

# Parents@DU



## The DU Parents Program e-Newsletter

January 25, 2011

Dear DU Parents and Families,

Greetings from the University of Denver Parents Program. Parents@DU is an electronic newsletter that will keep you up to date on the latest news and events at DU.

Please let us know what you'd like to see in upcoming issues. You may contact Laura Stevens at [laura.stevens@studentlife.du.edu](mailto:laura.stevens@studentlife.du.edu) or Sharon Bond at [sharon.bond@studentlife.du.edu](mailto:sharon.bond@studentlife.du.edu). You may access past issues at [www.du.edu/studentlife/parents/](http://www.du.edu/studentlife/parents/).

### **In this Issue:**

- :: Bookstore Gift Certificate Winners
  - :: Grandparents are invited...
- :: Book Reviews on Parenting College Students
  - :: DU Has an App
  - :: Increased Course Offerings
  - :: Emergency Preparedness
  - :: Career Center workshops
- :: Welcoming Back Study Abroad Students
  - :: Up 'Til Dawn Student Group
- :: Career Center's 2011 Summer Internship Grant Program
- :: Health Promotion at the Counseling Center
  - :: Honor Code Celebration
  - :: Sustainability Achievements at DU
- :: Business Program for non-Business Majors
  - :: Daniels Undergraduate Programs
  - :: Housing Renewal Process
- :: Helpnet: Helping You Help Your Student
  - :: City Treks

*Save The Date*

## *Homecoming & Family Weekend 2011 October 21st & 22nd*

Join other DU families and alumni for 2 full days  
of activities and time with your student

### ***Congratulations to our Bookstore \$250 Gift Certificate Winners***

***Mike and Diane Coffey  
Parents of Rachel***

*The Coffeys won this gift certificate because they are members of the DU Parents Association. Each quarter of the academic year, the Office of Parent Relations draws a name from our current membership for a \$250 gift certificate to the DU Bookstore.*

*Visit the [DU Parents Association website](#) to see how you can get in the bookstore drawing and receive our other benefits of membership.*

### **Grandparents are invited...**

to join our Grandparents Listserv to receive the bi-monthly [Parents@DU](#) electronic newsletter. If there is a grandparent in your family who would like to receive this newsletter, please send their name and email address to Sharon Bond [sharon.bond@studentlife.du.edu](mailto:sharon.bond@studentlife.du.edu).

### **Parents Council Book Reviews**

The DU Parents Council invites you to read their book reviews on parenting college students.

[The iConnected Parent](#)

[\*You're On Your Own But I'm Here If You Need Me\*](#)  
[\*Emerging Adulthood - The Winding Road From The Late Teens Through The Twenties\*](#)

## **DU has an app**

Keeping in touch with the University of Denver is now easier and more enjoyable than ever before. Get [the official app](#) of the University of Denver.

## **Increased Course Offerings**

DU is substantially increasing course offerings beginning in summer quarter 2011. More courses will be offered online and on campus to help your student accelerate work in his or her degree program. Registration will begin after spring break. Look for additional information in upcoming newsletters with a link to the summer term website.

## **Emergency Preparedness - What to do When**

While no parent or family wants to think that their student may find themselves in an emergency situation, it can happen. The most important thing you can do to help your student in these situations is to help them prepare so that they will never be caught off-guard. We recommend that families and parents visit the website for the [DU Office of Emergency Preparedness](#) to know what to do when.

## **Career Center**

Check out the [workshops](#) offered winter quarter through the Career Center that offer your student help with internships, deciding on majors, assessing your skills.



Additionally have your student call for an appointment with a Career Counselor to discuss internships, major and career direction, job search strategies: 303-871-2150.

## **Welcoming Back our Study Abroad Students**

The Study Abroad Office at DU is pleased to welcome back over 600 study abroad students this quarter! We have organized several activities and made several resources available to our returnees. You can find the complete list and details at <http://www.du.edu/intl/abroad/returnees.html>.

Don't forget! For students planning on studying abroad in the Fall of 2011, the first

application deadline is fast approaching: <http://www.du.edu/intl/abroad/deadlines.html>.

### **DU's Up 'Til Dawn Student Group Continues Fundraising for St. Jude Children**

Wanna be a hero? Help our organization, Up 'Til Dawn, fight childhood cancer and diseases by donating today. The Up 'Til Dawn student organization has been on campus for roughly 10 years and has raised over \$250,000 dollars for the kids at St. Jude Children's Research Hospital! Help the DU group raise another \$25,000 this year by reading about [ways to help](#). Thank you for your support!



### **Career Center's 2011 Summer Internship Grant Program**

If your son or daughter is planning to do an UNPAID internship this summer, here is a wonderful opportunity for them! They could receive a \$2,500 grant for completing an unpaid summer internship (at least 200 hours) with an organization/company anywhere in the world! The application for this program is due on Monday, April 11, 2011 by 11:59 p.m. and is located on the front page of the Career Center's website [www.du.edu/career](http://www.du.edu/career).

If you have any questions, please contact Ruth Prochnow, Career Counselor, at 303-871-4705 or [rprochno@du.edu](mailto:rprochno@du.edu).

### **Health Promotion at the Counseling Center**

Spring Quarter is off to a great start for the Health and Counseling Center's Health Promotion Department. We just wrapped up our **New Year's Resolution Week** by asking students what their resolutions are, how they plan on keeping them and giving them some helpful tips and tricks to engage in healthy lifestyles. Next on our agenda is **Love Your Body Week** from January 31<sup>st</sup> through February 5<sup>th</sup>. This week concentrates on loving your body just as it is, and eating disorder awareness. Followed by **Love, Sex and Health Week** where the DU Peer Educators will be talking to other students about relationships, sexuality and safe sex practices. We will end the quarter with a **Safe Spring Break** campaign including information about substance abuse, safe sex practices, sun safety, and travel safety. For more information on a variety of health topics or on the above events please see our websites: <http://www.du.edu/duhealth/> or <http://www.du.edu/duhealth/duped/>.

## Honor Code Celebration Week Planned: Integrity for Life

The Office of Citizenship and Community Standards (CCS) along with the Honor Code Advisory Council (HCAC) is pleased to announce the first annual Honor Code Celebration Week, to take place January 31 - February 4, 2011. With recent updates to the campus-wide Honor Code, the week is set to focus on one of the three core values - Integrity.



Activities are planned throughout the week for students, staff, and faculty to celebrate and re-commit to upholding the Honor Code. Events will include educational discussions and guest speakers, topic-based movies, games, and give-aways. For more information and a detailed schedule of events, please visit:

[www.du.edu/honorcode](http://www.du.edu/honorcode).

## Sustainability Achievements at DU

The University of Denver Health and Counseling Center (HCC) has made a significant commitment to sustainability and minimizing our environmental impact. Over the last year our HCC sustainability committee, which recently joined the Student Life sustainability action team (SAT), instituted a Student Life commuting challenge for the summer months "The Smackdown," by forming teams and tallying commuting habits of willing employees.

We have also implemented initiatives to improve recycling habits, and we reduced our custodial garbage pick-ups to one day a week, Fridays. We have also committed to reducing printing and the number of reams of paper used by using electronic forms whenever possible, as well as reusing non-confidential paper. Some of our staff are involved with the campus-wide Sustainability Committee, as well as helping plan the upcoming Rocky Mountain Sustainability Summit that is taking place at DU, February 17th and 18th.

Sustainability is one of each HCC employee's performance goals this year, and our staff committed to make efforts on a personal and professional level to improve their sustainability practices.

## Daniels College of Business

Is your son or daughter a **non-business student** who wants to be more prepared for their first job after college? Our **Summer Business Institute (SBI)** is a 3-week program that begins just a few days after finals and graduation. It is an intensive immersion program designed exclusively for non-business majors to focus on the business and leadership skills

they will need to be a strong employee and be recognized as an emerging leader in their organization. We are offering a reduced rate of \$3,500 if your student registers by March 1, 2011 - after that date it will be \$3,900. Housing and meals are also available for an additional \$840.

We are holding an informational session on **January 26 at 6:00pm** in Daniels Room 120. Faculty who will be participating in SBI will be there to speak and answer questions. Pizza will be served!

If you are interested in receiving an informational brochure about this program or if you have any questions, please contact Becca Mahoney at 303-871-4833 or [Becca.Mahoney@du.edu](mailto:Becca.Mahoney@du.edu). Also, visit our website at: [www.daniels.du.edu/sbi](http://www.daniels.du.edu/sbi).

### **Daniels Undergraduate Programs**

Daniels College of Business is excited to kick off 2011! We are continuing to prepare our students for success in the secondary admission process. This Process will allow us to manage our enrollment and continue to provide high academic quality, small and engaged classes, and strong student-faculty interactions. This past fall we held a number of very successful Backpacks to Briefcases co-curricular programs.

For a complete list of programs and speakers, visit:

<http://daniels.du.edu/degreesmajors/undergraduate/studentlife/backbacksbriefcase.html>.

Have you asked your student if they have gotten involved on campus to help make memorable contributions and connections? Some of the upcoming events include resume building workshops, our popular Fashion Your Future event on January 26<sup>th</sup> from 4-7PM and many others.

You can contact our Associate Dean Dan Connolly ([Connolly@du.edu](mailto:Connolly@du.edu), 303-871-6910) if you are interested in participating in any of our co-curricular programming. If you have any further questions please email us at [DCBUndergrad@du.edu](mailto:DCBUndergrad@du.edu).

### **Housing Renewal Process**

The on-campus housing renewal process for the 2011-2012 school year will begin soon! All students who currently reside in the residence halls have received a guide about the room selection process in their mailboxes and in an email which contained a detailed description of all the important dates and necessary steps.

Beginning March 7th and ending March 25th, students will be able to complete the

renewal application online. This application is necessary in order to be entered into the lottery process. The application can be found under the Housing tab of the Student and Financial Aid section of each student's myWeb account.

Students should start thinking about their team and who they would like to live with. Each group will select a team leader to act as a representative for the group. Upon completion of the application, students will enter a lottery which randomly assigns the order in which applicants choose their rooms. As of April 1st at 4:00pm, emails will be sent to all team leaders notifying them of their assigned date and time to choose their room. The actual room selection will occur April 6th and 7th.

Desirable room configurations are limited, so students may not get their first choice but will have an opportunity to select from available spaces. To help students with the decision process, there are floor plans at the entrance of each residence hall. The room selection guide will explain all of this in more detail, and if there are further questions, housing representatives will be available on the Driscoll Bridge during the month of March. Information will also be available at [www.du.edu/housing](http://www.du.edu/housing) or you can contact the Housing Office at (303)871-2246 or [housing@du.edu](mailto:housing@du.edu).

### **Helpnet: Helping You Help Your Student**

DU students report that their parents are the first people they would talk to if they were experiencing emotional distress. The second are close friends. More specifically, 67% of DU students say they would contact a family member if they were experiencing distress (Healthy Minds, 2011). Because parents are most likely to be the first people that students talk to, we are reaching out to you in two ways. We want to make you aware of the importance of recognizing signs of significant distress such as changes in sleep, appetite, energy level, socializing with friends and family, or dramatic shifts in academic performance in your student. These behavioral changes can be indicators that your student is experiencing excessive stress or other medical or mental health issues that require professional assistance.

If you are concerned about your student, please be aware of the Health & Counseling Center's resources including individual, couple, and group counseling, daytime and after hours crisis counseling, and various campus outreach programs. Please visit our website, [www.du.edu/duhealth](http://www.du.edu/duhealth) for more information or [www.du.edu/duhealth/counseling/group-counseling.html](http://www.du.edu/duhealth/counseling/group-counseling.html) to see a detailed list of our upcoming Winter quarter groups. Our hope is to continue working with parents to help you feel more comfortable in this role of helping your student.

Additionally, we are launching an innovative program called, "Helpnet: Helping You Help

Your Student." The first opportunity to take part in this program that teaches parents or grandparents the signs and symptoms of key mental health indicators, best ways to talk with your child/grandchild about these issues, the resources available to you at DU to help you with these issues, and lastly, how to help best support yourself and your child/grandchild through emotionally difficult times will be during "Moms" & Grandmoms Weekend. This will be a 2 hour workshop from 9 to 11 on Friday February 18th. For more information about Helpnet, feel free to contact Elizabeth Wawrek by calling 303-871-2205 or email [Elizabeth.Wawrek@hcc.du.edu](mailto:Elizabeth.Wawrek@hcc.du.edu).

## City Treks

The University Career Center and the Suitts Center for Graduate Studies and the Daniels College of Business offered an exciting City Treks event the first and second weeks of December. Forty top graduate and undergraduate business students traveled to New York City and San Francisco for personalized employer site visits.

The purpose of the program was for students to learn about 14 select employers' mission/values, recruiting strategies, and industry trends, as well as to network directly with professionals about their career paths. These events provided students with an opportunity to learn about organizations' unique culture and business practices. This pilot program was very successful, and plans are being developed to continue the program to New York and San Francisco as well as to other key targeted cities.

### **Overview of the program:**

**Format:** Approximately 1 ½-2 hours at each employer's company, employers hosted students for information sessions

**Preparation:** Students were thoroughly prepped by the Suitts Center and the University Career Center prior to the trips

### **Within the timeframe of an hour and a half, these are topics that were presented to students:**

General overview of organization, , hiring practices, typical entry point of new hires, career path, opportunities for business majors, company culture, personal attributes essential for success, challenges of working in this industry

**Executive/C-Level:** Their career path, industry trends, what changes/trends in recent years, where is the industry going, experiences they have had that have been invaluable to them in their career success.



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