

# SOUTHERN ARKANSAS UNIVERSITY HOUSING

## What's in this Issue

### A Quick Recap of What to Bring: (Things to Consider Packing)

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|--|--|---|
| <input type="checkbox"/> Bedspread           | <input type="checkbox"/> Iron                | <input type="checkbox"/> Flatware             |
| <input type="checkbox"/> Blanket             | <input type="checkbox"/> Lamp                | <input type="checkbox"/> Stereo               |
| <input type="checkbox"/> Mattress Pad        | <input type="checkbox"/> Crates              | <input type="checkbox"/> Can Opener           |
| <input type="checkbox"/> Clock               | <input type="checkbox"/> Laundry<br>Supplies | <input type="checkbox"/> Telephone            |
| <input type="checkbox"/> Computer            | <input type="checkbox"/> Hangers             | <input type="checkbox"/> Answering<br>Machine |
| <input type="checkbox"/> Surge<br>Protectors | <input type="checkbox"/> Wastebasket         | <input type="checkbox"/> Television           |
| <input type="checkbox"/> Area rug/<br>carpet | <input type="checkbox"/> Pillow              | <input type="checkbox"/> Flashlight           |
| <input type="checkbox"/> Fan                 | <input type="checkbox"/> Posters             | <input type="checkbox"/> Toiletries           |
| <input type="checkbox"/> Hairdryer           | <input type="checkbox"/> Shower Tote         | <input type="checkbox"/> Towels               |
| <input type="checkbox"/> Mementos            | <input type="checkbox"/> Games               | <input type="checkbox"/> Batteries            |
| <input type="checkbox"/> Picture Frames      | <input type="checkbox"/> Glasses/Mugs        | <input type="checkbox"/> Cleaning Supplies    |
|  | <input type="checkbox"/> Sheets              |   |

### Special Dates of Interest:

- Schedule Your Student's BAM I (Becoming a Mulerider- Part One) Session
- August 22, 2009— Freshmen Move-in Day
- August 23, 2009— Upperclassmen Move-in Day

### Living in a Community (A Few Tips for being a good neighbor)

- Engage in Conversation. Take the extra five minutes to catch up with neighbors on the street or in the laundry room. It's time well spent!
- Share Skills. If you're good at fixing things and your neighbor is the next Betty Crocker, well, why not swap services? It's the barter system.
- Lend a Hand. Jump someone's car battery, loan out a screwdriver, or offer to help with a class project. It's an easy way to be neighborly.
- Be Respectful. Keep your music down so the folks next door can study and keep guests under control. Respecting the rights of others is one of the best neighborly gestures there is.

Next Month  
Get to Know the Staff

# Making the Transition

(Tips for easing into College Life)

A Good Website to visit is:

<http://school.familyeducation.com/parenting/college-prep/34553.html>

Making the transition from home to college life can be hard on students as well as parents. Here are a few ways that you can help to ease the transition for not only your student, but yourself.

1. Although your child wants and needs to become more autonomous during this period, it is important for your son or daughter to know you are still there for them and available to talk about issues which arise. Maintaining a supportive relationship with your child can be critical to their success in college, particularly during their first year. If you and your child were not particularly close prior to their leaving home, it is still important for you to convey your support. You may be surprised to find that some space and distance from your child can help improve your relationship.

2. It is important to maintain regular contact with your child, but also to allow space for your child to approach you and set the agenda for some of your conversations. Let your child know that you respect and support his or her right to make independent decisions and that you will serve as an advocate and an advisor when asked. Finally, recognize that it is normal for your child to seek your help one day and reject it the next. Such behavior can be con-

fusing and exhausting for parents, so make sure to take care of yourself by talking about your feelings with your own support system.

3. Let your child know that he/she doesn't have to protect you from their problems. You might say something like, I want you to know that if you should ever want to talk about a problem or concern or if you are struggling and feeling unhappy in any way, I'm here to listen and support you. You don't ever have to hide your feelings from me. Remember to repeat this message again and again and as they go through their college years

4. Know the warning signs educate yourself about signs of distress. Start a dialogue with your children and encourage them to reach out for additional support.

5. Be realistic and specific with your child about financial issues including what you will and will not pay for, as well as your expectations for how your son or daughter will spend money. It is also important to be realistic about your child's academic performance, recognizing that not every straight-A student in high school will be a straight-A student in college. Help your children to set their academic goals; encourage them to do their best

and to seek assistance if needed.

6. The fact that your child has left home does not necessarily prevent family problems from arising or continuing. Refrain from burdening your children with problems from home they have no control over and can do nothing about. Sharing these problems with your children may cause them to worry excessively and even feel guilty that they are away from home and unable to help.

7. Find out contact information for people involved in the various aspects of your child's college experience. These individuals may include academic advisors and deans, financial aid officers, and residence hall staff. If you have questions, or if a particular problem arises, call the appropriate person, but make sure to involve your child in a collaborative effort to address the problem.

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