

# CAMPUS CONNECTION

A STUDENT AFFAIRS NEWSLETTER FOR PARENTS

VOLUME 1 ♦ ISSUE 2 ♦ FALL 2005



## UNCP STUDENTS ABROAD: What Every Parent Needs to Know

Is your son or daughter thinking about study abroad? Adding an international dimension to a student's education will assist him or her to:

1. Function in different cultures;
2. Increase knowledge of and competency in a foreign language;
3. Understand differences in educational styles and systems; and
4. Increase employment marketability upon graduation.

The Study Abroad Office maintains extensive information for researching international opportunities. Staff is available to review goals and make program suggestions. Each student must develop a plan that is pre-approved by the department. With careful planning, studying abroad should not result in a delay of graduation.

The cost of study abroad varies. Exchanges, where a student pays his or her UNCP tuition and fees, result in a highly affordable experience. All federal aid will apply and scholarships are available.

Student safety overseas is of paramount importance to UNCP. General issues as well as country-specific information is discussed with all participants. World conditions are monitored to determine the safety of potential destinations. A required health insurance plan ensures that your student's medical needs will be met.

For more information visit [www.uncp.edu/ip/abroad/index.htm](http://www.uncp.edu/ip/abroad/index.htm) or contact the Study Abroad Office by phone at 910-775-4095 or by email at [oiip@uncp.edu](mailto:oiip@uncp.edu).

## Misperceptions: College Life & Alcohol

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The perception of college life and the use of alcohol has been influenced by decades of movies, television shows, and oral histories handed down by former students. Life on a college campus adopts the sense of a drinking culture, even when the evidence is everything to the contrary. As freshmen enter college, they are often handed this culture by upperclassmen, alumni, and sometimes even the university administration themselves. However, The University of North Carolina at Pembroke has embarked on a unique experiment to challenge that culture and make changes in its environment to reduce underage and high-risk drinking.

The Coalition to Prevent Alcohol-Related Consequences (C-PARC) was developed at UNCP in January 2004 as part of a study by the Wake Forest School of Medicine to determine if utilizing environmental strategies instead of traditional methods of prevention would make significant reductions in the alcohol consequences for college students. The environmental approach included assessing the policies and procedures, laws, and social expectations around alcohol not only on the campus, but in the surrounding communities as well.

C-PARC is comprised of UNCP students, faculty, and administrators, as well as active stakeholders in the community such as alcohol retailers, landlords, and local law enforcement.

The goal of C-PARC is to develop and implement a strategic plan using environmental strategies that will reduce underage and high-risk consumption of alcohol. Specific strategies include supporting efforts by law enforcement to encourage responsible beverage practices by retailers, conducting a social norming campaign on campus to correct misperceptions about the amount of alcohol consumed by UNCP students, and increasing the amount of alternative activities on campus that promote an alcohol-free lifestyle.

C-PARC recently divided into subcommittees in an effort to focus on each strategy listed in the plan. One big focus is the launch of a comprehensive social norming campaign to provide accurate information for students about how much their peers are actually drinking. In an anonymous and confidential 2004 survey conducted with incoming UNCP freshmen, 75.3% reported that they drank less than four alcoholic drinks a month. This is a far cry from the "party all-night" image of college life.

Changing a culture that has been embedded through generations is no easy task. C-PARC hopes to start a dialogue followed by action that will begin this process. The participation of parents in this process is important. Input and suggestions are welcome as we follow this new path to change.

## Home for the Holidays

In a few short weeks, your son or daughter will be returning home for the holidays. In order to help your family have the most joyous holidays possible, consider discussing the following questions as a family at the start of winter break:

What expectations do you have about how "house rules" will be handled? Some things to consider are curfew, chores (laundry, cooking, etc.), and how people communicate.

What are your expectations about personal freedom and independence? Students have a lot of independence at college and often expect this same level at home.

What expectations do you have about how much time the family will spend together? Are there certain days or events that are very important? What freedom will there be for each individual to schedule time with friends, other family members, work?

Is your family planning a vacation? Are all family members expected to participate and what choices do they have about their time during the vacation?

By discussing each person's expectations, potential conflicts and similarities can be discovered and addressed. Some negotiation may be required, but doing so increases the chances for great holidays for everyone.

## FLU PREVENTION TIPS

Influenza (also called “the flu”) is a viral infection in the nose, throat and lungs. About 10% to 20% of Americans get the flu each year.

The flu starts suddenly and hits hard. You’ll probably feel weak and tired, and have a fever, dry cough, runny nose, chills, muscle aches, severe headache, eye pain and a sore throat. It usually takes longer to get over the flu than a cold.

Since there are no known cures for flu and colds, prevention must be your goal. A proactive approach to preventing colds and flu is a good way to keep everyone healthier.

To help prevent the spread of flu (and other respiratory illnesses) students should:

- Get vaccinated.
- Avoid close contacts with people who are sick.
- Stay home to help prevent others from catching his/her illness.
- Cover his/her mouth and nose with a tissue when coughing or sneezing.
- Wash his/her hands often to help protect him/her from germs.
- Avoid touching his/her eyes, nose or mouth.
- Drink plenty of fluids.

Student Health Services professionals cannot predict when the peak of the outbreak will take place (though generally this occurs sometime between December and February) or how severe the disease will prove to be. If a student receives treatment within 48 hours of the onset of illness this may decrease the duration and severity of symptoms. Students who are absent from classes because of illness should notify their professors as soon as possible.

## UNCP Briefs

### ◆ THE NUTCRACKER COMES TO UNCP

Let The Nutcracker get you into the holiday spirit on Thursday, December 1, at the Givens Performing Arts Center! The traditional holiday classic will be performed by the Saint Petersburg Classic Ballet Theatre of Russia and the Willis Ballet of Texas. For ticket prices and information call 1-800-367-0778.

### ◆ HOUSING AGREEMENT REMINDER

Students living on campus are liable for their room and board for the entire academic year with the following exceptions: graduation; withdrawal from UNCP; not enrolled next semester; marriage; parent or guardian of children. Students requesting to be released from their agreement, are required to submit a “Housing Agreement Release Form.” Forms may be obtained from a Residence Hall Supervisor or a Resident Advisor in November.

### ◆ ASK ABOUT MIDTERM GRADES . . .

Wondering how your son or daughter is doing academically? Ask your child to show you his or her midterm grades. Midterm grades were posted on Braveweb Monday, October 17. Students can access Braveweb and view their grades from any computer with Internet access.

### ◆ FINAL EXAMS & COMMENCEMENT

Fall 2005 final examinations will be held December 5-9. Winter commencement will be held Saturday, December 10, 2005, at 10:00 a.m. in the main gym of the Jones Health and Physical Education Center. For accommodations and dining suggestions, visit [www.uncp.edu/uncp/hotels\\_restaurants.htm](http://www.uncp.edu/uncp/hotels_restaurants.htm). For more information about final exams or commencement, contact the Registrar’s Office at 910-521-6298 or [registrar@uncp.edu](mailto:registrar@uncp.edu).

## Staying Connected

Web Calendar .....	<a href="http://www.uncp.edu/calendar/">www.uncp.edu/calendar/</a>
Home .....	<a href="http://www.uncp.edu/">www.uncp.edu/</a> (800-949-8627)
Advisement and Retention .....	<a href="http://www.uncp.edu/ar/">www.uncp.edu/ar/</a> (910-521-6625)
Counseling & Testing Center .....	<a href="http://www.uncp.edu/ct/">www.uncp.edu/ct/</a> (910-521-6202)
Career Services Center .....	<a href="http://www.uncp.edu/cs/">www.uncp.edu/cs/</a> (910-521-6270)
Division of Student Affairs .....	<a href="http://www.uncp.edu/sa/">www.uncp.edu/sa/</a> (910-521-6226)
Financial Aid Office .....	<a href="http://www.uncp.edu/fa/">www.uncp.edu/fa/</a> (910-521-6255)
Housing & Residential Life .....	<a href="http://www.uncp.edu/housing/">www.uncp.edu/housing/</a> (910-521-6228)
Office of the Registrar .....	<a href="http://www.uncp.edu/registrar/">www.uncp.edu/registrar/</a> (910-521-6298)
Student Health Services .....	<a href="http://www.uncp.edu/shs/">www.uncp.edu/shs/</a> (910-521-6219)
UNCP Police & Public Safety .....	<a href="http://www.uncp.edu/police/">www.uncp.edu/police/</a> (910-521-6235)
Alumni Relations .....	<a href="http://www.uncp.edu/alumni/">www.uncp.edu/alumni/</a> (910-521-6533)
UNCP Bookstore .....	<a href="http://www.uncp.edu/bookstore/">www.uncp.edu/bookstore/</a> (910-521-6222)
Pine Needle (Student Newspaper) .....	<a href="http://www.uncp.edu/pineneedle/">www.uncp.edu/pineneedle/</a> (910-521-6204)