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Spring Family Weekend and Mom’s Day is coming up on April 11th
This annual springtime event will take place on April 11, 2015. Spring Family Weekend and Mom's Day give OSU parents and families the opportunity to visit campus for some fun, spring events before the final exam crunch. Highlights for the weekend are: A tea with OSU's First Cowgirl Ann Hargis, The annual Mom's Day Craft Fair, Spring Sing, and a jazz concert. More details can be found at: http://parents.okstate.edu/spring-family-weekend To RSVP for the Saturday Tea with Ann Hargis go to: http://sga.okstate.edu/sga-moms-day-tea-rsvp

Severe Weather Precautions
It's severe weather season again and that means being prepared is more important than ever. Please pass along the important reminders and links below to your OSU student.

If students are on the main campus during a normal school/work day and the tornado sirens sound, the best place to seek shelter is in a building with a basement.

The following buildings have basements and are conveniently located for most students: Ag Hall, Architecture, Bennett Hall, Business, Classroom, Colvin, Cordell, Engineering North & South, Gallagher-Iba, Human Environmental Sciences, Iba Hall, Library, Life Science East & West, Math Science, North Murray, Parker Hall, Physical Science, Scott Hall, Seretean Performing Arts Center, Stout Hall, Student Union,
Thanksgiving Break - Nov. 25-27

Finals Week - Dec. 7-11

Semester Ends - Dec. 11

Last day to drop a class with a grade of "W" is April 10th, 2015. If your student needs to drop a class they need to speak to their academic adviser prior to the deadline. More academic dates and deadlines for the spring can be found HERE

Stay Connected to Cowboy Parents

Seretean Wellness Center, Wentz Hall, and Willard.

Some places of concern on campus are the glass-walled hallways and lobbies of buildings such as the Colvin Center, Food & Agricultural Products Center, Wes Watkins CITD Building, Reynolds Architecture Building, the atrium areas of the Noble Research Center, the Henry Bellmon Research Center, and the Student Union, and the Kerr-Drummond mezzanine. "It is best to stay away from these types of areas when looking for shelter.

Additional information is available at: http://ehs.okstate.edu/chapters/tornado.htm

Off Campus Housing Guide

As the semester comes to a close and students make plans for next year's living arrangements some will chose to embark on a new adventure, off-campus living. OSU has several resources to help students transition from residence halls to off-campus living.

Students can pick up a free Housing Guide at the information desk in 211 Student Union. This valuable guide lists apartments and other rental properties popular with students in chart and map form and contains information on address, rent, deposit, utilities, appliances and more. The guide can also be viewed online at: http://www.osuoffcampus.org/ocsa

The Off Campus Student Association also includes helpful information on this site about tenants' rights and being a savvy renter.

The UDS Fresh Mix Healthy Salad Winner Is ...

The votes are in! University Dining Services at Oklahoma State University has announced the winner of their "Fresh Mix" Healthy Salad recipe contest. The first place winner was Oklahoma State student Anissa
Grisham and her crowd-favorite BBQ Chicken Salad! Anissa won a $100 UDS gift card and will have her salad featured in the grab-and-go coolers across campus.

Anissa’s BBQ Chicken Salad is a healthy and flavorful option for those looking to mix up their normal salad choices. She opted to use a fresh spinach and Romaine lettuce mixture, corn, black beans, and shredded cheddar and Monterey Jack cheeses, then topped her creative salad off with tender, diced grilled chicken and a tangy barbecue vinaigrette that give this nutritious treat a distinctive zing. Coming in at just 400 calories - you can afford to take your taste buds on a little lunch-time vacation!

Students were encouraged to submit their "healthy salad recipes" for consideration by the University Dining Services culinary team. The chef’s and administration got together and reviewed the recipes for nutritional information and did a thorough taste test on each of them. The top three salads were chosen, sampled out to students and then voted on at display tables set up across campus. https://dining.okstate.edu/

Education and Teacher Job Fair
4/2/2015 9:00-11:00 AM
OSU Wes Watkins Center

OSU Career Services is pleased to invite students to the OSU Education and Teacher Job Fair. The Education and Teacher Job Fair provides an opportunity for students and alumni to meet with representatives of school districts from around the country. Students and alumni can make valuable employment contacts and may be granted interviews at the event. Students should bring several copies of their resume and be prepared to interview that afternoon, if asked.

*Students are required to attend the Career Fair Browse Session from 9:00 am - 11:00 am in order to receive an interview in the afternoon. Afternoon interviews are
It's Spring Semester "Crunch Time"

This is the time of year when deadlines, exams, and papers come at students quickly. Students have only five more weeks of classes and this is also a very busy time of the year socially. There are numerous scholarship banquets and end of the year student club meetings and parties in April, not to mention summer job searches, packing, and moving home. All of this activity can leave your student feeling overwhelmed and exhausted, so this is a great time for you to talk with him or her and conduct a mental wellness check. As you talk to your student you may ask questions like:

- What big deadlines or exams do you have coming up? How are you preparing for them? Asking your student about how he plans to work on assignments isn't prying, it's actually a good way for you to prompt him to think about how he will finish the semester strong.
- Do you need any time away from campus? This may be a good time for a weekend visit home, if possible. A weekend at home can allow your student to get away from campus and concentrate on studying or finishing papers without distractions.
- If you suspect your student is feeling overly stressed or needs help from a counselor, this is a good time to remind him about campus resources that can help him manage study skills, time, and stress. [http://ucs.okstate.edu](http://ucs.okstate.edu) [http://ucs.okstate.edu/index.php/reboot](http://ucs.okstate.edu/index.php/reboot)

**Tips**

- Send a care package- Care packages are fun to send any time of the year but this is a great time to send a little extra something to your student. Treats from home and gift cards are always popular.
- Suggest some "early packing"- Most students find it helpful to go ahead and pack some of their
clothing and items that they don't plan to use within the next few weeks and either send, store, or take them home. Not only will this tactic alleviate the stress of packing during finals week, it will make the final trip home much less taxing. If your student plans to store items in a storage facility over the summer, this is a good time to go ahead and make those arrangements.

Oklahoma State University | 405-744-5406 | fran.gragg@okstate.edu | http://parents.okstate.edu
211F Student Union
Oklahoma State University
Stillwater, OK 74078

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