

2015 AUGUST



Tip of the Month

Make sure that you have discussed expectations of your student before the term begins. Be sure to include expectations about academics, behavior, financial concerns, information sharing, as well as any consequences of noncompliance. More information at indstate.edu/families.

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2	3	4	5	6	7	8
9	10	11 Soccer @ Austin Peay (exhibition)	12	13	14 MOVE IN LAPTOP DISTRIBUTION	15 Soccer vs Murray State (exhibition @ Evansville)
16	17	18	19	20	21	22
FALL WELCOME						
LAPTOP DISTRIBUTION		Taste of Terre Haute VIP Night at Bookstore	Fall Classes Begin Fall Tuition Due Movie on the President's Lawn	Every Third Thursday Bingo Career Center Open House	RecFest Soccer vs Idaho @ Missoula, MT	Color Run Last Day for Refund Textbooks
Convocation and March Through the Arch	Donaghy Day Fraternity 101					
23 Soccer @ Montana	24 Sorority 101	25 Last day to add/register for classes	26	27	28 Soccer vs Belmont Volleyball @ Morehead State Tournament	29 Volleyball @ Morehead State Tournament
30 Soccer vs Marshall	31					

Welcome Week 2015

Welcome Week is a unified set of events that engages your student in campus life. One goal of the week is to highlight State's commitment to and expectation for your student's success. New students will experience a connection to other new students, as well as participate in programs developed to teach them the location of their classrooms, prepare them for the fall semester ahead, and enhance their academic success.

You can find more information and a Fall Welcome schedule at indstate.edu/welcome.

State is ranked #1 in Community Service by Washington Monthly. Every new student will participate in Donaghy Day on Monday, August 17th, so be sure to ask your student about their experience serving!



2015 SEPTEMBER

Getting Involved

Involvement is an important aspect of your student's college experience. Social engagement is key to your student gaining confidence and a sense of belonging. As an added bonus, involved students experience less homesickness and feel more connected to the university. State has over 200 registered organizations on campus including fraternities and sororities, athletics and sports clubs, academic clubs, honor societies and more, and if your student has a special interest that is not currently represented they can easily start a group with a visit to the Office of Campus Life on the fifth floor of HMSU. Direct your student to the Treehouse badge in MyISU to explore all the options and get connected!

Another way to be involved and meet new people is to attend one of the many events on campus. The University Events Calendar is a great place to see what's happening on campus. Also, students should pay close attention to the STATEments email that is distributed to students twice a week.

Tip of the Month

Roommate agreements help set expectations for topics like cleaning schedules, having friends over, and study times. Encourage your student to begin a dialogue with their roommate and to complete an agreement.

Mark your calendars for Family Day on the 19! Your student will be excited to show off their campus and for you to meet new friends. Remember, Family Day is for everyone—bring the entire family! Find more information at indstate.edu/families.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Sorority 101	3 Soccer vs Butler	4 Volleyball @ Kent State Tournament	5 Volleyball @ Kent State Tournament Football vs Butler (Youth Football Day) Cross Country Mid-American Opener
6 Soccer vs Eastern Illinois	7 Labor Day; University closed MAP-Works survey available through September 18	8 Volleyball vs IUPUI Sorority 101	9	10	11	12
SORORITY RECRUITMENT						
13 Soccer @ Oral Roberts Sorority Bid Day	14	15	16	17 Every Third Thursday Bingo	18 Soccer @ Chicago State Volleyball vs Western Illinois Cross Country Indiana Intercollegiates International Student Development Program	19 FAMILY DAY Football vs Southeast Missouri State Football Hall of Fame Day Volleyball vs Chicago State Volleyball vs Valparaiso International Student Development Program
20 Soccer @ Valparaiso	21 Operation Beautiful	22	23	24 Sycamore Cinema	25 Soccer vs IUPUI Volleyball @ Wichita State	26 Volleyball @ Missouri State
#SYCAMOREDONTHATE WEEK						
27	28	29 Interim grading Once in a Blue Moon	30			

SUNDAY

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WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Soccer @ Drake Volleyball vs Northern Iowa Cross Country Notre Dame Invitational	3 Football @ Missouri State Volleyball vs Drake
4 Soccer @ Western Illinois	5	6	7	8	9 Volleyball @ Bradley	10 Football @ South Dakota State Soccer vs Missouri State Volleyball @ Loyola
11	12	13	14	15	16	17
HOMECOMING WEEK						
		Midterm	Soccer vs Evansville		Volleyball vs Southern Illinois	Football Homecoming vs Southern Illinois Volleyball vs Evansville Cross Country Pre-Nationals
18 HOMECOMING WEEK Soccer @ Northern Iowa	19 Volleyball vs Illinois State	20	21 Once in a Blue Moon	22	23 Volleyball vs Missouri State Diversity Research Symposium	24 Football vs North Dakota State Soccer @ Loyola Volleyball vs Wichita State Diversity Research Symposium
25	26	27 Last day to drop classes; Last day to withdraw with no grade	28	29 Soccer vs Illinois State Sycamore Cinema	30 Immunization Holds will be placed on all non-compliant students Volleyball @ Drake	31 Football @ Illinois State Volleyball @ Northern Iowa Cross Country MVC Championships Hispanic Student Association Global Night

2015 OCTOBER

Academics and Classes

There are many differences between high school and college, especially in regards to academics. At this point your student should be comfortable with their class schedule, utilizing best practice studying habits, and practicing time management skills.

Remind your student that there is a lot of academic help available on campus. The Center for Student Success can arrange one-on-one tutoring, as well as small study group sessions for either long or short term periods. Students are also welcome to drop-in as needed, in Normal Hall. In addition to tutoring, Cunningham Memorial Library has a Math and Writing Center. Find more information at library.indstate.edu.

If your student is still undecided about their major, encourage them to speak with their advisor. Advisors will be able to assist in course selection. Also, the Career Center can provide help in career exploration and in the selection of a major. Visit them in their office next to the fountain.

Tip of the Month

Priority Registration will begin in early November. Encourage your student to schedule an advising appointment now to avoid the rush and check their portal for any holds that may need to be resolved. They need to attend the appointment prepared with any questions they may have, as well as be familiar with their curriculum requirements and progression to graduation which can be found on their MySam within the portal.

2015

NOVEMBER

Campus Safety

Indiana State is proud to have a beautiful campus in downtown Terre Haute. We understand the importance of security and therefore maintain a 24-hour Public Safety operation located at 210 N. 6th Street. Public Safety has 25 full-time police officers who are appointed under the statutes of the State of Indiana with full police power both on and off campus, and are available 24 hours a day throughout the year. In addition to patrol, State provides other resources:

- **Rave Alert**—State employs the RAVE Emergency Text Messaging System to send text messages to subscriber cell phones and/or email addresses. More than one phone number may be added by the student to provide emergency notifications to family members.
- **Blue Light Phone System**—Throughout campus and in parking lots there are phone towers that connect callers directly to emergency dispatch, as well as an “Info” button for non-emergency situations.
- **CSO Program**—The Community Service Officer Program provides safety escorts, building security, motorist assistance, battery jumps, and lock out assistance. If your student needs a safe option for traveling throughout campus at night have them call 812-237-5555 or use the Blue Light Phone to have an escort accompany them by foot or golf cart to their destination, or wait with them until their ride arrives.
- **RAD Program**—The Rape Aggression Defense Program is a free twelve hour class that may be broken down into two or more sessions.

You can reach University Police anytime at 812-237-5555 or find more information at indstate.edu/pubsafety

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Soccer MVC Play In Game Miss ISU	2 Priority Registration for Spring and Summer 2016 (through November 27)	3	4 Jam the Bus	5	6 Soccer MVC Semi-finals Volleyball vs Bradley Cross Country Hoosier Invitational	7 Football @ Northern Iowa MVC Finals Volleyball vs Loyola Indian Student Association Global Night
8	9	10	11	12 Sycamore Cinema	13 Volleyball @ Evansville Cross Country Great Lakes Regional	14 Football vs Western Illinois Volleyball @ Southern Illinois
15	16 Welcome Team Application opens	17	18	19 Every Third Thursday Bingo	20 Volleyball @ Illinois State	21 Football vs Youngstown State Cross Country NCAA Championships
22	23	24	25	26	27	28 Volleyball MVC Tournament
	FALL BREAK					
				University Closed Volleyball MVC Tournament	University Closed	
29 Volleyball MVC Tournament	30 STUDY WEEK	 <h3>Tip of the Month</h3> <p>Here are some conversation starters for Fall Break:</p> <ul style="list-style-type: none"> • What campus events have you been to? • What groups have you joined? If you haven't joined one yet, have you found any that interest you? • What's your favorite class? 				

SUNDAY

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SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1	2	3	4	5		
	STUDY WEEK					Last Day of Classes Once in a Blue Moon	
6	7	8	9	10	11	12	
	FINAL EXAMS						Commencement Residence Halls close
	De-Stress Fest				Rental Book Check In Due Date		
13	14	15	16	17	18	19	
		Final grades					
20	21	22	23	24	25	26	
				WINTER RECESS			
				University Closed	University Closed		
27	28	29	30	31			
	WINTER RECESS						
	University Closed	University Closed	University Closed	University Closed			

2015

DECEMBER

Coming Home

Winter Break is a great time to ask questions and get some feedback, once your student has caught up on some sleep! Make sure that you are avoiding any “I have a right to know” statements so that the communication remains nonthreatening. You might want to make some time to discuss their budget. How’s the money holding out? Also, encourage them to reflect on this first semester and set goals for next semester. What were some highlights? Did they establish good study habits or do they still need some work? Most of all, enjoy your time together; even if it is just a few minutes between visits to catch up with their friends.

Tip of the Month

Make plans for winter break together. Discuss expectations for family time and reiterate house rules and expected courtesies. Will there be new or revised rules? Work with your student to find a compromise between their new-found freedom and the rules around the house.

Congratulations, your student will complete their first semester this month! Final grades will post by December 15. If your student struggled, be generous and forgiving. Remind your student that college is harder than high school and it is normal for students to struggle a little bit during their first semester. Have a conversation about what went well, what went wrong, and what adjustments can be made.

2016 JANUARY

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1	2
					WINTER RECESS University Closed	
3	4	5	6 Last Day for Refund Textbooks	7 Residence Halls Open	8	9
10	11	12	13	14	15	16
SPRING WELCOME WEEK						
		Spring Classes Begin Spring Tuition Due				
17	18 Martin Luther King Jr. Day; University Closed	19 Last day to add/register for classes	20 Welcome Team Application Closes	21	22	23
24	25	26	27	28	29	30
SYCAMORE STANDARD WEEK						
31						

Welcome Back

We hope that your student was able to find their footing and strike a balance last semester. As parents of college students we can help our students take stock of their experiences. Motivate your student to make the most of the beginning of their second semester by encouraging them to reflect on the first semester. Now is the time to learn from mistakes and that begins by recognizing them.

After reflection, your student will be in a better position to begin second semester. Help your student remember that this is a fresh start with new classes, new professors, and a chance to experience something different.

Hopefully your student was able to take some time over Winter Break to set some goals—perhaps to get more involved, find a job on campus, or visit the library more often. This will provide some direction right from the start.

Tip of the Month

It's a new year, make sure that you are also taking time for yourself!

To be guaranteed on-campus housing next year you must complete the Housing Contract and pay the deposit. You can find more information at indstate.edu/reslife.

SUNDAY

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SATURDAY



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3-week attendance reporting

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Taiwanese Student Association Global Night

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Every Third Thursday Bingo

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Operation Beautiful

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Interim grading

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Tip of the Month

Depending on your student's situation, Valentine's Day could bring about different emotions. Make sure that you check in with your student to let them know that you care.

2016

FEBRUARY

Winter Blues

Your student has been trapped inside for months now which can sometimes get them down. Persuade your student to get out and have fun, there are still plenty of things happening on campus. Students can be seen having snow ball fights or ice skating on top of the parking garage!

If they want to avoid the cold they can visit the Student Recreation Center. State's SRC was ranked #16 in the nation! It's no surprise since they have:

- Three-court gymnasium for basketball, volleyball, and badminton
- Natatorium that consists of a lap pool, leisure pool, 22 person spa, and water volleyball and basketball
- Fitness center outfitted with cardio and strength-training equipment
- Elevated walking/jogging track
- Multi-purpose activity studio for aerobics, martial arts, and fitness classes
- Multi-activity court designed for indoor soccer and floor hockey
- Cycling room for instructor-led classes
- Juice bar
- Locker facilities

Take a peek inside the Student Recreation Center through a video tour and pictures at indstate.edu/recsport.

A small care package of hot chocolate and a favorite movie might be just the lift your student needs.

2016 MARCH

Student Health

March has its stressful weeks with plenty of pressure, but the relief of spring break, the support of friends, and the anticipation of warmer weather keep us forging ahead! But you know your student best—if they are not acting like themselves direct them to campus resources:

- Student Counseling Center—Parents are welcomed and encouraged to consult with SCC staff if they believe a student is experiencing distress and would like information or guidance about how best to help. To consult with one of our psychologists, please call our office at 812-237-3939 and ask to speak to an available counselor.
- State Health Center—UAP Clinic provides services to all undergraduate and graduate students. Please be sure that your student has a copy of their health insurance card—just in case! Any questions? Call 812-237-3883.
- Student Health Promotion—Promotes a healthy college community; helps students identify the benefits of and need for healthy lifestyle choices.

MyStudentBody.com is a comprehensive approach to reducing the risk of drug and alcohol abuse and sexual violence among college students. Sycamore families can use it, too! Create an account and register using sycamoreparent as the school code. Enter your full name and a “dummy” student ID.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 African Student Union Global Night
6	7	8 Midterm	9	10	11	12
13	14	15	16	17	18	19
SPRING BREAK						
20	21	22	23	24	25	26 Women's Conference
27	28 Last day to drop classes; Last day to withdraw with no grade	29	30	31	Tip of the Month Remind your student to be responsible and think about personal safety during spring break.	

SUNDAY

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Tip of the Month

Summer is just around the corner and many students decide to work during the summer. If your student would like to stay on campus and work direct them to the Career Center or indstate.edu/career-center. Of course, if they are planning to move back home help them get something setup ahead of time.

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Heritage Day Festival

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Brazilian Global Night

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SPRING WEEK

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STUDY WEEK

Last Day of Classes

2016

APRIL

Finish Strong

Spring is finally here and you can really tell on campus; the trees are turning green and students are spending more time outside. Despite the excitement of warmer weather, the stretch between spring break and the end of the semester can be challenging. Here are some strategies for supporting your student academically and personally:

- Celebrate successes, big and small; good grade on a quiz or landed an internship—let them know you are proud.
- Remind your student to take care of both physical and mental health. If your student is experiencing panic as finals approach remind them that the Counseling Center is a commonplace stress management option. Also, be sure to check in regarding sleep and nutrition. Health is most important!
- Send a care package. Everyone enjoys a treat.
- Give permission to not be perfect. Your student is probably putting a lot of pressure on themselves. Remind them of their accomplishments and how proud you are!

It is important to listen and learn how you can best support your student and help manage their stress. Sometimes your student may just need someone to vent to, while other times they may be seeking advice.



2016

MAY

Summer Plans

Here are some fun ideas of things to do with your student over the summer, if you are one of the lucky ones whose student is returning home.

- Welcome your student home with a freshened up room and clean sheets.
- Make a point of going to that place you've been meaning to go for years but haven't found the time.
- Let your student pick their favorite home-cooked meals and teach them how to cook them!
- Take on a new challenge together. Maybe you both want to grow a garden.
- Take a new family photo. This would be a great time to get that special picture for your holiday card.
- Make sure to do some of those simple traditions—maybe your family likes to hike or ride bikes.



Congratulations! Your Sycamore has completed their first year at Indiana State University.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	FINAL EXAMS					Commencement
		De-Stress Fest Rental Book Check In Due Date				
8	9	10	11	12	13	14
		Final grades				
15	16	17	18	19	20	21
	Summer Classes Begin (3, 7, and 11 week sessions)					
22	23	24	25	26	27	28
29	30	31	 <p>Tip of the Month</p> <p>Your student has grown this year away from home. Take some time to get to know your student all over again and talk about plans for the next school year—it will be here before you know it.</p>			
	Memorial Day; University Closed					

Tip of the Month

If your student is enrolled in summer courses remind them the importance of time management. Evaluate the need for changes in time management and balance regarding school, work, and recreation.

			1	2	3	4
5	6 1st 4 week and 8 week courses begin	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Indiana State Traditions

- Book and Torch**—Official symbols for the University and are featured in the seal.
- Convocation and March Through the Arch**—Freshman gather as a class to take the State student oath and transition into college students. That transition is symbolized with March Through the Arch on the corner of Cherry and Third Streets.
- Donaghy Day**—Named for Fred Donaghy this tradition was initiated in 1976 as a day set aside for the community to celebrate the season and work to beautify the campus.
- Homecoming**—Began in 1916. By 1919 it became known as Blue and White Day. The Blue and White Parade also takes place at this time and has been happening since 1923.
- Fight Song**—*March On (You Fighting Sycamores)* was authored and arranged by Joseph A Gremelspacher as a pep song. First performed at a pep rally on October 20, 1939.
- Founders Day**—January 6 commemorates the opening of the institution in 1870 with 23 students.
- Mascots**—First known as the “Fighting Teachers” until the students chose the name “Sycamores” on a lark thinking that it would not win.
- Tandem**—This student-organized race was first run as part of Spring Week activities in 1970. Students are teamed up and ride tandem bikes.
- Trike**—First run in 1963 as a 10-lap race on children’s tricycles, now they feature specially built tricycles.

2016 JULY

On your mark, get set...

It is almost time for another academic year. Enjoy these last weeks with your student because it is almost time to say goodbye again. You know that they will always be your “baby,” but they see themselves as college adults. Give them the opportunity to coordinate the details of their move-in day. Don’t forget to tell them how proud you are!

Your student has completed a year of course work and will continue to have more and more autonomy and responsibility. It is time to get back into the school mindset!

Tip of the Month

Get your student a planner so they will be on top of things from the start!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Independence Day; University Closed	5 2nd 4 week courses begin	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Summer Term Ends	30
31						