

The KU Advising Nest

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Editor's Note: The KU Advising Nest newsletter is published in August, October, December, January, March and May. You will remain on the subscription list until you decide you would like to be removed. To be removed, please email me at smarino@ku.edu and ask me to delete your email address. If I receive an "Over Quota" notice three times in a row, I will remove the email address.

I hope that you find the information provided within the newsletter useful. If you have a question, please feel free to email me at smarino@ku.edu or by phone at 785-864-0178.

KU tuition and fee bill date change **By Karen Bailey, Assistant Comptroller**

Effective with the fall 2013 semester, the tuition and fee bill due date will move from August 15 to September 15. For spring, the due date will move from January 15 to February 15. These changes in the due date have been made to accommodate changes to the start date of the academic semester. This change also allows more time to complete financial aid steps and change course load as needed.

No other dates are changing. Financial aid will transfer to student accounts prior to the start of classes so that any excess aid will be available to students for book purchases or other needs. All students are REQUIRED by University policy to setup direct deposit for any refunds. Information regarding the setup of direct deposit can be found at: <http://>

Academic Advising at KU

A year reflected **By Randall Brumfield, Director, Undergraduate Advising Center**

As another school year draws to a close, so does my first year at the University of Kansas. This is indeed a 'great place to be' as evidenced by the extraordinary efforts shared by students, faculty, and staff towards raising expectations at KU. For instance, incoming freshmen in 2012 delivered the highest average ACT score in the University's history, while also bringing with them the highest rate of diversity ever at KU with over 1 in 5 students representing a minority population. With the assistance of faculty and staff to shepherd students in their journey, early indicators reflect continued growth with persistence and retention among this cohort, thus continuing the trend established in recent years.

However, parents realize that numbers are simply that. The most important statistic in this context is the one that reflects their number of children enrolled in college. As a result, the staff of the Undergraduate Advising Center seeks to achieve a meaningful rapport with students as it involves academic advising and student development. From course scheduling to major selection to considering a career path(s) in life, we understand that each student is unique and not an integer within a dataset. With that in mind, we look forward to continuing to work with your student to help shape direction and meaning to his or her KU experience. Above and beyond anything we do, the relationships we build with students are unquestionably the most important attribute central to our mission.

On that note, whether your student is enjoying vacation, taking classes, studying abroad, or taking on various responsibilities or challenges this summer (laundry!), we look forward to continuing to serve you and your student throughout his or her experience on 'the Hill'.

In warmest regards,
Randall

Academic Advising at KU cont.

Check Out Our New Website!

Our new and improved UAC website is officially launched! Student and parents looking for information about majors, minors, and enrollment can now find quick and easy answers at www.advising.ku.edu. We're very excited about this new user-friendly site, especially since new features will be added soon, including an online appointment system, instructional videos, and more! Parents can find archived issues of the *KU Advising Nest*, and stay updated with our Facebook and Twitter feeds on the homepage.

Got a student interested in law school? Send them to our new pre-law site at www.prelaw.ku.edu! This is designed to help students get started on the pre-law path with resources, information, and links to law organizations and opportunities.

Summer: A perfect time for major exploration

By Julie Hartness, Academic Advisor, Undergraduate Advising Center

Academic Advisors in the UAC have the chance to meet with all kinds of students, including those who are deciding on a major. Some students are comfortable with exploring options and have had fun this year taking introductory courses and talking to friends, professors, or advisors about potential majors. Others feel anxiety or pressure – maybe because they think they're running out of time to choose; or because they feel like they're the only one who doesn't have a plan; or because they are so overwhelmed by the options that they don't know how to even start deciding what major might be a good fit. The advisors in the UAC are trained to help students work through the negative feelings and start taking steps toward choosing majors, but as students are heading back home for the summer, we wanted to share with you what parents can do to help continue this exploration process.

First, it's important to acknowledge how your student is feeling about the major decision process. Recognize and validate emotions and remind him/her that KU has many resources available to help work through the stress and create a plan of action for moving forward with a major. And then encourage your student to take some steps this summer to help him/her decide what major is best.

For students who are open to all majors and careers, here are some ideas to start exploring options this summer:

Start with a process of elimination – KU has nearly 200 possible majors and degree options, which is really overwhelming. Take a look at our catalog (<http://catalog.ku.edu/>) and see what majors you know you don't want to pursue – you may even be able to eliminate entire schools of programs! Most students can narrow 200 choices down to 20 or less.

Talk to someone whose job seems interesting. Ask them what they majored in, but beyond that, ask them how they've gotten to their current position in life. Most working adults are in a field that does not directly relate to what they majored in in college. Remember that getting to a career in X doesn't always require you to major in X.

Answer the following questions: *What was your favorite class this year and why? What do you want to learn more about? Is there a particular professor that you really enjoyed and you want to take all the classes s/he teaches?* Sometimes the best idea for students is to just study what they love, even if that major doesn't have a direct career path.

Ask people who know you well what they think you'd be good at, and see if any of their answers resonate with you and pique your interest.

Academic Advising at KU cont.

A great resource on the KU Campus is the University Career Center. Career counselors are trained to help students identify their interests and skills, and how those interests and skills can translate into potential careers and majors. Talking with a career counselor is a great first step toward clarifying career and major interests. Students can find more information about the UCC at www.kucareerhawk.com. Call 785-864-3624 to set up an in-person, phone, or Skype appointment with a career counselor.

For students who have narrowed down the choices to just a handful of careers and/or majors, here are some steps to take this summer for making a final decision:

Talk to people who are in the careers you're interested in. Like the advice above, ask them what they majored in, but more than that, ask them how they got to where they are.

Learn about what volunteer or work experience you could get in order to achieve the job you're interested in.

Shadow people who are doing the jobs you're attracted to. Summer is the perfect opportunity to get significant shadowing experience to learn as much as you can about what the job is really like.

Volunteer in one or more field(s).

Talk to professors or advisors in the departments of the majors you're considering and ask for more details on the classes you'd be taking if you majored in their department.

Which department offers the classes you find more interesting? Do they offer study abroad or research experiences that appeal to you?

Parents, help your students brainstorm ways to put these suggestions into practice this summer, and encourage them to think critically about their experiences and what they're learning about themselves along the way. Remember, too, that the Undergraduate Advising Center is open all summer long, and we are happy to answer any questions your student has as s/he works on choosing a major that will be a good fit.

*“ Parents, help
your students
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University Career Center

Finding a Purpose

By Kratrina Redding and Kristen Myers

“Research shows that people using strengths in any context ...are going to be more engaged and more motivated.”

The University Career Center encourages students to use their --time at the University of Kansas to try new things and seek their passions. When a student finds something about which they are genuinely passionate, all of the time and effort they put in becomes worth it to them, and success follows. The University Career Center encourages students to find their purpose in the following ways:

STRENGTHS ASSESSMENTS

StrengthsQuest is an assessment that helps students recognize their unique talents and learn how these talents can be used in their everyday lives to maximize their potential for personal growth and career satisfaction. Research shows that people using strengths in any context (job, academics, extra-curricular, relationships), are going to be more engaged and more motivated. The University Career Center offers the StrengthsQuest Assessment to KU students for a \$20 fee. Students can complete the assessments before their visit so the results can be reviewed in their appointment with the career coach.

CAREER COACHING

Our career coaches help students identify their aspirations and build confidence in making career decisions. Our goal is to empower students to use their internal strengths, resources and other assets in finding solutions to their career concerns — and these services are free to students! It’s as easy as a phone call to get started with a career coach. Your student can call the University Career Center (785-864-3624) to schedule an appointment with one of our coaches. Career coaching works great in conjunction with the strengths assessments.

VOLUNTEERING

For students still searching for their purpose, volunteering offers the perfect balance of skill building and career exploration. Students get the opportunity to try new career directions in a wide variety of settings. While volunteering, students also gain valuable experience that will reinforce their college experience. Summer is an opportune time for students to step out of the classroom and into the world. If you are interested in more resources on finding volunteer opportunities for your student, the University Career Center offers resources at our office and online at www.KUcareerhawk.com/volunteering.

The University Career Center is open this summer from 8 a.m. to 5 p.m. Monday through Friday and is located in 110 Burge Union. Stay up-to-date on UCC news, event updates, career tips and much more by connecting with us on social media.



Facebook <https://www.facebook.com/UniversityCareerCenter>



Twitter www.twitter.com/KUCareer



Pinterest www.pinterest.com/KUCareer



UCC Parent Newsletter <http://www.kucareerhawk.com/parentsingup>

Financial Aid & Scholarships

Completion Rates

By **Rachelle Vigna, Assistant Director**



Financial Aid & Scholarships

Does your student receive Federal Financial Aid?

As a financial aid recipient, the Financial Aid and Scholarships office at the University of Kansas is required to monitor all students' academic status to ensure compliance with the minimum standards of Satisfactory Academic Progress (SAP). Most incoming students meet the minimum standards, but should be aware of the federal regulations or that their federal financial aid may be in jeopardy based on choices made during their first semester at KU. These choices include withdrawing or dropping from attempted courses as well as GPA minimum requirements.

The minimum standards for Satisfactory Academic Progress are explained in detail on the Financial Aid and Scholarships website at www.affordability.ku.edu/financialaid/eligibility/sap.shtml. Please refer to your most recent communication from the Financial Aid and Scholarships office regarding your individual status which your student would have received after filing the FAFSA, or your student may contact our office 8a.m.-5p.m., Monday through Friday, to discuss what ramifications to a student's financial aid will occur in the event of dropping and or withdrawing from enrolled courses.

For additional information, please contact the Financial Aid and Scholarships office at (785) 864-4700 or financialaid@ku.edu or stop by the Visitor Center located at 1502 Iowa, Lawrence, KS.

Academic Calendar

Spring 2013 Calendar by date

1/21/13 Martin Luther King Jr. Holiday; Last day of 100% refund
1/22/13 First day of classes; 90% refund begins; \$150 late enrollment fee begins
1/28/13 Last day to add/change online; Last day for 90% refund
1/29/13 50% refund begins
2/11/13 Last day to drop without a "W" on transcript
2/18/13 Last day to add or swap a class; Last day for 50% refund
2/19/13 First day to elect credit/no credit
03/4/13 Last day to elect credit/no credit
3/18—3/24/13 Spring Break
4/22/13 Last day to drop
5/9/13 Last day of class
5/10/13 Stop Day
5/13/13 Finals begin
5/17/13 Finals end
5/24/13 Grades due (midnight)

Graduation Information

<http://www.commencement.ku.edu/>

KU News - Headlines:

Optimism is universal, and so are the benefits, researcher says

<http://news.ku.edu/2013/05/07/optimism-universal-and-so-are-benefits-researcher-says>

Gary Gronseth is helping redefine concussion guidelines

<http://www.kumc.edu/news-listing-page/new-concussion-guidelines.html>

Trying to save more? Consolidate your bank accounts, researcher says

<http://www.news.ku.edu/2013/04/17/trying-save-more-consolidate-your-bank-accounts-researcher-says>

More News

<http://www.news.ku.edu/>

The Office of University Relations offers free reports about news and events on campus sent to your email address. To subscribe, send an email to listproc@listproc.cc.ku.edu with "subscribe

Other Useful KU Websites:

Academic Achievement and Access Center: <http://www.achievement.ku.edu>

Admissions: <http://www.admissions.ku.edu/>

Billing Information (Bursar): <http://www.bursar.ku.edu/>

College of Liberal Arts & Sciences Undergraduate Services: www.collegesas.ku.edu

Counseling and Psychological Services: <http://www.caps.ku.edu>

Enrollment questions: www.registrar.ku.edu/

Financial Aid & Scholarships: <http://www.financialaid.ku.edu>

First-Year Experience: www.orientation.ku.edu

KU Continuing Education: www.continuinged.ku.edu

KU Online Courses: www.online.ku.edu

KU Parent/Family Assistance: <http://www.vpss.ku.edu/pal.shtml>

Multicultural Affairs: <http://www.oma.ku.edu/>

Parking Department: <http://www.parking.ku.edu>

Sexual Harassment: <http://www.sexualharassment.ku.edu>

Student Affairs: <http://studentaffairs.ku.edu/>

Student Involvement and Leadership Center: <http://www.silc.ku.edu>

Student Housing: www.housing.ku.edu/

Supportive Educational Services: <http://www.apex.ku.edu/>

Testing Prep Link: www.Continuinged.ku.edu/programs/testprep/index2.php

Timetable of Classes online: <http://www.classes.ku.edu>

Undergraduate Advising Center: www.advising.ku.edu

University Career Center: www.kucareerhawk.com

Watkins Health Center: www.ku.edu/~shs

Writer's Roost/Writing Center: <http://www.writing.ku.edu>

(For specific School phone numbers, call KU Directory at [785-864-2700](tel:785-864-2700).)