

The V.I.P.* Newsletter

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* very important parent

THE UNIVERSITY OF TULSA

TU Officials Urge Students, Employees to Take Flu Precautions

During the past few days, TU health officials have seen an increase in the number of students who have tested positive for influenza Type A, bringing to 15 the confirmed number of Type A flu cases diagnosed on campus since September 1.

While this is a relatively small number of cases, preventing the spread of the flu virus remains a very significant health issue for our campus. As such, university officials are reminding all members to the TU family to take a few simple precautions that will help prevent spreading the disease.

Seek medical attention.

Anyone feeling ill with flu-like symptoms is urged to visit the on-campus Alexander Health Clinic, which is open 8 a.m. to 5 p.m. Monday through Friday. The signs and symptoms of this flu virus are fever, cough, sore throat, body aches, headache, chills and fatigue. You may visit a local emergency health clinic if conditions worsen after hours or on the weekend. If you are diagnosed with the flu, please notify the Alexander Health Center as soon as possible afterwards to help TU monitor the prevalence of the illness.

Stay home.

- Students and employees who have flu-like symptoms are asked to isolate themselves until flu symptoms have passed.
- Students with flu-like symptoms are advised not to go to class until symptoms have passed. Students should call or email their

professors as soon as possible to make arrangements for missed assignments.

- For residence hall residents who are diagnosed with flu and do not have nearby family, they are asked to take stay in their room until they have gone 24 hours without a fever or signs of a fever without the use of fever-reducing medicines. They also are asked to notify their RA and Hall Director about their illness.
- TU apartment residents confirmed to have the flu are asked to stay in their apartment until they have been 24 hours without a fever. They also are asked to notify their apartment community director if they have been confirmed to have the flu.
- Students diagnosed with the flu and who have family nearby are asked to go home until they have gone at least 24 hours without a fever or signs of a fever without the use of fever-reducing medicines. Students who don't live on campus should remain at home until the same conditions are met.
- Ill students should limit social activities or other interpersonal contact.

Practice good personal hygiene.

- 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.
- Try to avoid person-to-person contact, and try to maintain a reasonable distance between people to avoid spreading viruses.

The Alexander Health Clinic has completely utilized its initial supply of the seasonal flu vaccinations, and is hoping to receive an additional supply sometime after November 1. Vaccinations for the seasonal flu are currently available at several Tulsa area locations, including Walgreens and Reasor's.

For more information about the influenza virus, visit the Centers for Disease Control at www.cdc.gov/flu. TU officials will continue to monitor the situation and send out updates as conditions warrant.

Alexander Health Center Hours and Services

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. with a physician on staff. 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.

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. Please call (918) 631-2241 to schedule an appointment.



STUDENT health101™

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. The October issue has some great transition-related including:

- The Roommate Survival Guide
- Study Tips That Can Lift Your Grades
- The Drinking Age Debate
- Volunteering: How Helping Others Can Benefit You

- Depression: Knowing the Signs and Getting Help
- PLUS: Pete Wentz of the band Fall Out Boy Shares His Story
- And much more...

Below is the link for our October 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.

Making Midterms Manageable: How You Can Help

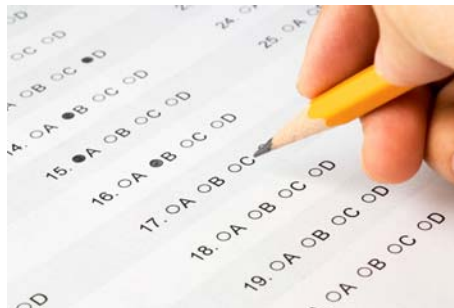
It's midterms time! Your student is likely gearing up to demonstrate her knowledge—or lack thereof—on her first set of midterms. You can be more helpful in this process than you think, no matter whether you are near or far.

Be Supportive. When talking with your student over the next few weeks, remember that his stress level may be high. Midterms can cause many students to panic. Reassure him that you just want him to do the best he can and remind him to use his resources.

Send Some Encouragement. Now's a great time to put a little something in the mail to let your student know you're thinking about her. A bit of home cooking or a humorous card will do the trick!

Don't Take Things Personally. If your student seems unaware of things

happening with your family or is cutting conversations short, it most likely is due to feelings of being overwhelmed. Many midterms are given as take home exams, which take a great deal of time to complete. For those happening in class, students



are often expected to know everything they've learned up until this point in the term. Some classes only offer two opportunities for assessment—midterms and finals. So, you can imagine the pressure he might be

feeling to do well.

Encourage Healthy Eating and Sleeping Habits. This is probably the last thing your student wants to hear, but the reminders are important. Make sure to gently remind your student to eat well and to get plenty of sleep, especially if she wants to be at her best for midterms. A tired student doesn't remember things very well!

Most Importantly, Just Be Ready. Ready to support, ready to talk or ready to back off just a little to offer your student space to do as well as he can. Once midterms are over, everyone can take a deep breath and get back on track. Your support will mean a great deal to your student during this hectic time.

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FINALS PACKAGES!

You will be receiving a packet in the mail in the next week from the Parent and Family Association containing a finals package order form and envelope. These finals packages are a great way for parents to help students through the rigors of final exams and a wonderful way to let your student know you care. Within the mailing, we also included a card that you can write to your student that will be delivered with their package.

This is a great way to show your student you are thinking of them and help the Parent and Family Association. **The deadline to order a package is November 18th.** If you do not receive a finals package mailing by October 16, please contact Diane Jessup at (918) 631-2707 or diane-jessup@utulsa.edu. We will be happy to mail or email one to you.



Latin American writer Carlos Fuentes to speak at TU November 3



Author, statesman and scholar Carlos Fuentes will present the second presentation of the TU presidential lectures series at 7:30 p.m., Nov. 3 in the Allen Chapman Activ-

ity Center at TU. The event is free and open to the public.

Fuentes has defined the cultural, emotional and hereditary identity of an entire continent. He is recognized worldwide as one of the greatest literary and political figures of the Spanish-speaking world.

Fuentes' novels, including *The New*

York Times bestseller, "The Old Gringo," and the classics "Terra Nostra" and "The Death of Artemio Cruz," look deeply into the identity of Latin America, its internal conflicts and its contentious relationship with the superpower to the north. His nonfiction work and essays also celebrate the rich contributions of Latin culture (including "The Buried Mirror," which became a Discovery Channel series).

He has won Mexico's National Prize in Literature, the Miguel de Cervantes Prize (the highest honor for a Spanish-language writer), France's Legion of Honor and the Four Freedoms Award. He was the first recipient of the Latin Civilization Award presented by the Presidents of Brazil, Mexico and France.

He has also served as Director of International Cultural Relations for Mexico's Ministry of Exterior Relations and the Mexican Ambassador to France.

The lecture series is presented by the Darcy O'Brien Endowed Chair, which was established to honor the memory of the late TU professor. A Pulitzer Prize-nominated author, scholar and critic, O'Brien was a member of the TU English faculty from 1978 until 1996. O'Brien died in 1998 at the age of 58, and the Darcy O'Brien Endowed Chair was established in 2001.

Contact:
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TU Parent and Family Association is on Facebook!

The TU Parent and Family Association now has a Facebook page. We encourage all of you to join our page

to meet other TU parents and to receive TU Parent and Family Association updates and news!

You will need to have a Facebook page to become a member of our page. It is very easy and FREE to set up your Facebook account and page. You can do so by going to www.facebook.com. If you need any

help doing this, Please contact us at lesmith@utulsa.edu or (918) 631-2967.

The link to our Facebook page is:

<http://www.facebook.com/home.php#pages/Tulsa-OK/University-of-Tulsa-Parent-and-Family-Association/175113127570?ref=ts>

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:

√ First year students begin to realize college life is not as perfect as they were expecting it to be.

√ Diversity issues become very apparent as students begin interacting with others who are very different from them.

√ Conflicts between friends—both new and old—can occur as students settle into rhythm of the new academic year.

√ Feeling behind in class work and wanting more contact with instructors.

√ Anticipating mid-terms and questioning their abilities.

√ People start to show their

"true selves"—masks start to come off as students begin to feel more comfortable in their surroundings.

√ Job panic of mid-year graduates as the realization settles in that they will be graduating soon.

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Helping Students Avoid Unwanted Weight Gain

For many new students, their greatest fear about college is gaining that unwanted “freshman 15.” Their fear is not unfounded. In a study published this year in *Nutrition Journal*, nearly one in four first year students gained at least 5 percent of their body weight—an average of about 10 to 15 pounds—during their first semester. The American Council on Exercise (ACE) believes students can avoid this unwanted weight gain and recently revealed its top ten fitness and nutrition tips for remaining in good health for the 2009-10 academic year.

According to ACE, it’s all about developing and retaining healthy habits such as eating right and staying active. And these habits are helpful to all students. Yes, the first year is filled with uncertainty and many transitions, yet each year of college brings new challenges. If students are equipped with the tools they need, they can successfully maintain a healthy lifestyle—whether it’s their first year or their last in college.

Here are ACE’s top ten tips for avoiding the “freshman 15,” coupled with ideas for how you can help students institute them. These tips are great for all college students!

1. Make better nutritional choices.
 - Avoid unstructured eating by scheduling time for three meals each day—even if breakfast is just something light, like a piece of fruit or a granola bar, grabbed from your room.
 - Remember that everything is okay in moderation. Late-night snacking is fine for example, as long as you don’t go overboard.
 - Check out www.mypyramid.gov for a guide to eating a balanced diet.
2. Eat three meals per day.
 - Make time for breakfast! Studies show that those who skip breakfast are more apt to gain weight.
 - Don’t think you’ll “catch up later” by skipping meals mid-day and then eating a bigger meal later on. You won’t have the energy you need during the day—and you won’t burn as many calories either.
3. Be smart about snacking.
 - If you are up late studying and need a pick me up, make a healthier choice by eating popcorn, dried fruit or pretzels.
 - Stock your room with healthy snacks that are easy to take on the run.
 - Allow yourself to splurge every once in awhile so you don’t overindulge when stressed, tired or bored.
4. Remember the realities of alcohol.
 - Drinking packs on the pounds: 5-6 beers at 150 calories each equals 600-900 calories. And just 3,500 calories equals 1 pound of fat!
 - Drinking can trigger late-night eating.
5. Get your sleep.
 - Poor sleeping habits can contribute to weight gain.
 - It’s not impossible to get good quality sleep in college. With a little discipline, you can get at least six hours of sleep per night.
6. Manage your stress in a positive way.
 - Seek creative ways to cope that work for you.
 - Take advantage of free campus classes on topics such as yoga or meditation.
 - Join an intramural team to get some exercise and to meet people.
7. Live actively.
 - Enjoy the time it takes you to bike or walk to class by taking in your surroundings instead of just rushing to your destination.
 - Take the stairs instead of the elevator.
 - Walk or bike—instead of drive— whenever you can.
8. Take advantage of campus resources.
 - Use what you are paying for! Try out the rec plex, take a dip in the pool, join group fitness classes and more.
 - Don’t be afraid to organize your own group or initiative if you can’t find what you are looking for.
9. Start a workout group.
 - Get your floormates involved in going for a daily walk or playing a pick-up game of basketball once a week. You’ll build friendships and feel good too!
10. Take a health and fitness class for credit.
 - Why not? Take a half-credit activity or lifestyle class and learn something you’ve always wanted to! Ballroom dance, volleyball, belly dancing, horseback riding – check it out and see what’s available to you.
 - You could also consider taking a nutrition class to learn more about leading a healthy lifestyle.
 - Students will be looking to you to help them make positive choices this year. Set a healthy example and keep the healthy tips coming to help them make sense of their new environment. It’s not always easy, especially for first year students inundated with new experiences.

TU Cookbook!

The TU Parent and Family Association will be compiling a cookbook made up of recipe contributions from TU alumni, parents, students, families & friends to be published in the Fall of 2010. Funds raised from cookbook sales will benefit the ongoing efforts of the Parent & Family Association to enhance the TU student and family experience.

To submit a recipe for the cookbook, please provide the following information in an email to our Cookbook coordinator, Karen Dixon, at skdixon456@hotmail.com

Name:

Please list all that apply: TU Parent or Family Member, Alumni Member, Employee, Faculty

Fun fact about yourself:

Recipe:

Don't miss this opportunity to contribute to the TU family cookbook! Please email your submission to: skdixon456@hotmail.com

** While you're thinking of cooking, don't forget to participate in the 4th Annual TU Parents' Cookie Contest during Fall Parent & Family Weekend, October 30 – November 1, 2009. **



The New Age of Networking

Networking is a skill that students need to develop as they explore potential careers and lay the foundation for their job search. It's about making connections. And in today's technological times, there are a variety of avenues that your student can take in networking with potential employers.

Social Networking

According to some career experts, online social networking is one of the best things that has happened to recruiting. Yet, it's important that students take care when networking through this medium by keeping a few tips in mind:

- Pick one site that will be used specifically for professional networking
- Post only professional content; avoid posting personal updates or pictures
- Post a current resume on your site
- Keep your profile clean, simple and updated
- Communicate professional endeavors you are currently working on and the results of each
- Encourage "network friends" who know your previous work to provide

online references

An increasing number of employers will check students' Facebook and MySpace pages when considering whom to hire. Questionable photos and content could sabotage your student's chances by creating negative impressions. Consider talking about this now so that your student doesn't find herself in a compromising position during the job search.



Five Quick Networks to Tap Into Today!

1. Alumni
2. Relatives
3. Faculty/Staff
4. Local Professional Organizations
5. Local Businesses

Professional Networking: Top Sites

Facebook — www.facebook.com

LinkedIn — www.linkedin.com

Twitter — <http://twitter.com>

Spoke — www.spoke.com/

NETWORK Tips for Students

Nurture relationships—once you make a connection, keep it going.

Establish connections—find a mentor, attend events & become known.

Talk with alums—they're often eager to help students succeed!

Write thank yous—you'll remain positively in people's minds as a result.

Offer assistance—it's not just about what you can "get" from people.

Really be real—be genuine, show your interest & be you!

Keep at it—perseverance will get you far.

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