



Parent Newsletter – October 2018

Greetings from the Office of First-Year Experience! I hope that you find the information in this newsletter to be both timely and informative. I look forward to serving you and your student during this academic year. I invite your feedback and comments as we continue moving through this important first year. Please feel free to call me at (802) 635-1256 or email Margaret.Warden@northernvermont.edu.

Respectfully, Margo Warden, Director of First-Year Experience

Balance is Not a Privilege

During our Opening Convocation for the NVU-Johnson Class of 2022, Associate Academic Dean

Kathleen Brinegar spoke to the incoming class and greater NVU-Johnson community about the importance of balance.

After welcoming the first EVER incoming class of NVU-Johnson, she noted that the wonderful thing about being the first class is that these students get to set the tone for all of the classes that follow. They get to help define what NVU-J is and what its values are. And she suggested a focus for them – balance. “Balance is not a privilege. It’s a necessary part of being human, and therefore it’s not just for those we consider privileged.” While recognizing that students are often told to study hard and go to class, she instead asked them to think about “what strategies do you have for taking care of yourself when things get challenging, for advocating for your needs, for supporting your peers, and of course, for having fun while successfully completing your school work.”

Her message continued “these next 2, 4, or 6 years of life are about pursuing your academic dreams and goals, but they’re also about becoming your best selves, the people that you want to be when you finish your education. And as you develop into these people you will form ways of thinking about and being who you are, what you deserve, and what you’re capable of that can help empower you to lead a balanced life into the future.”

Towards that end, she offered eight strategies to help maintain balance while pursuing academic goals.

1. Take stock of what takes space in your life.
2. Make time for the things you love that have nothing to do with those other roles.
3. Don’t hesitate to ask for help.
4. Make space to learn things completely unrelated to your academics.
5. Take a risk. Make an idea a reality.
6. Turn a hobby into something you share regularly with others.
7. Make a must-do someday list and work toward making that a reality.
8. Support each other. Together you will do great things.

For a complete transcript of Kathleen Brinegar’s speech, please visit <https://www.northernvermont.edu/balance>.



Common Reading Initiative

During New Student Orientation, your student had an opportunity to meet with fellow students, faculty, and staff members and share impressions and ideas about *The 57 Bus*, our Common Read for the Class of 2022. On Monday, September 24, author Dashka Slater came to NVU-



Johnson. In front of an enthusiastic audience, she addressed students, staff, faculty, and community members and offered a message to embrace ignorance as a means to further learning and develop intellectual curiosity. She walked us through her

eclectic educational background and how she developed her roots as a journalist. She encouraged all to “revel in the things you don’t know” while cautioning, “opinions are overrated.” She noted, “Curiosity is how a conversation begins, an opinion is how it ends.”

Student Issues

If you feel that your student could use a little extra help while on campus, know there are many places for them to seek out supports. Please encourage your student to reach out to any of the following:

The **Advising & Registration Center** is where our First Year Academic Advising staff can be found. All new freshman have been assigned Cait Wilkins or Russ Weis as their advisor. They work with each incoming freshman to support integration with the campus community, connection with important resources (faculty, staff, and student resources), assist with degree planning & class registration, and engage in goal-setting discussions and activities. Transfer and Early College students can also find their advisors here. The Advising and Registration Center is located in Dewey Hall, Room 158 or call (802) 635-1257.

The **Wellness Center** offers check-in consults, individual counseling, support groups, biofeedback, and light therapy. The Wellness Center is located on the lower level of Senators Hall, accessible by separate entrance on the outside perimeter of the building facing the road and parking lot.

The **Office of First-Year Experience (FYE)** is a resource for students in their first year and well beyond. In addition to programming to help transition students to NVU-Johnson, FYE has a physical office on campus. Located in Dewey Hall, Room 154, students are encouraged to seek out this office as a first stop if there is ever uncertainty about where to turn with an issue or concern. This is also a great place for students that just need a quick unofficial check-in, a snack and/or juice box, and a friendly face! FYE can also be reached at (802) 635-1474.

Parent & Family Resources-Information for New Families

Welcome New Badger Families! If you haven’t already, bookmark this page -

<https://goo.gl/A94YcE> and use it as a valuable resource to find important information, as well as answers to any questions that arise.

Here at NVU-Johnson we value the family connection, and know that behind every successful student are



supportive parents and families. That being said, sometimes parents need some of their own support and don’t know where to turn. Our hope is that the information found within the Information for New Families section of NVU’s website will guide and inform you.

After reviewing the site, if you don’t find an answer to your question, call us at (802) 635-1474. Also, please feel free to share suggestions about any information you find lacking.



Artists Baba Israel and Yako 440 joined us for a gallery talk at their exhibit featuring graffiti-based paintings and music videos by Soul Inscribed, a Hip Hop/Spoken word collective of which they are both members. They closed the talk with beatboxing and freestyle rap that included audience suggestions.

2018 Parent Handbook

For all families of new students at Northern Vermont University-Johnson, we offer a Parent Handbook. This book is designed to be an invaluable resource for you throughout your student's first year and beyond.

You can find the Parent Handbook on the Information for New Families page at <https://goo.gl/ZbMjDX>. Scroll down on the page and you will see detailed information on topics such as Public Safety, Athletics and Recreation, Clubs and Activities and more. If you have questions about topics not addressed in this handbook, please contact the NVU-Johnson Student Life Office at (802) 635-1200.

Important Dates for Fall Semester

Fall Recess: October 6-14

Students are asked to vacate the residence halls by 10am on Saturday, October 6 and return after 10am on Sunday, October 14. Please direct questions about break housing to Residence Life (802) 635-1200 and questions about break transportation to Director of Student Activities Krista Swahn, krista.swahn@northernvermont.edu.

Spring 2019 Registration Begins: Monday, November 12

All new students are required to meet with their Academic Advisor at

least five times during the first-year. Meetings before registrations are crucial to discuss plans, find out about important courses and receive approval for the next semester.

Thanksgiving Break: November 17-25

Final Exams: December 17-21

Winter Recess: December 22-January 20

MLK Day: (no class) January 21

Classes resume: January 22

A Snapshot of What's Going On Around Campus...

Vermont Vaudeville

October 16, 8 pm

Badger Women's Volleyball, October 20, 10 am vs. UMaine-Presque Isle, 4 pm UMaine-Fort Kent

Ruby Velle & The Soulphonics,

November 13, 8 pm

Kevin Pearce, November 27, 5 pm

For a full schedule of Creative Audience events, please visit <https://goo.gl/pRKxjS>.

