

# PARENT AND FAMILY CALENDAR

2022 - 2023



UNIVERSITY OF MINNESOTA  
Driven to Discover®

# UNIVERSITY OF MINNESOTA

Twin Cities Campus

Orientation & Transition Experiences  
Office of Undergraduate Education

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Dear Parents and Families:

Welcome to the University of Minnesota campus community! Your student's transition to college is an exciting time for the whole family and we look forward to working with you in this transition. Your role in your student's life will remain very important in the coming years and the University is here to support you and your student. Research shows that students are more successful when family members understand the college experience as well as the resources available for their students and for themselves. We are here to help you navigate these resources.

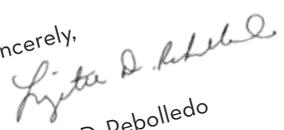
The University values parents and family members as partners in students' education. We know that you will continue to serve as your student's advisor, coach, and mentor. Students benefit when families support and participate in the university experience. So we encourage you to use the information in this calendar to support your student through this transition.

This calendar is our gift to you. We hope it will help you feel connected with campus and serve as a resource throughout the year. We suggest reading through the calendar at the beginning of the school year. Topics are organized by month, but many of them are relevant at any time. The calendar includes academic dates and information, and we also have written about many transition topics. You will find helpful resources and contact information on the back cover. We encourage you to use this information to help your student take advantage of all the U of M has to offer.

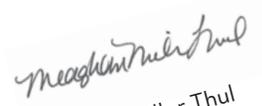
Orientation & Transition Experiences (OTE) is here to offer support and assistance during students' first two years. The Parent & Family Program continues the University's support to parents and family members throughout students' college experience. We are committed to helping your student succeed. Please contact Orientation & Transition Experiences or the Parent & Family Program with questions or suggestions – or even to share stories of success. Our contact information is above.

On behalf of the University, we would like to welcome you to the Gopher family, and we look forward to connecting with you over the coming years. Best of luck with your transition, and go Gophers!

Sincerely,

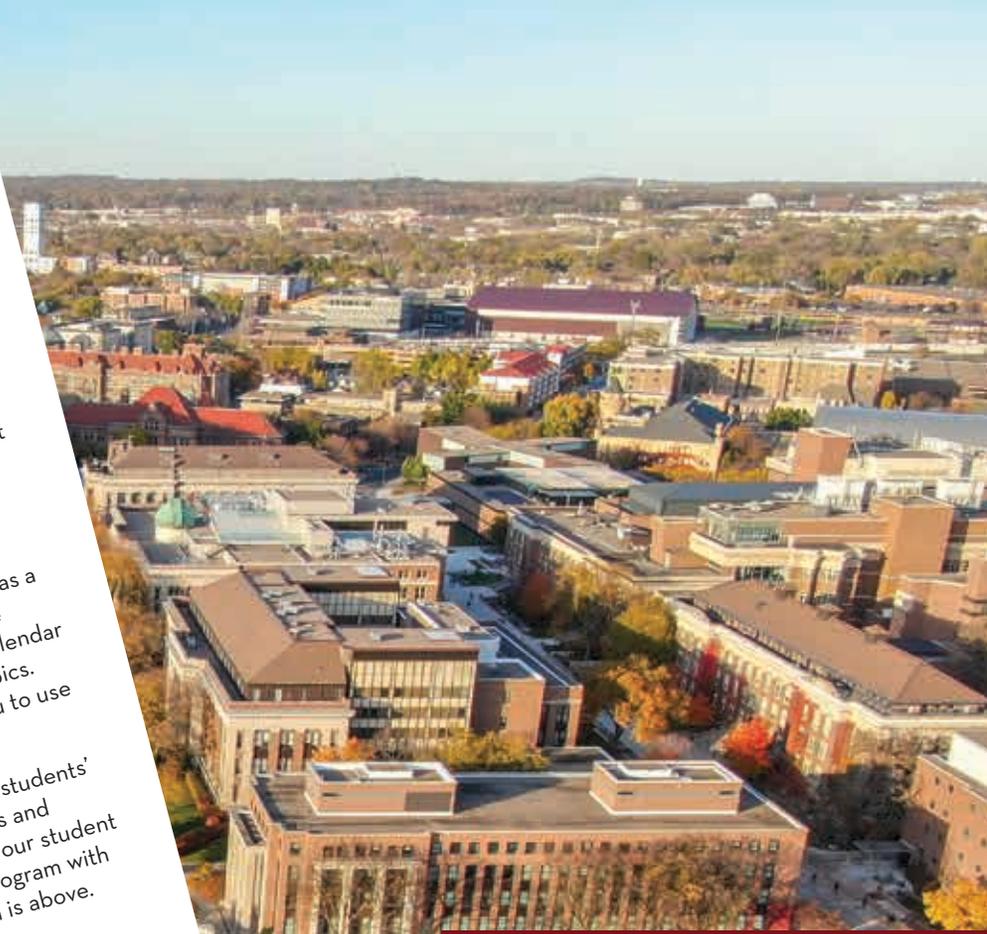


Lizette D. Rebolledo  
Director  
Orientation & Transition Experience



Meaghan Miller Thul  
Assistant Vice Provost  
for Student Life  
Parent & Family Program

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## Join the Gopher Family Connection!

The Gopher Family Connection is a platform and e-newsletter for family members of Gophers. This platform provides regular updates on student life, support services, upcoming events and deadlines, family-specific resources and education, and so much more throughout the year. Gopher Family Connection allows you to customize your experience to be able to receive the information you want at the frequency that works best for your family.

[gopherfamilyconnection.umn.edu](https://gopherfamilyconnection.umn.edu)



## OUTCOMES FOR PARENT/ FAMILY INVOLVEMENT

The University Parent & Family Program, in collaboration with offices and departments throughout campus, works with families to help them understand the student experience, support student learning, and empower students to take personal responsibility for their social and academic choices.

Families Contribute to Student Success by:

- Understanding the student experience and knowing about resources available at the University of Minnesota.
- Supporting the University's goals for student learning and development outcomes, which can be found at [z.umn.edu/outcomes](https://www.z.umn.edu/outcomes).
- Knowing when to step in to help their student and when to empower their student to take responsibility.
- Developing an affinity for the University of Minnesota.

**PARENT.UMN.EDU**

# Your Student's Transition

The transition to college is an exciting, significant, and anxious time for students and their families. In addition to the new stressors of a global pandemic and other world events, there are also the typical unknowns including living, sleeping, and eating in new spaces for our residential students, taking new routes and modes of transportation for our commuter students, navigating finances, adjusting to new modalities, study habits, meeting new friends and learning an entirely new daily schedule for all incoming students. Change can be good, but it can also be a bit challenging. It can be helpful to acknowledge that not only is this transition big for your student, it can also be significant for your family. Give yourself and other family members time to process feelings, adjust to a new household normal, and navigate the bumps that may come along.

**Here are some tips to help you support your student through the social and emotional aspect of transitioning to college:**

1. When your student lets you know things are difficult, be a listening ear for them. And, remember, students may not always share when they are struggling. Let them know that you care about them and that you are there to support them if they ever want to talk
  - There may be no need to solve your student's problems; oftentimes students want to let off steam or give voice to their concerns. It may be helpful for your student to simply feel heard and understood, without you needing to "fix" anything.
  - If your student specifically asks for your assistance solving a problem, consider what might be the benefits and downfalls of solving their problem for them, and consider supporting them in building lifelong problem solving skills.
  - Resilience tools are more important now than ever. How can you show your student, through your own words and actions, how to navigate difficult situations and build tools for lifelong resilience?
2. You might notice that your student is more irritable or impatient than usual. (You may also notice this in yourself or among other adults in your life!) Irritability, impatience, and overall lower stress tolerance can be symptoms of feeling overwhelmed. Consider how you can help your student adjust their expectations and obligations for themselves.
3. One way to manage irritability and stress is by slowing down, breathing deeply, and practicing compassion towards others and ourselves. Encourage your student to implement this and refer them to pages 50-51 of the Gold Book for more resources.
4. Go back to the basics! Is your student eating enough, sleeping enough, and engaging in a hobby that brings them joy? If not, these are important to encourage. (And are you, as a parent/caregiver, also regularly engaging in these foundational wellness practices?)
5. Social isolation and change in social connections may cause some students stress. Check in with your student to learn how they are getting connected with peers and how they can practice building new social connections. Remember that all students are navigating this and your student is not alone.
6. If you feel like your student is struggling more than usual, encourage them to reach out to Boynton Mental Health Clinic ([boynton.umn.edu/clinics/mental-health](https://boynton.umn.edu/clinics/mental-health)) or Student Counseling Services ([counseling.umn.edu](https://counseling.umn.edu)).
7. If your student has used disability accommodations previously, encourage your student to connect with the Disability Resource Center ([disability.umn.edu](https://disability.umn.edu)). The earlier they do this, the better.
8. If you are concerned for your student's safety, or would like help locating specific resources for your student, you can reach out to the Parent & Family Program ([parent@umn.edu](mailto:parent@umn.edu)) or to the Care Program ([care.umn.edu](https://care.umn.edu)).

# YOUR STUDENT'S TRANSITION

As the new school year approaches, new students realize that everything in their lives is about to change. Residential students will be living, eating, and sleeping in new spaces. Commuter students will be traveling to campus along new routes and seeking out places to spend their time. All students will be dealing with their finances in ways they never had to before, figuring out how to meet new friends, and learning to balance their time. Change can be good, but it can also be a bit challenging. It can be helpful to acknowledge that not only is this transition big for your student, it can also be significant for your family. Give yourself and other family members time to process feelings, adjust to a new household normal, and navigate the bumps that may come along.



# AUGUST 2022

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 U-Pass Sales Begin	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Welcome Week			

## HOW TO HELP

The more you understand about the University of Minnesota and your student's transition, the easier it will be to trust the process.

Review your notes from Parent & Family Orientation and take a look at the Gold Book. ([z.umn.edu/goldbook](http://z.umn.edu/goldbook))

Empower your student to take responsibility for packing and preparing for school.

Make sure your student purchases a U-Pass. U-Pass is valid for unlimited rides on buses and light rail throughout the Twin Cities all semester long. Order one at [buspass.umn.edu](http://buspass.umn.edu).

If your student works on campus, you are probably already familiar with the amazing benefits of an on-campus job. The University has many outstanding student employment opportunities that help build valuable skills that they can apply during internship experiences and following graduation.

Make sure your student is ready for class on the first day. The U of M Bookstores works with faculty to ensure an adequate supply of the correct materials for their course. Visit the website for the latest information on new, used, digital, and rental materials at the best possible pricing. Shop in store or online now to be ready for class.

Make sure your student has responded to financial aid awards and completed their loan documentation. This is a great opportunity to start a conversation about financial aid responsibility and money management. For more information on making wise borrowing choices go to [z.umn.edu/loanchoices](http://z.umn.edu/loanchoices).

Have your student set up Parent/Guest Access. If you would like permission to view and discuss the details of your student's record, your student must authorize you with Parent/Guest Access. ([z.umn.edu/authorizeaccess](http://z.umn.edu/authorizeaccess))



## YOUR STUDENT'S ADJUSTMENT

Welcome Week is a great start for all new students (first-year and transfer) as it provides a thorough introduction to the University and resources, outlines what to expect and how to adjust during the first few weeks of class, and communicates the importance of getting involved on campus and making friends. Even with these programs, homesickness is common among new students, and it's a condition that comes in all degrees from mild to severe. It's usually temporary and stems from being in a new situation without the support system the student has always relied on. The keys to overcoming homesickness are to get busy and to make connections. Students who are engaged and active have less time to miss their parents, hometown friends, or family pets.

# SEPTEMBER 2022

S	M	T	W	TH	F	S
				1 Welcome Week	2 Welcome Week	3 Welcome Week
4 Welcome Week	5 Labor Day (University Closed)	6 First Day of Class	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## HOW TO HELP

Many of the services listed below may be offered with both in-person and virtual options. Encourage your student to ask for the delivery method they prefer.

Empower your student to seek answers to their questions. This will teach them to find campus resources to help them now and in the future, and it gives them confidence in their problem-solving skills.

For concerns about housing or dining, have your student reach out to their Community Advisor (CA) or Hall Director in the residence hall.

For academic issues, the first contact should be the student's instructor, academic advisor, or the SMART Learning Commons. Students looking for support for online learning should check out the great !:| support services available on the [success.umn.edu](https://success.umn.edu) site.

Students who are having trouble with personal issues or adjustment to college life can contact Student Counseling Services or may wish to visit Let's Talk, a program offered daily that doesn't require an appointment. For physical or mental health concerns, Boynton Health can help.

Make sure your student is ready for class on the first day. The U of M Bookstores works with faculty to ensure an adequate supply of the correct materials for their courses. Visit [bookstores.umn.edu](https://bookstores.umn.edu) for the latest information on new, used, digital, and rental materials at the best possible pricing. For safety or legal issues, University Police can be reached by dialing 911 or calling 612-624-COPS.

Encourage your student to pay attention to the U of M Bookstores textbook return dates if they have made any schedule changes.

For student services (including where, when, and how to pay the first tuition bill), see One Stop Student Services at [onestop.umn.edu](https://onestop.umn.edu).

Students must enroll or waive the University sponsored Student Health Benefit Plan. Contact the Office of Student Health Benefits with questions at [shb.umn.edu](https://shb.umn.edu). The deadline to waive the University-sponsored plan is October 1st.

If your student observes holidays in September like Rosh Hashanah and Yam Kippur, please remind them to use the accommodations available in advance of the start of the semester. Details can be found at <https://policy.umn.edu/education/makeupwork>

# YOUR STUDENT'S FIRST SIX WEEKS

Within four to six weeks of the start of college, students form patterns that can either help them be successful or contribute to academic problems. When students face setbacks or disappointments from some of the decisions they've made, they may believe the easiest solution is to quit and come home — or turn the problem over to trusted family members to solve. Students may become discouraged when they face new challenges at this point in the semester. They tend to see only the problem in front of them, not the successes they have already achieved.



# OCTOBER 2022

S	M	T	W	TH	F	S
						1 Waiver Deadline
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30 Parent & Family Weekend (30)	24/31	25	26	27	28 Parent & Family Weekend	29 Parent & Family Weekend

## HOW TO HELP

A regular check-in by family members, either in person or by phone, provides clues to a student's health, social adjustment, and coursework.

Remind your student of your family's values and priorities. Encourage your student to work through the consequences of their decisions and take steps to ensure the same problem doesn't arise in the future.

Affirm that there is still plenty of time to recover from any mistakes or issues.

Celebrate the good decisions and the progress they have made since starting college.

Check in with your student on how they are performing academically to show support and interest in their studies and progress. As the semester progresses, your student will be receiving valuable feedback and midterm grades from their instructors.

Make sure you and your student are ready for all of the fall events on campus. Check out the latest campus fashions and novelties at the U of M Bookstores. Subscribe to sale and event updates at [bookstores.umn.edu](http://bookstores.umn.edu).

Complete the FAFSA for the 22-23 academic year. Visit [fafsa.ed.gov](http://fafsa.ed.gov).

Check out designated study spaces all over campus: [studyspace.umn.edu](http://studyspace.umn.edu)



## YOUR STUDENT'S HEALTH AND WELLBEING

As the weather gets colder and the days become shorter, students may start to feel as though they have less energy. As we near the end of the semester, this is also a time when stress starts to increase. The most successful students are those who get eight hours of sleep at night, eat balanced meals, and do something physical to relieve stress and anxieties.

# NOVEMBER 2022

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving (University Closed)	25 University Closed	26
27	28	29	30			

## HOW TO HELP

Remind your student about the importance of mental and physical health and encourage them to work on stress management and take time to relax. Here are some helpful tips to suggest to your student.

YOU@UMN is a great tool for proactively managing wellbeing.

Work out at the University Recreation & Wellness Center or at home to relieve stress.

Take a yoga, tai chi, or Pilates class at Boynton Health or access their virtual offerings.

Practice deep breathing exercises.

Reduce sugar, caffeine, and alcohol intake.

Spend time alone or with a good friend.

Prioritize tasks and focus on one at a time.

Get a flu shot.

Listen to soothing music.

Talk to a professional helper.

Say "no" to additional unnecessary responsibilities.

Encourage your student to use the many resources available on campus to help manage stress. Here is a great list of ideas:  
<http://mentalhealth.umn.edu/stressmgmt>

# YOUR STUDENT LIVING OFF CAMPUS

Whether your student currently lives on campus, in an off-campus apartment, or is still living at home, this is the time to start thinking about next year's housing. Shortly before residence hall students left campus for break, they were provided information to help make decisions about on-campus living for next fall.



# DECEMBER 2022

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Last Day of Instruction	15 Study Day	16 Final Exams	17 Final Exams
18 Study Day	19 Final Exams	20 Final Exams	21 Final Exams	22 Final Exams & End of Fall Semester	23 University Closed	24
25 Christmas Day	26 University Closed	27	28	29	30 University Closed	31

## HOW TO HELP

If students are planning to live off campus, they will need to know how to cook and clean, manage bills, and negotiate compromises with their roommates without supervision.

Here are some conversations to have with your student.

Have your student develop a budget that shows how much rent, food, transportation, and utilities will add to their other college expenses and responsibilities.

Discuss the importance of roommate selection with consideration to study habits and social life.

Talk to your student about what matters to you - security, distance from the apartment to campus, rental costs, or the terms of a rental lease.

Students can visit Student Legal Service for a free lease review. Encourage them to do this before signing a lease.

Off-Campus Living, an office dedicated to providing opportunities for interaction and integration for off-campus students, is a great resource for connecting within your new community and staying engaged on campus.



## YOUR STUDENT'S SAFETY

Safety is one of the greatest concerns families have for their college student, no matter the time of year or how long their student has been on campus. Safety is a broad topic and includes emotional safety and personal well-being as well as physical safety. Every community member at the University has a role to play in student safety, from being welcoming to other community members, using the resources available to help facilitate safety, and being diligent about practicing self-care.

# JANUARY 2023

S	M	T	W	TH	F	S
1	2 New Year's Day Observed (University Closed)	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day (University Closed)	17 First Day of Class	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## HOW TO HELP

Remind your student to practice the recommended safety tips and to be aware of the campus resources available to them.

Secure belongings.

Avoid leaving laptops unattended for even a short time.

Lock their residence hall door when leaving the room and while sleeping.

Report any incidents of stalking and online bullying.

Be safe on the Metro Transit light-rail. For safety tips, visit [metrotransit.org/safety](https://metrotransit.org/safety).

Call University Police, if necessary. They can help direct students to resources and assist students with reporting crimes.

Use the Rave Guardian campus safety app so your trusted friends and family know you've arrived to your destination safely.

Make use of University Security (612-624-WALK) – a walking and biking escort service to and from campus locations and nearby (adjacent) neighborhoods.

Know about the Aurora Center for Advocacy and Education. It provides crisis intervention and advocacy services to victims/survivors of sexual and relationship violence, harassment, and stalking.

# YOUR STUDENT'S STUDY SKILLS

Now that your student has had an opportunity to complete one semester and is immersed in semester two, they may have a better idea of what study skills they want to improve. Academic resources on campus offer assistance in improving student skills, taking more useful notes during class, and preparing more successfully for tests and exams. Academic support is for ALL students. In fact, the most successful students use every resource at their disposal to be as effective as possible.



# FEBRUARY 2023

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## HOW TO HELP

Be familiar with University resources so that you can help refer your student to the most helpful services. Check [success.umn.edu](https://success.umn.edu) for the most up to date ways to access these resources.

Student Counseling Services, University Libraries, and the Multicultural Center for Academic Excellence all provide workshops and coaching to help with test-taking, note taking, math anxiety, and time management.

SMART Learning Commons offers tutoring, group study sessions, research assistance, and exam preparation.

The Center for Writing provides help with planning, writing, and revising papers and research projects.

All faculty schedule office hours for students to discuss lectures, projects, and class assignments.

Recommend a 1-2 credit hour Academic Success Course to your student offered by Student Academic Success Services.

Double check that your student's FAFSA has been completed for the coming year and discuss how a change in housing (like living off campus) will affect your student's budget.

For academic issues, the first contact should be the student's instructor, academic advisor, or a connection with academic success centers: [success.umn.edu](https://success.umn.edu)



## YOUR STUDENT'S FINANCES

Now might be the right time to review the budget you and/or your student created in August. Students will most likely have a more realistic idea of what the monthly budget should be by March. The Office of Student Finance encourages students to identify their priorities (what really matters on a daily basis and long term), develop a realistic budget, and work at keeping any debt to a minimum.

# MARCH 2023

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## HOW TO HELP

Revisit this financial conversation with your student and review their budget.

Compare the planning budget with reality.

Rework the budget.

Start planning a budget now for the next academic year.

Check [onestop.umn.edu](https://onestop.umn.edu) for spring semester tuition billing dates.

Make an appointment with a counselor in One Stop Student Services for a financial wellness meeting. These meetings include creating a spending plan, understanding credit/credit cards, banking and savings basics, loans and repayment, and setting financial goals.

Remind your student to complete their taxes. Free tax preparation is available on campus. Students living off campus should remember to file their renter's credit with their taxes if necessary.

Is your student flying somewhere warm for spring break? Metro Transit is a great way to get to the airport. It's cost-effective, easy, and fast.

# YOUR STUDENT'S INVOLVEMENT

Feeling connected to people on campus helps students feel connected to the University and gives them a sense of commitment to their education. All students mature and grow at a different pace, and they may find that boyfriends, girlfriends, and best friends from high school now seem like strangers. Meanwhile, college friends who are going through the same life experiences in the same place and at the same time can quickly become extremely close. Most of these changes are normal and positive; in fact, it's often a sign of concern if students are associating only with friends from the past rather than making connections on campus.



# APRIL 2023

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

## HOW TO HELP

Be familiar with University resources so you can help your student when necessary.

Students should join student groups and organizations. Even joining just one or two can make a significant difference.

Encourage your student to talk to the people in their classes by taking advantage of the time spent in small groups whether online or in person.

Getting a job on campus is a great way to be connected, meet new people and find support from University staff, while also earning some money. Students can apply for jobs at <https://humanresources.umn.edu/find-job/studentemployment>

Tell students to connect with offices like Student Counseling Services and Student Unions and Activities for suggestions on how to make connections. It's important to remind students that it may require multiple tries to develop these connections, and encourage them to stick with it and make the best of every opportunity.

Stay connected to the [campusclimate.umn.edu](https://campusclimate.umn.edu) website to know what is happening on campus.

Remind your student to work with their academic advisor if registering for summer classes.

Is your student taking summer classes? U-Pass is available for summer. Using Metro Transit with the U-Pass is a great way to get to classes, an internship, or a summer job.



# YOUR STUDENT'S FAMILY RELATIONSHIPS

Students spend most of their high school years preparing for and imagining what college will be like. What they don't consider is that at the end of the first year, they may be at home for many weeks. They are not precisely the same as when they started college, but their family expects them to fit back in and be the same person they have known since birth. The summer between the first and second years of college is often a time of deep reflection. The reflection that students are doing 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 is college student, but they are not currently at college. It's not clear what it all means, nor are they sure how to handle their discomfort, given that they will be back in college in a few months.

# MAY 2023

S	M	T	W	TH	F	S
	<b>1</b> Last Day of Instruction	<b>2</b> Study Day	<b>3</b> Study Day	<b>4</b> Final Exams	<b>5</b> Final Exams	<b>6</b> Final Exams
<b>7</b> Study Day	<b>8</b> Final Exams	<b>9</b> Final Exams	<b>10</b> Final Exams & End of Spring Semester	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Memorial Day (University Closed)	<b>30</b>	<b>31</b>			

## HOW TO HELP

Families play a critical role in helping to establish a new family identity. Here are some things to be thinking about during the end of the term.

Allow your student to understand their new role in the home while maintaining a set of values and a lifestyle that is comfortable for the family.

When students are examining so much about themselves, it is helpful for them to see that their parents may also have questions and may also be facing changes, but that family still includes them.

Finish the academic year in style at the U of M Bookstores. Sell back any unwanted textbooks, return textbook rentals, and check out the outdoor May Sale on Coffman Plaza.

# YOUR STUDENT LEARNING ABROAD

About 30% of Gophers study abroad. When it comes time for students to think about leaving campus, the regret of leaving friends, a partner, or even a good campus job may seem to outweigh learning abroad. Most study abroad programs require a significant financial commitment, but financial aid, loans, and scholarships can offset the cost of this investment. Family members can help students plan ahead for an international experience, not only minimizing these barriers but also empowering students to take full advantage of their time abroad.



# JUNE 2023

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## HOW TO HELP

If your student is considering learning abroad, here are some helpful tips to suggest.

Work with an academic advisor each semester. By doing so, students will be well prepared for study abroad and will remain on track for graduation.

Have your student set aside small amounts of earnings over time to be used for travel and incidental expenses while out of the country.

Tell your student to utilize the support and suggestions the Learning Abroad Center offers in learning abroad preparation, the transition phase, the international experience, and putting learning into context when they return.

Something to consider for commuter students: A learning abroad experience may be the first time they have lived away from home, presenting an entirely new dimension to the college experience.



## YOUR STUDENT'S CAREER & ADVISING

Students who started college with a clear idea of their academic major and a future career often change their plans during their first year. They are learning a lot about themselves, and they are viewing themselves in an entirely new environment. They also are identifying talents they never knew they had and discovering fields of knowledge or career opportunities they did not know existed.

# JULY 2023

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

## HOW TO HELP

Talk to your student about actively reflecting on their potential major and future career goals. These action items can be helpful when talking with your student.

Reflect on topics of interest, courses where they excelled, and fields that draw on their individual strengths.

Encourage your student to be intentional with their involvement in student organizations and volunteerism.

Tell your student to work with the Center for Academic Planning & Exploration (CAPE) to develop an understanding of options available and to develop a plan.

Have a conversation with their academic advisor.

Help them set expectations about career development opportunities such as internships, mentorships, and part-time jobs.

Encourage your student to work with a career advisor to develop a resume or portfolio, practice interview skills, and do a professional job search.

Tell your student to apply for a summer job so they can learn useful job-search skills.

# HELPFUL RESOURCES

## General Information

Housing & Residential Life .....	612-624-2994
Metro Transit (metrotransit.org).....	612-373-3333
One Stop Student Services (Billing & Financial Aid).....	612-624-1111
Orientation & Transition Experiences.....	612-624-1979
Parent & Family Program .....	612-626-8770
Parking and Transportation Services.....	612-626-7275
University Information (www.umn.edu).....	612-625-5000
University of Minnesota Bookstores .....	612- 625-6000
University of Minnesota Police Department .....	612-624-2677

## Academic Assistance

Center for Academic Planning & Exploration (CAPE).....	612-624-3076
Center for Writing.....	612-626-7579
International Student & Scholar Services.....	612-626-7100
Office of Community Standards.....	612-624-6073
SMART Learning Commons.....	lib.umn.edu/smart
Student Academic Success Services (SASS) .....	612-624-3323
University Libraries .....	612-624-3321
www.lib.umn.edu	

## College Offices

Carlson School of Management (CSOM) .....	612-624-3313
College of Biological Sciences (CBS) .....	612-624-9717
College of Continuing and Professional Studies (CCAPS) .....	612-624-4000
College of Design (CDes) .....	612-626-3690
College of Education and Human Development (CEHD) .....	612-625-3339
College of Food, Agricultural and Natural Resource Sciences (CFANS) .....	612-301-2389
College of Liberal Arts (CLA) .....	612-625-2020
College of Science and Engineering (CSE) .....	612-624-2890
School of Nursing .....	612-625-7980
University Honors Program (UHP).....	612-624-5522

## Student Life

Computer and Technology Information .....	612-301-4357
Gopher Athletics Ticket Information .....	1-800-846-7437
Learning Abroad Center .....	612-626-9000
Office of Student Finance .....	612-624-1111
Office for Student Affairs .....	612-626-1242
Student Conflict Resolution Center .....	612-624-7272
Student Employment .....	612-626-8608
Student Legal Services .....	612-624-1001
Student Parent HELP Center .....	612-626-6015
Student Unions & Activities .....	612-624-9941
U Card Office .....	612-626-9900
University Veterans Services .....	612-625-8076

## Health and Wellness

Aurora Center for Advocacy and Education .....	612-626-2929
Boynton Health .....	612-625-8400
Disability Resource Center .....	612-626-1333 (v/tty)
Student Mental Health.....	www.mentalhealth.umn.edu
Student Counseling Services .....	612-624-3323
University Recreation & Wellness .....	612-626-9222

## Diversity and Multiculturalism

Multicultural Center for Academic Excellence (MCAE) .....	612-624-6386
Multicultural Student Engagement .....	mcse.umn.edu
Office of Equity and Diversity .....	612-624-0594
The Gender and Sexuality Center for Queer and Trans Life .....	612-625-0537
Women's Center .....	612-625-9837

