

Family MATTERS

April 2003

THEY'RE COMING BACK! TIPS FOR SURVIVING SUMMER WITH KIDS HOME FROM COLLEGE

Just when you've gotten used to your teenager being at college, the school year ends and your child is home for the summer. What's a parent to do? "Some tensions are bound to arise as parents adjust to living full time again with their young-adult children," says psychologist Karen Steinberg, Ph.D., Department of Psychiatry at UConn Health Center. "Suddenly, you're sharing the car again. The lights are on all over the house. The telephone is ringing, their stuff is all over the place, and the house seems full of commotion."

It is a scene repeated in thousands of households around the country every summer. Steinberg suggests the following tips for coping with returning college students.

Consider holding a family meeting to discuss how family members are coping with the child's temporary return. "It's common for students and parents to experience a mixture of feelings, including loss, sadness, anxiety and excitement," says Steinberg. "College students are experiencing new freedoms and experimenting with a newly emerging autonomous self. 'Control battles,' if they emerge, may reflect the family's way of coping with those changes. Try to identify the specific source of the conflict and work on that," says Steinberg.

Use the family meeting to discuss how family members want to handle various tasks over the summer. For example, how will different schedules and responsibilities be managed and would it be helpful to establish routines for accomplishing household chores? All family members should have a chance to share their goals and values. "It's important to periodically revisit any plans that are made to ensure they're working for everyone," says Steinberg.

"Some tensions are bound to arise as parents adjust to living full time again with their ... children"

Communicate clearly and often. "You don't have to have structured and formal family meetings every time you want to discuss something, but you do need to talk at regular intervals so small problems don't turn into major issues," says Steinberg.

Respect one another's privacy. "Remember college students have been pretty independent for the year. Maybe parents don't need to know what their child is eating or where they are every minute. Curfews should be negotiated realistically," says Steinberg. "Parents might want to reflect on larger goals, like how they can best assist their child in the transition to adulthood and becoming increasingly more competent in making decisions about their lives."

Practice treating each other respectfully and compassionately. "Learning to appreciate each other as adults is part of developing a healthy relationship that will continue as children go on to build their own lives," says Steinberg. "Both the student and the parents need support and understanding about the changes taking place within the family system."

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TAKING THE PLUNGE

It was a long way to go for a good cause but one UNCG instructor and four students took the plunge for Special Olympics.

On Feb.16, at the third annual Guilford County Polar Plunge, Dr. Lew Johnson (Education) and four students -



Mary Berrier, Kara Koehler, Magan Hanson and Melia Parker - honored their commitment to jump into the freezing waters of Oak Hollow Lake if enough money was raised by their peers for Special Olympics.

According to Dr. Carolyn Boyles (Education), the undergraduate special education majors in the Specialized Education Services department in the School of Education made it happen.

“What is amazing is they started out with a goal of only \$200,” said Boyles. “But with diligence and the vision of a soaked and freezing Dr. Johnson in mind, the students raised a total of \$1,252.”

Boyles said the group came in third in the amount of money raised by any organization. This was the first time the education students have participated in the Polar Plunge. The money raised will go to support the North Carolina Special Olympics through athletic training, equipment and travel expenses.



WEB RESOURCES

Looking for UNCG resources on the Internet? Check our website for the latest information on parent and family programs at: <http://families.uncg.edu>.

UNCG Family Link listserv is a service provided to all UNCG families allowing information of special interest to be shared in a timely manner.

To subscribe, send a message to listproc@uncg.edu and put the following command in the message box: subscribe UNCGFAMILYLINK-L Firstname Lastname.

For example: subscribe UNCGFAMILYLINK-L John Doe

PARENT ADVISORY COUNCIL SELECTS NEW MEMBERS

New members of the Parent Advisory Council were selected following an application process. We would like to welcome and introduce to you:

- Steve and Elva Cooper of Charlotte, NC
- Wayne and Linda Franklin of Roanoke, VA
- Greg and Priscilla Leggett of Fayetteville, NC
- Rita Menzies of Pinehurst, NC
- Donna Moseley of Fayetteville, NC

Returning members to the PAC include:

- Marianne Bartlett of Summerfield, NC
- Curt and Maristev Bradley of Charlotte, NC
- Jean Branch of Lenoir, NC
- Gary and Patty Brown of Summerfield, NC
- Dennis Duquette of Greensboro, NC
- Carl and Ellen Flamer of Charlotte, NC
- Stan and Marilyn Goldstein of Pine Brook, NJ
- Charles and Valerie Hannigan of Pawtucket, RI
- Steve and Cheryl Taylor of High Point, NC

Members of the Parent Advisory Council meet bi-annually to discuss current issues and ideas concerning all parents and families of UNCG students. The PAC also assists in planning various events geared toward families. For more information about the PAC, please visit our website at <http://families.uncg.edu>.



UNCG CHANCELLOR’S RESIDENCE IS ON THE MOVE

The former Chancellor’s Residence at The University of North Carolina at Greensboro is being leased to Preservation North Carolina to allow relocation and renovation of the historic house.

UNCG’s Board of Trustees authorized Chancellor Patricia A. Sullivan and board chair Thomas R. Sloan to sign a two-year lease agreement with PNC. The house will be moved down Spring Garden Street to a new location near the intersection with Kenilworth Street.

“After a long and difficult road of conversation and negotiation, we have now found a very positive and creative way to affect the restoration and renovation of the residence into an admissions center,” said UNCG Chancellor Patricia A. Sullivan.

J. Myrick Howard, PNC’s president said: “This has been a challenging project, but I’m very happy that we have worked out the details for this agreement. This marks a great preservation victory for us and for UNCG, and it will hopefully pave the way for more campus renovation across the state. We couldn’t be more pleased.”

UNCG has worked with PNC over the past two years to save and renovate the house, which was built in 1923 and was designed by noted architect Harry Barton and is considered a good example of his work.

When the renovation is completed, the house will be named for the late Emily Harris Preyer and Jane Harris Armfield, two sisters who were UNCG alumnae and civic leaders in Greensboro.



ASK AWAY

Go ahead, ask away! While your son or daughter is away at college, you’ll have many questions you’d like to ask and our experts can answer them. To submit a question for our next issue of *Family Matters*, send an email to: families@uncg.edu, subject: Ask Away.

How will the possibility of our country going to war affect our students, especially with the Study Abroad and Exchanges program?

The possibility of the US going to war has had little effect on the number of applicants wishing to study abroad—in fact our applications are up about 14% over last year. This is actually slightly above the national trend. We always ask all candidates to discuss with their parents a plan for family emergencies or otherwise. The US government has not required any student to return from overseas in the past 50 years and there have been many conflicts involving the US. UNCG closely monitors the world situation and we do not send students to areas of concern. For instance, we had two students apply for the UNC-EP Israel program but I did not accept their applications because UNC-EP has suspended that program for the near future due to the circumstances in the Middle East. IPC has the student’s interest in mind when deciding where/when to send our students. Being a student centered university we strive to provide the students with as safe a place to study abroad as we possibly can.

- Penelope Pynes, PhD
Director, Study Abroad & Exchanges

What can I do as a concerned parent to ensure that my child is taking his required courses?

At UNCG we have 1-page summaries of the degree requirements for each major and those can be found on line at: http://web.uncg.edu/adv/degreeaudits/Deptpages/master_audit.htm. If you want more of a description about each major and what is required for those degrees, go to our catalog/bulletin at: <http://www.uncg.edu/reg/Catalog/index.html>. Also, each student has an academic advisor that would be glad to answer any questions the student has about programs. Student Academic Services is also a good resource for students with questions about their major or general education core requirements.

- Annette Cline
Assistant Director, Student Academic Services

Is there a reason that birth dates are not printed on the student ID cards?

When initially deciding what information should be included on the front of the UNCG FirstCard, the One Card Committee decided to put only information that would be needed for use “on-campus.” Since a visual check of birthday was not something expressed as a need for on-campus use, it was decided not to include it.

- Scott Milman
Manager, FirstCard Center

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LOOKING AHEAD

SPRING 2003 - FALL 2003 CALENDAR

April 1-17	Summer and Fall 2003 registration for continuing students
April 18	Spring holiday
May 6	Last day of classes
May 8-14	Final exams
May 16	Commencement
May 21	Summer session 1 classes begin
June 26	Summer session 2 classes begin
August 8	Summer Commencement
August 18	Fall classes begin
September 1	Labor Day holiday



Family Weekend 2003 is scheduled for September 26-28. Mark your calendar now and keep an eye on our

website for updates. On-line registration and hotel information will be available in August. For more information on Family Weekend 2003, visit <http://families.uncg.edu>

