



Residence Life. The end of the semester is quickly approaching and for your student that will often mean a rush of tests, projects and, of course, final exams. There is a sense of accomplishment that occurs, especially for students who are completing their first semester or if they set goals that are close to being achieved. Once that final project or test is turned in, students quickly turn their focus to going home and catching up with friends, loved ones, and, of course, some sleep after a busy semester.

In particular, students and families may find the first long break after a student starts college is tougher as students learn to balance the new found freedom in school with the set expectations at home. Typically this will emerge when they go home for two-three weeks with no homework and few other responsibilities on their mind. Keep reading for some information on what to expect and how to ease another transition for both students and their families over the winter break.

Overall, parents may notice the following behaviors during the winter break:

- » Their child is sleeping much more than they ever did before. A semester of everything new and often sporadic sleep schedules will lend itself to a feeling of “catching up” for students.
- » Beyond sleeping, their child spends quite a bit of time seeing high school friends. After being apart for several months, students have a tendency to get the most out of being home. Especially during holidays that are spent with family, this can add some tension between parents and students.
- » Don’t be surprised about time being an explosive conversation. Particularly after the first semester where students have their first experience with a new sense of freedom, this can be particularly tough. Many students may be heading out for the night, while the rest of the family is heading to bed. While at school they are not required to check-in with anyone and although it is not a bad question to ask by parents; many students get frustrated with being asked.
- » Their student has started to mature into a young adult. It can be hard to believe after 18 years of being quite dependent, many of these individuals have learned quickly they can do things on their own and they actually enjoy it. It has nothing to do with not loving their parents, it is more about how the parents have built a good foundation for their student to be successful in this area.
- » Grades are published on-line on the student’s account during the winter break. The results of the semester may determine the level of conversation the student wants to engage in. For some, this first semester is a tough wake-up call about the demands of college and for others, they are right on point. For students that didn’t do as well as expected, an honest conversation is the most helpful. Taking the time to help them come up with a plan on how they can recover from poor grades and what resources are available on campus is a great start. If you need a place to talk through resources, the Student Success Programs is a great place to start.

It is wonderful to be at home, the time will go quickly and many students will be ready to return to school. Don’t be offended if your student is ready to go back to school at the end of the break. Students have been rejuvenated and are excited to take on another semester of college.

Knowing that many of these events may occur, here are some things to do with your student to ease this transition.

- » Take some time together to plan what all parties would like to do over the break. Make a list, take a break from it and then go back to the list and finish it up.
- » Establish some expectations about checking-in. Understand the previous “curfew” may not make sense for your young adult.
- » Allow time for everyone to do their own thing. Students, siblings, and parents alike all need their own time and it is important to include this in the plan.
- » Plan some intentional time to reflect on the last semester. As mentioned before, the semester is different for everyone and depending on how things went, your student is going to need different types of support. If you feel like your child has really changed in areas that you are concerned, find a quiet place to talk with them. Share with them the areas in which things are different. Keep your questions short and don’t ask for details, but help about your son or daughter get their thoughts out.

In the end, having your student return home after a semester of school is a very exciting time. Students are ready for the break from school and to reconnect with friends and family. Enjoy the time to see how your student has grown and developed in just a few short months and help them get ready for another successful semester.

For more information, please contact:

Phone: 701-231-7557 | 800-572-8840

Web Address: www.ndsu.edu/reslife

VISIT CAMPUS!

NDSU Theatre presents Goldilocks Zone - December 1-3 and 9-10

Senior Recital: Carissa Eikon, violin - December 3

NDSU Wind Symphony Concert - December 4

NDSU Madrigal Dinners - December 9

A Night of Caring: Project Linus - December 10

Student Recital: Taylor Eichinger, saxophone - December 11

Student Recital: Cydney Berlinger, piano - December 11

Winter Commencement - December 16

Winter Break - December 19 - January 6

- Residence Halls close - December 16 @ 6:00pm

- Residence Halls open - January 8 @ 12:00 pm

- Classes begin: January 9 @ 4:00pm



The **National Student Exchange** gives eligible students the opportunity to attend their choice of nearly 200 member colleges and universities that range in size from some of the largest research universities to some of the best, small liberal arts colleges. Since its beginning in 1968, NSE has placed more than 110,000 students for exchange.

Students can exchange for one or two semesters. NSE provides students an opportunity to:

- » Experience a diverse campus
- » Broaden personal and educational experiences
- » Explore new areas of study
- » Expand academic program options
- » Experience personal growth
- » Investigate graduate schools or employment opportunities

A recent NSE student commented:

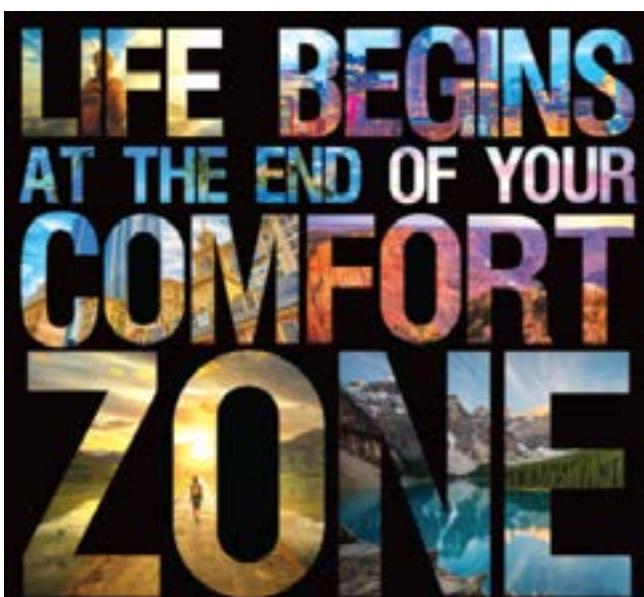
“Personally, I would not have grown into the person I am today if it were not for experiencing my exchange. I am a more independent, self-sufficient person after moving many miles away from everyone I know. It helped me create lasting relationships and a new family, in a sense, of people at the college who were also far away from home.”

The program is very affordable.

- » Students pay NDSU tuition while attending the host institution
- » Students are responsible for host campus room/board, class/laboratory fees, and travel expenses.

The deadline for application is February 10th for placement(s) in Fall 2017 and Spring 2018. Information sessions are planned for January so that students can learn more about this exciting opportunity.

If you would like additional information on NSE contact the Student Life Office, Memorial Union 250, (701) 231-6560, ndsu.nse@ndsu.edu, or visit our website at www.ndsu.edu/student_life/nse



DATES AND DEADLINES

EVENT CALENDARS

NDSU • Fargo-Moorhead



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NDSU Study Abroad. Studying abroad enhances a student’s time in college through new learning experiences that are not just possible inside of a classroom. It opens the door to a world of opportunities and acts as an important resume builder in today’s globalized world. NDSU offers a variety of opportunities from spring break to full year programs that are available for all majors so students can attend a program uniquely suited for them. Whether they want to take courses for academic credit towards their degree or fulfill an internship requirement, there are many programs from which to choose. Many of our programs allow students to pay NDSU tuition and fees, making them comparable to studying here. Upon returning, students will also have the opportunity to work with their peers and educate others interested in study abroad through our peer mentor program.



Erin Winters, English Education

Summer 2016

The United Kingdom

I had always thought studying abroad would be something cool to do in college, but for a long time I didn’t think I’d ever be able to fit it into my course schedule. But after working with my advisor, I found a program offered by one of my professors that actually helped me towards graduation.

I was able to travel to Scotland and England for two weeks to study British literature and pop culture. As an English Education major, everything we saw and did fit perfectly into my interests. Studying abroad offered me the opportunity to learn about the world around me and to learn about myself. I was able to experience history up close and in person and was given the freedom to explore places I had an interest in.

Though my time abroad was short, I have come back with experiences and friendships that will last a lifetime.



Katie Taylor, Pharmacy

Academic Year 2014-2015

Granada, Spain

Study abroad is more than just studying and taking classes in a different country. There are so many positive experiences I got out of study abroad. I was able to improve my Spanish skills and become fluent in a language that I had been studying for a long time. There were countless opportunities to meet people from other backgrounds and chances to study alongside students from so many different countries. I found myself personally challenged everyday whether it was the language and communicating, living in a foreign place, or traveling to different countries. I got to see new things every day in my city and explore different cities on my weekends and winter break. I feel so blessed to have had this opportunity because most people cannot say that they have been to 13 different countries, can speak multiple languages, and have lived on a different continent all before their 20th birthday. Study abroad has made me realize my passion for traveling and seeing the world.

For students starting their college experience, we highly recommend that they consider studying abroad and look into the many different options that are available. The benefits of traveling and living abroad cannot be replaced and will enhance your life and future career in many ways.

For more information, please contact International Student and Study Abroad Services:

Phone: 701-231-7895

Web Address: www.ndsu.edu/studyabroad



Spring 2017 Registration

Registration for the Spring 2017 semester is underway! Students with past due account balances are not allowed to register for the upcoming semester, however, there are options available.

- » FAFSA (Free Application for Federal Student Aid) – If your student has not already done so, he or she can complete this application to request federal financial aid in the form of loans and/or grants. Students must be degree seeking and meet Satisfactory Academic progress (SAP).
To apply, visit www.fafsa.ed.gov
- » Alternative Loans – Non-federal, interest-bearing loans through private lenders (e.g. banks). A co-signer with a good credit rating may be required to apply.
To apply, visit www.choice.fastproducts.org/FastChoice/home/299700/5
- » Meet with a Financial Aid Counselor – Financial Aid Counselors are available to answer any questions your student may have and to help them determine what additional resources may be available. To schedule a personal appointment, please contact One Stop at 701-231-6200 | 866-924-8969.

Financial Obligation Agreement (FOA): When registering for classes, all students are required to electronically sign the Financial Obligation Agreement (FOA). We strongly encourage students and their families to read this document in its entirety and follow up if they should have any questions.

www.ndsu.edu/onestop/accounts/foa

FOA Highlights:

- » Timely payment, due dates, and late payment fees
- » Financial responsibility and collection practices
- » Attendance/participation and dropping/withdrawing
- » Future registration
- » Release of transcripts and diplomas

Spring 2017 Key Financial Dates:

- » Jan. 19 Last day to drop a class or withdraw to zero credits and receive 100% refund
- » Jan. 24 Financial aid applied to student accounts
- » Jan. 25 Payments due for all NDSU account balances
- » Feb. 20 Last day to withdraw to zero credits and receive 75% refund
- » Mar. 15 Late fees of 1.75% applied to unpaid account balances
- » Mar. 23 Last day to withdraw to zero credits and receive 50% refund
- » Apr. 15 Late fees of 1.75% applied to unpaid account balances
- » May 15 Late fees of 1.75% applied to unpaid account balances

Payment Plan: For students who wish to have additional flexibility in making their tuition payment, NDSU offers a payment plan. Enrollment for the Spring semester will begin in mid-December and ends in late-January.

Payment Plan Highlights:

- » Account must be current (i.e. no past due balances) in order to enroll
- » \$30 enrollment fee and minimum \$250 down payment
- » The payment plan divides charges into three payments, due in February, March, and April. If payment is made by the due date(s), no late payment fees will be placed on account.

Additional information regarding the payment plan may be found at:

www.ndsu.edu/onestop/accounts/payments/paymentplan

Contact One Stop at:

Phone: 701-231-6200 | 866-924-8969

Web Address: www.ndsu.edu/onestop