Cowboy Parents January 2014

In This Issue

Insurance Reminders
Mark your...calendar for Fall Family Weekend and Dad's Day 2014
Wellness at OSU
Dates and Deadlines for Spring 2014
Getting "Interview Ready" Over Winter Break
Upcoming Career Fairs and Workshops
Scholarship Deadlines
FAFSA 2014

Happy New Year!

Insurance Reminders
Did you change your child's health or auto insurance coverage for 2014? If so, remind your child 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 coverage.

Wellness at OSU
Many people include "getting fit" as a New Year's resolution. If your child 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 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/schedules

Biggest User is a 12 week student wellness program designed specifically for OSU students to promote healthy living through fitness, nutrition and lifestyle modification. An information meeting will be held at the Seretean Wellness Center January 28 at 6 p.m. Students can register at the front desk of the Colvin Recreation Center. Click here for program details: http://wellness.okstate.edu/services/biggest-user

Simply Nutrition is a series of FREE nutrition classes. January 28, 5:30-6:30 will feature Nutrition

Stay Connected to Cowboy Parents
Like us on Facebook


Your student can "Live it Up" on the slopes in Taos, New Mexico for two full days of skiing with Outdoor Adventure. Trip dates: January 17-20. For more information visit: http://wellness.okstate.edu/outdoor-adventure/trips/skiing-taos-new-mexico

Dates and Deadlines for Spring 2014
In addition to the upcoming university holiday on Monday, January 20th, there are a few important academic dates and deadlines to remember for this spring semester.

- Monday, January 13, Class work begins
- Tuesday, January 21, 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 21, SIS Web Enrollment Closes at Midnight
- Friday, January 24, 50% Refund, Restrictive Drop/Add Deadline (details)
- Tuesday, February 25, Six week (midterm) grades due from faculty
- Monday-Friday, March 17-21, Students' Spring Break

A complete Academic Calendar is available HERE

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 child 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 or money to get one, a manicure set, a lint roller, a shiny smile, and some interview coaching from the career services staff.

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

Scholarship Deadlines
Many colleges at OSU have scholarship deadlines in late January or by February
1st. Your student can visit their 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 or FAFSA, before applying.

FAFSA 2014
A new FAFSA for 2014 will officially roll out at 1:30am on January 1st, 2014 at: https://fafsa.ed.gov

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

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