Family Connection is your link to the ODU campus. As a parent or family member, you play an important role in your student's life and this relationship contributes to student success! Student Transition and Family Programs supports your role and provides you with information about ODU and the resources available to you.

Call us at 757.683.3428 or email familyconnection@odu.edu if you have questions.

Supporting Your Student

Students have been in classes for over 4 weeks! They are forming study groups, meeting new friends and joining clubs and organizations. They may also be contacting you when they have questions or concerns about University policies and resources. Now is a great time to help your student solve problems. When students seek out campus resources and ask questions, they develop important problem-solving skills and gain confidence in themselves.

Academic
- Encourage your student to talk with the professor if the concern is about a specific class. Every professor has office hours listed on their syllabus.
- Academic advisors are a valuable resource for students. Academic Enhancement has an advisor locator and contact information for all majors.
- If your student needs tutoring, the Peer Educator Program is a great place to start.

Residence Halls
- If there are roommate problems, it is important for your student to communicate those issues with the roommate. Effective communication can resolve many problems. Your student can also speak with a Resident Assistant (RA) or Community Assistant (CA).
- Want to send a care package or letter of support to your student? The physical addresses of the residence halls are available on the Housing & Residence Life website.

Personal Wellness
- Sometimes a little outside help or a different and more objective point of view can help students put problems in perspective. Many students, including highly successful ones, find significant benefits in counseling. These benefits include increasing self-awareness, maximizing potential, and making the overall college experience more productive and meaningful. Counseling Services can be reached at 757.683.4401.

Physical Health
- Student Health Services provides primary care including assessment, diagnosis and treatment of acute illness and ongoing care for chronic conditions such as asthma, diabetes and high blood pressure. Most routine lab work is performed on campus and is covered by the semester health fee. Students can make an appointment with Student Health Services by calling 757.683.3132.
- If your student is interested in information on weight management, nutrition, or stress management call the Health Promotion and Prevention Services at 757.683.5927.

Fun facts about ODU
- ODU was named to the President's Higher Education Community Service Honor Roll. ODU was recognized as one of the nation’s leading colleges and universities for our commitment to community service.
- ODU has won 15 national championships in sailing.
Wondering about your student’s adjustment to ODU? Here are some questions to ask!

- Do you have at least one activity you are participating in at ODU? What is it and why are you enjoying it?
  ⇒ If your student is not involved, recommend visiting the Office of Student Activities and Leadership in the Webb Center. Students can also visit the new online student involvement and student organization management software called OrgSync.
- Have you set a goal for your grade point average at the end the semester? What is your goal?
  ⇒ A realistic expectation is a GPA between 2.5-3.0. If your student needs help with the math, visit the GPA Calculator.
- Do you know the name of a faculty, staff or administrator who you could go to when you need help?
  ⇒ If your student needs a “go to” person at the University, call Student Transition and Family Programs at 757.683.3428 and we can help your student make a connection.

**Mark Your Calendar**

**Week of October 8:** Early alert grades posted for 100 and 200 level classes. Your student should check Leo Online for these mid-term grades.

**October 6-9:** Fall holiday, no classes but residence halls remain open

**November 6:** Last day to withdraw from Session 1 classes without instructor’s signature (a grade of W is assigned)

**November 12-16:** Registration for Spring 2013 classes

**November 21-25:** Thanksgiving holiday, no classes. Residence halls close at 10:00 a.m. on November 21 and reopen on November 25 at 9:00 a.m. University Village, Nusbaum and Powhatan Apartments remain open.

**December 7:** Classes end

**December 8-14:** Final exams

**December 15:** Residence halls close at 10:00 a.m. for winter break (apartments remain open—see above). Students are reminded that they must leave 24 hours after their last final exam or by the closing date/time, whichever comes first.

**December 23-January 1:** University offices closed for winter break

**January 12:** Spring classes begin (for those who have Saturday classes)

**Quick Tip**

If your student needs computer help, password assistance or website navigation tips, the OCCS help line is 757.683.3192.