

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.

A Student's Work...

A challenge for every student at University is to develop effective time-management skills if he or she is to be successful. It is a rule of thumb that a student should invest two to three hours of study for every hour in class. For a normal three credit class, this would involve 6 to 9 hours of study a week. Of course, this number grows when a paper, assignment or examination is up coming. If we add all the hours together for a student taking five classes, the time demand is usually equivalent to a full-time job, or more when the student has various laboratory commitments.

Over the past years, we have dealt with a number of students who have presented with high stress levels and who were not performing as well as they could in their University classes. For a number of these, the issue was an over-commitment of time. Removing the academic requirements, these students were trying to maintain regular self-care (sleeping, eating and so on), manage friendships, and insert some 'down time' for relaxation. Often taking precedence over these activities was the need or pressure on them to work part-time, many putting in 15 hours or more a week. In these situations, the student was placed in the unenviable position of trying

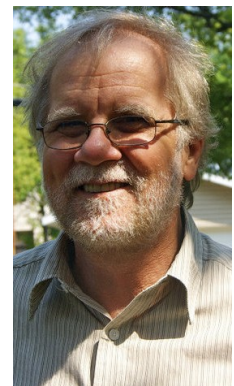
to decide what aspect of his or her life needed to be compromised. As stress increased, we tended to see that the person found less enjoyment in life and all aspects, including proficiency at University, were compromised. For those students who placed high value on achieving high grades with the expectation that this might lead to better employment or acceptance into professional programs such as medicine, dentistry and the like, the stress became more intense.

Interventions were often focused on finding a resolution to the dilemma that the various activities required more than 24 hours in a day. For example, we might ask whether or not the person can work less and still maintain himself or herself while going to school? For some, financial obligations must be met and, in these cases, we looked at the possibility of reducing the number of classes taken with the consequence that it may take extra time to complete the degree. For others, it was a matter of regulating the amount of socializing, TV time, or other types of extracurricular activity. Optimally, the solution would lead to a balance in the students' lives while

dealing with the stresses of work and school.

When problems with time-management are disclosed, parents can play an important role in helping students examine how they use time and how to schedule. As part of this, it is important for parents to reflect on the messages that they are giving to their sons and daughters who attend University. At times, students over-commit because they believe that this is what they need to do to please parents. This may involve taking on too many outside work hours or sacrificing some balance in their lives and spending most of their free time studying. The risk is that the person will 'burn out' at a cost to their academic ambitions.

Dr. Brian Sveinson
Director, Student Services



Inside this issue:

A Student's Work...	1
Government Student Financial Assistance	2
Support for Final Exams	2
Choosing a Major - A Student's Perspective	2

Government Student Financial Assistance: More Than Just Student Loans

Why consider government student financial assistance when figuring out how to fund the cost of post-secondary education? Many changes have been made to provincial and the Canada Student Loans program to provide more non-repayable assistance to students. Government student assistance programs provide funding in the form of loans, grants, scholarships and bursaries depending on the province/territory you live in. When students apply, they are considered for not just loans, but also bursaries and grants which do not need to be paid back. This helps students reduce the amount of debt they incur.

Other advantages of government student financial assistance include:

- Unlike some student lines of credit, students do not need collateral or a co-signor to receive a student loan
- Students studying full-time do not have interest accumulate on their student loans, which makes student loans cheaper than a bank loan.

Students should apply for the government student assistance program available in their home province/territory (i.e., Saskatchewan Student Financial Assistance, OSAP, Student Aid BC). It is free to

apply so it is worth the time to submit an application to see what assistance your student may be eligible for. To ensure students receive funding in time to pay for tuition fees in September, it is recommended that they submit an application and any supporting documents by mid-June each year. Students can also apply for government assistance after classes have started, however, it could take longer to receive funds to pay for fees. Eligibility is determined each year and depends on a student's financial situation, program of study, course load and personal circumstances.

For more information visit: www.canlearn.ca/eng/postsec/getloan/hlg.shtml

It's important to remember that student financial assistance is not meant to cover all of the costs of attending university. Students and their families are expected to contribute a portion of the cost to study and live while in school.

For more information visit: www.uregina.ca/futurestudents or contact Student Awards & Financial Aid at student.loans@uregina.ca.

Donnell Schoenhoffen
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Choosing a Major—A Student's Perspective

Final Exam Support

Students who are anxious about final exams, need to improve their study skills or just need extra support can:

- Meet with their UR Guarantee Advisor
- Attend a free workshop
- Book a learning skills consultation
- Get extra help through our tutor registry or free tutoring service

Leaving home and going to university can be difficult for both parents and students - especially when you are far away from home. With support and frequent communication parents can ease the transition and stress that students feel. My family has found that Skype is the most helpful tool, even if you can't see each other face to face on Skype, you can leave short I-messages.

One issue that a lot of students have is "What should I major in?" Some students know right away, others have to search, and others change their minds often. Sometimes choosing a major causes students and their families a lot of stress. I believe that this exploration of

interests is not a waste because it allows students to broaden their horizons, learn to think critically and globally, and explore their options.

I would even recommend that if students come in for their first year "knowing" what they want, they should still take the time to explore. There are opportunities available that incoming high school students might not have even dreamed of and sometimes "knowing" too much of what you think you want when you come into university will stop you from seeing the other possibilities.

Parents can share in the joy of the exploration by sup-

porting your children and asking open-ended questions in your discussions to allow them to continue to explore. My parents know very little about Linguistics, but they have taken the time to ask me questions and to listen to me rave about my program. In times of stress they have always been there - through Skype - to support me and to tell me to de-stress, to sleep, and to breathe.

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