Academic Advising 719-255-3260
Admissions & Records 719-255-3361
Bookstore 719-255-3247
Bursar's Office (Cashier) 719-255-3391
Bus/Shuttle Services 719-255-3528
Career Center 719-255-3340
Centers for Academic Excellence 719-255-3688
  Center for Excellence in Communication 719-255-4770
  Center for Excellence in Languages 719-255-3690
  Center for Excellence in Mathematics 719-255-3687
  Center for Excellence in Science 719-255-3689
  Center for Excellence in Writing 719-255-4336
Counseling Center 719-255-3265
Disability Services & Testing Center 719-255-3354
ENT Federal Credit Union 719-550-6906
Family Development Center 719-255-3483
Financial Aid/Student Employment 719-255-3460
First Year Experience/Student Retention 719-255-3688
Housing (Residence Life) 719-255-4042
IT Department & Helpdesk 719-255-3536
Library, Kraemer Family 719-255-3295
Multicultural Office (MOSAIC) 719-255-3040
Orientation 719-255-3098
Parking 719-255-3528
Public Safety 719-255-3111
Recreation Center 719-255-7515
ROAR Office/Student Organizations 719-255-3470
Student Activities 719-255-3540
Student Health Center 719-255-4444
UCCS Copy Center 719-255-3213
Veteran & Military Student Affairs 719-255-3253
1. **Find ways to promote independent thinking** – how can you help your student take responsibility for his/her own choices and decisions?

2. **Remember that your student still needs you**, just in different ways.

3. **Students need to be able to make mistakes** so they can learn from them.

4. **Set boundaries, but still keep in touch.** How often should you and your student talk, video chat, or instant message?

5. **Find ways to get comfortable with the uncomfortable.** There is a good chance your student will surprise you with something this year. How are you going to respond to surprises?

6. **Encourage your student to find at least three places to get connected, not just one.** For example, if your student is wanting to get involved in clubs. Have him/her check out three clubs, instead of just one.

7. **Have patience.** Both you and your student will want UCCS to feel like a “home away from home.” Remember, it will take time. This means that your student may call you more frequently in the beginning and then it will start to taper off later on in the semester when your student is more comfortable with UCCS and has made new friends.

8. **Get people in your corner.** Build relationships with support services at UCCS to help you support your student. The Office of First Year Experience is a great place to start building relationships with the university.

9. **Remember that your student will carry forward some of your values and will discover a few new values as he/she grows and develops.** While your student may try new things, there is a set of core values that you have given him/her that will drive many of his/her decisions. As students start to discover who they are as individuals, they will start to develop a set of values that are important to their identities.

10. **Frequently share with your students that you trust them to make good choices and that the majority of UCCS students are also making good choices.** The power of positive messages is much stronger than fear or distrust.

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**FERPA**

The Family Educational Rights and Privacy Act (FERPA) is a federal law designed to protect the privacy of a student’s educational records. It applies to schools receiving funds through the U.S. Department of Education.

Once a student enters college or turns 18 years old, the parental rights under FERPA transfer to the student. Information from his/her student record is typically not shared unless the student gives written permission or it is a special case, such as a health or safety emergency.

Source: Family Policy Compliance Office of the U.S. Department of Education.

**What this means to you?**

UCCS welcomes parents and families to partner with university support services to do what’s best for their students. However, without your student’s written permission, we cannot share educational records (grades, disciplinary files, emails, conversations) with you.

---

**HIPAA**

The Health Insurance Portability and Accountability Act (HIPAA) protects the privacy of individually identifiable health information.

Source: [www.hhs.gov/ocr/privacy](http://www.hhs.gov/ocr/privacy)

**What this means to you?**

UCCS cannot share student medical records with you without written consent from your student.
# August 2012

## August Checklist

- **Prepare for move-in**
  - Have your student contact the people he/she will be living with.
  - Have your student plan for what to bring to campus.

- **Get ready for classes**
  - Purchase books at least one week before classes begin. [www.uccsbookstore.com](http://www.uccsbookstore.com)
  - Have your student print his/her class schedule and explore campus to locate classrooms and the locations of various student support services.

- **Get connected**
  - Urge your student to get involved both in class and out of class. There will be a lot of fun activities going on the first few weeks of school to help your student get involved at UCCS.

- **Turn in immunization records to Student Health Center**
  - By state law, your student must provide proof of two measles, mumps, and rubella (MMR) vaccinations and it is highly recommended to get a meningococcal vaccination, especially if living on campus.

## Calendar

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## Offer

20% off one clothing, gift or supply item.
No other discounts apply. No cash value.
Expires 9/15/2012.

### Let’s talk...
(Conversation starters for you and your student)
- What makes you the most excited or nervous about going to college?
- How was your first week of class?
# September 2012

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## September Checklist

- **Talk to professors**
  - Encourage your student to get to know his/her professors.

- **Pay attention to your student**
  - If your student seems anxious or depressed, encourage him/her to schedule an appointment with a counselor at the University Counseling Center, 719-255-3265.

- **Final fall payment is due**
  - If you are interested in setting up a payment plan for tuition and fees, please contact the Bursar's Office, 719-255-3391.

- **Join a club and/or attend a campus event**
  - Encourage your student to join a club or attend events on campus. Getting involved on campus is a good way for your student to make UCCS feel more like home.

- **Use the Centers for Academic Excellence**
  - Urge your student to utilize the Centers for Academic Excellence. The centers offer a wide array of tutoring and academic support free to students.

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**Did You Know?**

Before UCCS became the Mountain Lions, we were the Giraffes.
# October 2012

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## October Checklist

- **Attend Family, Friends, and Alumni Weekend**
  - Plan on spending some time with your student at our Family, Friends, and Alumni weekend. For more information visit: [www.uccs.edu/osa](http://www.uccs.edu/osa)

- **Make an appointment with academic advising**
  - Have your student call 719-255-3260 to schedule an appointment with an academic advisor. Registration for spring 2013 classes will begin in early November.

- **Prepare for midterms**
  - Midterms usually take place around the first week of October. Students should look at which classes they will have midterm exams and projects due and plan accordingly.

- **Grade check**
  - Ask your student about his/her grades for each class. If your student does not know, urge your student to meet with professors to find out. If your student is struggling academically, he/she should contact the Office of First Year Experience (719-255-7551) to meet with an academic coach.

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**Happy Homecoming - 20% off one spirit item.**

No other discounts apply. No cash value.

Valid 10/1/12 to 10/7/12.
**November 2012**

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**Let’s talk…**
(Conversation starters for you and your student)
- What are your plans for **break**?
- What are you doing to stay **healthy**?

**November Checklist**

- **Turn in immunization records to the Student Health Center**
  - If your student hasn’t already done so, remind him/her to turn in proof of MMR vaccination, otherwise your student will not be able to register for spring 2013 classes.

- **Register for spring 2013 classes**
  - Registration for spring 2013 classes will begin in early November. Students are given a specific date/time to register. They should login to their student portal (www.uccs.edu/portal) to find their registration start time and should register for classes as soon as possible to avoid classes filling up.

- **Reminder about Thanksgiving**
  - Students will have class on Monday, November 19 and Tuesday, November 20 – please plan travel accordingly so that your student does not have to miss class.

- **Contact the Career Center**
  - If your student is unsure of his/her major, we highly recommend contacting the Career Center 719-255-3340 to schedule a major’s assessment.

**DID YOU KNOW?**

UCCS was established in 1965.
December 2012

Let’s talk...
(Conversation starters for you and your student)
- How are you feeling about your finals? Stressed? Relaxed?
- What are your plans for winter break?

December Checklist

- Start thinking about finals
  ✓ Finals are approaching very quickly. Students should make a study plan that includes the assignments, projects, and exams that are due for the remainder of the semester.

- On-campus jobs
  ✓ December is a great time for students to login to Sean’s Place (seans.uccs.edu) to search and apply for jobs at UCCS.

- Scholarships
  ✓ Winter break is a good time for students to start researching scholarships. UCCS Scholarships are available online beginning December 1, 2012. March 1, 2013 is when many scholarship applications are due. [www.uccs.edu/finalid](http://www.uccs.edu/finalid)

- Attention Housing Students
  ✓ Students living in Summit Village will need to vacate their rooms for winter break within 24 hours of their last final or by noon Saturday, December 15, 2012. Students can leave their belongings but they will not have access to their rooms until Sunday, January 20, 2013.

DID YOU KNOW?
There were 300,000 bricks used to construct the Kraemer Family Library.
January 2013

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Let’s talk...

(Conversation starters for you and your student)
- What are some of the goals that you have for this semester?
- How do you feel about your GPA from last semester?

January Checklist

- Get ready for classes
  - Purchase books at least one week before classes begin. [www.uccsbookstore.com](http://www.uccsbookstore.com)
  - Have your student print his/her class schedule and explore campus to locate classrooms and the locations of various student support services.

- Spring classes begin on a Tuesday
  - Due to Martin Luther King Jr. Day, spring classes will begin on Tuesday, January 22, 2013.

- Begin filling out the FAFSA
  - Every year, your student needs to complete a Free Application for Federal Student Aid at [www.fafsa.gov](http://www.fafsa.gov). To meet the priority deadline for financial aid, the FAFSA should be submitted no later than March 1, 2013. The FAFSA is available online beginning January 1, 2013.

- Housing re-opens
  - Students living in Summit Village can move back to campus on Sunday, January 20, 2013.
February 2013

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**February Checklist**

- **Submit the FAFSA**
  - To meet the priority deadline for financial aid, the FAFSA ([www.fafsa.gov](http://www.fafsa.gov)) should be submitted no later than March 1.

- **Housing for Fall 2013/Spring 2014**
  - Believe it or not, it is already time to discuss housing options with your student for the next academic year. If your student plans on living on campus, make sure your student keeps his/her eyes open for housing renewal and sign-up dates. Housing renewal usually begins in late February/early March.

- **Final spring payment is due**
  - If you are interested in setting up a payment plan for tuition and fees, please contact the Bursar’s Office at 719-255-3391.

- **Pay attention to your student**
  - If your student seems anxious or depressed, encourage him/her to schedule an appointment with a counselor at the University Counseling Center, 719-255-3265.

**Let’s talk...**

(Conversation starters for you and your student)
- Have you thought about applying for scholarships? If so, which ones?
- How do you like your classes this semester? Do you have a favorite?

**DID YOU KNOW?** The elevation of the UCCS campus is 6,425 feet.
### March 2013

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#### Let’s talk...
(Conversation starters for you and your student)
- What are your plans for Spring Break?
- Are you planning to work this summer?

#### March Checklist
- **Make an appointment with academic advising**
  - Have your student call 719-255-3260 to schedule an appointment with his/her academic advisor. Registration for fall 2013 classes will begin in late April.

- **Prepare for midterms**
  - Midterms usually take place around the first week of March. Students should look at which classes they will have midterm exams and projects due and plan accordingly.

- **Attend the Career Fair**
  - Every March, the UCCS Career Center partners with employers to host a Career Fair. This is a great opportunity for students to network with employers, as well as to apply for summer internships and jobs.

- **Grade check**
  - Ask your student about his/her grades for each class. If your student is struggling academically, he/she should contact the Office of First Year Experience (719-255-7551) to meet with an academic coach.

#### Did you know?
UCCS offers 36 bachelor’s degrees, 19 masters, and five doctoral degrees.
April 2013

Let's talk...
(Conversation starters for you and your student)
- Where are you planning to live next academic year?
- Are you planning to enroll in summer 2013 classes?

April Checklist

- Register for summer 2013 and fall 2013 classes
  ✓ Registration for summer 2013 classes begins in early April and registration for fall 2013 classes will begin in late April. Students are given a specific date/time to register. They should login to their student portal [www.uccs.edu/portal](http://www.uccs.edu/portal) to find their registration start time and should register for classes as soon as possible to avoid classes filling up.

- Start thinking about finals
  ✓ April is a great time to make a list of all of the assignments, projects, and exams that are due for the remainder of the semester. Planning ahead can help students prepare while still being able to enjoy the beautiful April sunshine.

- Bash the Bluffs
  ✓ Every April the UCCS Campus Recreation Center hosts a 5k Run/Walk. Students and their families are invited to participate in this event.

DID YOU KNOW? UCCS is one of the fastest growing universities in the state and nation.
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**Let’s talk...**

(Conversation starters for you and your student)
- What is your **favorite memory** from this past year of college?
- Do you have a **favorite professor** or staff member at UCCS that you plan to keep in touch with beyond your first year?

**May Checklist**

- **Apply for a summer job or internship**
  - If your student is planning to stay in Colorado Springs for the summer, May is a great time to look for on-campus jobs. Many of our students go home or graduate in May, which tends to open up opportunities for on-campus employment. To search for on-campus jobs visit Sean’s Place (seans.uccs.edu).

- **Resume reviews**
  - Encourage your student to update or create a resume. Have your student contact the UCCS Career Center (719-255-3340) to make an appointment to have a resume critiqued or even practice interviewing skills.

- **Attention Housing Students**
  - Housing students will need to vacate and check out of their rooms with their resident assistant within 24 hours of their last final or by noon Saturday, May 18, 2013.

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**DID YOU KNOW?**

More than 65% of UCCS graduates live in Colorado.
Words of Advice from “Experienced” Parents and Families of UCCS Students

“IT’s okay to cry when you drop them off in August.”

“Encourage your child to get involved in as many activities as possible or get a job on campus.”

“Encourage your child to go to class!”

“Stay supportive and don’t make decisions for them – they will blame you.”

“Know that they are growing up and make sure that they know that you are always there for them.”

“Encourage your student to study subjects that interest them.”

“Use the CollegeInvest 529 plan.”

“Give them their space and independence, but not too much; they still need to pass their classes.”

“Keep in touch with your student in multiple ways, but not too much – you may want to know it all.”

“Your kids need help with time management.”

“Talk to your child about how to manage their money. They need to know how to balance a checkbook and pay off their credit card every month.”

“If you can afford it, let them live away from home. Let them learn to take charge of their own life.”

“Let them be independent but realize, they are still dependent on advice and need to keep in touch although you will probably have to initiate the contact.”

“Let your student know you’ll be gone on vacation for the first month of classes so they can establish their own support system.”

“Don’t let them quit and come home a few weeks into school when they call home crying.”

“If you want your kids to come home, cook their favorite meal.”

“Trust that you’ve done the best job you could and you now need to let go!”

“Have your student join a club to meet others in a friendly, fun, stress-free environment.”

“Apply the 24 hour rule – don’t react to their panic phone call for 24 hours as the panic may no longer exist.”

“Don’t let them pack unnecessary items. We call it the poverty plan – no extra cash! Learn to budget.”

“Encourage them to work part time. It keeps them busy, out of trouble and away from blood banks.”

“Just because your student says they are doing ok, they may not be and just may not want to worry you. Ask direct questions.”