



Resource Guide for Parenting Students at North Dakota State University

Helpful information for NDSU Students who are also
parenting.

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Executive Summary

This resource will help serve as a guide for parenting students who wish to pursue their education at North Dakota State University (NDSU) as a point of information regarding a number of different helpful topics to help their transition into higher education go a little smoother. Parenting students have higher living expenses, because they have to pay child care, increased rent costs, and feed more than one person on a single income (Layton, 2014). This is especially difficult when they are not eligible to live in the dorms with a dependent. While having more home responsibilities than the average student, parenting students are at risk to fall more into debt and drop out of school compared to students without dependents.

Keywords: resource, parenting, financial aid, risk, debt

Introduction

North Dakota State University is a student-focused, land-grant, research university with more than 14,000 students from 48 states and 69 countries, creating a diverse student population (North Dakota State University, 2014). One particular population that is often overlooked in higher education is that of parents. Parents make up approximately 15.2% of the undergraduate populations in higher education and is continuing to grow every year (Nellum, Davis; 2014). Some parents are coming from homes that live primarily on welfare, some are waiting until their child is old enough to go to school, while others are trying to escape a life of working a dead end, low income job (Nellum, Davis; 2014). Whatever the reason, they are returning at a later age to pursue a college degree.

FAQ's for Financial Aid

One particular reason why these groups are in such danger for dropping out of college is the high cost of college tuition. The average cost of a four year college degree is \$40,000 minimum and can be seen as almost impossible to achieve for that of a single parent, low income home. There are financial aid scholarships and grants available specifically to parents, however one must search for them, we have taken the strain off by providing some financial aid and living expense options for those who need it for food, child care, gas, rent, etc.

NDSU Budget Increase Request

At North Dakota State University, students are required to apply for federal financial aid through the Free Application for Federal Student Aid (FAFSA) before starting to apply for additional financial aid awards. The student receives a financial aid package that is determined by demonstrated financial need. The need is demonstrated by the requirement to apply for FAFSA with the most recent copies of a student or parent that claims the student as dependent's tax papers. During the FAFSA application process, the student is required to state whether or not

they have a child that will the student supports. This information is not pulled into the North Dakota State University System. No information on dependents is given to the university from the FAFSA system besides the award package information.

North Dakota State University process this information through their separate system under the allotted amount of financial aid that each student is allowed to have each school year. This amount is determined by the financial aid office under standard state costs of living for a one person household. This set budget amount cannot be exceeded for the school year regardless of financial aid packages and scholarships awarded. This affects the number of scholarships that a student can receive for the school year. Many scholarships require a needs analysis form to be filled out prior to scholarship funds being awarded. This form is filled out by the higher education institution and sent back to the scholarship committee to determine if an award will be given. The institution uses their set budget standards for students to fill this form out for the student. Other scholarships that do not require a needs analysis form can be awarded, however the funds are not refunded to the student. Instead the funds are using to pay back loans that students were awarded and/or pay back federal grants that were awarded. This is addressed through email correspondence and states the following to the student,” We are writing to notify you that your Unsubsidized Direct Loan for the 2015 summer semester has been reduced from \$6871 to \$5070. This adjustment was a result of updating the tuition and fee cost in your budget from an estimated amount to your actual charges as reflected on Campus Connection. If you have any questions, please contact Bison Connection at 701-231-6200 (Bison Connection, 2015).” If a student wishes this occurrence not to happen, they have to fill out more paperwork. For students who wish to increase their budget, they need to fill out another form of the NDSU Budget Increase Request Form that is one page in length and requires the students to submit

correspondent paperwork that helps support their claims for the need of a financial aid budget increase. The form can be found on the NDSU Financial Aid website under “Forms.”

Eligibility is determined by different criteria that includes the following needs:

- Living expenses- if you are an undergraduate student and your rent/utilities costs are over \$409 (or 623 if you are a graduate student) you qualify. This does not include internet, water, telephone, or cable costs as part of the utilities. Awards under this category cannot exceed \$2,000 per school year.
- Commuting costs- you are only eligible if your mileage is over 50 miles round trip to attend class (this does not include taking a side trip to drop your child off at day care). This category cannot exceed more than \$2,000 per year.
- Automobile repairs- only under a reimbursement process. This is assuming that the student can pay to get the care fixed prior to reimbursement.
- Child care costs- covers “reasonable” child care costs for the state. Does not specifically state the maximum amount allowed.
- Health care costs- only covers costs of insurance premiums for an independent student. It does not cover expenses for spouses or children.
- Education related expenses- maximum amount of computer costs depend on major. This category also covers lab fees, books, special needs (tutor, interpreter, etc.) and course materials needed (NDSU Budget Increase Request Form, 2015).

The NDSU Budget Increase Request Form specifically states on the paperwork that “Students with educationally-related expenses that exceed or are not included in the standard cost of attendance/budget may qualify for a budget increase. A few examples of such expenses include the purchase of a computer, dependent care, course and lab fees, high rent/mortgage payments

and health insurance premiums. If you have already been awarded financial aid up to the cost of your attendance/budget and have additional expenses, you may complete a Budget Increase Request Form. Your request will be evaluated and if approved, may result in the addition or increase of a Federal Direct Loan, or may allow you to apply for an Alternative Loan. Grants, scholarships and campus-based aid are not awarded based on a budget increase (NDSU Budget Increase Form, 2015).” Students can only take additional loans out if they accept the budget increase that has been awarded.

Application process typically takes between 1-2 weeks depending on whether or not there is no corresponding paperwork missing from the application materials. Students with no missing materials hear back right away and receive an email regarding the decision. It is received from Kristie Myers, NDSU Financial Aid Counselor, who handles all budget increase request forms. The email is worded like the following: “Dear Student, Thank you for your patience as I reviewed your 2014-15 Budget Increase Request Form. The total estimated amount of your increase for housing and child care is \$5184 and has been awarded to you in the form of an Unsubsidized Direct Loan. Please go to Campus Connection to accept the increased portion soon as possible. Be sure to let me know if you have any questions. Thanks! (Kristie Myers, 2014)” This process is repeated every semester if the student has reoccurring additional financial needs under the criteria.

North Dakota State University offers the Budget Increase Request as an option for any and all students to utilize—it does not discriminate based on individual demographics. Having the increased support at higher education institutions can impact whether or not parenting students see higher education as an option, due to the fact that the annual costs of child care exceed the annual costs of college tuition

(Hidden Choices, 2014). However by allowing students to pay for child care under the Budget Increase Request Policy, it assists the student to have reliable child care while attending school.

Since the Budget Increase Policy at NDSU allows students to apply based on higher rent costs, it can potentially help a parenting student who requires more space and do not have cost effective, on-campus options. North Dakota State University offers this option to students who have additional expenses that can impact their academic performance and attendance to classes. Since a single parent student's financial demographics can influence their attendance and academic performance. It is an option they can explore only if they wish to extend their allotted financial aid budget. Financial strains are the main factor of family crisis and depression in single parent households (Hidden Choices, 2013).

It is only a page long in length to fill out the application. The application asks for your name, student information, and why you are applying for a budget increase under their set criteria. The criteria and limitations are listed in detail on the form itself. The only corresponding paperwork are copies of bills to provide support for your claims to have a budget increase. The process is fairly simple. However, this process can be intimidating for some, because of its similarities to the process to apply for state aid. The short length of the form is inviting, but some students may struggle getting all of their corresponding paperwork ready if they are applying for an increase under more than one category. The process is set up for a student to reapply each semester based on changing needs. This process is to done each school year the student returns to NDSU, if they still wish to apply for an increased budget to pay for child care. The form can be found by visiting the Bison Connection website, selecting "Forms," and clicking on the "Budget Increase Request Form."

Parenting Student Scholarships

Are you looking for additional funding or scholarships to help you with the increased financial needs of being a parenting student? Here are some external financial aid scholarships that you may be eligible for as a parenting student with increased need:

Adult Students In Scholastic Transition Scholarship (EWI of Los Angeles)

Application Deadlines: April 15, Annually

The Adult Students in Scholastic Transition (ASIST) Scholarship is a non-discriminatory, educational scholarship program for the benefit of non-traditional students. These include persons who are past high school age and who are entering a college, university or trade schools and/or the workforce for the first time, non-traditional students already enrolled in a college/university or trade school.

Women's Opportunity Award \$2,000

Application Deadlines: December 15, Annually

The Women's Opportunity Award seeks to recognize and support women who are pursuing additional skills, training and education. This \$2,000 cash award helps women who are the primary wage earners for their families to enter or return to the workforce or to improve their employment status. Eligibility: The award is open to women demonstrating financial need who provide the primary financial support for their family.

Barbara Brandt Scholarship for Women \$500

One letter from YWCA Columbus CEO or Leadership Team One page personal statement describing how a college education will enhance your life and the lives of your family Be an unmarried woman with family responsibilities. Be a program participant or employee at the YWCA.

<http://www.csc.edu/services/financial-aid/foundation-scholarships-au15.shtml>

Dr. D. H. Christensen and Catherine Dean Christensen Memorial Scholarship \$2,000

A scholarship for students pursuing teacher certification at the undergraduate or graduate level who have good academic records (merit) and financial need. Preference given to single parents.

http://financialaid.utah.edu/scholarships/search/results.php?org_id=00164

Adult Student Aid Program \$100-\$1500

There are three application periods during the calendar year, roughly coinciding with standard academic terms. Requests for funding may be submitted by 5:00 p.m. on December 15th, May 15th or August 15th each year for upcoming academic terms. Who should apply? The program is designed to help students who are returning to school to upgrade skills for employment or for career advancement, to qualify for a degree program, or to make a career change. We are particularly interested in helping applicants achieve economic independence and in supporting students whose education and training will lead directly to better employment opportunities. Applicants must be legal residents of New Hampshire who are independent students.* Students must have applied for all other available financial aid and still demonstrate an unmet need. Applicants may be taking one or more courses for credit or non-credit, in a degree program or non-degree program.

<http://www.nhcf.org/page.aspx?pid=473>

Christine & Michael White Memorial Scholarship \$500

Preference to a single parent or person seeking upgraded skills. Essay must address how the applicant will use this scholarship to change his/her life.

<http://www.communityfoundation.org/scholarships/>

Financial Success for Single Mothers Scholarship \$750

Single mothers face a tough challenge in having to make a better life for two. I was raised by a mother in this position, who often sacrificed and made decisions with my best interest in mind. Now, I'd like to try and help someone else who is trying to improve her life and that / those of her child(ren) by pursuing higher education.

<http://www.furzymarketing.com/scholarships/>

Mawista Scholarship for Single Parent with a Child

This scholarship offers \$7000 to students who have a child that have a hard time financing their studies. There is no age restriction, you only have to be a student who wants to finish his/her study and need financial aid.

<https://www.mawista.com/en/scholarship/>

Patsy Takemoto Mink Education Foundation Scholarship

Must be a woman, at least 17 years of age Must be a mother, with minor children Must be enrolled in a skills training, ESL, or GED program; or pursuing a technical/vocational degree, an associate's degree, a first bachelor's degree, or a professional/master's/doctoral degree. Must be low-income (annual family income less than \$18,000 for a family of 2; less than \$24,000 for a family of 3; less than \$27,000 for a family of 4)

<http://www.patsyminkfoundation.org/edsupport.html>

The Jeanette Rankin Foundation Scholarship Program

Low-income women age 35 and older may qualify for the Jeanette Rankin Foundation Scholarship program. The candidate must be a United States citizen or a permanent resident of the country. She should be pursuing a vocational or technical education, an associate's degree or her first bachelor's degree. The woman must also be enrolled in a regionally or ACICS accredited institute. The program has given over \$1.8 million in scholarships to more than 700 women since 1976. It is one of the leading scholarships providing assistance to women in financial need. Deadline is March 1st. To find out more, visit rankinfoundation.org.

The Arkansas Single Parent Scholarship Fund

Single mothers face a unique series of challenges as they try to support and take care of their families. They need assistance to encourage them to continue their education. The Arkansas Single Parent Scholarship Fund is for residents of Arkansas who are single parents. The candidates are considered financially disadvantaged and have one or more kids under eighteen. Recipients must not have previously earned a degree or diploma from a four-year school of higher learning to qualify for this award. Find out more by going to aspsf.org.

The R.O.S.E. Scholarship

The R.O.S.E. Scholarship stands for "regaining one's self-esteem." The program recognizes women who broke the cycle of domestic violence and offers them a chance for a better future. Survivors of domestic violence get financial assistance to attend colleges in the New England region. Typically the scholarships are awarded to women who already completed a year of undergraduate studies. The award can be used for expenses and tuition at an accredited Northeast university. To get more details visit rosefund.org.

WISP Scholarship Program

This scholarship is also for female survivors of domestic violence. WISP (Women's Independence Scholarship Program) is a way to open the doors to education to encourage greater self-sufficiency. Support is available for full or part-time students. Requests for educational assistance are accepted on an ongoing basis. The applicant must be a survivor of domestic abuse and be separated from the abusive partner for at least one year. The woman must also be a citizen or legal resident of the United States; demonstrate financial need; be accepted or apply to an

accredited study program at a United States educational institution; have a plan to enter the job market and pursue a career; and have sought help from a non-profit, domestic violence agency for at least six months that is willing to act as a sponsor/mentor. Many recipients are mothers of young children. There is no deadline. Visit wispinc.org for more info.

Capture the Dream Single Parent Scholarship

Single parents and minority students who are residents of California might be able to score a Capture the Dream scholarship. Applicants can be graduating from high school or be full-time undergraduate students at a two or four-year university. The criteria include leadership, professional recommendations, strong academic history and community service. Completed applications are due by the middle of July each year. Single parents get a whole new lease on their future with this type of financial and educational boost. Deadline is June 30. To learn more about this opportunity, visit capturethedream.org.

Illinois Organization of Mothers of Twins Clubs

Being a mother of twins is doubly challenging. The Illinois Organization of Mothers of Twins Clubs (IOMOTC) is available to Illinois residents with twins, triplets and other multiples. Students must have financial need to apply for a \$100 and \$300 scholarship. The applicants need to be involved in a GED program or an accredited university and earn a C or better in all coursework. The deadline is September 1. Get additional details at iomotc.org.

Southern California Mothers of Twins Clubs

Being a mother of multiples can make it even more challenging to achieve higher education. The Southern California Mothers of Twins Clubs (SCMOTC) scholarship is available to residents of Southern California and Clark County, Nevada. Applicants must be a senior in high school planning to attend vocational school or college or a student currently in an institute of higher education. Recipients must also be mothers of twins, triplets or other multiples. The application deadline is February 1. To learn more, visit SCMOTC.

Soroptimist Live Your Dream Awards

Women who provide the primary source of monetary support for their families may be eligible for the Soroptimist Women's Opportunity Awards program. This program is dedicated to helping these women improve their skills, education and employment opportunities. Every year more than 1,000 women receive \$1.5 million. Many are overcoming obstacles such as domestic violence, alcohol and drug abuse and poverty. The award can be used to cover tuition, books,

transportation and childcare. Applicants need to be enrolled in an undergraduate program or vocational training and show financial need. There are three levels of cash awards. Local awards vary then regional awards are up to \$3,000 or \$5,000 then there are three international awards of \$10,000. The application deadline is November 15. To get additional details, visit soroptimist.org.

Minnesota State University Mary Jane Young Scholarship

Single mothers over the age of 25 or certain married mothers who meet the financial need requirement and have delayed higher education could qualify for the Minnesota State University Mary Jane Young Scholarship. Applicants are attending Minnesota State University and are full-time undergraduate students. They must also be re-entering college and have completed a minimum of 30 credits or transfer credits. Applicants must complete an application form; write a letter about future plans and financial need; include an unofficial transcript of college courses; and submit two letters of recommendation, with one from a faculty member. The postmark deadline is April 18. Information is available from Mary Jane Young Undergraduate Re-Entry Scholarship, Women's Center, Minnesota State University Mankato, 218 Centennial Student Union, Mankato, MN 56011 or visit mnsu.edu/wcenter/scholarships/.

Coplan Donohue Single Parents Scholarship

Minnesota State University also offers the Coplan Donohue Single Parents Scholarship with awards up to \$1,000. Qualified applicants are single parents with primary physical custody of the children. The award is specifically for good parents who excel academically and are U.S. citizens. Applicants must have 30 credits or transfer credits and be a full-time undergraduate or graduate student attending Minnesota State University. To apply, candidates must complete an application form; write an essay about their families and future goals; include an unofficial transcript of college courses; and send three letters of recommendation. The postmark deadline is April 1. For additional details, contact Coplan Donohue Scholarship, Women's Center, Minnesota State University Mankato, 218 Centennial Student Union, Mankato, MN 56001 or visit mnsu.edu/wcenter/scholarships/donohue-app.html.

APS Education Foundation Scholarship

Teen parents in Aurora Public Schools in Colorado can qualify for the APS Education Foundation Scholarship of up to \$2,000 per year. This offers incredible assistance toward attaining higher education for the right person. Being a teen parent is difficult and this can be the golden opportunity a young person needs to succeed. The deadline is April 2. To find out more, visit <http://www.aps.edu/education-foundation>.

Hero's Fund for Single Parents

Single parents are also heroes because they are doing everything on their own. The Hero's Fund for Single Parents from the University of Wisconsin-Eau Claire recognizes single parents returning to school are heroes. Applicants must be single parents who applied to UW-Eau Claire and have been admitted as well as show financial need. Once single parents are enrolled in college, there are also merit-based scholarships they can pursue. The deadline is 3rd Monday in April. For more details, visit uwec.edu/NSS/scholarships/singleparentscholarships.htm.

Wilson College Scholarships for Women with Children

Mothers can qualify for many available scholarships at Wilson College in Pennsylvania. These awards include: Elizabeth Patterson Weitzel '10 Scholarship Endowment; Elizabeth Van Blarcom Shirk '49 Scholarship Endowment; Gretchen Conn Carbaugh Scholarship Endowment; Guild Daycare Scholarship; The Harry A. Blackmun Endowment; Jane Troutman Ensminger '52 and Richard Ensminger Scholarship Endowment; The Mary Elizabeth Hicks and John Temple Evans Memorial Scholarship; Suzanne Hodgson Gottling '56 Scholarship Endowment; The Sylvia Scalera Davison '44 and Mary Meineke Dee '44 Scholarship; Thomas F. and Kathleen W. Kimes '52 Women with Children Scholarship; and The Catherine Henry Dimmick Memorial Scholarship, with preference shown to single moms who are full-time residential students. To find out more, contact Office for College Advancement, Wilson College, 1015 Philadelphia Avenue, Chambersburg, PA 17201, (717) 262-2010, advancement at wilson.edu or visit wilson.edu/ways-to-give/student-scholarships/index.aspx.

Linda Lael Miller Scholarships for Women

Inspired by her own experiences as a single mother struggling to become an author, the Linda Lael Miller Scholarships for Women give non-traditional students a chance for higher education. The scholarships are awarded annually to women 25 or older and can be used for tuition, books, transportation and childcare. Applications are generally accepted through the beginning of September each year. Applicants must also be a citizen or the U.S. or Canada and attend college in those countries. A 500-word essay must be submitted to explain the student's educational goals and how college will enhance her future. Deadline is August 29. To find out more, visit lindalaelmiller.com/lindas-scholarship/.

Answer Scholarship Endowment

Carolina women raising school-age children may qualify for the Answer Scholarship Endowment with average scholarships of \$1,500 per year. Applications are submitted to the Foundation for the Carolinas between January 1 and March 1. Recipients must participate in a mentoring group that meets once a month to learn about topics such as schoolwork, family, finances and getting ready for the job market. The goal is to have recipients' children follow in their footsteps by getting a college degree. Thus far 44 scholarships have been funded. To find out more, contact Answer Scholarship, 6420 Rea Road, Suite 355, Charlotte, NC 28277, (704) 544-1988, info at answerscholarship.org or visit answerscholarship.org.

The Association on American Indian Affairs Displaced Homemaker Scholarships

Homemakers with financial needs may qualify for the Association on American Indian Affairs Displaced Homemakers Scholarships of \$1,500 each, in the amount of \$750 each semester. Candidates must write an essay about family responsibilities and can reapply annually. Funds can be used for educational fees, basic living expenses, childcare and transportation to undergraduate courses. To find out more contact Lisa Wyzlic at lw.aaia@verizon.net, call (240) 314-7155 or visit indian-affairs.org/scholarships/displaced_homemakers.htm.

Scholarships for mothers offer the encouragement and financial support women need to succeed. Returning to college can mean a significant increase in job opportunities and income. Families struggle to make ends meet when mothers are unable to get a job or work long hours for little pay. The opportunity to go to college or a vocational school can make a major difference in the quality of a family's life. It also sets a precedent for future generations to do everything possible to reach their goals of higher education. High school graduates earn less than people with an associate's or bachelor's degree.

Finding A Place to Live

Unfortunately, parenting students have higher costs in rent due to higher needs. Many students who are not single parents seek out residence halls. Dorm rooms are cost effective; however single parents are not eligible for these rooms due to not being a single entity. The only available option to students with children who wish to live on campus are campus apartments. Due to the application process not putting students who are parents a priority for placement, many ends up getting waitlisted for campus apartments. This forces them to find alternative off

campus apartments that may not be as much of a cost effective option. However, you may still apply to put your name on the campus apartment waiting list.

Here is some general information about acquiring campus apartment housing:

All occupants of a NDSU campus apartment must fall under one of the following categories:

UNDERGRADUATE STUDENTS

This includes any student who is currently enrolled at North Dakota State University, and has completed a minimum of 2 semesters of college level course work post high school graduation or reached 20 years of age by the time of occupancy.

GRADUATE STUDENTS

This includes any graduate (masters or doctoral) student who is currently enrolled at North Dakota State University, and has completed a bachelor's degree program.

POST-DOCTORAL RESEARCH FELLOWS

This includes any post-doctoral research fellow with written verification of a fellowship. Verification must be provided prior to assignment and every semester thereafter. Post-doctoral research fellows are eligible to live in University Apartments for no more than five (5) years from the date of occupancy.

FACULTY, STAFF, VISITING SCHOLARS/RESEARCHERS

Faculty, staff, and visiting scholars/researchers working at North Dakota State University are eligible to live in University Apartments for no more than one calendar year from the date of occupancy. Verification of employment must be provided prior to assignment.

FAMILY MEMBERS OF ELIGIBLE LICENSEES

Licensees who meet the eligibility requirements in sections 2.d.i, through 2.d.iv may have spouses and dependent family members reside with them for the duration of their occupancy. A copy of a marriage certificate and/or proof of dependency must be presented prior to occupancy.

***If you find yourself eligible for campus apartments, the student or future student must fill out an apartment application and submit a \$200 application fee. The fee may be paid by cash, check, money order or credit card. This can be paid on the NDSU Residence Life website. The campus apartments do have a waiting list. A waiting list is established by the date that the application and application fee are received. No additional priority is given to an applicant based on University status/classification.

***If you find yourself in need of alternative housing, the reservation fee is refundable if you don't get an apartment or change your mind and want to be removed from the waiting list. In order to get this money back you must make the request in writing by e-mailing, mailing or filling out a form with the Residence Life Office. Once a credit has been placed on your account it can take Customer Account Services up to 3-4 weeks to issue a refund. Accounts with outstanding balances will be paid before refunds are issued. Depending on payment method, refunds will either be in the form of a check or credit back to issuing credit card.

***When vacating, licensee must furnish the Department of Residence Life with a written notice of Intent to Vacate sixty (60) days in advance. Failure to provide a written notice of Intent to Vacate 60 days in advance of vacancy will result in a penalty fee of one of the following:

1. Licensees that are short 10 days or less of the required 60 day notice will be assessed rent through the end of the 60 day period.
2. Licensees that are short between 11 and 30 days of the required 60 day notice will be assessed a \$250 fee.
3. Licensees that are short between 31 and 60 days of the required 60 day notice will be assessed a \$500 fee.

***At least 5 days before you vacate you must contact your complex manager to schedule a check out.

***Parking permits may be purchased via Campus Connection. Questions about parking permits may be addressed by contacting the Parking Office at 1801 15th ave N., Fargo, ND, 58102 or 701.231.5771.

***Internet is provided through a cable modem (for University Village) or through a designated port (for Bison Court and Niskanen Expansion) and is no charge to the tenant. When you check into your apartment you will be given instructions about how to set up your internet service.

***Rent is due within the first 10 days of every month. Rent can be paid at Bison Connection located in the Memorial Union or online.

*** You may place your name on the waiting list for an apartment at any time. Payments will be processed once an NDSU ID number has been assigned.

***You must provide the Residence Life Office with a marriage certificate or birth certificate (for dependents), depending upon what your case may be.

***The apartment license agreement is effective from June 1 to May 31 each year. Students may vacate an apartment at any time, with a 60 day vacating notice. Tenants are required to sign a new license contract prior to June 1. Failure to do so may result in a hold being placed on the student account. Even though the contract ends on May 31, tenants are still required to provide Residence Life with a vacating notice if planning to leave at that time. Any student may reside in the apartments over the summer as long as he or she is registered for fall semester.

***Coin-operated laundry rooms are provided in each of the apartment courts and buildings.

***Telephone service is provided through NDSU Telecommunications, located in Thoreson Maintenance. Telephone service is provided at Niskanen Expansion.

***Each tenant in the apartment is required to fill out the contract and submit the application fee. The application fee goes toward the first month's rent.

Here is some general information about acquiring off-campus apartment housing:

For off-campus housing, there are a number of different websites to visit to find a suitable home for you and your child. If the rent is a little higher than your budget allows, we recommend looking at the Budget Increase process to see if that may be the best option to help you with your housing needs.

We also recommend students look into the option of applying for Housing Assistance if applicable to their needs. The application can be found at the following website: <http://www.fargohousing.org/>. This program helps with rental assistance for the FM community and can potentially help provide some economic relief on a parenting student. Just note that this program usually has a waiting list, so it's important to apply early and be aware that it is possible you won't be accepted into the housing assistance program until a spot becomes available.

If you're looking for an apartment unit, house to rent, or townhome off-campus, there are a number of different websites you can search through to help you through this process. Such as (but not limited to):

Apartment Finder: <http://www.apartmentguide.com/apartments/North-Dakota/Fargo/>

Apartment Guide: <http://www.apartmentfinder.com/North-Dakota/Fargo-Apartments>

Apartments.com: <http://www.apartments.com/fargo-nd/>

Rent.com: <http://www.rent.com/north-dakota/fargo-apartments/2-5508>

Apartments HQ: <http://www.apartmentshq.com/>

There's a number of different websites that you can visit to help you find the right place for you and your family while attending school at North Dakota State University. If you're not in the FM community to schedule a showing—that's fine. Most apartment renters offer you the option of a virtual tour.

Finding Child Care

Looking for the right child care for you and your children can be a difficult and time consuming process. We are proud to say that NDSU and the FM area have a number of options for you to pursue.

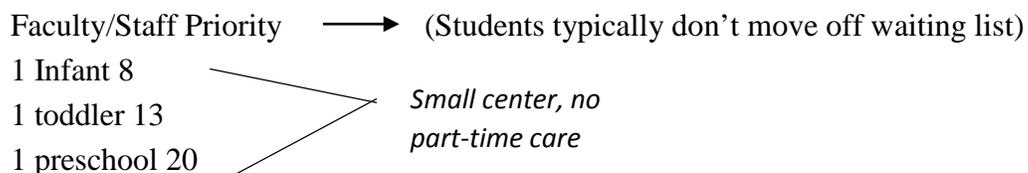
The FM community average cost of child care is \$185 per week.

On-Campus Child Care

North Dakota State University Center for Child Development is an education and service program that employs high quality teachers to educate children of NDSU faculty and staff. Our primary goals are to:

- Serve as an education and research facility for North Dakota State University.
- Educate and care for children using a developmentally appropriate curriculum.
- Provide support and strengthen the quality of life for young children and their families.

It is available for full-time care, however there is a waiting list. You must put your name on the waiting list if you want to be considered for an available opening at the center. When a spot becomes available, faculty/staff members are given priority. If there are no members of faculty and staff who wish to take the open spot, then a name will be taken off the student waiting list.



Information can be found at the following site: <https://www.ndsu.edu/childcenter/admission/>.

The NDSU Wellness Center Child Care is a licensed service provided to NDSU students on a first-come, first-served basis. Parents must be participating in campus activities while their child is at the Child Care Service. Trained staff and student workers are on hand to properly care for children on a reservation or drop-off basis. If you have any questions or concerns regarding your child or the Child Care Service, please do not hesitate to contact the Assistant Director. Our goal is to provide high quality child care that is affordable so students are able to complete their education at NDSU.

Student Status Based on:

- a) *Schedule*
- b) *Enrollment*
- c) *Paperwork*

This must all be confirmed when reservations and drop-off care arrangements are being made at the center. The center does accept state child care assistance as a payment option.

The website for the center covers information for parents regarding a variety of topics such as:

- Ages
- Immunizations
- Reservations / Drop-off
- Outdoor policy
- Enrollment
- Fees
- Meals
- Diapers / Toilet Training
- Illness
- Exclusionary Guidelines
- Emergency Information
- Biting
- Napping
- Discipline

Please visit their website at https://www.ndsu.edu/wellness/childcare/parent_information/ if you have questions about any of these topics.

*You can always call the NDSU Career Center for people who are looking to work nanny/babysitting.

Additional Assistance with Off-Campus Care

Child Care Aware

Needs based referral

Phone: 1-800-424-2246 (toll free)

Website: www.childcareaware.org

Child Care Assistance

Child care financial assistance programs

Phone: 1(800) 755-2716 (in-state only) or (701) 328-2332

Website: www.nd.gov/dhs/services/financialhelp/childcare.html

Find Local Office: www.nd.gov/dhs/locations/countysocialserv/index.html

North Dakota Head Start Association

A federal program that promotes the school readiness of children ages birth to five from low-income families

Find Your Local Head Start/Early Head Start: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

Website: www.north-dakota-head-start-association.com/

Women, Infants and Children (WIC)

A program offering supplemental foods, health care referrals, and nutrition information to low-income women who are pregnant or have children aged birth to five

Phone: 1(800) 472-2286 (in-state only) or (701) 328-2496

Website: www.ndhealth.gov/wic/

Temporary Assistance for Needy Families (TANF)

Cash assistance designed to help low-income families achieve self-sufficiency

Phone: 1(800) 755-2716 (in-state only) or (701) 328-2332

Website: www.nd.gov/dhs/services/financialhelp/tanfjobs.html

Find Local Office: www.nd.gov/dhs/locations/countysocialserv/index.html

Supplemental Nutritional Assistance Program (formerly Food Stamps)

Federal nutrition program

Phone: 1(800) 755-2716 (in-state only) or (701) 328-2328

Website: www.nd.gov/dhs/services/financialhelp/foodstamps.html

Find Local Office: www.nd.gov/dhs/locations/countysocialserv/index.html

Low Income Energy Assistance Program

Helps low income households in meeting their immediate home energy needs

Phone: 1(800) 755-2716 (in-state only) or (701) 328-2332

Website: www.nd.gov/dhs/services/financialhelp/energyassist.html

Find Local Office: www.nd.gov/dhs/locations/countysocialserv/index.html

Health and Social Services - ND

Discover resources that will provide more information regarding local services such as health care and child well-being.

Child Protective Services

To report suspected abuse, maltreatment, or neglect of a child

Phone: Contact your local office

Website: www.nd.gov/dhs/services/childfamily/cps/

Find Your Local Office: www.nd.gov/dhs/locations/countysocialserv/index.html

If county is not known, call ChildHelp at 1(800) 422-4453

Child Support Enforcement

Child support application and procedures for your state

Phone: 1(800) 231-4255 or (701) 328-3582

Website: www.nd.gov/dhs/services/childsupport/

Medicaid Eligibility

Federal-State health insurance program for low-income individuals

Phone: 1(800) 755-2604 or (701) 328-2321

Website: www.nd.gov/dhs/services/medicalserv/medicaid/

Children's Health Insurance Program (CHIP) – North Dakota Healthy Steps

Federal-State health insurance program for children – available to qualifying families who are not eligible for Medicaid. In some states, parents and pregnant women may also be covered.

Phone: 1(877) 543-7669 (in-state only)

Website: www.nd.gov/dhs/services/medicalserv/chip/

Find Your Local Office: www.nd.gov/dhs/locations/countysocialserv/

North Dakota Department of Human Services

State government programs and services for children and families

Phone: 1(800) 472-2622 or (701) 328-2310

Website: www.nd.gov/dhs/

Mental Health and Substance Abuse Services

State government mental health resources that may offer community mental health services (may include individual, family, and marital counseling), behavioral health services, and substance abuse programs

Phone: 1(800) 755-2719 (in-state only) or (701) 328-8920

Website: www.nd.gov/dhs/services/mentalhealth/

Find Your Local Office: www.nd.gov/dhs/locations/regionalhsc/index.html

Car Seat Basics

Information on car seat regulations and inspection services

Phone: 1(800) 472-2286 (in-state only)

Website: www.ndhealth.gov/injuryprevention/childpassenger/

Child Care - ND

Find out about the ins and outs of child care in your area. What is required to become a provider in your area? What requirements are there for a background check? Does your state offer any quality improvement programs?

Child Care Licensing

Your local child care regulatory office

Phone: Contact your local office

Website: www.nd.gov/dhs/services/childcare/info/

Find Your Local Office: www.nd.gov/dhs/locations/countysocialserv/

Inspection Reports

Find out what programs in your area are in compliance with licensing regulations

Inspections not available online. Contact your local licensing agency for more information

Phone: Contact your local office

Website: www.nd.gov/dhs/services/childcare/info/

Find Your Local Office: www.nd.gov/dhs/locations/countysocialserv/

Child Care Fact Sheet

Basic facts about child care in your area

<http://usa.childcareaware.org/wp-content/uploads/2015/10/2015-State-Fact-Sheets-North-Dakota.pdf>

Child Care Center Regulations

Requirements necessary to operate a child care center

Family Child Care Regulations

Requirements necessary to operate a child care program in one's home

Criminal Background Checks

Understanding criminal background checks requirements in your area

Background Check Fact Sheet 

Website: www.nd.gov/dhs/services/childcare/info/

Child and Adult Care Food Program (CACFP) – Child Nutrition and Food Distribution Programs

Reimburses child care providers for healthy meals and snacks served to children in their care

Phone: 1(888) 338-3663 or (701) 328-2294 (Child Care Centers), Family Child Care Homes should contact a local sponsor

Website:

www.nd.gov/dpi/Administrators/ChildNutritionFoodDistribution/ChildAdultCareFoodProgram/

Quality Rating and Improvement System (QRIS) – Bright & Early North Dakota

QRIS is used to evaluate, improve, and communicate the quality of child care programs. QRIS uses set standards to rate child care providers. Resources are provided to improve program standards and obtain better ratings. A QRIS program has been created in over half of the states. A QRIS often has five key points:

1. Program standards (including licensing rules)
2. Resources to programs to improve quality
3. Financial incentives and supports
4. Quality assurance and monitoring
5. Outreach and consumer education

Many states now include standards specific to infants and toddlers in their licensing rules and QRIS. These measures address the health, safety, and well-being of infants and toddlers while in child care.

Phone: 1(800) 997-8514

Website: www.brightnd.org

Children with Special Needs - ND

Learn about valuable resources for parents of children with special needs.

Easter Seals of Goodwill North Dakota

Offers special needs resources which may include respite care services and other community supports

Phone: 1(800) 247-0698 or (701) 663-6828

Website: <http://esgwnd.easterseals.com/default.asp>

Find Your Local Office: <http://esgwnd.easterseals.com/about/locations/>

ARC of North Dakota

Offers special needs services that may include respite care, advocacy, training, and support groups

Find Your Local Chapter: www.thearc.org/page.aspx?pid=323

Early Intervention

Early intervention services for infants and toddlers at risk for developmental delays

Phone: (701) 328-8936

Website: www.nd.gov/dhs/services/disabilities/earlyintervention/

Find Your Local Office: www.nd.gov/dhs/services/disabilities/earlyintervention/contact.html

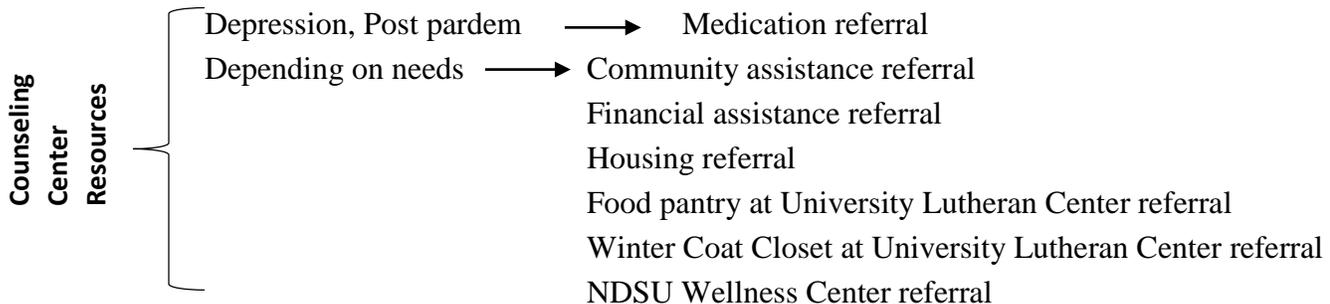
Balancing School & Home Responsibilities

Statistics show that a parent's primary cause for depression is financial strain. Due to high costs of child care, health care, living expenses, and college tuition—it could potentially take its toll on a student causing them to drop out of school to focus on working and making money. Some parenting students struggle with limited availability to balance both home and school responsibilities. So what does a student do when they find themselves struggling finding how to balance it all? Does North Dakota State University have resources they can use for help? We sure do...

Available Resources for Emotional Support NDSU Counseling Center: What kind of help do they offer parenting students?

- ✓ Individual sessions for stress, emotional support
- ✓ Mental Health Management
- ✓ Referral Services
- ✓ Time Management Assistance

Balancing life, time management (Found to be the biggest challenge for students)



More mental health management

All of these services can mean the difference to whether or not a parenting student chooses to stay at North Dakota State University to pursue their education. So get the help you need before it's too late. It's okay to ask for help when you need it, we are here for you.

Not Available to Visit the Counseling Center? Here are some things you can do at home:

- Try to have a planner or schedule set that helps you keep track of different events you have going on both at home and school, while also listing different assignments you have due. Some planners/calendars are available to you online or on your phone, while others work like a work book. Find what works for you.
- Weekly schedules and daily to-do lists are also a useful way to manage your time. You can purchase white board weekly schedules to put on your fridge or even just write one on a blank sheet of paper, again find what works best for you.

- Planning out your day the night before. You don't have to have a step-by-step break down of what you need to do the next day, but doing some things the night before helps cut the chaos and helps you manage your time better the next day. Simple things like making school lunches the night before, or laying out school clothes help start your day off with a little less chaos. Little things can make a big difference.
- Don't try to do everything. Sometimes, we all just need to pick and choose what we can get involved in at academia and our personal lives. When you have a little extra on your plate, accepting that you may not be able to get involved in as many things you might like to can go a long way. Overburdening yourself with too much can be overwhelming.
- Don't be afraid to get your kids involved. You need someone to test you with your flash cards? Do you want to make a game out of studying? Bring your child in on the action, or do your homework together at the table. You're getting your work done, while still teaching your child good scholastic skills.
- While you are in class it is a good idea to tape the lecture if you can or watch the recorded Tegrity classes (if available). Sometimes parents can have a lot on their mind and they can always be in the moment of taking notes, recordings help you revisit the lecture to check for things you might have missed.

Here are some things you can do at school to help balance your responsibilities:

- If you have any down time in between classes, during lunch time, or at home make sure that time is productive in some way or another, whether it be studying, working on an assignment early, or making freezer meals to help you out with making suppers for your family in the future.
- Develop relationships with your advisor, faculty, and staff can make a huge impact on your experience in college. Be comfortable enough to seek them out during office hours, get clarification on something you didn't understand, or asking them about resources on campus you should use to get additional help.
- Be aware of all the resources available on the North Dakota State University campus to students. This includes everything from the Library, Center for Writers, TRIO services, ACE tutoring, and even to the Disability Services. Make sure you utilize the resources on campus that you need.
- Utilize the library whenever you need a quiet study space to do your work. It has desk space, computers, Go Print stations, reference books, conference style rooms available for reservations, and a quiet atmosphere for you to concentrate in—let's face it, as parents we don't get that a lot at home.

Additional Tips for studying, managing your family life, and studying

- Communication is crucial to practice effectively with your instructors. You have a sick child or sick babysitter and are unable to go to class? Contact your instructor, some may give you the option to bring your child to class with you—while others might give you

the overview of what they will be covering in class on that day. They understand, as long as you don't take advantage and you are keeping them in the loop.

- Don't procrastinate and try to do a little bit every day. When you have down time, use it to try to get a little bit ahead in your studies. If you wait until last minute, odds are you're not going to retain the information and your work will not be as strong.
- Nap time is a great time to get some of your studies into your day. You don't have to do this every day, but it's a time for you to have some peace and quiet without many distractions.
- Get up an hour earlier than your child. It can be challenging changing your schedule to make your day start earlier, but it's an opportunity for you to study, get a head start on making breakfast, or have a little bit of time to yourself.
- Don't be afraid to ask for some help from family and friends. If you find yourself getting stressed with midterms, finals, or need some much needed time for yourself, it's okay to reach out to your family and friends to arrange a babysitter until you have finished all your important tasks.
- Set a time for yourself and your family. Whether you make a movie night, a game night, or just put your feet up and watch your favorite show. Remember that you need make some time for you and your family. It will decrease your stress level and odds are you will stick to pursuing your education.

Do not overload yourself and remember that you don't have to do absolutely everything on this list. This list is to serve just as suggestions, you can pick and choose what you want to do. The key is just finding what works best for you and going with it. Once you build it into your daily life, keeping up with the time management of everything will come naturally.

Conclusion

Trying to find a balance between raising a child and pursuing higher education can be challenging, we at North Dakota State University would like to help that transition and the demands of school and home go a little easier for you. We find that happy students are the ones who are here to stay. If you have questions regarding any of the services listed in this resource guide, don't be afraid to ask us questions, we would be happy to point you in the right direction to find you the best student and/or community resources available to you. Pursuing higher education as a parent may not be easy, but it is totally worth it. Welcome to North Dakota State University.

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