

# The V.I.P.\* Newsletter

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September 2009

\* very important parent

THE UNIVERSITY OF TULSA

## Fall 2009 Parent and Family Weekend

All parents, new and returning, will want to attend TU Parent and Family Weekend 2009 on October 30-November 1, 2009. This year we are



holding Parent and Family Weekend in conjunction with Homecoming. The weekend will be filled with TU spirit and exciting events including the Homecoming bonfire and fireworks show, mini college classes for parents, and the 4<sup>th</sup> Annual TU Parent and Family cookie contest.

This weekend offers a variety of academic, social, athletic, and cultural events that encourage your participation in the intellectual and extracurricular life at TU. The weekend is a wonderful opportunity to reconnect

with your sons and daughters as they settle into life at The University of Tulsa.

All parents should have received a Parent and Family Weekend packet in the mail in August. If you have not received a packet, please contact us at (918) 631-2707 or [laura-mcneese@utulsa.edu](mailto:laura-mcneese@utulsa.edu) and we will be happy to send or email a packet to you.

We look forward to seeing everyone in October!

## Student Health 101

As a service to our families here at The University of Tulsa, we are providing an online subscription to *Student Health 101* for both your student and yourself. *Student Health 101* is a monthly health and wellness magazine just for college students and their parents. Each issue contains valuable information that will help your student make better decisions while in college, and can help you with a better understanding of the health and wellness challenges that face today's students.

Each month in the VIP

newsletter we will provide a link to the parents-only *Parent Perspective*. Your student will receive the *Student Health 101* issue via email around the same time. Below is the link for our September issue:

<http://readsh101.com/utulsa-pp.html>

Please take a few minutes to read the issues each month, as we believe that they can be a valuable resource for you and your family.

Best of luck to you and your student this Fall!



## Thank you Parent Volunteers!

We would like to recognize the following parents who assisted with recruitment efforts last year by hosting receptions for prospective students, making presentations to prospective students and families, and volunteering at college recruitment fairs.

Thank you all so much for your dedication, perseverance, and commitment to The University of Tulsa!

Dr. Tim Bohn, Laura Davis, Karen Fesler, Jim Fesler, Dee Garcia, Teresa Griffin, Kathy Hrdlicka, Becca Klingler, Lesley LePage, Susie LeRoy, Mark Marshall, Sharon Marshall, John Monda, Aimee Monda, John Pickering, Mary Anne Pickering, Melissa Ray, Paul Roth, Robyn Roth, Les Silies, Terri Silies,

Mark Winkeler, Sue Winkeler, and Lisa Woodard.



## TU Urges Precautions for Flu Virus

*Published by University Relations on Friday, August 28*

With the arrival of influenza virus in the Tulsa area, officials from The University of Tulsa are encouraging the campus community to follow some simple precautions in order to reduce chances of becoming ill:



- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Eat well and get adequate sleep.

TU officials are re-emphasizing these measures after two students were diagnosed Friday, August 28 with type A influenza. The cases, which are believed to be unrelated, were reported to TU officials Friday after the students visited the on-campus Alexander Health Clinic. In keeping with TU's health emergency plans, the students have been isolated at a campus residence until the flu symptoms have passed. Officials will continue to monitor the situation and take appropriate action to protect students, employees and campus operations.

The signs and symptoms of this flu virus are fever, cough, sore throat, body aches, headache, chills and fatigue. Anyone who is feeling ill with these symptoms should seek medical attention. TU students and employees may visit the Alexander Health Center (M-F, 8:00 a.m.-5:00 p.m.) for medical treatment and referrals. For health needs outside of the clinic's hours, students and employees are urged to visit one of the local emergency health clinics.

A vaccine is currently being developed for the seasonal flu. The seasonal flu vaccine is expected to be distributed in October or November, with federal health officials determining what organizations will receive the vaccines.

For more information about the influenza virus, visit the Center for Disease Control web site at [www.cdc.gov/flu](http://www.cdc.gov/flu).

## Time Flies...Out the Window, If You're Not Careful

*Time management strategies for students*

As your student gets in the "school groove," learning to work smartly and efficiently is a key to her success. Consider discussing time management strategies with her, such as the following...

### **Beware That Stuff Steals Time**

It's so true. When you have too much stuff in your living space, you spend more time looking for things. By doing a "stuff purge," your student will be better able to get to things quickly while staying more organized.

### **Decompress Your Mind**

A stressed, overactive mind is not as time efficient as a calm, collected one is. So, whether your student uses breathing techniques, exercise or other stress management tools, it's important to make them a natural part of her everyday life. Not only

will her time usage be more efficient, her body and mind will also be healthier!

### **Don't Over Schedule**

There comes a time in some students' schedules where they just can't fit anything else in. So, learning to say "no" is important. It's much better to be realistic than trying to be all things to all people. The latter is bound to disappoint someone and to overwhelm your student.

### **Use the In-between Times**

That 45-minute chunk of time between a class and a meeting can be used wisely instead of wasted. That's several pages of reading for a class, studying for a quiz or buying a birthday card at the bookstore, writing it and mailing it out (or finding an e-card that'll serve the same purpose). Those in-between times add up quickly!

### **Avoid Weekend Reliance**

During the busy weekday it's easy to say, "I'll get to that over the weekend." However, weekends often get full, plus it's important for students to give themselves some down time, too. So, encourage your student to not rely on weekends as his time to get most things done. Instead, he can dose it out over the weekdays, for maximum efficiency.

### **Time Stealers**

Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook... all are Time Stealers. Ask your student if this is how he wants to be spending his precious free time.

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## Healthy U!

Since September is National Skin Care Awareness Month, National Yoga Month, Better Breakfast Month and Fruits & Veggies-More Matters Month, it's the perfect time to focus on healthy living! Here are some ways you can do just that with your student:

- Head to [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to discover how many fruits and veggies you need, as well as what counts as a serving. Then send this info on to your student, as a chart he can post on his fridge or an online document that he can refer to.
- Send/give your student a favorite skin care item as a surprise.
- Take a yoga class or do some other form of exercise and then talk with your student about how it made you feel.
- Have a Fruit 'n Veggie Taste Test one night with your family, trying

different produce like star fruit, pomegranates, butternut squash and more. If your student lives away, take photos (here's Dad with kiwi slices for eyes!) and send them along.

Even if you and your student are separated by distance, it doesn't mean you can't support one another in the quest to live a healthier, happier life. In fact, it's vitally important that you serve as one another's cheerleaders in this pursuit. Here's to a healthier U!

### *A Healthy Breakfast*

According to the Mayo Clinic, here is what forms the core of a healthy breakfast:

**Whole Grains.** Include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers or melba toast.

**Low-fat Protein.** Include hard-boiled eggs, peanut butter, lean slices of

meat and poultry, or fish, such as water-packed tuna or slices of salmon.

**Low-fat Dairy.** Include skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses.

**Fruits and Vegetables.** Include fresh fruits and vegetables or 100 percent juice beverages without added sugar.

Experts at the Mayo Clinic suggest choosing one or two options from each category to round out a healthy breakfast. These options are available in the campus dining halls—students can get creative with what they mix and match to create good, healthy breakfasts.

Source: [www.mayoclinic.com/health/food-and-nutrition/NU00197](http://www.mayoclinic.com/health/food-and-nutrition/NU00197)

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## Academic Calendar

### Fall Term 2009

- Thanksgiving Break: November 23 - 27
- Last day of classes: December 7
- Reading Days: December 8 - 9
- Finals: December 10 - 11, 14 - 17
- Commencement: December 19

### Spring 2010

- First day of classes: January 11
- Martin Luther King Day: January 18
- Spring Break: March 15 - 19
- Last day of classes: April 26
- Reading Days: April 27 - 28
- Finals: April 29 - 30, May 3 - 6
- Commencement: May 8



## Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- Exploration and acknowledgement of personal values
- Long distance relationship strain
- Increased feelings of loneliness and homesickness
- A desire to feel connected to campus
- Roommate adjustments
- Experimentation with alcohol and other drugs
- Getting acclimated to new types of academic expectations
- Figuring out how to get organized and manage time
- Searching for a sense of belonging

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## Computer Safety for Your Whole Family

It's not uncommon to hear about ergonomic concerns related to computer use—whether it's eye fatigue or pain in the fingers and wrists. But experts are finding that there are a host of other injuries, which are less commonly talked about, that happen too.

A recent news report indicated that a study published in the July issue of the American Journal of Preventive Medicine (Time.com, 6/9/09) tallied acute computer-caused injuries like cuts and bruises. According to the study, more than 9,000 Americans suffer from these types of injuries each year. Whether it was tripping over a computer cord, dropping a computer on their foot or experiencing some other computer-related trauma, 78,703 people visited hospital emergency rooms for treatment between 1994 and 2006. Who knew?



The majority of the computer-related injuries happened in homes. In all age groups, the most frequently diagnosed injury was laceration. Study authors were able to compile data on the type of activity that led to injury in some cases; in these, 50% of the incidents took place while someone was moving the computer or one of its components. In children, most of the injuries were a result of climbing on or playing near computer equipment. The Center for Injury Research and Policy of the Research Institute at Nationwide Children's Hospital offers the following common-sense tips for computer safety:

- Keep computer equipment away from the edges of desks and out of reach of young children.
- Place the computer away from walkways and on a sturdy surface.
- Organize and secure wires and cords out of the way.
- When moving a computer, make sure that the pathway is clear first.
- Use a cart or dolly, if available.
- Lift the computer straight up and carry it close to the body.
- Bend at the knees, rather than at the back, when picking up or putting down a computer; while carrying it, avoid twisting.

These tips are great not only for residence hall rooms, but your home as well.

## TU Graduates Have Highest Salary Potential in Oklahoma, Report Shows

*Published by University Relations on Friday, July 31*

University of Tulsa graduates have the highest earning potential among Oklahoma colleges and are some of the top paid in the region, according to a [recent report](#).

PayScale -- a market leader in global online compensation data -- noted TU graduates with a bachelor's degree earn a starting median salary of over \$43,000 and a mid-career salary of over \$85,000.

This places TU among the top in Oklahoma, and 27 out of more than 150 schools in the southern United States.

The New York Times used the PayScale data for its July 20 article, "[Do Elite Colleges Produce the Best-Paid Graduates?](#)"

For more information about how TU prepares its graduates for success, visit [www.utulsa.edu/careers](http://www.utulsa.edu/careers).

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## TU Ranked Among Nation's Top 100 Universities

*Published by University Relations on Thursday, August 20*

*The University of Tulsa once again ranked as one of the best educational institutions in the country.*

U.S. News and World Report has named The University of Tulsa among the nation's top 100 national universities, which marks the seventh consecutive year the magazine has recognized TU as one of the nation's top universities.

The magazine's rankings, released Wednesday, show TU 88th among the more than 260 national doctoral universities, a classification developed by the Carnegie Foundation for the Advancement of Teaching.

TU ranks 50th among private schools and is the only Oklahoma university recognized in the top 100.

The latest U.S. News and World

Report survey showed TU incoming freshman reported a one-point increase in ACT entrance scores at both the 25th and 75th percentile, which stood at 25 and 31 respectively. The report also showed that 64 percent of incoming freshmen were in the top 10 percent of their high school class, which equaled last year's numbers. TU's acceptance rate also dropped from 51 percent to 46 percent, which indicates the university was more selective about admitting high performing students into its incoming class.

During the past decade, TU has made key investments in student scholarships, academic resources, campus amenities and physical facilities. The university strategically made these investments so that TU can continue to provide an unparalleled educational experience for students and to create an environment where faculty can engage in original research while remaining committed to teaching some of the na-

tion's best and brightest students.

Release of the latest U.S. News rankings falls just a few weeks after TU was recognized by The Princeton Review for "provid(ing) a superior learning environment and a myriad of academic opportunities" with an "academic experience (that) is high quality and stimulating." Earlier this year, The Princeton Review and USA Today named TU as one of the nation's 50 best values among private schools.

The U.S. News & World Report rankings are used by high school students and their parents to guide them in the selection of colleges and universities. For more information, visit the U.S. News & World Report web site at [www.usnews.com](http://www.usnews.com).

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## Alexander Health Center Hours and Services

The Alexander Student Health Center provides care and treatment of minor illnesses and minor emergencies for all full- and part-time students. The health center is also available TU employees. Our goal is to provide first-rate medical care at minimal cost. We strive to provide health education and preventive medicine.

### Appointment Information

Registered nurses are on duty at the center to administer services such as care and dressing of minor injuries, consultation concerning medical problems, referral service when necessary, and dispensing of non-prescription medication for minor illnesses. Additional services also may be provided as recom-

mended and approved by the attending physician.

Please call (918) 631-2241 to schedule an appointment. Walk-ins are welcome and may be assessed by one of the registered nurses on duty. If further evaluation and/or treatment is needed, an appointment will be made to see the physician, or the student may be referred to an off-campus physician at the student's expense.

### Hours of Operation

The Health Center is open Monday through Friday, 8:00 a.m. to 12:00 p.m. and 1:00 p.m. through 5:00 p.m. Diagnosis and treatment of acute minor illnesses and injuries by a clinic physician is available to

all full and part-time students currently enrolled at The University of Tulsa.

### Physician Office Hours

A physician is available Monday through Friday 8:00 am - 12:00 p.m. and 1:00 p.m. - 5:00 p.m. during the fall and spring semester. The physician provides medical care for minor illnesses and injuries. There is no fee for physician visits except during the summer sessions, when there is a \$20.00 office visit fee. There is a charge for medications and/or lab fees which can be charged to the student's University account or be paid by cash or check. Students must present a validated TU identification card at the time of the appointment.