Upcoming Dates

- **August 26, First Day of Class**: Students registered for Terms 1 & 2 will begin class today.
- **September 2, Labor Day**: Campus closed
- **September 27-29, UWF Family Weekend**: Information and registration at uwf.edu/family
- **September 20 - October 5, UWF Homecoming**
**Tutoring and Learning Resources**

Want to help your student succeed in college? Help us support their academic success by directing them to Tutoring & Learning Resources! We offer a variety of services, including course-based tutoring, academic coaching, study skills assistance, academic success workshops, general paper readings, and free semester-long Smartpen loans. Parents and families are our greatest allies, and recommending our services to your student early in the semester is key to their academic success. For more information, visit our website at [www.uwf.edu/tlr](http://www.uwf.edu/tlr), or have your student give us a call (850-474-3176) or stop by our office (building 52, room 151).

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**Streamlining the Immunization Process with Technology**

Student Health Services (SHS) at UWF has partnered with Med+Proctor for automating the student immunization compliance and verification process. All in-coming students with the exception of fully online students, are required to provide proof of their immunization status. A single sign-on process will be available to students through their MyUWF account. Students who are physically on campus will create a Med+Proctor account using their student ID and email address to begin the process. Students will communicate with Med+Proctor to ensure all documents are uploaded in their secure individual accounts for verification.
Information is available on the Student Health Services website at https://uwf.edu/enrollment-and-student-affairs/departments/student-health-services/ under the Immunizations link. Med+Proctor implementation will start August 9, 2019. Students who have questions/concerns about their accounts or missing documents should reach out to Med+proctor through the link provided on the SHS web page. Fully online students will be given the chance to waive their immunizations through their application process, but can follow the same process as on campus students if desired.

Career Services and Community Engagement
The Office of Career Development and Community Engagement is open and ready to assist your student every Monday-Friday, 8 a.m.-5 p.m., all summer long! Whether they have a question about their resume or cover letter or need help choosing a major or discovering what they can do with that major, our career coaches are eager to help. Students can drop-in for a quick 20-30 minute consultation on a variety of career-related topics, any Monday-Thursday between 10 a.m. and 4 p.m. If your student would prefer a more thorough conversation, they can schedule a longer appointment to discuss additional topics, including strategies relating to Major and Career Exploration, by calling 850-474-2254 or online through Handshake.
Will you say, "I'm with the band?"

The UWF Argo Athletic Band is entering its second season. The band is growing and needs your support. From July 15 through September 6, we invite you to help us “dress the band,” as we purchase new polos. Do so by giving through our crowdfunding campaign. Join us at crowdfunding.uwf.edu.

Support the band to raise school spirit and strengthen new traditions. Join the cause so you can say, “I’m with the band!”

How can I support?

1. Visit the crowdfunding.uwf.edu.
2. Give and support the band for one of the suggested items.
3. Share the giving link on social media and encourage friends and family to join you in giving! Use the hashtag #UWFImWiththeBand.

College of Arts, Social Sciences and Humanities' Tailgate

Join in Argo pride with the College of Arts, Social Sciences and Humanities' pre-game tailgate. The college welcomes alumni and friends to celebrate the Argo’s first home game of the season. From 3 p.m. - 5 p.m. join us in front of the stadium ticket office as we celebrate our college and the Argo Athletic Band’s second season!

To learn more about the Argo Athletic Band, visit uwf.edu/argoathleticband; the College of Arts, Social Sciences and Humanities, visit uwf.edu/cassh; or UWF Football, visit goargos.com.
First Year Advising

Welcome new Argo Parents and Family! The First Year Advising Team is very excited to have your students joining our community this Fall! We appreciate the support you are providing to your student as they transition into university life.

First Year advisors will help students make informed choices about degree and graduation requirements. They can help clarify policies, connect to campus resources, and provide support for adjusting to college life. Advisors will also enhance student awareness of diverse educational experiences to further enrich the academic experience.

Here are some important things to help and guide your student:

- **MAJOR CHANGES** - If your student knows they will be changing their major, please have them complete the “Admissions Application Major Change Form” as soon as possible and notify their advisor. (only through the first week of classes). After that date an appointment will be necessary to complete a Major Change through a separate process.

- **DROP/ADD CLASSES** - Drop-Add is Aug 26-Aug 30th. (Students can change their schedules with no penalty) First Year Advising will be available for Drop in appointments during that week.

- **GROUP ADVISING** - Group Advising Sessions will be Sept. 3-17. Please make sure your First Year Student is signed up for one of these sessions.
• TRANSCRIPTS - Please make sure the student/school has submitted their final High School transcript. If this is not done the student will not be able to register for Spring 2020 classes.

• IMMUNIZATIONS - Please make sure Immunization records are submitted to the Health Center.

• DUAL ENROLLMENT/AICE - If your student has taken dual enrollment, AICE, or courses at another higher education institution please submit transcripts to the Office of Admissions.

  ○ Please note that Dual Enrollment and AICE transcripts are separate from High School transcripts and cannot be sent by the high school. Students will need to request an official copy of their transcript from the hosting institution for any dual enrollment credit to be applied (or from Cambridge for AICE credits), this is in addition to their final high school transcript.

• FERPA - Advisors are not permitted by law to discuss specific student details with parents, friends, or others. If a parent wishes to be included on a call or in a meeting, the student must add the parent to their contact and privacy information in MyUWF.

• CONTACT INFORMATION - Please make sure the phone number and the contact information listed on the student’s Contact information on My.UWF.edu is the Student’s phone number and not the parent or guardian.
The family transition during college enrollment

When your high school senior received their college admission letter, you were over the moon — excited, proud and relieved. But even in the midst of the celebration, questions began to bubble up. *When is orientation and how do we register? What about the logistics of move-in, and class registration?*

And perhaps most important: *What does it mean to be the parent of a college student?*

Your student is the one making the biggest life change this fall, but the fact is the whole family experiences the transition to college.

**Embrace your new role.**

Throughout high school, you attended parent-teacher conferences, built relationships with your student’s coaches and club advisors, and hosted their friends in your home. As your son or daughter makes the shift to college, independently creating a life on campus, your role as parent will change. You will step to the sidelines and become more of a coach. Whether you’ve been preparing for this or it feels a bit shocking, give yourself time and grace as you adjust.

- Identify whether you, your student or both will be responsible for ensuring enrollment paperwork is completed and turned in.
- Trust your student and their academic advisor to select their courses for the semester.
Identify a support network.

Family members focus on supporting their student, which can mean that they miss tending to themselves and their own transition. Your emotions may range from “I can’t wait for them to leave!” to “I’m not sure how I’ll cope with the changes in our family” and everything in between.

Early on, identify a support network that provides a safe space for you to talk through your feelings. If you’re in a two-parent household, recognize that you and your spouse or partner may have different feelings about your student going to college, or experience them at different times.

- Attend orientation with your student so you feel informed and confident in the school your student has chosen.
- Identify the office that provides parent and family support so you know who to call if you have questions or concerns.
- Plan to attend campus events for family members such as welcome activities or family weekend. These allow you to develop a connection to the school and feel a part of your student’s experience.

Celebrate this achievement!

Your support has been essential to your student’s success and will continue to be key throughout college. Over the summer, take time to appreciate this achievement as a family. Plan to celebrate with your student, extended family, and their friends. Be sure to discuss any goals or priorities your student has for their summer break so you can successfully manage expectations and honor their wishes.

- Plan quality time together — a family game night, vacation or favorite meal.
- Allow space for your student to reflect, grieve, celebrate and anticipate.
- If your student will move away to go to school, plan something for yourself to look forward to when you return home after campus move-in.