Life as a Comet

UT Dallas at a Glance
Freshman Year Experience
Intro to Academics
Housing
Dean of Students
Student Resources
UT Dallas at a Glance

Taking Care of Business

1  2  3
Undergraduate Catalog
utdallas.edu/student/catalog

Academics
Admissions
Courses
Curriculum
Excessive undergraduate hours
Policies
Resources
Six drop rule
Tuition and financial aid

Students are responsible for knowing the policies as written in the catalog.
All official student email correspondence will be sent only to a student’s UT Dallas email address.

Students must use their UT Dallas email account when emailing faculty or staff regarding academic or financial records.

Information Resources provides a method for students to have their UT Dallas email forwarded to other accounts.
Online Functions

Galaxy and Orion
utdallas.edu/galaxy

Calendars
Academic
Payment
Refund and schedule
Comet
FERPA

Family Educational Rights and Privacy Act

utdallas.edu/legal/ferpa

Federal law designed to protect the privacy of a student’s education records.

Access to student records can be granted with a third party release for grade or transcript information.
Registration

Advisor clearance
- Freshmen
- New students
- Students required to see advisor - schedule of classes

Registration
- Galaxy - enrollment appointments
- Advisor
- Walk-in registration
MyEdu.com
UT Dallas uses a +/- grading scale.

Undergraduates are limited to three grade-bearing enrollment attempts for a class (including W’s).

Grade reports are not mailed.

Grades can be accessed via Galaxy.

Undergraduates receive midterm grades in fall and spring.
**Office functions**
Assess, bill and collect tuition and fees
Accept payments
Post financial aid refunds
Answer questions about accounts
Short-term loans

**Payment Options**
Pay online using EZPAY
Pay at the Bursar’s Office
Pay by mailing a check
Pay by installment plan ($25 fee)
Financial aid disbursements to student bursar accounts begin the first day of class of each term.

View account status at utdallas.edu/ezpay
University Bookstore
utdallas.edu/bookstore

**UT Dallas gear and textbooks**
- Order online, pick up at store
- Save 25 percent on used textbooks

**Post office**

**Technology Store**
- Discounted software
- Computer accessories
- Located in the Visitor Center and University Bookstore
Shuttle Services and Zipcar

DART bus

Free shuttle service on- and off-campus (limited area)

Shuttle stops at shopping centers on Fridays

Free DART passes available to all students (includes bus and rail)

Order online, pick up at the Comet Center

Zipcar

Car sharing available for students age 18+

Five cars at an $8-$9 hourly rate

Includes gas, insurance and up to 180 miles

Parking

Parking permits

Comet Cabs
UT Dallas at a Glance

Student Services

1 2 3
Student AccessAbility
utdallas.edu/studentaccess

Services

- Academic accommodations for students with documented physical, mental or sensory disability.
- Resource and referral information.
- Advocacy and support.

Office
SSB 3.200
972-883-2098
Student Health Center
utdallas.edu/healthcenter

Staff
- 1 Full-time physician
- 1 Adult nurse practitioners
- 1 Women’s health nurse practitioner
- 1 Registered nurse
- 1 LVN nurse supervisor
- 3 Certified medical assistants
- 2 Patient care specialist

Services
Diagnosis and treatment of acute illnesses, minor injuries and stabilized chronic illnesses.

Insurance
Available at utdallas.edu/insurance
Vaccination Requirement

Beginning Jan. 1, 2014, state law requires that all entering Texas college students who are under the age of 22 must receive a vaccination or booster (if the vaccination is five years old) against bacterial meningitis before enrollment.
Promotes health, fitness and responsible personal choices through group programs and individual consultations

**Programs and Topics**

- Nutrition and registered dietitian
- Comet Voice: bystander intervention
- Alcohol and other drugs
- Sexual responsibility
- Men’s and women’s health
- Suicide prevention
- Stress management
- Healthy relationships
- Homesickness
- Roommate issues
Confidential, free services for students.

**Services**

Individual, couple and group counseling.

Learn to better manage anxiety, depression and relationship problems.

Help is available for those with eating disorders and substance abuse.

Workshops on time and stress management and other topics.

**Staff**

Licensed psychologists, psychiatrist, and other mental health providers.
Center for Students in Recovery

Services
- 1-on-1 support from a licensed professional
- Process groups
- Sober social activities
- Service opportunities
- Students for Recovery (student organization)

Contact CSR
For more information, call 469-828-1938.
recovery@utdallas.edu
Career Center
utdallas.edu/career

Services
Career advising
Career interest assessments
Resume assistance
Mock interview training
On-campus job interviews
Job listings (on- and off-campus)

Programs
Career seminars
Career expos/fairs
Explore the WOW! job shadowing
Internships
Employer networking events
The Galerstein Women’s Center fosters a safe and inclusive environment by advocating for gender equity and diversity through leadership development, education, programs and services.

Special events, conferences, panels and programs.

Professional counseling for students staff and faculty.

A private space for nursing mothers called the Lily Pad.

Lending library, meeting and study space.
Multicultural Center
utdallas.edu/multicultural

Promotes cultural awareness on campus and provides an area for students to meet and dialogue.

Cultural celebrations
Asian American Heritage Month
Black History Month
European Heritage Celebration
Hispanic Heritage Month
Native American Heritage Celebration

Programs
Multicultural Peer Advocates
Diversity Merit Scholars
Diversity Dinner Dialogues
Veteran Services Center
utdallas.edu/veterans

MC 1.204
972-883-4913

Supports students who served in the military, are currently serving in the military (active duty, Guard, Reserves) or are military family members, in areas such as:

- Academic success
- Professional development
- Networking
- Campus navigation

Provides students access to information about federal and state benefits, financial aid, scholarship and veterans’ support services.

Center includes lounge, study area and computing stations.
Student Government
utdallas.edu/sg

Representative body and voice of UT Dallas students.

Services include:

- Legal counsel
- Comet Discount Program
- DART passes
- Online ticket appeals
Student Union & Activities Advisory Board (SUAAB)

- Events, bands, comedians, casino nights
- Homecoming dance
- Springapalooza
Student Organization Center

260+ Student organizations

Academic interest
Art and music
Club Sports
Cultural
Departmental/educational
Greek
Honor
Political
Recreation
Religious
Service
Special interest
Sponsored
24 active organizations

Alpha Gamma Delta Sorority
Alpha Kappa Alpha Sorority
Alpha Phi Alpha Fraternity
Beta Chi Theta Fraternity
Chi Phi Fraternity
Delta Delta Delta Sorority
Delta Epsilon Psi Fraternity
Delta Kappa Delta Sorority
Delta Sigma Theta Sorority
Delta Tau Delta Fraternity
Delta Zeta Sorority
FIJI Fraternity
Kappa Alpha Theta Sorority
Kappa Delta Chi Sorority
Kappa Sigma Fraternity
Omega Delta Phi Fraternity
Phi Delta Theta Fraternity
Pi Kappa Phi Fraternity
Sigma Alpha Epsilon Fraternity
Sigma Lambda Alpha Sorority
Sigma Lambda Beta Fraternity
Sigma Lambda Gamma Sorority
Sigma Phi Omega Sorority
Sigma Sigma Rho Sorority
Richardson PD cited at least 53 students for minor offenses were dispatched to the house located on the 1800 block of Brandywine Drive after last being seen at the Shops of Legacy at 3 a.m. She is 5 feet 4 inches tall, weighs 130 pounds and has long brown hair. Her family believes she may be with friends and is concerned for her welfare.

On Sept. 9, Texas EquuSearch, a volunteer search-and-rescue group, and the Plano Police Department conducted a field training exercise in the area of the party. The exercise involved the use of K-9s, a leashed cadaver dog and ground search teams, a concept that is part of the national search and rescue training program.

Alumni of the Plano Police Department have been searching for Charin Hernandez, who is scheduled to graduate from the University of Texas at Dallas this semester. They were conducting another search for her on Thursday.

There has been speculation that Hernandez may have been involved with the planning of the party, according to SAE President Andrew Daley. The SAE president said that Hernandez asked to be excused from the meeting where the party was discussed.

Hernandez was last seen by friends at the Shops of Legacy at 7:30 p.m. on Saturday. She was not seen again until 11 p.m., when she was last seen in the party house.

The party was being attended by 150 people, according to an attendee.

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Student Volunteerism
utdallas.edu/volunteer

Year-round group volunteer events, including:
- Volunteer Expo
- Viva Volunteer
- FEST - Freshmen Engaged in Service Together
- National Hunger and Homelessness Awareness Week
- Alternative Spring Break
- National Volunteer Week
- UT Dallas Earth Week
- UT Dallas Community Garden Program
- Year-round donation drives
- OSV Student Leadership Program
Student Union
utdallas.edu/union

Heart of the campus community.
Pool tables, games, TV and study lounges.
Evening child care available.
Recreational Sports
utdallas.edu/recsports

Open seven days a week

Indoor Facilities
Activity Center - racquetball (4), squash (2), and basketball courts (4)
- Fitness center and programs
- Pool and aquatics program
- Climbing wall
- Lockers and equipment checkout
- Multipurpose fitness room (2)
Recreational Sports

utdallas.edu/recsports

Recreation Center West
- Fitness center and programs
- Gym courts for badminton and volleyball
- Multipurpose fitness room

Outdoor Facilities
- Basketball courts
- Soccer fields
- Tennis courts
- Disc golf course
- Multipurpose fields
Sports

INTRAMURAL
Compete with other UT Dallas teams in leagues and tournaments.
Includes: flag football, kickball, basketball, Texas Hold’em and more.

CLUB SPORTS
Compete with other schools.
Includes: fencing, ultimate frisbee, swimming, tennis, cycling, archery and more.

VARSITY ATHLETICS
Compete with other NCAA Division III schools.
Includes: soccer, basketball, tennis, golf and cross country; women’s volleyball and softball; men’s baseball.
Experience Dallas

- **Free Trips**
  (Includes tickets and transportation)
  Past events have included the Nasher Sculpture Center, Dallas Stars hockey game and Lion King, the musical

- **Free Dart Transit Passes**

- **Discounted Tickets from the Comet Center**
  Fort Worth Zoo, Dallas World Aquarium, Six Flags Over Texas and more.
Commuter Students

Road Warriors
facebook.com/UTDallasRoadWarriors

Hot Spots on Campus
Activity Center
Library - study locations
Student Union - study, eat, have fun
Newsletter:
› 3-4 per semester

Comet Families Ambassadors:
› Orientation
› Memories on the Mall

Helpline:
› 844-UTD-FMLY (844-883-3659)
› Monday - Thursday 8 a.m. - 6 p.m.
› Friday 8 a.m. - 5 p.m.

Follow Comet Families on social media.
Family Day
utdallas.edu/familyday

SAVE THE DATE
Saturday, Oct. 3
Stay Connected

Learn about upcoming campus events and activities.

UT Dallas homepage
utdallas.edu

Comet Calendar
utdallas.edu/calendar

Temoc’s Facebook
facebook.com/temocwhoosh

Temoc’s Instagram
instagram.com/official_temoc

Class Facebook page
facebook.com/UTDallasClassof2019

OrgSync
utdallas.edu/orgsync
Freshman Year Experience
Success Camp
utdallas.edu/successcamp

Aug. 23
REGISTER ONLINE
Welcome Week
utdallas.edu/welcomeweek
Student Leadership Programs
utdallas.edu/leadership
Freshmen Engaged in Service Together
utdallas.edu/fye/volunteer
Rising Sophomores
utdallas.edu/rising
Introduction to Academics
### Associate Deans

<table>
<thead>
<tr>
<th>School</th>
<th>Associate Dean</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arts &amp; Humanities (AH)</strong></td>
<td>Dr. Shelley Lane</td>
</tr>
<tr>
<td><strong>Brain &amp; Behavioral Sciences (BBS)</strong></td>
<td>Dr. Melanie Spence</td>
</tr>
<tr>
<td><strong>Economic, Political &amp; Policy Sciences (EPPS)</strong></td>
<td>Dr. Euel Elliott</td>
</tr>
<tr>
<td><strong>Engineering &amp; Computer Science (ECS)</strong></td>
<td>Dr. Simeon Ntafos</td>
</tr>
<tr>
<td><strong>Interdisciplinary Studies (IS)</strong></td>
<td>Dr. Dachang Cong</td>
</tr>
<tr>
<td><strong>Management (JSOM)</strong></td>
<td>Dr. Marilyn Kaplan</td>
</tr>
<tr>
<td><strong>Natural Sciences &amp; Mathematics (NSM)</strong></td>
<td>Dr. Dennis Miller</td>
</tr>
</tbody>
</table>
Comet Cupboard
Certificate in Critical Communication Skills
Fast Track
Double majors
Facebook / Twitter / UDAC
Free electives
Minors
Art in halls
UG research experience / The Exley
University Convocation
Dine with the Deans
UNIV 1010 - Freshman Seminar
Academic advising
Changing your major
Faculty office hours
Student Outreach and Academic Retention (SOAR)
Library
Student Success Center
Pre-professional advising
  Pre-Law
  Pre-Health
Teaching assistant support
Early warning - midterm grades

Reach Your Potential
Student Success Center

utdallas.edu/studentsuccess

Peer-led Team Learning (PLTL)
Peer-led tutoring
Supplemental Instruction (SI)
Success coaching
Workshops & seminars
Math Lab
Writing Center
Communications Lab
Testing Center
Peer-led Team Learning (PLTL)

Students meet in small groups once a week with a peer leader and a group of up to eight students to work on a problem packet provided by faculty.

Registration required!

Supplemental Instruction (SI)

An SI leader who successfully passed course, attends class, takes notes, and leads 2-3 sessions weekly to collaboratively work with lecture material.

No registration required!

Peer-Led Tutoring

Tutors offer individual assistance for many historically challenging courses. Tutors have excelled in the course in which they tutor and have been trained to facilitate discussions on course content, as well as study habits.
Who uses the Student Success Center?

Students wanting to excel academically. Every class, major and ability level.

Individual and groups not willing to settle for typical learning experiences and outcomes.

- 20,000 visits to Math Lab
- 2,200+ PLTL annually
- 3,000+ SI annually
- 2,000+ tutoring annually
Courses include:

- Accounting
- Biochemistry
- Biology
- Organic Chemistry
- General Chemistry
- Genetics
- History
- Economics
- Government
- Neuroscience
- Computer Science
- Electrical Engineering
- Physics
- Statistics for Psychology
- all undergrad Math and Statistics.

utdallas.edu/studentsuccess
Dean of Students
Dean of Students
utdallas.edu/deanofstudents

Why are we here?
Right to inspect and review.
Right to seek to amend records.
Right over the disclosure of information from education records.
Someone said the dean wants to see you...

Your logic makes the puppy sad.
Student Intervention

- Referrals
- Process
- Outcomes and consequences
Alcohol and other drugs

- Violations
- Investigation
- Sanctions
Academic Dishonesty

- Devalues your degree
- Zero tolerance

Don’t be afraid to be that person:
- Ask questions
- Identify expectations with professor
Bystander Intervention

Bystander intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a way that could positively influence the outcome.
Bystander Intervention

What can you do?

› Recognize Potential Harm.
› Choose to Respond.
› Take Action.

Campus Security Authorities
Sexual Misconduct

UT Dallas Response to Sexual Misconduct and Sexual Harassment
› Dear Colleague Letter (2011)
› Violence Against Women Act (VAWA)
› Campus Sexual Violence Elimination (SaVE) Act
› Clery Act amendments
› White House Task Force: “Not Alone” Report

NOT ALONE
The First Report of the White House Task Force to Protect Students From Sexual Assault

April 2014
Sexual Harassment
- Unwelcome sexual advances.
- Request for sexual favors.
- Verbal or physical harassment of a sexual nature.

Sexual Misconduct/Sexual Assault
Non-consensual sexual contact, non-consensual sexual intercourse or sexual exploitation.

Stalking
Engaging in a course of conduct directed at a specific person that would cause that person to feel fear for his or her safety or the safety of others.

Dating/Domestic Violence
Crime of violence committed by a current or former intimate partner of a victim by a person that is cohabiting with or has cohabited with the victim in the past, or by someone who has a child with the victim.
Consent is:

- Unambiguous.
- Freely given.
- Active—ability/right to change your mind at any time.
- Coherent/conscious.
- Not inferred.
- Not obtainable from someone who is mentally or physically incapacitated.
- Can be revoked at any time.
- Consent to previous sexual acts does not imply consent, nor does consent to some acts imply consent to others.

Consent is an ACTIVE, SOBER, VERBAL YES. Not the ABSENCE of a NO.
“I don’t know.”

“I’m not sure.”

“I don’t think so.”

“I don’t feel right.”

...means “NO.”
Two separate courses designed to 1.) educate all students about sexual assault prevention and 2.) address the misuse of alcohol for those under age 21.

- Will receive an email via your UT Dallas account.
- Modules must be completed prior to the 8th week of class.
- Failure to complete the modules may result in a hold being placed on your student account.
Get help

- **Title IX Coordinator**
  James Dockery, 972-883-2292

- **Report to the police**
  911 or UT Dallas Police, 972-883-2222

- **File a complaint/express concerns**
  Dean of Students, 972-883-6391

- **Counseling Center**
  972-883-2575

- **Student Health Center**
  972-883-2747

- **Campus Security Authority**
Consult with your family physician.

- Send your health record to the Student Health Center, particularly if you have chronic, stabilized issues.
- Discuss with your roommate(s).

Make sure you have your insurance card with you.
For More Information

Dean of Students Office
Student Services Building, SSB 4.400
972-883-6391
dos@utdallas.edu
Police
utdallas.edu/police

State Certified Police Department
Patrol of campus grounds and facilities.
Enforcement of traffic laws on campus.
Department of jurisdiction for reported crimes.

Programs
Self defense training for women.
Crime prevention and safety programs.

Services
- Student Patrol
- Safe walk campus escorts
- Silent Witness
- Project Exodus
Emergency Management

Emergency Notification System

- Email
- Text message [utdallas.edu/textme](utdallas.edu/textme)
- Voicemail
- Campus TV screens
- Outdoor warning system
- UT Dallas homepage
- Campus lockdown

Community Emergency Response Team

Student involvement encouraged.
Emergency Management

**EVACUATE** when building alarms sound
- Leave the building immediately.
- Don’t use elevators, assist the disabled.

**LOCKDOWN** when given the order to lockdown
- Stay in your room or building.
- Lock or barricade doors, close blinds, turn off light.

**SEEK SHELTER** when outdoor warning sounds
- Find a safe room away from doors/windows.
- Listen for instruction from the indoor warning system.

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**EMERGENCY CONTACTS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police / Fire / Ambulance</td>
<td>911</td>
</tr>
<tr>
<td>UT Dallas Police</td>
<td>972-883-2222</td>
</tr>
<tr>
<td>Emergency Management</td>
<td>972-883-2420</td>
</tr>
<tr>
<td>Environmental Health and Safety</td>
<td>972-883-4111</td>
</tr>
<tr>
<td>Facilities Management</td>
<td>972-883-2141</td>
</tr>
<tr>
<td>Energy Management Services</td>
<td>972-883-2147</td>
</tr>
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</table>
For More Information

Dean of Students Office
Student Services Building, SSB 4.400
972-883-6391
dos@utdallas.edu

Student Services Building, SSB 4.400
972-883-6391
gene.fitch@utdallas.edu

Larry Zacharias
UT Dallas Police Chief
Police, PD 1.802
972-883-2232
larry.zacharias@utdallas.edu
While in College...

During the next few years, you will start to noticing changes in your student.

- Competence
- Integrity
- Purpose
- Identity
- Relationships
- Autonomy
Developing Purpose

‣ Assess interest/opinions
‣ Clarify goals
‣ Make plans
‣ Persist regardless of obstacles
Career and Life Development

Career exploration
- Work in the field
- Talk with professionals
- Research the field

Self exploration
- Abilities
- Interests
- Personality
- Work values
How you Can Help
Encourage your student to pursue career goals. Promote and support career exploration through open discussion. Inspire your student by sharing insight and experience.
Encourage your student to visit the Career Center

- Career assessment
- Individual and drop-by career advising
- Underclassmen career programs
Work study is a financial aid program funded by the federal and/or state governments and awarded based on financial need.

Part-time job listings
- Federal work study
- Non work study
- Off campus
Promote Involvement
Choosing a Major

- Subject to study in depth
- Likes
- Performs well academically

Choosing a major is NOT choosing a career

Biology + Art = Medical Illustrator
Chemistry + Business = Pharmaceutical Sales
Literary Studies + Computer Science = Technical Writer
Major vs. Career

- Talk to academic advisors and career consultants.
- Attend major-specific workshops.
- Talk to department chair and faculty about majors and careers.
<table>
<thead>
<tr>
<th>Name</th>
<th>Major</th>
</tr>
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<tbody>
<tr>
<td>Goldman Sachs CEO – Lloyd Blankfein</td>
<td>A. Economics</td>
</tr>
<tr>
<td>PayPal co-founder – Peter Thiel</td>
<td>B. Sociology</td>
</tr>
<tr>
<td>American Express CEO – Ken Chenault</td>
<td>C. History</td>
</tr>
<tr>
<td>KeyCorp CEO – Beth Mooney</td>
<td>D. English &amp; Journalism</td>
</tr>
<tr>
<td>Xerox CEO – Anne Mulcahy</td>
<td>E. Education</td>
</tr>
<tr>
<td>Sherwin Williams CEO – Christopher Connor</td>
<td>F. Government</td>
</tr>
<tr>
<td>PGA Professional - Tiger Woods</td>
<td>G. 20\textsuperscript{th} Century Philosophy</td>
</tr>
<tr>
<td>San Antonio Spur – David Robinson</td>
<td>H. History</td>
</tr>
<tr>
<td>KISS frontman – Gene Simmons</td>
<td>I. Mathematics</td>
</tr>
</tbody>
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How did you do?

Goldman Sachs CEO – Lloyd Blankfein  
PayPal co-founder – Peter Thiel  
American Express CEO – Ken Chenault  
KeyCorp CEO – Beth Mooney  
Xerox CEO – Anne Mulcahy  
Sherwin Williams CEO – Christopher Connor  
PGA Professional - Tiger Woods  
San Antonio Spur – David Robinson  
KISS frontman – Gene Simmons  

F. Government  
G. 20th Century Philosophy  
H. History  
C. History  
D. English & Journalism  
B. Sociology  
A. Economics  
I. Mathematics  
E. Education
Career-related Experience

- Internships
- Volunteer opportunities
- Externships/job shadowing
- Part-time jobs in related fields
- Network - Career Connections
  - Explore the WOW!
  - Career Advice and a Slice
  - Employer insights seminars
  - Employer information tables and sessions
  - Etiquette dinners
  - Internships Inside Edition
  - Career Expo Days and career fairs
Support their Decisions
Common Concerns

‣ I’m afraid.
‣ I just don’t know.
‣ My anxiety is up.
‣ I’m stressed out about choosing a major (or finding a job).
‣ I’m just not interested in anything.
‣ I can’t explain it.
‣ I can’t leave school, I’m not ready.
‣ I just want to stay a little longer.
Now Hiring

UT Dallas grads find jobs with
- Amazon
- Apple
- BlueCross/Blue Shield
- Department of Justice
- G3Geoscience
- Google
- Microsoft
- Raytheon

...and more.
Now Hiring

Each semester, the Career Center requests graduating students to complete a graduate follow-up survey, on which they indicate whether or not they have secured employment or have been accepted into another degree program.

utdallas.edu/career/salary

utsystem.edu/seekut/homepage.htm
College Transition

- Many changes
- Excitement
- Opportunities
Changes in your student

- Autonomy
  - Independence
  - Distant
  - Mistakes
  - Exploration
Communication

Your student may talk to you more or less.

- Be patient.
- Be clear, direct and supportive.
- Don’t let technology become a leash.
- Set boundaries.
- Who will contact who? How often?
- What topics are off limits?
Changes in your student

Time management
- Social life.
- Study.
- Mistakes will be made.

‣ Time management
‣ Social life.
‣ Study.
‣ Mistakes will be made.
Changes in families

**Difficult changes**
- Sadness and a sense of loss.
- Anxiety and frustration.
- Mixed emotions.

**Positive changes**
- Relief and quiet.
- Adult relationship with your student.
- Distance and transition is a catalyst for new conversations.
- See your hard work come to fruition.
Your student’s emotional growth will cause worry and the desire to hold on. This time in their life can be a roller coster— you may not always know what direction they’re heading.
Accept your new role.
Trust your ability as a parent, and theirs as a young adult.
Everyone handles change differently. How does an experienced person approach change? And a beginner? Realize you were letting go all along.
The thing about change

Trust
Students who feel trusted also feel...

- Supported.
- Confident and responsible.
- More assertive about their opinions and beliefs.
Quick tips

- Avoid phrases like ‘homesick’ and ‘these are the best years of your life.’
- Text, call and visit occasionally (with notice).
- Ask questions moderately.
- Some students change more than others.
- You may hear more about the negative.
- Don't be pushy about future plans and goals.
- Be realistic about academics.
- Be upfront about finances.
- Establish communication boundaries.
- Be informed of campus resources.
Coping strategies for parents

- Remind yourself that it’s ok to have conflicting emotions.
- Stay healthy.
- Find outlets for yourself.
- Acknowledge milestones.
There are only two lasting bequests we can hope to give our children. One of these is roots; the other, wings.

—W. Hooding Carter
Counseling Center

utdallas.edu/counseling

Contact us
972-883-2575
Student Services Building Room 4.600

- 12 free individual or couple sessions.
- Unlimited group sessions.
- Psychiatric medication and management.
- Consultations.
- Outreach programming.
- Psychologists, psychiatrist, social worker, psychology interns and practicum students.