In This Issue

Immunization Reminder
Family Weekend Ticket Information...
Membership Renewals...
Welcome Week FAQs
Cowboy Parents Scholarship Information
Choose Orange...
Move-in Day Reception
End of Summer Stress...

Immunization Reminder
If your child has not submitted proof of immunizations or a certificate of exemption please remind him or her to do so before classes begin in the fall. Complete details about immunizations can be found Here

Important Dates for the Fall 2014 Semester
The Registrar's office posts these important dates and deadlines and other information for students each semester in the Enrollment Guide. To find this valuable guide in a printable PDF format Click HERE

Family Weekend Ticket Information

Family Weekend/ Dad's Day Football Ticket Sales
Start August 1st

Fall Family Weekend is September 13th 2014

Family Weekend/Dad's Day football game tickets will go on sale August 1st. Cowboy Parents members can purchase discounted tickets to this game by following the link and using the instructions and promo code below-

Go to www.okstate.com/tickets then under the cowboy football sections select "Redeem Promo Code". You can also just go straight to https://oss.ticketmaster.com/aps/okstate/EN/buy/browse. On the next page towards the upper left side there is a place that says "Enter Promo Code"- enter the code there to access the discount.

Your code is

F4UPGZ01

This will be good for a $35 ticket to the 9-13-14 UTSA game. The code will be live on August 1st.

Membership Renewals
If you joined Cowboy Parents as an Annual member before the Fall 2013 semester it is time to renew your membership for the 2014-15 academic year. You can renew in one of two ways; online, by clicking HERE or through the mail by completing the form HERE
Welcome Week FAQs

Please share this Welcome Week information with your student

What is Welcome Week?
Welcome Week is the fall welcome event at OSU for all new students. This university-wide experience takes place the week before fall classes begin and is designed to help students make friends, learn their way around campus, and kick off a new chapter in their lives.

Who should come to Welcome Week?
Welcome Week is open to all new students--both freshman and transfer students--at OSU's Stillwater campus. New students planning to live in a fraternity or sorority house, residence hall, or off campus should plan on attending Welcome Week as well. New students in the NOC-Stillwater/OSU Gateway program are also encouraged to attend.

Is Welcome Week required?
Welcome Week is a completely voluntary program. There are great programs and services from all over campus, and students are free to select the events that best suit their interests, needs and skills.

Do I have to register?
Yes. Registration is necessary in order to receive your welcome packet and free t-shirt at check-in. http://welcomeweek.okstate.edu/

What's the cost?
There is no charge!

When is move-in?
- Residence Hall move-in for new freshmen is Tuesday, August 12th beginning at 8:00am.
- Each individual fraternity and sorority specifies a move-in date for their new members, so those new students planning to live in a fraternity or sorority house should
Cowboy Parents Scholarship Information
OSU's Cowboy Parents will award several scholarships to deserving students this fall semester during Fall Family Weekend. Be sure to tell your student(s) that applications for these scholarships will be available the first day of class (August 18) online at: http://parents.okstate.edu
*Criteria for these scholarships include: financial need, academic achievement, community involvement, leadership and service. Priority is given to students of Cowboy Parents members.

Choose Orange
The "Choose Orange" program makes finding healthy choices simple. The program follows the US Dietary Guidelines and promotes healthy foods in our convenience stores and dining locations. Items marked with the Choose Orange symbol have whole grain, fruits, vegetables, lean proteins, monounsaturated (heart healthy) fats and less than 30% of calories from fat.

Move-in Day Reception
Join other Cowboy Parents for free refreshments and a showcase of the Academic Development Center.

Where: The Academic Development Center in the Kerr Drummond Lobby
When: Tuesday, August 12 from 2-4pm
Students and parents are invited to attend and learn about all the ADC has to offer.

End of Summer Stress
Whether you are sending your first child to college or watching your youngest child leave home for her senior year, this time of year always presents its own unique challenges. Below are some common issues that students face each year
of college and tips on how to help them through them.

**Freshman:** Fear, excitement, anticipation, and all the other emotions that have been growing over the summer come gushing out in unexpected ways. One moment your child is clingy, tearful, and needy, the next she is downright exasperating and you can't wait for her to leave! To be honest, the best way to control these emotions is to just let them go. Think of this time as the "top of the roller coaster". You and your child may very well feel, *both physically and mentally*, like you are at the apex of a roller coaster just waiting for the cars to drop for this exciting ride. Understand that you, your child, and other family members are stressed, worried, and excited all at once and just enjoy the ride as it unfolds. Hang on, maintain your sense of humor and realize that this stress will be over before you know it.

**Sophomore:** As excited as your child was to go to college last year, she seems to be just as *un*excited this year. Many sophomores approach returning to college as a "have to" rather than a "want to". If you child doesn't seem to have the excitement or joy she expressed last year, she is not alone. Most sophomores experience a slump just before they return to college. The luster has worn off and they understand how much work they are in for over the next year. Remind your child that while college was new and exciting last year, she is now facing more challenges as she starts taking major classes and planning for summer internships next year. Let her know that whatever challenges she faces during this year there are plenty of campus resources to help her along the way and you will always be ready to lend a helping hand. She'll think you're a genius when you refer her to one of the academic resources listed here: [https://lasso.okstate.edu/](https://lasso.okstate.edu/)

**Junior:** Many college juniors experience a sense of determination that they haven't seen since their freshman year. They are usually well into their major classes and they know the campus like the
back of their hand. Making the move to an off-campus apartment or house is popular this year and with it come challenges they haven’t faced before including: dealing with dividing rent and other bills among roommates, making sure that rent and bills are paid on time, and the consequences of having utilities or internet services shut off if they are not. This is when students really start becoming independent adults who can navigate life’s challenges. It is tempting to solve problems for them, but doing so will surely mean that they will continue to ask for help well into adulthood. Students at this age (20 to 22) are more than capable of solving any problem that comes their way, so be sure to give them the freedom to do it.

Senior: It’s hard to believe that four years have flown by so quickly, and it's hard for your child to believe it too. Maybe that's why she wants to take a fifth year. Some seniors will take a fifth year because they need to finish classes, others just don't want to leave college. If your child is hoping for a fifth year it is important for her to crunch the numbers on the costs of an extra year (not just tuition, fees, and books, but the loss of a year of full-time work) and see if the required classes can be completed at another time during the year. OSU offers classes during the winter and summers that may prevent the need for a full fifth year.