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Annual Parent Survey
In an effort to improve OSU's Welcome Week events and the marketing of existing services we are asking for input from OSU parents. Please click on the link below to offer your input on student services at OSU. The survey is short and takes most participants only 5-10 minutes to complete.

Parent Survey

Dining News Does your student often think about sodium in foods? Probably not, but as part of our ongoing efforts to be "America's Healthiest Campus", University Dining Services' award-

2014 On-Campus Housing Renewal for 2014 Academic Year
On-Campus Housing Renewal is the chance for students to pick their exact room, hall, and roommate(s) for next fall (2014).

The process for 2014 will begin on Monday, February 3, 2014. Details and complete instructions for housing renewal can be found at: http://www.reslife.okstate.edu/priority/

Renter's Fair
Students who wish to explore off-campus housing options can do so by attending the renter's fair on Wednesday, February 26 from 9-3 in the Student Union Ballroom. There will be a large portion of the major leasing and apartment companies from all over Stillwater as well as additional resources for off campus students like Legal Aid Services and the City of Stillwater. Attendees will also be entered into a drawing to win some awesome door prizes. http://union.okstate.edu/renters-fair-0

Students who are unable to attend the fair can find more information about living off campus at: http://www.osuoffcampus.org

It's Not Too Early to Talk About Spring Break
OSU's spring break will be the week of March 16-22, and contrary to popular belief, many students just go home, stay on campus, or take a long weekend instead of a full-blown beach or ski vacation for spring break. If your child is travelling with friends however, it's vital that you have a detailed discussion about your expectations during spring break.

### Spring Break Tips for students

**Be Prepared** - Remember the Boy Scout motto and plan ahead for the unexpected. A stocked first aid kit and road emergency kit are always helpful to have and keeping them in one's vehicle is a good habit to establish. Kits can be assembled from items on hand or purchased complete. If traveling to remote locations, extra blankets, an emergency hammer, water and food are good to have in the vehicle as well.

**Write an itinerary** - Even with everyone carrying a cell phone these days, asking your student to send you an itinerary can help you know approximately where they will be and when. It can also help your student plan their trip. Most students have never planned a lengthy trip by themselves, so creating an itinerary for you can actually help them see where they may be short on time or need an extra stop. If they're hiking or camping remind them that it is sometimes required, *but always a good idea*, to sign in with park staff before they hit the trail.

**Have a plan "B"** - The itinerary will help your student plan for the obvious, but what about those hiccups that invariably happen along the way while on a trip? This is a good time to ask your student about their Plan B and offer some advice on how to handle emergencies. Is the spare tire inflated? Do they have extra cash or travelers checks? Do they know that they can still call collect from a land line phone? (Try 1-800-CALL-ATT or a similar service.) If you belong to a motor club or have access to roadside assistance, this is a great time to remind your student about the benefits of your plan.

**Have a frank discussion about safety** - Spring break should be fun, but that doesn't mean students can let their guards down. Students may not respond well to parental lectures about safety, so
instead you may ask them scenario specific questions such as "What is your plan if someone in your group drinks too much? What would you do if you are separated from your group or your money is lost or stolen?" Questions like these are not lectures, but are simply opportunities for students to consider problems before they occur.

**Discuss your communication expectations for spring break** - Students may not return calls or texts while on break, but they will usually post to social media. If you expect your student to reply to your calls or messages within a certain period of time, say, 24 hours, be sure to tell them your expectations in advance. Otherwise, let them know that you'll be checking in with them through social media instead.

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Now is the Time to Find a Tutor

By this point in the semester your student may have the feeling that one or two classes are going to be harder than they anticipated. Now is a great time to seek out tutoring for those classes.

Students who start working with tutors early in the semester are less likely to fall behind in classwork, withdraw from classes, and earn low grades. There are a number of free tutoring and study skills offices on campus as well as the Writing Center

[http://osuwritingcenter.okstate.edu](http://osuwritingcenter.okstate.edu)

the Math Learning and Success Center

[https://www.math.okstate.edu/mlsc](https://www.math.okstate.edu/mlsc)

Details on more tutoring and success skills can be found at the LASSO center Website at: [http://lasso.okstate.edu](http://lasso.okstate.edu)