

in touch

FALL 2009
Online

Student Involvement & Leadership Development

parents'
ASSOCIATION



Dear NIU Parents,

Well, as NIU welcomed the class of 2013 to campus in August, the Parents' Association has also welcomed the parents and families of these students. This year brings new excitement for the members of the Parents' Association, and I hope you'll take the time to learn about new events, new ways to get involved with the association, and some

newly added benefits of membership contained in this issue of "In Touch"!

Hopefully you were able to join us for Fall Family Weekend on September 11-13. Family Weekend is always an exciting time on the campus and a terrific opportunity for your student to "show and tell" you all about their life as a Huskie, which certainly changes with each year he or she is on our campus. Our staff was able to take advantage of the later kick-off time and implement some new activities, including our first golf outing at River Heights Golf Course, some "Huskie Parent Toolbox" sessions, and some coffee talk sessions with Parents' Association members.

Spring semester will bring a new activity as well. This year, we are replacing our traditional Moms' and Dads' Weekends with a joint Spring Family Weekend. The event will still contain some of your favorite activities but will allow families to travel together, hopefully cutting some overall costs for our members. Information on this event will be shared on the Parents' Association web site as soon as it is available. I encourage you to visit us on the Web at www.parents.niu.edu in order to keep up-to-date on all Parents' Association news and events.

Our web site is also expanding this year to include new online resources, such as suggested readings, online video, articles, etc. Who knows? We may even go completely "tekkie" and explore the use of Twitter or Facebook! Bookmark www.parents.niu.edu and watch us transform in order to serve you better. Of course, if I can be of any assistance to you, throughout the year, please contact me at parents@niu.edu. I look forward to another exciting year of working with our Huskie Families!

Becky Harlow
Assistant Director for Parents' Association & Volunteerism
Student Involvement & Leadership Development

What's Inside

Membership Updates

Release of Information to Parents of Students

Student Involvement & Leadership Development Highlights

Parents' Association Endowed Scholarship

Student Health Services

Campus Safety

Letting Go: Helpful Advice for New College Parents

Fees: What Are You Paying For?

Calendar of Events

Important Numbers

Parents' Notes

Parents' Association: What's New?

The mission of the NIU Parents' Association is to provide a link between the university and the family members of NIU students. The Parents' Association provides:

- An opportunity for families to play an active, supportive role in the education of their student.
- A forum for fellowship and networking opportunities with other parents via workshops or other activities.
- An opportunity to be informed of events and activities at NIU that might be of interest to families.
- Events to bring families back to the university (i.e., Under the Tent, Family Weekends, Meetings, and Special Events).
- An arena to pose questions, to express concerns, and to learn more about campus issues.
- A chance to further the educational goals of Northern Illinois University by improving communication between families and the university community.

Because the Association staff respects value, we have also upgraded the list of discounts available to Parents' Association members. It's our hope that they reflect items you would take advantage of anyway, thus increasing the value of your membership. Discounts include:

- Discounted Huskie football tickets new!
- Free delivery and one free cupcake (per dozen) from Sweet Dreams Bakery new!
- Exclusive Parents' Association discount on products at Glidden Florist new!
- Discount at the NIU University Bookstore on spirit wear and souvenirs
- Discounted room rate at the on campus hotel in the Holmes Student Center
- Campus involvement opportunities (PA event planning committees, advisory council)
- Advance notice and discounts to PA events

As always, we are here to answer questions, refer you to appropriate offices, listen to your concerns, and help you get the most out of your Northern Illinois University experience.



Please feel free to contact us:

Address: Parents' Association
Student Involvement
& Leadership Development
Campus Life Building 150
DeKalb, IL 60115

Phone: 815-752-2222

FAX: 815-753-2905

E-Mail: parents@niu.edu

Web: <http://www.parents.niu.edu>

Adviser: Becky Harlow

Phone: 815-753-6703

E-Mail: rharlow@niu.edu

Release of Information to Parents of Students

Access to Student Records

The Family Educational Rights and Privacy Act of 1974 (FERPA) as amended is a federal law intended to protect the privacy of student educational records accumulated from early childhood through college. FERPA provided parents with certain rights with respect to their children's education records. However, once a student reaches the age of 18 or enters college, the rights previously held by the parents transfer exclusively to the student.

Ordinarily, parents of Northern Illinois University students obtain information about their children's records directly from their children. FERPA does state that the University may release information to the parents of a student but is not required to do so. The Office of Registration and Records may disclose information to parents by:

1. Parents may obtain the student's written consent. This would be in the form of a simple letter authorizing Registration and Records to disclose copies of scholastic and other records to his or her parent. OR
2. Parents may submit a copy of the first page of their most recent income tax return indicating that the student is a dependent as defined in Section 152 of the Internal Revenue Code of 1954.

The payment of a student's tuition by the parent does not, by itself, give the parent the right of access to a student's record. Questions concerning these procedures may be directed to the Office of Registration and Records at (815) 753-0681.

Additional information made available by College Parents of America on FERPA and parents may be found at <http://www.collegeparents.org/cpa/resource-current-campus-ferpa.html>.

Student Involvement & Leadership Development Highlights

Hello Parents' Association! –

Welcome to the start of the 2009-2010 academic school year. On behalf of Student Involvement & Leadership Development, we welcome you and your student to another exciting year of student activities and leadership development. The department of Student Involvement & Leadership Development is your student's place to go to get involved on campus. With over three hundred student organizations, we're certain to find something that fits your student's interests. In addition to the multitude of student organizations on NIU campus, Student Involvement & Leadership Development also directly oversees and advises the Student Association, the Campus Activities Board, Greek Affairs, Volunteerism, and the Leadership Academy.

The Student Association is NIU's student governing body, consisting of an executive cabinet and senators from across campus. Students wishing to have a voice in the governing process of NIU are encouraged to get involved in the student government. Opportunities for elected and cabinet positions are available throughout the year.

The Campus Activities Board (CAB) is the largest student programming body on campus. With large budget, CAB is responsible for bringing some of the biggest entertainers to campus as well as organizing other large scale student activities and programs.

Greek Affairs are available for any student wishing to participate in a Greek fraternity or sorority chapter. The different Greek chapters have different ways they recruit. Students wishing to become part of a Greek organization should contact Student Involvement & Leadership Development for more details.

Volunteerism is a series of programs throughout the year pairing up NIU students with service opportunities throughout the DeKalb area. Culminating a full year of activities is NIU Cares Day, a massive show of student service in the greater community.

Finally the Leadership Academy offers students opportunities to fine tune their leadership skills and meet a variety of student leaders. The Leadership Academy offers students a fast track to developing those skills needed to become leaders in an organization or future business endeavor.

Wherever your student's interests lie, Student Involvement & Leadership Development can assist in pairing them with appropriate organizations or helping them develop skills that will be valuable throughout their time at NIU. Please encourage your student to stop by our office sometime in the Campus Life Building Suite 150.

Parents' Association Endowed Scholarship

This award is possible thanks to donations made by generous Parents' Association members. The scholarship is open to all degree-seeking junior-level students who are in good academic standing with the university. Preference is given to those applicants who have maintained at least a 3.00 GPA. Other requirements include involvement in extra-curricular activities and community service. Students interested in applying for the scholarship must write a personal statement and supply letters of recommendation with their application. Applications will be available in December. The Parents' Association will announce the winner of the Parents' Association Endowed Scholarship on April 25, 2010 during the Kevin D. Knight Leadership Awards Ceremony.



2009 Parents' Association Endowed Scholarship recipients: Christina Savoie, Naperville (left) and Stephanie Conlin, DeKalb (right)

STAYING HEALTHY

Health Services on Campus

NIU Health Services provides ambulatory medical and psychiatric services to all currently enrolled students, full or part-time, who have been assessed on-campus fees. Health Services offers a variety of out-patient services including; general and acute care, men's and women's health, preventive medicine, immunizations (including flu shots), laboratory, pharmacy, radiology, psychiatry, allergy injections, and more.

Health Services is accredited by the Accreditation Association for Ambulatory Health Care, Inc., (AAAHC) indicating that NIU Health Services has met nationally recognized standards for quality health care. We take pride being among the elite group of nationally accredited college health centers.

Health Services is supported by NIU student fees, so there is little or no additional charge to the student at the time of service. There are no charges for physician visits, x-rays or lab tests (if they are ordered by a Health Services physician and performed at our facility), and many other services. However, the student will be charged for prescriptions, immunizations, missed appointments, and certain specialized procedures and supplies. The NIU Student Health Insurance Plan or other health insurance is not needed to use Health Services.

Our facility is conveniently located on campus, one block east of the Holmes Student Center on Wirtz Drive. During the fall and spring semesters, we are open from 8 a.m. to 4:30 p.m. Monday – Friday, and students are strongly encouraged to make an appointment by calling 815-753-1311.

New at Health Services! We proudly announce our new patient care system, the electronic medical record. In the future, students will be able to make appointments online, enter and verify their immunization records, receive test results, and print invoices as well as visit verifications. The EMR system will allow our clinician's better access to health information needed for patient treatment thus advancing our mission to help students be healthy and successful at NIU.

Campus Safety

Northern Illinois University is a safe community; however, crime can happen anywhere. Below are some tips to help keep your student safe while both on and off campus. By following some of the tips below your student can help make NIU a safer place to live. If your student has any questions or concerns they can contact the NIU Police Department at 753-1212.

When Walking

- Avoid walking alone at night. If need be, call Huskie Student Patrol.
- Stay in well lit, busy routes. Avoid shortcuts and isolated areas.
- Be Alert! Walk purposefully, know where you are going, and project a no-nonsense image. Avoid potentially dangerous situations.
- If you feel threatened, cross the street, go to a group of people, locate an emergency call box (located in several places around campus), or enter a place of business even if you just left it.
- Carry keys in your hand, not buried in pocket, purse, or book bag.
- Park in well lit areas with the doors locked. Look into your vehicle before entering.

In Your Room, Apartment, or Home

- Lock your door every time you leave. An intruder can enter in less than ten seconds.
- Lock or secure doors and windows when you are alone or asleep.
- Do not prop open outer doors.
- Know your neighbors.
- Do not let strangers enter your dormitory or premises.
- Do not leave keys in hiding places. Carry your keys and make sure that anyone who truly needs them has a copy.
- Keep emergency numbers by your phone and program them into your cell phone.
- Call 911 to report suspicious persons or activity in or around your neighborhood or Residence Hall.
- If you are in immediate danger, call 911; stay calm and get away at the first opportunity.
- Do not keep money in your room or home. Open a bank account instead.
- Keep ATM cards in a safe place. Keep your PIN number secret. Only use ATMs during the day.
- Use a charge card instead of carrying large sums of cash. Some charge cards insure property purchased with those cards against loss, theft, or damage.

911 (emergencies)

NIU Police: 815-753-1212 (non-emergencies)

Late Night Ride: 815-753-2222

Free ride within the city limits from 10 pm to 6 am.

Huskie Student Patrol: 815-753-9658

Walking escorts around campus 9 pm to 5 am.

Letting Go: Helpful Advice for New College Parents

“An Evolving Relationship”

Just because students head to college, it doesn't mean that they are leaving you behind. They still need you and your wisdom, your counsel, and your love. They just need you in different ways now. For instance:

They Need You to Let Go

It's difficult for a student to start making his own life at college if his “old life” keeps pulling him back. So, let go to the extent that your conversations contain a balanced mixture of what's happening on campus and what's happening at home. And try not to do everything for your student. The experience of figuring some things out on his own can be a necessary strength builder.

They Need to be Able to Make Mistakes

Part of exploring this newfound sense of independence involves the inevitable making of mistakes. A student who is terrified of “screwing up” in her parent's eyes may not take some positive risks such as tackling a new subject or trying out for the swim team. Students need support as they take risks. And risks most often lead to growth.

They Need to Know That You Believe in Them

As your student tries new things, expands his worldview and questions assumptions, his perspective may change. Successful students are able to experiment like this because, at the root of it all, they know that someone back home believes in them - in their intelligence, their initiative and their ability to make good decisions.



Interested Yet Not Intrusive

Just because your student is at school, it doesn't mean that he no longer needs you in his life. It's important for you to be involved – it's actually quite essential to his success!

The key is being interested in what's happening in his life without being too intrusive. Some ways to do that include:

- don't make conversations feel like “quizzes”
- ask your student what he is *learning* in class instead of always focusing on grades
- if your student mentions a new person's name, casually ask about that person (“So, Sam is a friend from... ?”) rather than drilling for details
- balance your communication by not always making it about them - share what's happening in your life, too
- don't call or email constantly - there needs to be a healthy distance
- ask what they're getting involved in and what interests them so far - let them share their enthusiasm!

Above article from: *A New Chapter: How Parents Fit Into Their Students' Lives at College*, published by Paper Clip Communications, Little Falls, NJ

Fees and Charges: What's This?

Have you ever wondered exactly what you are paying for when that NIU bill arrives? There are several fees and common charges that are assessed to each student every semester. Listed below are descriptions of those fees as well as a table of costs for the 2009-2010 academic school year:

Undergraduate Fees and Charges

<i>Fall 2009/Spring 2010</i>	<i># of Hours</i>	<i>DeKalb Campus (per hour)</i>	<i>Regional Courses (per hour)</i>
Activity Fee**	1 - 12 hrs	\$3.99	—
Athletic Fee**	1 - 12 hrs	\$17.57	—
Facilities Fee**	1 - 12 hrs	\$37.39	—
Services Fee**	1 - 12 hrs	\$16.82	—
Student Resource Fee	12 hrs or more	\$6.00 per sem.	—
Outreach Delivery Fees	1 hr or more	—	\$56.00
Technology Surcharge	6 hrs or less	\$75.00 per semester	
	7 hrs or more	\$150.00 per semester	

General Fees

These fees are assessed to all students taking courses at our main campus in DeKalb and are charged at a per credit hour rate up to a maximum of 12 credit hours for a semester.

- **Activity Fee:** The NIU Student Association makes allocations to support student activities and programs including concerts, films, speakers, etc. Additional information about these fee-supported activities and programs may be obtained from the Student Association.
- **Athletic Fee:** These collected fees support the university's intercollegiate athletic programs for both men and women.
- **Facilities Fee:** These collected fees support campus facilities which were constructed as a result of bond issues with covenants stipulating the terms of repayment, maintenance of cash reserves, building maintenance, and capital improvements. The collected student fees support the terms of the bond covenants and the operating costs of the facilities such as Holmes Student Center, Recreation Center, and Convocation Center.
- **Services Fee:**
 - **Busing:** These collected fees support the university's campus and community-wide bus service. Fee-paying students are eligible to utilize Huskie Line buses without being charged fares.
 - **Grants-In-Aid:** These collected fees support the university's grants-in-aid program, a merit based scholarship program.

- **Health Service:** These collected fees support the University Health Service which provides comprehensive ambulatory health care for students while the university is in session. Information about the university's health care services may be obtained from the University Health Service.

- **Student Resource Fee (Undergrad Only):** This fee is assessed to all students who register for 12 or more on-campus semester credit hours of instruction. It is a needs-based Financial Aid fund for students, and the state contributes matching funds.

Technology Surcharge

This fee is assessed to all NIU students at all of our campus locations and is charged at a per semester rate. Revenues from the technology surcharge are being used to replace the data system which supports all student services, to maintain and update existing technology equipment, to provide internet access and support interactive education on the web, and to train faculty in the use of smart classroom technology and WEB-based resources for instruction.

Outreach Delivery Fees (Off-Campus Only)

If you are taking courses at one of our regional campuses, an off campus location, or online, you are charged an outreach delivery fee which is assessed at a per credit hour rate. These fees are used to support infrastructure needed to deliver regional courses (e.g., operations of NIU regional centers, rental of non - NIU facilities, faculty travel and development of online courses).

Fall 2009 Calendar of Events & Important Dates

September	26	NIU Football vs. Idaho
	24-27 & 30-10/4	Theatre and Dance: Tomfoolery, O'Connell Theatre
October	3	NIU Football vs. Western Michigan (Homecoming Game)
	7	Fall Internship Fair, Convocation Center
	8	Exploring Majors Fair, Holmes Student Center
	8-11	Theatre and Dance: Flaming Guns of the Purple Sage, Corner Theatre in the Stevens Building
	14	Fall Job Fair, Convocation Center
	31	NIU Football vs. Akron
	22-25 & 29-11/1	Theatre and Dance: The Trickster of Seville and His Guest of Stone, O'Connell Theatre
November	5	NIU Football vs. Eastern Michigan
	5-8	Theatre and Dance: Machinal, Corner Theatre in the Stevens Building
	12	NIU Football vs. Ball State
	19-22	Theatre and Dance: Fall Dance Concert 2009, O'Connell Theatre
	25	Thanksgiving Break Begins
	30	Classes Resume
December	3-6	Theatre and Dance: The Undiscovered Canvas, Corner Theatre in the Stevens Building
	5	Classes End
	7-12	Finals Week
	12	Fall Graduate Commencement
	13	Fall Undergraduate Commencement
	11	First Day of Spring Semester Classes

Important Numbers

Admissions Office.....	815-753-0446
Athletic Ticket Office.....	815-752-6800
Bursar's Office.....	815-753-1885
Recreation Services.....	815-753-0231
Counseling & Student Development Center.....	815-753-1206
Financial Aid.....	815-753-1395
Health Service.....	815-753-1311
Holmes Student Center Guest Rooms.....	815-753-1444
Information.....	815-753-1000
NIU Police (non-emergency).....	815-753-1212
Parent's Association.....	815-752-2222
Registration & Records.....	815-753-0681
Student Employment.....	815-753-1394
Housing & Dining.....	815-753-1525
Student Involvement & Leadership Development.....	815-753-1421



Parents' Notes

Do you have suggestions or advice for fellow parents? Want to relay tips that you might have for parents who are new to the university? Is there a short story about a first-year college experience that you would like to share with our readers? Perhaps you have some words of wisdom or support that help you get through the day and might help someone else. Here is your opportunity to share your knowledge and stories with other parents. Email your stories, advice, tips, and comments to parents@niu.edu and watch for your information to appear in the "Parents' Notes" section in this newsletter.