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Happy New Year!

Insurance Reminders
Did you change your student's health or auto insurance coverage for 2015? If so, remind them of the changes, and make sure they have copies of auto and health insurance cards or information handy while they are on campus. It also helps for students to know where they can go online to ask questions or find assistance on their

Dates and Deadlines for Spring 2015
In addition to the upcoming university holiday on Monday, January 19th, there are a few important academic dates and deadlines to remember for this spring semester.

- Monday, January 12, Class work begins
- Tuesday, January 20, 100% Refund, Nonrestrictive Drop/Add Deadline (This is the last day for students to change their schedules online, and not pay any fees for dropped classes: details)
- Tuesday, January 20, SIS Web Enrollment Closes at Midnight
- Friday, January 23, 50% Refund, Restrictive Drop/Add Deadline (details)
- Tuesday, February 24, Six week (midterm) grades due from faculty
- Monday-Friday, March 16-20, Spring Break
- Monday-Friday, May 4-8, Final Exams

A complete Academic Calendar is available HERE

FAFSA 2015
The new Free Application for Federal Student Aid (FAFSA) for 2015 officially rolled out at 1:30am today at: https://fafsa.ed.gov.
Mark your calendar for Fall Family Weekend and Dad's Day. Sept 11, 2015.

Students can start their new FAFSA as soon after that date as possible and should try to have it complete before final submission of scholarship applications.

Scholarship Deadlines
Many academic colleges at OSU have scholarship deadlines in late January or by February 1st. Your student can visit their academic college's student success center or complete applications online through the individual college's website. Some of these require that the student also complete the Free Application for Federal Student Aid (FAFSA) before applying.

Wellness at OSU
Many people include "getting fit" as a New Year's resolution. If your student wants to improve their health and fitness this year, pass along this information about wellness at OSU.

Students at OSU have the ability to use fitness facilities at both the Colvin Recreation Center and the Seretean Wellness Center. All they need to do is bring their student ID, check in at the front desk and jump start their new year! Check out the wellness website at: http://wellness.okstate.edu/

There are hundreds of group fitness classes to take each week at the Colvin Recreation Center and Seretean Wellness Center. Group Fitness classes are FREE to students at OSU. Encourage your student to try a new class this month! http://wellness.okstate.edu/fitness

1 is 2 Many and Haven Update
You may recall that in the fall semester, your student took an online sexual harassment and assault prevention module called Haven.

Oklahoma State University takes acts of sexual violence very seriously and actively works to prevent it from occurring. Students can visit https://1is2many.okstate.edu for information about recognizing sexual violence, reporting options, resources available to victims, and what OSU is doing to help end sexual violence. If you have any questions or concerns, please contact Student Conduct Education and Administration at student.conduct@okstate.edu or 405-744-5470.

Getting "Interview Ready" Over Winter Break

Winter break is a great time to help your student get interview ready. Career Services will hold summer job and internship fairs in January and February, so winter break is a great time to make sure your student has everything they need to make a good impression.

Suggest that they:

- Edit their resume to adjust GPA and add work experiences and activities from the fall semester.
- Scour social media and online profiles for any questionable material.
- Contact the Career Services office for resume paper and thank you notes. Some students also print business cards that contain their contact information and a brief profile.
- Evaluate their interview wardrobe and purchase any additional items. Dark suits are a go-to choice, but don't forget items like shoes, belts, and dress socks or tights.
- Some interviews and company interest
sessions will require business casual clothing such as khakis, a white, off-white, or pastel button down, or a polo style pullover shirt.

- Business casual for young women may include anything from slacks and a cardigan set to a simple sheath dress. When in doubt, browse Pinterest for some ideas and choose conservative over flashy.
- More essentials include: A good haircut, a manicure set, a lint roller, and of course some interview coaching from the career services staff.

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**Upcoming Career Fairs and Workshops**

OSU’s Career Services will host several career fairs and workshops in January and February. Even Freshmen students who do not anticipate finding a job through Career Services this summer should plan to visit one of the career fairs to find out what to expect in years to come. A complete list of events can be found at: [http://www.hireosugrads.com](http://www.hireosugrads.com)