

Family Connection

Gator Parent and Family Association Newsletter

University of Florida
November/December 2014

Campus Safety



[For more information on the Walk Safe Program and other safety initiatives, visit the University of Florida Police Department website.](#)

Tips for Managing Stress



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Career Resource Center



Whether your student is searching for a job or contemplating changing their major, the Career Resource Center can help. Visiting the CRC early and often is a great way for your student to set themselves up for success.

[Visit their website to see all of the resources they have to offer!](#)

Flu Mist

The Alachua County Health Department's Control Flu program is expanding to provide flu protection to UF students, faculty and staff on Monday, Nov. 3, from

UF Counseling and Wellness Center

The [CWC](#) provides a variety of programs and services to help students achieve the greatest wellness possible. From individual to group counseling sessions, their staff of trained professionals have all the tools needed to help your student. With Finals season fast approaching, they also provide stress and anxiety management tips.

Help your students through Finals week by talking with them about the 10 ways to de-stress:

1. **Peel an Orange** - citrus aromas curb stress and anxiety
2. **Read a book for 6 minutes** - research shows that just 6 minutes can lower stress
3. **Eat an Avocado** - shown to lower blood pressure
4. **Walk to a green space** - helps lower stress and tension
5. **Delegate tasks** - pass some responsibility to others
6. **Try a yoga pose** - take a yoga class at RecSports!
7. **Practice Zen Meditation** - focus on your breathing & clear your mind
8. **Take a power nap** - 20 minutes will work wonders for stress
9. **Take time to relax** - play with your favorite animal or do a pastime hobby
10. **Listen to calming music** - Mozart is more relaxing than new age music

The CWC resources can be found on their [website](#) as well as on their [Facebook](#), [Twitter](#) and [YouTube](#) pages.

Spring Registration Preparation



The Spring [schedule of courses](#) was released in early October for students to start mapping out their Spring schedule. Spring Registration will begin on November 5, 2014. Students will be able to register for courses based on their specific day and time. This information can be found on [ISIS](#) in the Registration Prep section.

The [UF Registrar](#) has tips for students as they prepare to register for the upcoming semester. These would be some great tips to pass along to your student.

Registration Tips:

1. Plan your course selections in advance so that you're prepared when it comes to register
2. Make sure to check the UF Catalog for major requirements when selecting courses
3. If you have to drop a course during registration, do so before registration closes or you will be liable for fees

How to Register on ISIS:

1. Access the Schedule of Courses to plan the courses you want to register for, including backups
2. Use GatorLink username and password to access your account on ISIS
3. Go to Registration Holds to view holds on your record that

5:30-8:30 p.m. at Southwest Recreation Center.

FluMist, a gentle mist vaccine that is sprayed into the nose, is a safe and effective way of protecting yourself and others from the flu.

Any UF affiliates interested in FluMist should bring a photo ID and an active insurance card to receive the vaccine for free. Uninsured individuals can pay \$25 to receive the vaccine.

For more information about the Control Flu program, please visit <http://controlflu.com/>.

Tutoring Resources



Is your student struggling with their classes or tests? Recommend they take advantage of the tutoring resources that are on campus. From the Teaching Center to the Office of Academic Support, there are a variety of resources available to your student.

[Teaching Center:](#)

Provides free access to walk-in tutoring, tutoring by appointment and group tutoring sessions. They also provide video sessions, test reviews and studying skills workshops.

[Reading and Writing Center:](#)

Offers individual conferences with graduate student tutors who can help students improve their writing skills.

[Office of Academic Support:](#)

Provides one-on-one tutoring for various classes and offers workshops for improving academic skills.

[Tutor Matching Service:](#)

A Facebook application that facilitates private tutoring, where students can search for the perfect tutor based on courses, topics, etc.

If your student is looking for additional weekly reviews or test

- could prevent you from registering
- Utilize the registration functions on ISIS
 - Print out a copy of your schedule after registering

After Registration:

- Use ISIS to view the textbook requirements for each of your courses
- If you cannot attend a semester for which you registered, you MUST drop all classes before registration closes or you will be liable for fees

Family Chats



Join us for our next family chat on Wednesday, November 12, 2014, where we will discuss how to get ready for the holidays with your student!

UF's online Family Chat program is a great way to stay connected and informed! Join other UF family members and campus representatives for themed bi-monthly chat sessions. These live online sessions are designed to answer your specific questions and promote discussion about UF and common transition concerns you or your UF student may experience. Make sure to mark your calendar for upcoming chats. We look forward to chatting with you! Please visit [New Student and Family Programs](#) to join us for our upcoming chats.

Wednesday, November 12
Getting ready for the Holidays
11:00 a.m. - 1:00 p.m.

Thursday, December 4
Finally the first Finals
5:00 p.m. - 7:00 p.m.

Thursday, December 11
Checking in before heading home
11:00 a.m. - 1:00 p.m.

Gainesville Sights & Attractions



[VisitGainesville](#) is the official tourism and marketing team for Gainesville and Alachua County. They provide information for everything you'll need to make your trip to Gainesville memorable.

preparation courses, the following resources are available:
[Kaplan Test Prep](#)
[Princeton Review](#)

U Matter, We Care



Help a fellow Gator in distress.

The UF Community cares about one another. U Matter, We Care extends UF's caring culture by educating our community about signs and symptoms of distress and provides students in distress with the appropriate resources.

U Matter, We Care is an umbrella for care-related programs and resources for students. If your student or one of their friends needs assistance during your time at the University of Florida know that there is always someone here who cares and is able to help. All you have to do is call or email us at 352-294-CARE (352-294-2273) or by email at umatter@ufl.edu.

Remember at UF you are a valued member of our community!

Gator Parent and Family Association



The Gator Parent and Family Association is open to all family members of UF undergraduate students.

Membership is free, but in order to take full advantage of the benefits, you do have to activate your membership by clicking [here](#).

Thank you to those who attended the first GPFA meeting on October 26, 2014.

Basketball Tickets

From dining and entertainment to lodgings and exploration - they are your guide to the community. They are the perfect resource to use when planning a weekend with your student! Whether it is exploring Gainesville or dining Downtown, make sure to utilize their office.

The following are a few events taking place in the Gainesville Community:

- [Micanopy Fall Harvest Festival November 1 - 2](#)
- [Downtown Blues Concert November 7](#)
- [Fall Opening Day at Haile Farmers Market November 8](#)
- [33rd Annual Downtown Festival & Art Show November 8 - 9](#)
- [Dudley Farm Historic Park Tour November 22](#)
- [Hipp Holiday Art Market November 25 - December 21](#)
- [Cane Boil & Fiddlefest November 29](#)
- [Guided Walk at Kanapaha Botanical Gardens December 6](#)
- [Downtown Countdown December 31 - January 1](#)

Connect with VisitGainesville via [Facebook](#), [Twitter](#) and [YouTube](#).

November/December Events

Spring Advance Registration Opens	November 5
Men's Basketball vs. Barry University (Exhibition)	November 6
Volleyball vs. Alabama	November 7
GatorNights: What Happens in Vegas	November 7
Holiday - No Classes	November 11
Volleyball vs. Auburn	November 12
Starry Night	November 14
Women's Basketball vs. Jacksonville	November 14
Football vs. South Carolina	November 15
Women's Basketball vs. Longwood	November 17
Men's Basketball vs. Miami	November 17
Fulbright in a Changing World	November 19
Pulitzer Prize Winner Journalist: Lucy Morgan	November 20
Men's Basketball vs. Louisiana-Monroe	November 21
Football vs. Eastern Kentucky	November 22
Fall Drop: Fall Withdrawal from UF without failing grades	November 24
Women's Basketball vs. Charleston Southern	November 25



Gators, experience what it means to be FAN-tastic by attending a Florida Basketball game.

Contact the Gator Ticket Office to find out more information on what single game tickets and premium seats are still available. Call today at 352-375-4683 or visit [GatorZone](#) to find out how to purchase.

Don't miss your chance to cheer on the Florida Gators!

Season schedules for both [Women's](#) and [Men's](#) Basketball can be found online at [GatorZone](#).

Gator Nights



Thank you for all of your support families. Your students have been hanging out with us on Friday nights in the Reitz Union and as we've told them - we'll be around all semester and semesters to come with blockbuster movies, free food, live comedy and musicians, and so much more. [We're Always Friday, Always Free](#)

Helpful Links

[Student Activities and Involvement](#)

[Center for Leadership and Service](#)

[Student Government](#)

[Dean of Students Office](#)

[Sorority and Fraternity Affairs](#)

[Department of Recreational Sports](#)

[Department of Housing and Residence Education](#)

[Off Campus Life](#)

[Career Resource Center](#)

Volleyball vs. South Carolina	November 26
Thanksgiving Break - No Classes	November 26 -28
Craft Festival 2014	November 29 - 30
Women's Basketball vs. Virginia Tech	December 1
Men's Basketball vs. Yale	December 8
Women's Basketball vs. Wisconsin	December 10
Fall Classes End	December 10
Fall Reading Days (no exams)	December 11 - 12
Men's Basketball vs. Texas Southern	December 12
Fall Final Exams	December 13 - 19
Women's Basketball vs. Stetson	December 14
Men's Basketball vs. Jacksonville	December 14
Fall Commencement	December 19 - 20
Women's Basketball Gator Holiday Classic	December 21 - 22
Fall Final Grades Available	December 24
Women's Basketball vs. North Florida	December 28

[Counseling and Wellness Center](#)

[Alumni Association](#)

Quick Links

[Gator Parent and Family Association](#)

[UF Events Calendar](#)

Like us on Facebook 

I wish you all the best as you continue this journey with your student. Please don't hesitate to contact me if I can help in any way.

Sincerely,

Arie Gee
 Assistant Director for Family Programs and Engagement
 New Student and Family Programs
 Dean of Students Office
 Division of Student Affairs
 University of Florida

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