype and text a couple times a week to see what is going on in each other's lives. I know they miss me and my sister, but they are ok with us being at school. They know that this is a part of growing up, and are quite excited for us. This makes

moving away and doing well at university easier because we don't feel bad or worry as much about leaving our parents.

The right amount of communication is very important. I know my parents miss me as I miss them, but if they were to be texting me all the time it could get irritating. They only offer advice when they know my sister or I are willing to listen to it,

and because of this we are much more likely to learn from it.

My parents and grandparents also send care packages from home; small things like food, letters or pictures. This reminds me of home and makes me feel thought of. All in all this helps me to stay connected with my family and supported by them.

Sarah Wegner
1st Year Nursing

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