



Lacrosse Fever Hits Hilbert

After competing the past seven years as a club team, Hilbert College will be adding Men's NCAA Division III Lacrosse for Spring 2011

[More Details](#)

## Important Dates

September 5—Move-In, Block Party and Barbecue

September 6—Fear Factor, Obstacle Race and Karaoke Night

September 7—First Day of Classes and Academic Convocation, Men's Soccer Game Tailgate Party

September 8—Bonfire and Outdoor Movie

September 9—Late Night Bowling

September 10—Home Run Derby and Casino Night

September 11—Men's and Women's Soccer Games

September 15—Club and Part-time Job Fair

September 18—Freedom Trail Festival: Celebration of the Underground Railroad

September 20—Commuter Connection Week Begins

**Encourage your student to get involved!**

## Hilbert Launches E-Newsletter

In an effort to keep you better informed of news from campus, we are happy to be piloting our new parent newsletter. We hope that by sharing important information with you, you will feel better informed and will help us ensure that necessary information is reinforced with our students. It's a great way to share with you what we have planned to help your son or daughter succeed at Hilbert. Should you have ideas for articles or topics you would like to see covered, please feel free to contact us. We want to make sure this is a useful tool, so your input is encouraged!

## Last Minute Preparations

With only a few days remaining before the start of the semester, there are a few last minute preparations you may wish to make:

- Ensure that all required medical records have been submitted, especially if your son or daughter will need a physical for fall sports;
- Verify that they have an adequate supply of any prescription medications;
- The bookstore is now open for book sales—encourage your son or daughter to begin looking into book purchases: [shop on-line](#) or call 716-648-3604;
- Make any necessary transportation arrangements—purchasing bus passes, making car repairs, working out a vehicle usage plan, etc.
- If you have any last minute questions, don't be afraid to ask! Just call 716-926-8935.

## Those Left Behind

Often parents get so wrapped up in packing up their new college student they forget about the feelings younger siblings may experience. These tips can help you prepare younger brothers and sisters before the college student leaves home.

First, encourage your college student to spend time with younger siblings before they leave for school. Talk to younger children about what it means to go to college and share Hilbert brochures and pictures or visit campus so they can picture it in their heads. Create opportunities for the family to spend time together. Younger brothers and sisters can even help get things ready for college (such as decorating picture frames, or going along on shopping trips to get supplies). Finally, teach them how to stay in contact with students who have moved away to college by using email or sending postcards.

By allowing younger siblings to participate in the planning, not only will they be more comfortable, but it will also help to encourage them to attend college when it is their turn.

## Seasonal Student Issues: The Challenges Ahead

When students head off to campus for the first time, they will face a wide array of new experiences, memorable moments, and challenges. The days before the start of the semester can be filled with anxiety. The following topics are just a few concerns you may hear about either now or in the first few weeks of classes:

**Fitting In:** Getting to know others and making new friends, doing things on the weekends, doing what is right rather than just following the crowd, and forming one's own identity are all topics common to pre-college concerns.

**Succeeding Academically:** College classes and expectations can be very different than those your son or daughter experienced in high school. College professors expect more independence and dedication from students.

**Managing Time:** When to study, when to eat, when to hang out, how much time on line is too much—all these questions can play a big part in your student's success.

When you hear about these concerns, have a meaningful conversation and offer suggestions, or refer them to one of the many resources on campus that can help.

## Your Changing Parental Role

As hard as starting college can be for the student, it can be equally disconcerting for a parent as you turn the page to the newest chapter of your child's life. Whether this is your first child heading to college or you are a seasoned veteran of the college experience, it is a time of adjustment. You will experience an inner battle between your desire to maintain control and solve problems, and the need to let your son or daughter begin to figure things out on their own.

Just because they are going to college doesn't mean they will no longer need you. They will still turn to you for advice and opinions and may even still ask that you handle sticky situations for them. As a parent it is important that you still provide the necessary encouragement while allowing them the space and time to solve some of their own problems and make their own decisions. Part of allowing them to explore their independence inevitably means they will make mistakes along the way. Those mistakes can be a valuable learning tool and parents need to support them so that they are not living in fear of messing up.

More than anything, the students who try new things and take risks that allow them to become successful are able to do so because they know that they have parents who believe in them and support them. While your role may become less active, it is no less important.

## What Parents Can Do to Help Students Succeed in their First Year of College

- Have the difficult conversations now. Talk about issues like alcohol use, relationships and sex, and destructive behaviors that can get in the way of their college success.
- Discuss the importance of class attendance and preparation. Even if they struggled in high school they can turn things around in college with hard work.
- Encourage them to meet with advisors and professors and to utilize resources like the Academic Services Center for tutoring and assistance.
- Stress the need for time management so that they effectively use their free time and don't get caught up in time wasters such as afternoon naps, video games, and on-line social networks.
- Ask what they like most and least about college, help them build on the positives and develop solutions for the negatives.
- If they are living on campus, remind them to establish guidelines with their roommate early and keep communication open to work through problems or issues.
- Let them know that it is OK to ask for help. There is always someone on campus to turn to if they are struggling or need assistance.
- Encourage them to get involved! Involvement outside the classroom can contribute to learning and to student satisfaction, and is especially important for commuter students so that they feel connected.

## Tips for a Successful Move-In Day

- Encourage your son or daughter to communicate with his/her roommate in advance to avoid duplicating large items.
- Pack items in sturdy containers and make sure no one box is too heavy.
- Remember that extra items can be sent home if they realize they can't fit everything in the room.
- Bring along a cart or dolly if you have one available.
- Dress in cool, light clothing and bring bottled water.
- Leave winter items at home to save space. Those items can be exchanged later in the semester.
- Help your student unpack some things but leave some for him/her to do to make the space his/her own.

## Last Minute Gift Ideas

In case you just can't let them go to college without one last gift (or if you just really like to shop) here are some ideas! Shop away!

- Photo Album
- Local Restaurant Gift Cards
- i-Tunes Gift Card
- Picture Frames
- A Journal
- Small Lock Box for Valuables
- Stamps
- Homemade Cookies (you will be very popular with all the students!)
- Gas Card
- Email/Phone List of Family Members
- First-Aid Kit

To remove your name from our mailing list, [click here](#).

For questions or comments please email us at [jsturm@hilbert.edu](mailto:jsturm@hilbert.edu) or call 716-926-8935.