

« **LEARNING TOGETHER**

A GUIDE FOR »

•• ***PARENTS AND FAMILIES***



FRESNO PACIFIC
UNIVERSITY

CAMPUS LIFE

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WELCOME TO THE FRESNO PACIFIC UNIVERSITY COMMUNITY

First and foremost, congratulations! The decision to attend college is an important step for your student.

At Fresno Pacific University, your student's success is our number one priority. We have a robust network of programs and services designed to help your student succeed in college. We also recognize that your care and support will play an important role in your student's success. This brief guide has been designed to help you understand and support your student during this new and exciting stage of life.

YOUR GROWING RELATIONSHIP

Your student is becoming an adult and you may feel overwhelmed. Your relationship will be developing into a new stage. As your student prepares for life at Fresno Pacific University, it doesn't mean you will be left behind.

Allowing your relationship to evolve as your student's horizon expands requires compromise, flexibility and trust. With these tools, college can be a wonderful, eye-opening experience for you both.



TRUST

From guiding their first steps to helping them fill out college applications, no one quite knows your student like you do. Now they're going to college. What does that mean for the relationship?

Transitions are tough and there will be changes. Your student is becoming an adult and at FPU our role is to provide the tools to develop his or her full potential.

That doesn't mean you will become less important, but you will be less a part of their daily lives. Whether your student lives at home or on campus, you will hear from them a little less often. You won't know everything that goes on. You'll need to trust: their instincts, their decisions and the foundation of values you helped them build. Trust is the key to smoothing the transition from child to college student.

STUDENTS WHO FEEL TRUSTED:

- ▶ Have more confidence
- ▶ Are better able to say "no" when necessary

STUDENTS WHO FEEL MISTRUSTED:

- ▶ May defy authority or rebel simply to be heard or noticed
- ▶ May look to negative influences for support
- ▶ Will keep secrets that could be harmful

As students try new things, expand their world views and question assumptions, their perspective will change. Successful students can experiment because they know someone believes in them, in their intelligence and in their ability to make good decisions.

LETTING GO

Just because your student is in college doesn't mean they leave you behind. They still need you and your wisdom, your counsel and your love. They just need you in different ways.

- ▶ Students cannot start a new life at college if their old lives keep pulling them back. Balance your conversations between happenings on campus and at home. Don't try to do everything for your student. Give them the strength and confidence that comes from figuring things out for themselves.
- ▶ Making mistakes is part of exploring independence. Students terrified of "messing up" in their parents' eyes may not tackle a new academic subject or try out for a sports team. Students need support as they take the risks that lead to growth.

The key to staying involved and helping your student succeed is to be interested without being intrusive.

- ▶ Don't make conversations feel like quizzes.
- ▶ Ask "what are you learning?" not "what are your grades?"
- ▶ Balance your communication by not making it all about them. Talk about what's happening in your life too.
- ▶ Don't call or text constantly.
- ▶ Ask about their involvement and interests. Let them share their enthusiasm.

YOUR STUDENT'S EXPERIENCE IN COLLEGE

YOUR STUDENT'S SCHEDULE

Going to college can take up much more time than you might think. If your student is going to school full-time, he or she will have 15-18 hours of class each week and be assigned a minimum 30 hours of reading and homework assignments each week. Many college students are also likely to work part-time and participate in campus programs and events.

▶ TIP

Take some time at the start of each semester to clarify your expectations to ensure that your student can allocate the necessary time to be successful at college.

LIVING AT HOME

Choosing to commute is the right choice for many students who want to maintain close, day-to-day family relationships and save money on food and housing. Even when commuting is the best choice, it is important that students and their families understand its unique challenges. Driving time and fuel costs require strong time and money management and additional effort must be made to develop academic and personal relationships which will help your student make it to graduation. The Commuter House is a physical space designed to be a home-away-from-home for commuter students. The house is a place to study, cook, eat, nap, play, socialize and recharge.

▶ TIP

Encourage your student to participate in campus programs, student organizations and leadership opportunities to develop social connections, critical thinking, communication and leadership skills that will be important to his or her success in and after college.

LIVING IN A RESIDENCE HALL

For some students, living in a residence hall is an important part of the college experience and some of their most enduring memories and friendships will be made in the residence halls. However, living with new rules, freedoms and a new roommate can be a big adjustment. Every student who lives on campus has an assigned student employee, Resident Assistant (RA) and a professional staff member, Residence Director (RD), whose jobs are to help your student enjoy and adjust to their new living environment. Additionally the Campus Safety Office patrols campus 24 hours per day, seven days per week, year-round. Your student should contact his or her RA or RD with any questions related to housing, roommates or adjusting to life on campus.

▶ TIP

Studies have shown that the first three weekends are the most important for a student to feel at home in his or her living area. Encourage your student to stay on campus for at least the first month of school!

KEYS TO STUDENT SUCCESS

STUDENT RESPONSIBILITY

You have watched your student grow to become an adult, teaching, guiding and protecting. Now it is time for your student to become independent and self-sufficient. Responsibility is one of the most important things your student can learn. Although it may take some practices for you and your student to adjust to this new arrangement, taking responsibility is critical to your students' success during and after college.

Tip: When your student needs to speak with someone on campus to address a school-related concern, please encourage him or her to do it without you. This will help him or her to develop a valuable lifelong skill.

ACADEMIC SUCCESS

Your student was accepted at Fresno Pacific University because he or she has the potential to succeed in college. However, this does not mean that it will be easy. The academic challenges of college can be quite different than those in high school and many students must work hard to make the right adjustments especially during the first semester. Your student will have a faculty advisor to help with planning what classes to take each semester. Additionally, the Academic Success Center offers services to help your student adjust to the academic rigors of college.

▶ TIP

Getting poor grades is a sign that your student is still adjusting to the academic rigors of college and should get some individualized coaching. Encourage your student to continually develop his or her academic skills by visiting the Academic Success Center.

CAREER EXPLORATION

Being a successful student means more than earning a degree. Our most successful students are those who proactively work to align their academic and career goals and thus graduate with a clear understanding of their own strengths and passions. They have spent time preparing for job interviews and life as a professional. Many students even participate in internships and receive job offers before graduation.

▶ TIP

Make sure your student is well prepared for life after college by encouraging him or her to visit the Career Development and Experiential Learning Center during his or her first year of college.

HEALTH & SAFETY

Fresno Pacific University offers a variety of services to ensure your student's health and safety.

- ▶ **Mental Health: On-Site Counseling** is a professional counseling service available to traditional students at a greatly reduced cost.
- ▶ **Physical Health:** The Health Center is staffed with a registered nurse during regular business hours. The Fitness Center is well equipped and available to all students.
- ▶ **Spiritual Health:** The Office of Spiritual Formation & Diversity offers spiritual counsel for students.
- ▶ **Safety:** The Campus Safety Office provides safety, security and emergency response services for the Fresno Pacific University main campus 24 hours a day, seven days a week, staffed by 11 full-time, unarmed, uniformed officers. Campus safety also provides shuttle services for students who wish to be escorted to and from campus buildings and parking lots.

IMPORTANT INFORMATION FOR FAMILIES

COLLEGE FINANCES

For many college students, attending college also means being responsible for paying bills, budgeting and assuming debt to reach their career and educational goals. It is important that you and your student work together to plan and pay for college expenses. Come to an understanding with your student about who will be responsible for which expenses.

It is common for college students to work part-time jobs to help pay for college expenses, but it is important that students do not work so much that it negatively affects their success as a student. Learning to balance financial, work, academic and social obligations is a lifelong skill that will greatly benefit your student. By helping your student develop these skills, you can play an important role in his or her academic and lifelong successes.

STUDENT PRIVACY

The Family Educational Rights and Privacy Act of 1974 (FERPA) is federal legislation in the United States that protects the privacy of students' personal information. The act mandates that schools must obtain written permission from students in order to release their personal information—even to a parent or guardian. Your student will need to complete the FERPA Release Form if you will be requesting your student's personal information (i.e. payment plan information).

▶ TIP

The FERPA Release Form can be found at: fresno.edu/students/registrars-office/forms.

STUDENT BEHAVIORAL STANDARDS

Fresno Pacific University seeks to provide a safe and orderly environment in which all students are able to pursue their academic, social and spiritual development. In keeping true to a culture of living and learning together, we desire to enable open dialog addressing issues surrounding community behavioral standards, knowing that students are making moral, legal, theological, cultural and health-related decisions about many things every day.

By accepting the invitation to attend Fresno Pacific University, students become a part of its community and agree to abide by and uphold the behavioral expectations encapsulated in its Community Life Values and Standards. You can find a full description of FPU's Values and Behavioral Standards on the web at: handbook.fresno.edu



GUIDE TO UNIVERSITY TERMS

ACADEMIC ADVISOR, FACULTY ADVISOR, FACULTY MENTOR

A faculty or professional staff member assigned to advise students individually on course selection and engage in educational planning based on a student's goals and interests.

ACADEMIC WARNING

A student who gets less than a 2.0 GPA has one semester to raise his or her cumulative GPA above a 2.0 in order to avoid disqualification.

ACADEMIC DISQUALIFICATION

If a student receives low grades (below 2.0 GPA) for two semesters in a row, he or she will no longer be able to attend the university. Students may choose to 1) immediately appeal this decision or 2) reapply for admission after taking at least one semester off.

ADD/DROP PERIOD

During this period at the start of each semester, students may make adjustments to their schedules by adding new classes or dropping classes without any financial or academic consequences.

BACHELOR OF ARTS DEGREE (B.A.)

A four-year degree awarded for a program of study in the liberal arts, sciences or both.

BACHELOR OF SCIENCE DEGREE (B.S.)

A four-year degree awarded for a program of study in the sciences that emphasizes courses in the major instead of general education.

CATALOG

A campus publication providing information on academic programs institutional policies, student rights and graduation requirements. This catalog can be found on Fresno Pacific University's website.

CO-CURRICULAR

Activities (such as athletics, ministries, services, intramural sports and leadership) that a student participates in alongside academic courses.

COLLEGE HOUR

A unique setting where the entire university community gathers to explore how the combination of faith and learning provides an opportunity for God to continually reshape our lives.

COLLEGIUMS

A group of freshmen students, under the advice of a faculty mentor, who work together to learn academically and socially.

COMMUTER HOUSE

An on-campus house which was renovated to be a home-away-from-home for commuter students. The space offers a place to study, cook, eat, nap, play, socialize and recharge.

CREDITS

Unit used to measure coursework. Students must earn a minimum number of credits in specified areas to earn a degree.

FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID)

Asks students and parents to provide information related to personal income to determine eligibility for federal grant, loan and work-study programs.

FACULTY

The people who teach the courses and determine the academic policies of the university.

GENERAL EDUCATION

A series of courses that provide the foundation for informed wise living, as well as the foundation for advanced study.

GRADE POINT AVERAGE (GPA)

Measure of a student's overall academic performance. Individual course grades are assigned a point value (typically on a four-point scale). The GPA is equal to the total number of points earned divided by the number of credits attempted.

GRADUATE SCHOOL

Courses that may be taken after finishing a bachelor's degree. Degrees awarded in graduate school are most commonly master's (M.A.) and doctoral (Ph.D., M.D., etc.) degrees.

LAB

A hands-on course that allows students to test and explore concepts from a related lecture course. These classes are typically in the sciences, but other courses may also require labs.

MAJOR

A primary field of study. Students must complete a specific number of courses in a specialized area.

MINOR

A secondary field of study. In some cases, the minor is related or complementary to the major.

CREDIT / NO CREDIT OPTION

Students may elect to take a graded course as credit/no credit; the grade on the transcript will be either CR or NC instead of the traditional A-F grade.

PEER MENTOR

Students whose job it is to help incoming freshmen students successfully transition into the university. All incoming freshmen students are assigned a peer mentor.

SYLLABUS

A document that summarizes the course requirements; similar to a contract between the professor and the student.

TRANSCRIPT

A document which displays the courses taken and grades received throughout a student's college career.

UNDERGRADUATE SCHOOL

Courses taken to complete a bachelor's degree.

CAMPUS LIFE RESOURCES

Athletics: 559-453-2009

Game schedules, general athletics information

Career Development & Experiential Learning Center: 559-453-2220

Career planning, resume creation, interview preparation, job and internship search

Commuter House: 559-453-5583

Study, print assignments, store and cook food, nap, play games, socialize, rest

Campus Life: 559-453-2073

Programs and services for commuter, resident and international students, student activities and student conduct

Student Government Association: 559-453-2040

Addressing student concerns, representing student needs

Office of Spiritual Formation & Diversity: 559-453-3668

Spiritual formation and diversity initiatives, chapel programming, pastoral care, missions, service and ministry opportunities

Information Desk: 559-453-2000

If you did not find the contact information you were looking for, you may contact the Information Desk

CAMPUS RESOURCES

STUDENT ACCOUNT & INFORMATION

Housing & Meal Plans 559-453-2073

Living on campus, housing concerns, meal plans, keys, DirectTV and laundry facilities

Registrar's Office 559-453-2037

Course registration/add/drop and transcripts requests

Student Financial Services 559-453-2041

Financial aid, account balance, payment plans, make a payment

ACADEMIC RESOURCES

Academic Success Center **559-453-5585**

Tutoring, study hall, academic coaching, college success strategies, free coffee and tea

Hiebert Library **559-453-2090**

Research resources and assistance

Office of Disability, Access and Education **559-453-7130**

Accommodations for students with a chronic or a temporal disability

HEALTH & SAFETY RESOURCES

Cafeteria **559-453- 2214**

Meal schedule, nutrition information, dietary accommodations

Campus Safety **559-453-2298**

Safety escorts, report suspicious activity, safety tips, 24 hours services on main campus

Fitness Center **559-453-7170**

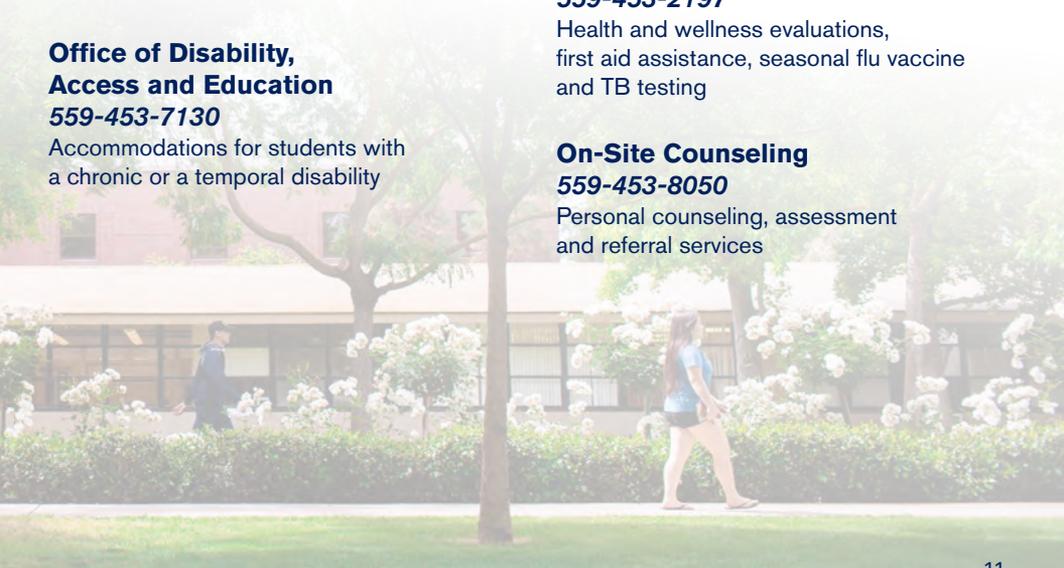
Exercise for general fitness and sport conditioning

Health Center **559-453-2197**

Health and wellness evaluations, first aid assistance, seasonal flu vaccine and TB testing

On-Site Counseling **559-453-8050**

Personal counseling, assessment and referral services



A NEW BEGINNING

As your student prepares for life at and after Fresno Pacific University, it doesn't mean you will be left behind. Allowing your relationship to evolve as your student's horizon expands requires compromise, flexibility and trust. With these tools, college can be a wonderful, eye-opening experience for you both.



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fpu.edu/campus-life