



# INDIANA STATE UNIVERSITY FAMILY PROGRAMS

# 2021-2022

## CALENDAR & HANDBOOK



# Welcome to the Sycamore Family!

## WELCOME FROM NEW STUDENT TRANSITION PROGRAMS AND FAMILY PROGRAMS

Indiana State University recognizes that both academic accomplishments and the personal growth of students are achieved only with the support and encouragement of the entire family. We're thrilled to welcome you and your student to our exciting and diverse community!

We know that State offers numerous opportunities and options. The Office of New Student Transition Programs and Family Programs are designed to help students and families transition through this sometimes daunting process. Our goal is to make the process as comfortable as possible.

This guide can serve as a reference tool throughout your student's time at State whenever you need it. Whatever role you play in your student's life, the Family Programs Office wants to provide the tools you need to partner with us in your student's success at State. We're here to give you direction on academic requirements, student resources, campus culture, and numerous other important subjects.

Visit our Family website at [indstate.edu/families](https://indstate.edu/families) to stay informed, access a list of commonly contacted offices, and to find advice and tips on a wide range of topics related to supporting a college student.

Have a question or comment? Contact our offices at 1-800-468-6478 or email us at [ISU-FamilyPrograms@indstate.edu](mailto:ISU-FamilyPrograms@indstate.edu); we are here to assist you with all things State. We are dedicated to helping you support your student's academic success and personal development.

# FAMILY SUPPORT AND RESOURCES

Whether your student is a first-year or transfer student, your involvement in their life doesn't end when college begins. The communication between you and your student may adjust slightly— or dramatically. But no matter how that communication changes, State's Family Programs serves as your on-campus resource for helping your student navigate their experiences and needs while at State.

We are committed to helping parents and families share in their student's experience at State. We believe an informed and supportive family plays a vital role in a student's educational success.

To that end, our office is the “one-stop shop” for all of your State questions and needs. We offer resources for you to understand your student's experience at different stages in their collegiate career. To do this, we communicate regularly with families via our digital newsletters, social media, and our website.

Our website, [indstate.edu/families](https://indstate.edu/families), provides your family with the resources and tools to easily navigate State. On it, you can find information about our role as an institution and what role you may play as a family member or support person. We want to provide context for interpreting student life, academic expectations, student resources, and University policies. The website is also a great resource for useful information on how to make the most of your family's State experience.

Our digital family newsletter, Blue is Family, is published once a month. It is designed to inform families of University trends, important dates and upcoming events, and their role as a supporter of a college student. You can sign up to receive our newsletter at [indstate.edu/parents-and-families/sign-up](https://indstate.edu/parents-and-families/sign-up).



While your student might not friend you on social media, we certainly will! Our Facebook page has more than 2,000 fans and is growing by the day. Our office makes frequent posts, including information on important deadlines, upcoming events, happenings around campus, and tips on how to best support and empower your student throughout their academic journey. Facebook page, @sycamorefamilies, is typically used as another way to reach our office and connect with other Sycamore families. You can also follow us on Instagram, @isu\_family programs!



## FAMILY PROGRAMS GOAL

Our office believes it is important to empower students to be responsible for their educational experience. The goal of Family Programs is to educate families to be the support system for their student, encouraging their student to take ownership in their education and their life beyond State.



# GET READY SYCAMORE FAMILIES!



- Follow us on Social Media
  - Facebook: @sycamorefamilies
  - Instagram: @isu\_familyprograms
- Sign up for the Family Newsletter
- Review with your student and make sure these important items are taken care of:
  - Immunization requirements and documents
  - FAFSA application and Financial Aid Notification received
  - Meal Plans
  - Rave Alerts and Emergency Contact information
  - Access to grades, billing, and other FERPA related information (*Proxy Access and Authorized Users*)
- Work with your student to develop a communication plan (*how often will you text, call, etc*)

*\*Dates and information provided by the 2021-2022 Family Calendar and Resource Guide are subject to change. The full academic calendar can be viewed at:*  
*[indstate.edu/academic-affairs/academic-calendar](http://indstate.edu/academic-affairs/academic-calendar)*

# JUNE 2021

The academic adjustment from high school to college can sometimes be tricky. In high school, students often times had little control over their schedules and both their teachers and families helped keep them on track. Once they begin college, they will be expected to track their own work and progress. Students who advocate for themselves, get involved, and take advantage of support services are students who are more likely to be successful!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	1st 4-Week and 8-Week Classes Start					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

***TIP OF THE MONTH: YOU CAN SUPPORT YOUR STUDENT BY TALKING WITH THEM ABOUT THE DIFFERENCES BETWEEN HIGH SCHOOL AND COLLEGE. THREE AREAS TO DISCUSS ARE:***

- Classes and assignments (attendance policies, fewer assignments than in high school)
- Expectations outside the classroom (free time vs. study time, finding help, co-curricular activities)
- Relationships with professors (going to office hours, reading their syllabus, taking initiative)





# JULY 2021

July is a good time to talk with your student about how much you want to communicate with each other during the upcoming year. Some students may want to talk every day, others may not. Talk with your student not only about how much you will communicate, but also how you communicate. Will it be via phone, text, email, or social media? All of these are great ways of staying connected without taking up too much time. It’s important that you and your student come to an agreement and revisit the communication plan throughout the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Independence Day	Independence Day Observance University Closed	University Opens Classes Resume, 2nd 4-Week Classes Start				
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
					Summer Term Ends	

**TIP OF THE MONTH: HERE ARE SOME CONVERSATION STARTERS BEFORE YOUR STUDENT ARRIVES ON CAMPUS:**

- What are you excited about?
  - What are you nervous about?
  - What do you want to accomplish your first year at ISU?
- Most students will say “good grades”, but encourage your student to think broadly and also consider what they want to do outside the classroom!
- Budget/Family Finances:
- Make sure your student knows how to manage their expenses. Work with them to develop a budget and talk about how and what they will spend money on while away from home.





# AUGUST 2021

As the school year begins, students are going to realize that almost everything in their life is about to change. Residential students will be living, eating, and sleeping in a brand new space around people they may not know. Commuter students will be traveling to campus and figuring out places to spend their time. All students will be dealing with new financial situations, making new friends, and learning how to balance their time. Change is good, but it can be a challenge! Give yourself and your student time to process the change and the adjustment that comes along with it.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Final Grading Deadline for all Summer Courses				
8	9	10	11	12	13	14
15	16	17	18	19	20	21
State Engage begins Sycamore Welcome	Donaghy Day	Fall Semester Begins; 16- and 8-Week Classes Start State Welcome begins			1st 8-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade	
22	23	24	25	26	27	28
	16-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade					
29	30	31				

***TIP OF THE MONTH: ENCOURAGE YOUR STUDENT TO GET INVOLVED,  
ATTEND STATE WELCOME EVENTS, AND FIND THEIR PLACE ON CAMPUS!***





# SEPTEMBER 2021

Within the first five to six weeks of college, students will start patterns that will either help them be successful or contribute to possible problems. When they face disappointment, either over choices they’ve made or their academic performance, some may believe that the best solution is to quit and go home – or have their families solve their problems. They may become discouraged and can only see the problem in front of them, not the successes they have already achieved.

Students will also receive Interim Grades and Three-Week Attendance Reports this month. Interim Grades are done in the sixth week of class and are designed to help keep students on track and give them time, if needed, before the end of semester to reach out for services such as tutoring.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3  Three-Week Attendance Reporting Begins; Reporting due by Sept. 10th	4
5	6  Labor Day; University Closed	7	8	9	10	11
12	13	14	15	16	17	
		21	22	23  Interim Grading; Grades due by Sept. 28th	24  Family Weekend 1st 8-Week Classes: Last Day to Drop/Withdraw	25
26	27	28	29	30	31	

**TIP OF THE MONTH: EMPOWER YOUR STUDENT TO SEEK ANSWERS TO THEIR QUESTIONS!**

This will not only help them to learn about campus resources, but it will also give them confidence in their problem-solving skills.

**FAMILY WEEKEND**

Looking to visit your student and see how they’ve gotten involved? Join us for Family Weekend 2021! Visit [indstate.edu/families/family-day](https://indstate.edu/families/family-day) for more information and details on how to register.





# OCTOBER 2021

A regular check-in by families – either in person or by phone – can oftentimes provide insight to a student’s health, social adjustment, and coursework. Show support and interest in their studies and activities. As the semester progresses, they’ll continue receiving valuable feedback from professors and other individuals on campus. Remind them to utilize that feedback and campus resources! Most importantly, celebrate their good decisions and the progress they have made since starting college.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				FAFSA Opens for 2021-2022 Academic Year	1	2
3	4 1st 8 Week Classes: Final Grading Opens; Grades due by Oct. 12th	5	6	7	8 Fall Break (No Day or Evening Classes) 1st 8-Week Classes: Last Day of Class	9
10	11	12	13	14 2nd 8-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**TIP OF THE MONTH: NOW IS THE TIME TO START THE FAFSA APPLICATION FOR THE 2022-2023 ACADEMIC YEAR. VISIT [FAFSA.GOV](https://fafsa.gov).**





# NOVEMBER 2021

Where did the time go? As the semester draws to a close, the focus shifts to final projects and tests that are just a few short weeks away. This can be a time when students face a tremendous amount of pressure both in and out of the classroom, and expectations are running high. There are also competing factors for your student’s attention, with campus life events and end-of-the-semester programs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  16-Week Classes: Last Day to Drop/Withdraw	2	3	4	5	6
7	8  Spring 2022 Priority Registration Begins; Ends Nov. 21st	9	10	11	12	13
14	15	16	17	18  2nd 8-Week Classes: Last Day to Drop/Withdraw	19	20
21	22 Spring 2022 Open Registration Begins Thanksgiving Break; No Day or Evening Classes	23	24	25  University Closed	26	27
28	29  University Opens; Classes Resume Study Week Begins	30				

**TIP OF THE MONTH: THANKSGIVING BREAK CAN BE A GOOD TIME FOR YOUR STUDENT TO REJUVENATE AND REFOCUS ON WHAT IS LEFT OF THE SEMESTER.**

Reiterate to your student the importance of getting enough sleep, eating healthy, exercising, and taking time to relax. Students will also begin registering for spring classes this month. Make sure they have met with their academic advisor and checked their Portal for any outstanding balances or account holds.





# DECEMBER 2021

December can oftentimes bring a mix of anxiety about finals and excitement about holidays and winter break. This time of year can also induce stress, however, and when students return home during break, they will most likely be exhausted. Give your student time to adjustment and decompress from a busy semester!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	Last Day of Fall Classes; Final Grading Begins; Deadline is Dec. 14th	4
			Study Week			
5	6	7	8	9	10	11
	Final Examinations					Fall Commencement
12	13	14	15	16	17	18
19	20	21	22	23	24	25
				Winter Recess University Closed		
26	27	28	29	30	31	

**TIP OF THE MONTH: BEFORE YOUR STUDENT RETURNS HOME, REMEMBER TO DISCUSS EXPECTATIONS FOR LIVING BACK AT HOME.**

- Will they have a curfew? How much time do you expect them to spend with friends versus with family? Will they have responsibilities around the house?
- This is also a good time for your student to start thinking about summer leadership opportunities, such as applying to be an Orientation Leader, Sycamore Welcome Student Speaker, or Summer Honors Leader. They will also need to start thinking about where they want to live next year! Housing applications for students open in January.





# JANUARY 2022

Feeling connected to people on campus helps students feel connected to the university and gives them a sense of ownership and responsibility for their education. The relationships formed at college can be pivotal parts of a successful adjustment for students. All students grow and mature at different paces, and that can mean that old friendships and relationships begin to take on a different role in a student’s life. These changes are normal and positive!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
					Winter Recess University Closed	
2	3	4	5	6	7	8
	University Opens					
9	10	11	12	13	14	15
		Spring Semester Begins; 16- and 8-Week Classes Start			1st 8-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade	
16	17	18	19	20	21	22
	Martin Luther King Jr. Day Observed University Closed	16-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade				
23	24	25	26	27	28	29
30	31				Three-Week Attendance Reporting; Deadline is Feb. 4th	

**TIP OF THE MONTH: ENCOURAGE YOUR STUDENT TO:**

- Join student clubs and organizations. There is something for everyone!
- Talk to other people in their classes.
- Visit offices like **Campus Life** and **Union Board** to find out how to get involved and make connections.
- Stay connected to **The Treehouse** in their portal to know what’s going on around campus that they can get involved in.





# FEBRUARY 2022

Now that your student has completed one semester and is immersed in semester two, they may have a better idea of what study skills they want to work on. Academic resources on campus offer assistance in improving different skills, such as note-taking and preparing more effectively for assignments or exams. Academic support resources are for all students and the most successful students are those who take advantage of the resources available to them on campus.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

***TIP OF THE MONTH: IT CAN BE HELPFUL TO STUDENTS FOR THEIR FAMILIES TO BE FAMILIAR WITH THE SUPPORT SERVICES ON CAMPUS, SO THAT YOU CAN HELP REFER THEM TO THE APPROPRIATE RESOURCES. SOME OF THOSE RESOURCES INCLUDE:***

- The [Center for Student Success](#) provides services such as tutoring, supplemental instruction, advising, and academic success workshops.
- The [Mentoring Center](#) offers students a place to go for support in navigating not only college, but life in general.
- The [Math Tutoring Lab](#) offers free tutoring assistance for math students.
- The [ISU Writing Center](#) offers assistance to students with writing assignments. Their services include drop-in and group consultations, distance tutoring (*for distance learning students*), and programs such as workshops and study groups.





# MARCH 2022

Safety is one of the top concerns families have for their college student, no matter the time of year or how long their student has been on campus. The topic of safety is broad, and also includes emotional and personal well-being. Every person at Indiana State plays a role in student safety, from being welcoming to other members of the ISU community, using resources that are available to help promote safety, and being diligent about practicing self-care.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
					1st 8-Week Classes End	
6	7	8	9	10	11	12
	Spring Break (No Day or Evening Classes)					
13	14	15	16	17	18	19
	2nd 8-Week Classes Start; Classes Resume			2nd 8-Week Classes: Last Day to Add/Register and Drop/Withdraw with No Grade		
20	21	22	23	24	25	26
27	28	29	30	31		

**TIP OF THE MONTH: REMIND YOUR STUDENT TO:**

- Always secure their belongings, including their electronic devices and bicycles
- Avoid leaving laptops unattended
- Lock their residence hall door while they are sleeping or away from their room
- Report any incidences of bullying or stalking
- Call University Police, if necessary. They can help direct students to resources and assist students with reporting crimes
- Connect with the Student Counseling Center if they are feeling stressed and need someone to talk to





# APRIL 2022

Better weather is here! Even though we are well into the semester, spring can often times feel like the time for new beginnings and a renewed sense of freedom. Your student may be looking for new ways to get involved on campus, or they may get into a new relationship. With the end of the academic year just around the corner, life can intensify quickly for students, both academically and personally.

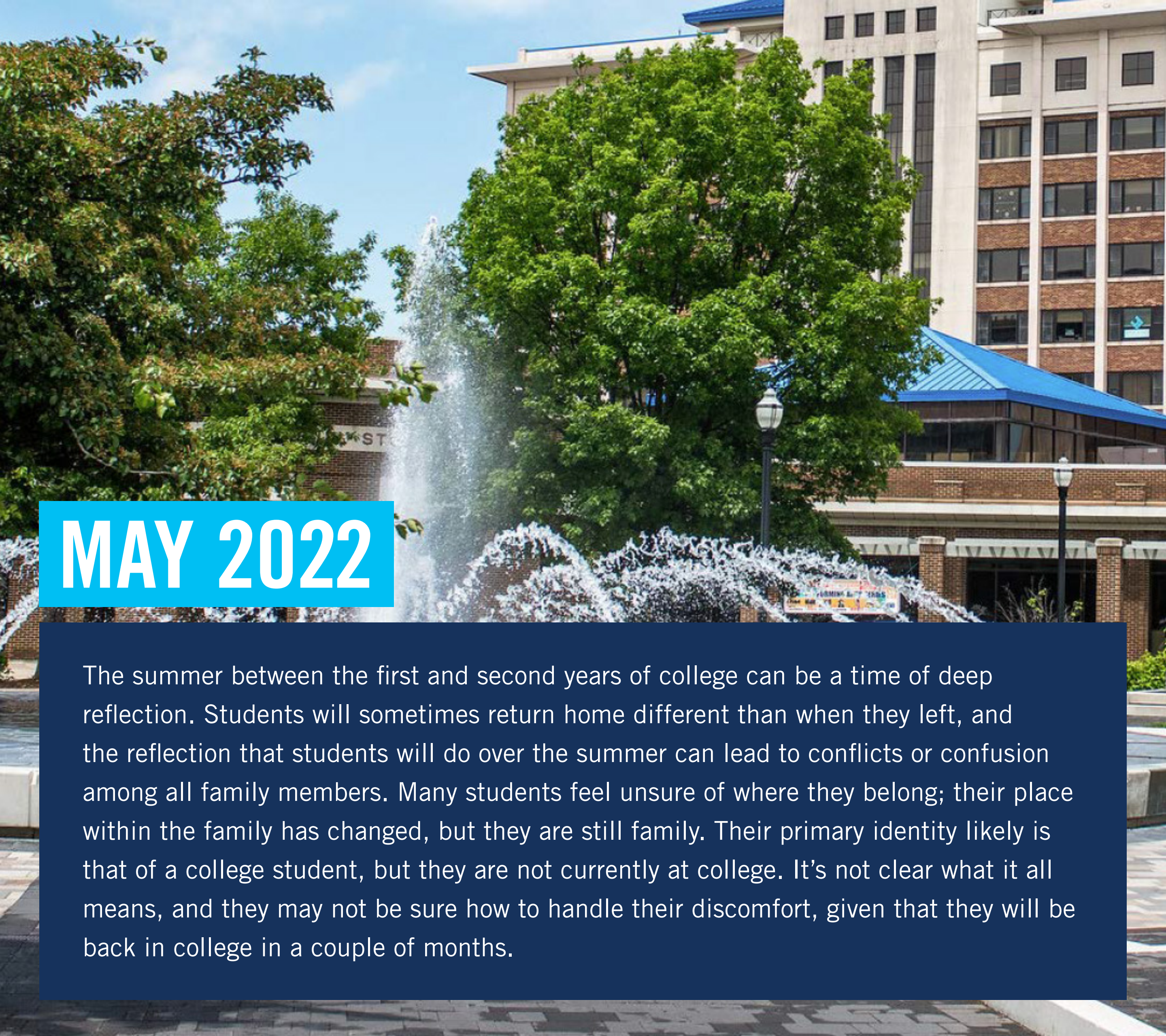
April also means Spring Week, which consists of events and activities intended to create pride and enthusiasm towards Indiana State. Spring Week ends with the Tandem Race, a campus tradition that began in 1970.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	16-Week Classes: Last Day to Drop/Withdraw					
10	11	12	13	14	15	16
	Summer/Fall Priority Registration Begins				1st 8-week Classes: Final Grading Opens; Deadline is Mar. 8th	
17	18	19	20	21	22	23
				2nd 8-Week Classes: Last Day to Drop/Withdraw		
24	25	26	27	28	29	30
	Study Week Summer/Fall Open Registration Begins				Final Grading Begins Last Day of Spring Classes	

**TIP OF THE MONTH: IS YOUR STUDENT THINKING ABOUT TAKING SUMMER CLASSES?**

If so, remind them to meet with their academic advisor to talk about course offerings and options. This is also a good time to begin thinking about what classes they will be taking in the fall.





# MAY 2022

The summer between the first and second years of college can be a time of deep reflection. Students will sometimes return home different than when they left, and the reflection that students will do over the summer can lead to conflicts or confusion among all family members. Many students feel unsure of where they belong; their place within the family has changed, but they are still family. Their primary identity likely is that of a college student, but they are not currently at college. It’s not clear what it all means, and they may not be sure how to handle their discomfort, given that they will be back in college in a couple of months.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Final Examinations					Commencement
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Summer Term Starts: 3-Week, 7-Week, and 11-Week Classes Start					
22	23	24	25	26	27	28
29	30	31				

**TIP OF THE MONTH: FAMILIES PLAY A HUGE ROLE IN SUPPORTING THEIR STUDENT.**

Allow your student time to understand their new role in the home, while also maintaining the sense of familiarity and values that have been established in your family in the past.



# HELPFUL RESOURCES

## **ADMISSIONS (UNDERGRADUATE)**

812-237-2121

1-800-GO-TO-ISU

admissions@indstate.edu

## **ADMISSIONS (GRADUATE)**

812-237-3005

1-800-444-GRAD

ISU-GradInfo@indstate.edu

## **BARNES AND NOBLE CAMPUS BOOKSTORE**

812-232-2665

## **BURSAR OPERATIONS (BILL PAYMENT)**

812-237-3535

PaymentPlan@indstate.edu

## **CAMPUS LIFE**

812-237-3830

## **CENTER FOR STUDENT SUCCESS**

812-237-2700

## **CONTROLLER'S OFFICE**

812-237-3535

## **DEAN OF STUDENTS (SYCAMORES CARE)**

812-237-3829

ISU-DeanOfStudents@mail.  
indstate.edu

## **DINING SERVICES**

812-237-4138

ISU-food@mail.indstate.edu

## **ACCESSIBILITY RESOURCES OFFICE**

812-237-2700

## **FINANCIAL AID OFFICE**

812-237-2215

1-800-841-4744

ISU-finaid@indstate.edu

## **ISU WRITING CENTER**

812-237-2989

## **MATH TUTORING LAB**

812-237-2130

ISU-MathLab@indstate.edu

## **PARKING SERVICES**

812-237-8888

isu-parking@indstate.edu

## **UNIVERSITY POLICE**

812-237-5555

## **REGISTRATION AND RECORDS (IMMUNIZATIONS OR SHOT RECORDS)**

812-237-2020

ISU-ORR@mail.indstate.edu

## **RESIDENTIAL LIFE**

812-237-3993

ResLife@indstate.edu

## **STUDENT COUNSELING CENTER**

812-237-3939

## **UAP CLINIC – ISU HEALTH CENTER**

812-237-3883

## **UNIVERSITY SCHOLARSHIP OFFICE**

1-800-GO-TO-ISU

scholarships@indstate.edu



**INDIANA STATE  
UNIVERSITY**

**OFFICE OF NEW STUDENT  
TRANSITION PROGRAMS & FAMILY PROGRAMS**

812-237-8507

ISU-FamilyPrograms@indstate.edu

Facebook: @SycamoreFamilies, Instagram: @ISU\_FamilyPrograms  
indstate.edu/families