



# UW NEWS

FOR PARENTS OF UNIVERSITY OF WASHINGTON UNDERGRADUATES  
VOL. 21, No. 2, SPRING 2006 UPDATE

## Navigating the Challenges of College Life

Students attending the University of Washington are facing some of the most exciting and adventurous years of their lives. Whether they continue to stay at home or live on campus, they face a multitude of opportunities and challenges, from greater independence and making new friends to increased academic choices and career decisions. These are years of self-discovery about who they are and the kind of people they want to become.

During their university years, students are making the transition to full adulthood with all of its benefits and responsibilities. Their experiences can be simultaneously exhilarating and overwhelming. **Freshmen** have many adjustments to make: a much larger student body, more rigorous academics, new social environments, living away from home and navigating a new campus. **Sophomores** may feel unmotivated and bored—having completed core classes and still facing several years of school—which combine to produce a “sophomore slump.” At the same time, they feel compelled to make decisions on their major courses of study. **Juniors** often face the challenge of taking intensive courses in their majors and finding them more difficult or less interesting than anticipated.

**Seniors** need to make decisions about entering the job market or going to graduate school.

In addition, there are seasonal trends that can increase stress and anxiety. **September** and **October** produce excitement about starting classes and seeing

friends but can also bring concerns about class schedules, new roommates, budgeting and the expectations of professors. **November** ushers in midterms, concerns about academic progress and registration decisions regarding winter quarter classes. **December** promises a time to relax after several months of work and the excitement of the

holidays but only after the intensity of finals. **January** holds new classes (and maybe new roommates), the cold, short days of winter and the start

of flu season. With **February** comes midterms, restlessness or “cabin fever” and decisions about spring quarter classes. **March** brings finals, a short burst of freedom, the start of spring quarter and the renewed cycle of different class expectations and professors. In **April** students plan for fall classes, study for midterms and apply for graduation. **May** prompts thoughts of jobs, whether temporary for the summer or permanent after graduation. Final exams also loom on the horizon. In **June** students take their finals, say goodbye to friends, begin jobs and, if graduating, leave the University for new endeavors.

All of these changes and opportunities can generate stress for students. For parents, one of the most difficult challenges is to give students the space to make their own decisions and mistakes. While students are finding their own paths to full

**The University of Washington offers a wealth of resources to which students can turn when they need information, direction, support or assistance. This edition of UW News contains information about many of these services.**

### TABLE OF CONTENTS

- 2** Steering the Course
- 5** Academic Calendar
- 5** UW Parent/Family Resource and Referral Service

## Navigating the Challenges of College Life

continued from page 1

maturity and success, continued parental support is critical. By providing them with emotional strength and helping them identify supportive services, parents can help ensure that their students' university years are periods of productive growth and fond memories.

The University of Washington offers a wealth of resources to which students can turn when they need

information, direction, support or assistance, whether it concerns academic, emotional, career, health or financial issues. This edition of *UW News* contains information about many of these services. We hope the information will be of value as you seek to help your students make the best of their college years.

## Steering the Course

# Academic

### Center for Learning and Undergraduate Enrichment (CLUE)

CLUE is a late-night academic service designed to support all undergraduates, with a strong emphasis on freshmen and transfer students who are enrolled in many of the UW's crucial lower-division courses. The Center, open Sunday through Thursday evenings from 6:30 p.m. to midnight with study activities taking place throughout Mary Gates Hall, was developed in partnership with other academic-support programs.

CLUE offers the following forms of assistance:

- Drop-in help sessions in chemistry, math, physics, biology, writing, computer science and several foreign languages.
- Evening discussion and review sessions that allow students to talk with peers and instructors regarding coursework.
- Group study, enrichment and review sessions for over 20 courses that attract large numbers of first-year students.
- Exam reviews for a variety of courses.

Schedules of these offerings, updated weekly, can be found at the CLUE Web site at <http://depts.washington.edu/clue/index.htm>.

For additional information, contact:

#### Center for Learning and Undergraduate Enrichment

Mary Gates Hall Commons  
206-543-5755  
[clue@u.washington.edu](mailto:clue@u.washington.edu)

From explaining general education requirements and appropriate preparation for specific majors to assisting with registration, Gateway advisers help students match their interests with the many academic and experiential opportunities at the UW. Some of the services provided through the Center are:

- Individual, 30-minute advising appointments arranged by calling 206-543-2550.
- Drop-in appointments on the first three days of autumn, winter and spring quarters, and from 10 a.m. to 4 p.m. during the remainder of those quarters.
- Answers for quick questions or to arrange telephone advising appointments by calling 206-543-2550.
- Answers to e-mail inquiries by an adviser or by forwarding them to other offices as appropriate.
- Workshops on selecting majors.
- Pre-professional program advising for students considering careers in law, medicine, dentistry, veterinary medicine, nursing, physical therapy and other health professions.

For further information, contact:

#### The Gateway Center

171 Mary Gates Hall  
206-543-2550  
[advice@u.washington.edu](mailto:advice@u.washington.edu)

### Undergraduate Advising in the Gateway Center

Most University of Washington students receive their initial academic counseling, as new or transfer students, through Undergraduate Advising in the Gateway Center until they have declared majors.

### Departmental Academic Support

Many individual academic departments offer assistance through study centers, writing centers and review sessions. Some may also make available lists of possible tutors, often current and former UW students

continued on next page

## Steering the Course

and teaching staff. Students should contact academic advisers in specific departments for more information.

### Writing Centers

The UW writing centers' homepage offers information about the various campus writing

centers, writing courses and on-line writing resources. Some centers offer general assistance on writing projects ranging from identifying topics to organizing papers, while many are discipline-based, e.g., for students taking courses in specific academic departments. More information can be found at <http://depts.washington.edu/uwrite/>.

## Career

### Center for Career Services

The Center for Career Services (CCS) provides career and job search assistance to students and alumni, helping them in the development of career plans and job search skills. In addition, the Center helps students find internships and part-time employment. Each academic year, approximately 300 employers recruit students through the Center for internships and full-time career positions.

Career counselors help students:

- Clarify academic and career interests
- Identify connections between majors and career options
- Discover potential career opportunities
- Write effective resumes

- Set goals for experiences, activities and skills in preparation for employment

Students are encouraged to explore the resources of the Center early—ideally, as freshmen. If students are attentive to these matters at the start of their University careers, they will be better prepared as sophomores, juniors and seniors to take advantage of the resources of the University. It is never too early, or late, to explore career options.

View the CCS Web site at <http://depts.washington.edu/careers/parents/> or contact:

#### Center for Career Services

134 Mary Gates Hall  
206-543-0535  
[ccscnslr@u.washington.edu](mailto:ccscnslr@u.washington.edu)

## Legal

### Student Legal Services

Student Legal Services, (SLS), established in 1969, provides confidential legal assistance to eligible students on the Seattle campus. SLS is funded by students through student activity fees. Students who pay the student activity fee are eligible for legal services and are not charged for their first consultations. If additional services are needed, there is a minimal hourly charge.

Student Legal Services is staffed by seven, third-year law students who have limited licenses to practice law under the supervision of licensed attorneys, including a staff attorney.

SLS educates students about their rights and responsibilities and provides advice and representation on a wide variety of legal matters such as:

- Consumer protection
- Contract disputes
- Landlord/Tenant law

- Criminal law
- Civil law
- Traffic violations, accident and injury problems
- Interpersonal disputes
- Divorce
- Simple wills or estate planning

In instances where it is unable to provide legal assistance, SLS makes referrals to practicing attorneys who are knowledgeable in specific areas of law, to lawyer referral programs through the bar association or to free or low-cost programs that provide information, advice or advocacy.

View the SLS Web site at <http://depts.washington.edu/slsuw/> or contact:

#### Student Legal Services

Husky Union Building (HUB)  
Room G-16  
206-543-6486

## Steering the Course

# Emotional Health

### The Counseling Center

The Counseling Center provides high-quality remedial, developmental and preventive mental health services. Counseling helps students increase self-understanding, enhance relationships, maintain optimal mental health and develop skills needed to succeed in a large university. Educational programs help students expand academic and social skills and clarify values, life choices and career goals.

Services include:

- Individual, couple, and group psychotherapy
- Crisis intervention, biofeedback and light therapy
- Career counseling and testing
- Workshops on study skills, values clarification, career direction, eating concerns, and other topics

The Center is open from 8 a.m. to 5 p.m. on Mondays, Wednesdays, Thursdays and Fridays, and from 8 a.m. to 7 p.m. on Tuesdays. Individuals with urgent needs may come to the Center without appointment and be seen the same day. Services are available to matriculated students at the UW Seattle campus.

For more information visit or call:

#### **The Counseling Center**

1400 NE Campus Parkway  
401 Schmitz Hall  
206-543-1240

### Hall Health Mental Health Clinic

Hall Health Primary Care Center (HHPCC) offers a variety of health care options—and health education—to students. In addition to a wide array of primary health and public health services, Hall Health offers selected specialty services at the Mental Health Clinic (MHC):

- Crisis intervention and management
- Individual and couple counseling
- Family and group therapy
- Stress management

The MHC assists students dealing with problems such as recurrent depression, eating disorders, social anxiety, and grief and loss. In cases where the MHC is unable to provide appropriate services a referral is made to other campus or community resources. All care is treated as confidential.

For additional information visit the HHPCC Web site at <http://www.hallhealthcenter.com/> or contact:

#### **Hall Health Mental Health Clinic**

In the HHPCC, on campus,  
East Stevens Circle, northeast of the  
Husky Union Building (HUB)  
206-543-5030

# Disability

### Disability Resources for Students

Disability Resources for Students (DRS) is committed to ensuring that matriculated students with documented temporary or permanent physical, psychological or sensory disabilities receive an equal opportunity to participate in the educational, recreational and social opportunities available on campus. DRS envisions and promotes a campus community that values students with disabilities.

Adaptive technology and equipment are available through both DRS and the Access Technology Lab (ATL). Information about adaptive computer technology available on the

campus can be found at <http://www.washington.edu/computing/atl/>, the ATL Web page, and DRS has additional auxiliary aids and assistive devices available for student use, including spellcheckers, assistive listening devices and tape recorders.

For information about the programs and services of DRS, contact:

#### **Disability Resources for Students**

448 Schmitz Hall  
206-543-8924 (V/TTY)  
[uwdss@u.washington.edu](mailto:uwdss@u.washington.edu)

# Academic Calendar

## Winter Quarter 2006

Classes begin .....	January 3
Martin Luther King, Jr. holiday .....	January 16
Tuition due .....	January 20
President's Day holiday .....	February 20
Last day of instruction .....	March 10
Final examinations .....	March 13-17

## Spring Quarter 2006

Classes begin .....	March 27
Tuition due .....	April 14
Memorial Day holiday .....	May 29
Last day of instruction .....	June 2
Final examinations .....	June 5-9
Commencement .....	June 10

## Summer Quarter 2006

Full term and term A instruction begin .....	June 19
Independence Day holiday .....	July 4
Term A ends .....	July 19
Term B begins .....	July 20
Full term and term B end .....	August 18

## Autumn Quarter 2006

Convocation .....	September 24
Classes begin .....	September 27
Tuition due .....	October 13
Veterans Day holiday .....	November 10
Thanksgiving Day holiday .....	November 23-24
Last day of instruction .....	December 8
Final examinations .....	December 11-15

## University E-mail Notifications

The University communicates important notices to students by way of their University e-mail accounts. Students are alerted to check MyUW (a secure Web site) for revisions to their financial aid awards, to review tuition bills, for official registration information and other important campus announcements. Students are

encouraged to check their e-mail accounts at least weekly and not to automatically forward their University e-mail to other accounts. The goal is to ensure that students will not miss critical deadlines or important information they need to receive on a timely basis.

### UW Parent/ Family Resource and Referral Service

Do you have questions about a University program, service or activity? Consider contacting the **UW Parent/Family Resource and Referral Service**, a new program designed to help you get answers to your questions.

For information, contact:  
*UW Parent/Family Resource and Referral Service*  
Telephone: 206-616-3936; Hours 8 a.m.-5 p.m.  
E-mail: [UWHelp@u.washington.edu](mailto:UWHelp@u.washington.edu)  
Web site: <http://www.washington.edu/parents/>

## UW NEWS

FOR PARENTS OF  
UNIVERSITY OF WASHINGTON UNDERGRADUATES

476 Schmitz Hall, Box 355831  
Seattle, Washington 98195-5831

EDITORS: Penni-anne Bricker, Darlene Feikema, Debra Nelson

CONTRIBUTORS: Anil Coumar, Chris Grant, Carole Grayson, Kathryn Hamilton, Dyane Haynes, Alison Hong, Kay Lewis, Valentin Porvanchuk, Susan Terry, Maurice Warner

Published quarterly, except summer, by the University of Washington Office of the Vice President for Student Affairs to promote the exchange of information between the University and the parents of its undergraduates.

Address correspondence to: The Editors, *UW News*, University of Washington, 476 Schmitz Hall, Box 355831, Seattle, Washington 98195-5831. Telephone: 206-543-4972.

The University of Washington provides equal opportunity in education without regard to race, color, creed, religion, national origin, gender, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran, in accordance with University of Washington policy and applicable federal and state statutes and regulations.