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. So we’re thrilled to welcome you and your student to our exciting and diverse community!

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

This guide will serve as a reference tool throughout your student’s time at State whenever you need it. Whether you are a parent or guardian, spouse or partner, aunt or uncle, grandparent or sibling, or even a trusted family friend, the Family Programs Office wants to provide the tools you need to partner 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 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-GO-TO-ISU or email us at debra.barber@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 website.

Our website, 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
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. Our Facebook page, facebook.com/sycamorefamilies, is typically used as another way to reach our office and connect with other Sycamore families. You can also follow us on Instagram at @ISU_FamilyPrograms!

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 2020-2021 Family Calendar and Resource Guide are subject to change. The full academic calendar can be viewed at:
indstate.edu/academic-affairs/academic-calendar
The academic adjustment from high school to college can sometimes be tricky. In high school, students 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 more likely to be successful!

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 is a good time to talk with your student about how much you want to communicate with each other during the upcoming year and how often. 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.

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.
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.

TIP OF THE MONTH: ENCOURAGE YOUR STUDENT TO GET INVOLVED, ATTEND STATE WELCOME EVENTS, AND FIND THEIR PLACE ON CAMPUS!
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 to services such as tutoring.

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**SEPTEMBER 2020**

**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 2020! Visit [indstate.edu/families/family-day](http://indstate.edu/families/family-day) for more information and details on how to register.
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.

TIP OF THE MONTH: NOW IS THE TIME TO START THE FAFSA APPLICATION FOR THE 2021-2022 ACADEMIC YEAR. VISIT FAFSA.GOV.

Pathway to Graduation Programs:
Encourage your student to attend our Pathway to Graduation programming that happens in October! This is a great way for students to connect with University College and stay on track during the semester.
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.

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**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 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!

### December 2020 Schedule

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**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.
Feeling connected to people on campus helps students to 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!

**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.
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.

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.
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.

### 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

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**MARCH 2021**
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.

**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.
The summer between the first time 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 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.

**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

DISABILITY STUDENT SERVICES
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

OFFICE OF NEW STUDENT TRANSITION PROGRAMS AND FAMILY PROGRAMS
812.237.8507
debra.barber@indstate.edu
Facebook: @SycamoreFamilies
Instagram: @ISU_FamilyPrograms
indstate.edu/families