

Online Family Chat - Main Lobby

Thursday, December 1, 2016

familychatadministrator(Arie_NewStudent&FamilyPrograms): Good evening everyone and thank you for joining us for our final Family Chat of the semester! We have some great campus partners joining us for the chat tonight. Each of our campus partners has their own chat room where they will be happy to answer your questions. To access these chat rooms, please click on the "Add More Chatrooms" tab in the top right hand corner of your screen. I will let each of our campus partners introduce themselves as they log in!

familychatmoderator(Beth_DisabilityResourceCenter): Hi, My name is Beth and I am a Learning Specialist at the Disability Resource Center (DRC). I am happy to be here to answer questions!

familychatmoderator(Ryan_Housing): Hello, My name is Ryan Winget and I am the Assistant Director of Housing for East Campus. Look forward to answering any questions!

familychatmoderator(Catherine_StudentHealthCareCtr): Good evening! My name is Catherine, and I'm the communications coordinator for the Student Health Care Center (SHCC), which provides medical care to UF students. Please let me know how I can help in the Student Health chatroom.

familychatmoderator(Mary_CampusDiplomat): Hi Everyone! My name is Mary and I am a fourth year student here at UF. I serve as a Campus Diplomat. Campus Diplomats are the Official Ambassadors to the Dean of Students Office and strive to represent all students here on campus, provide an inclusive environment and spread the Culture of Care on campus. I can help provide a student's perspective to any questions you may have -just head over to the Student Perspective Chatroom!

familychatmoderator(Lynn_advisor): Hi all, my name is Lynn O'Sickey and I'm an academic advisor in the College of Liberal Arts and Sciences Academic Advising Center. I'll be in the Academic Advising Chat Room to answer academic questions or to refer you to the right resource if I can't answer the question.

familychatmoderator(Rachel_NewStudentFamilyProgram): Hi everyone! My name is Rachel Griffin and I am the graduate assistant for Family Programs and Engagement in New Student and Family Programs. Looking forward to chatting with you all this evening!

familychatadministrator(Arie_NewStudent&FamilyPrograms): Welcome, UFGret!

UFGret: Thanks!

familychatmoderator(Rachel_NewStudentFamilyProgram): @UFGret: Do you have any questions for us? How is your student feeling about finals coming up?

kelliespa: Very stressed! 2 finals on the 13th with a few hours in between

UFGret: I don't have question, but thought this topic sounds interesting.

UFGret: My daughter was very stressed about a month ago. Now things are wrapping up so stress is being relieved.

familychatmoderator(Rachel_NewStudentFamilyProgram): @kelliespa: I'm sorry to hear your student is feeling stressed! Do you know if they've used any helpful campus resources to help them prepare for the back-to-back exams?

Lori18: Son finding difficulty being distracted while studying. I suggested turning phone off and laptop notifications off for 1 hour at a time and find a quiet place to study (not in his dorm room). Any suggestions on library or study areas?

Ahertz: Son stressed about trying to register for PSY2012 and only offerings are restricted?

familychatmoderator(Mary_CampusDiplomat): @Lori18 As a student, I suggest trying out Library West! If you venture up a couple of floors it gets quiet and you can usually find a quiet little spot.
familychatadministrator(Arie_NewStudent&FamilyPrograms): @Lori18, one of my favorite quiet study spaces on campus is Smathers Library (also known as Library East). It's right beside Library West, but very quiet and less popular with students. The Latin American and Caribbean Collection room has LOTS of tables and is almost always empty.
UFGret: I wonder what campus resources are available to help with emotional issues ... like stress or mild depression.
familychatmoderator(Rachel_NewStudentFamilyProgram): @Lori18: I believe some research shows that period of focus for 45 minutes to one hour are ideal, so those are great suggestions! I also love the Education Library in Norman Hall, its a hidden gem on campus in my opinion!
familychatmoderator(Lynn_advisor): Ahertz, Your son just needs to be persistent in checking the registration system. Thousands of drops and adds occur in December and drop/add. Tell him NOT to panic, but keep checking.
BlairF: Great info on the specific libraries
Ahertz: Thank you!
Lori18: Thanks so much! Going to text him now.
kelliespa: Are you referring to study session for campus resources?
familychatmoderator(Rachel_NewStudentFamilyProgram): @UFGret: There are many resources for your student! U Matter, We Care is a great office for you or student to reach out to talk to someone about what they are feeling or going through. You or your student can email umatter@ufl.edu or visit http://www.umatter.ufl.edu/ for more information. Also, the Counseling and Wellness Center is another great option for students. You can find more specific information here: http://www.counseling.ufl.edu/cwc/.
familychatmoderator(Beth_DisabilityResourceCenter): @UFGret, Gatorwell is another great resource and is located in the Reitz, and the Counseling Wellness Center has a new online program called "the desk" http://www.counseling.ufl.edu/cwc/thedesk that is an online resource
familychatmoderator(Catherine_StudentHealthCareCtr): @UFGret GatorWell Health Promotion Services inside the Reitz Union has fantastic health educators available to students for one-on-one sessions on stress, time management, sleep, and more - visit them online at http://gatorwell.ufsa.ufl.edu.
familychatmoderator(Rachel_NewStudentFamilyProgram): @kelliespa: Sure! Has your student heard of the Broward/University Teaching Center? They offer tutoring, study groups, workshops on study skills, etc. This could be something they could utilize if they are feeling as if they are not fully grasping class materials, etc. More information can be found here as well: https://teachingcenter.ufl.edu/.
UFGret: Rachel, Bet, Catherine - thank you. She sounds very down at times. I told her to talk to someone but she said "they aren't going to do anything." I will give her both resources and stay on her to take the step.
nickie218: Should my daughter decide to live off campus for 2017-2018 how does that work when we will use student loans to possibly pay for those fees?
familychatmoderator(Lynn_advisor): @kelliespa, the Teaching Center has walk-in tutoring, test reviews for math/science classes, video practice exams for students to not only test their readiness, but with videos that explain all the answers for any the student got wrong. Plus they have study skills workshops and learning strategists.

kelliespa: I will ask her. She went to something and said it was not helpful. She probably won't reach out but I will forward the suggestions
familychatmoderator(Rachel_NewStudentFamilyProgram): @UFGret: Often the hardest step is making that initial move to ask for help. Remind her that she is not alone in feelings those things and there are people who will listen and be there for her!
familychatmoderator(Lynn_advisor): kellispa, you can also encourage her to see her academic advisor. Sometimes once they get talking to us, we can refer to specific resources that will help and students respond to that personal recommendation.
UFGret: Rachel - I think that is the problem... feeling like she is the only one. She is fine when busy with friends, class work, studying etc. in other words distracted. The quiet times are hard especially when all of her friends are busy with classes etc. She has a doctor's appt coming up and I told her to mention it to the MD. I think she feels silly, esp if not feeling that way at that moment. I will pass on these resources.
proudgatormom0430: When are students allowed to return back to their dorms after winter break?
familychatmoderator(Lynn_advisor): @UFGret, as a parent of a college sophomore at another school, I'm going to share some of my experience...one thing I've found is my son often calls/messages me when he is feeling his worst (stressed/down, etc.) And then when he is feeling better, he just lives his life and I don't hear from him. You're the safe place for her to share her feelings. This is not to say that there is not something more serious and that counseling wouldn't help, but just to let you know that sometimes you might always be hearing the worst.
familychatmoderator(Rachel_NewStudentFamilyProgram): @nickie218: That's really up to what your student is looking for in regards to housing; either option is great! I would encourage you to tell your student to do some research on the housing website (http://www.ufl.edu/student-life/housing/) and also the Off Campus Life office's website (http://www.offcampus.ufl.edu/) as well. As far as loans go, your student will get the funds dispersed into their account and then a few things could happen. If she is living on campus, the charge will be taken out of the loan automatically and if she is off campus, she will just have to manage that money in order to pay her rent monthly (most likely). She can use those funds towards either option essentially.
familychatmoderator(Mary_CampusDiplomat): @proudgatormom0430, Ryan can get you a definite answer to that in the Housing Chatroom!
familychatmoderator(Ryan_Housing): Nickie218: We have a wonderful resource in the Housing Office...the Off Campus Life office. http://www.offcampus.ufl.edu/ I would recommend reaching out to the wonderful Nora Kilroy. norak@offcampus.ufl.edu
nickie218: Thank you.
familychatmoderator(Rachel_NewStudentFamilyProgram): @nickie218: I encourage you to ask this question to @Ryan_Housing over in the Housing and Residence Education chatroom as well! He might have some great insight. You can gain access to that room by clicking "Add More Chatrooms" in the top right corner.
familychatmoderator(Lynn_advisor): @UFGret, does she report her feelings interfering with her life - unable to or harder to eat/sleep/study/go to class? If so, that needs addressing. I usually remind students that they are on the brink of adulthood and need to develop the coping skills for adult life that they really didn't have to have in HS because they always had their family. But once you learn those skills they will help you through many difficult times in life.
nickie218: Does Nora have an office on campus?

UFGret: Lynn - I agree that I am the safe place. I know she is doing quite well at times .. lots of fun times, lots of friends, which I am thankful for. I hear the good stories too, but I am the go-to for the down times. Thanks.

nickie218: Thank you Rachel

familychatmoderator(Ryan_Housing): proudgatormom0430, Students can return to the residence halls on January 2nd at Noon.

familychatmoderator(Rachel_NewStudentFamilyProgram): @nickie218: Yes, she does. The OCL office is located on the corner of SW 13th Street & Museum Road, inside the Housing Office. The physical address is: 1304 Diamond Road, Gainesville, FL 32611.

familychatmoderator(Lynn_advisor): @UFGret, of course! and most college frosh have moments of worrying they're so entirely outside their comfort zone - new school, away from family, friends and community - it takes time to build friendships and community at a new place...so it is common to voice it. Would be an urgent concern for me if she says it interferes with her life.

MGUELLER01: Do the students have to stay in a hotel or make other arrangements if they are scheduled to return on January 1st to avoid weather and travel situations?

UFGret: Lynn - I don't think it is that serious. The worry for me started when I visited overnight a few weeks ago ... dinner, shopping, movie etc. She did not smile once when I was there. She told me that she sometimes feels like she is a fog. She also gained weight, noticeably. I believe that talking to someone will be of help.

castro_buffill@yahoo.com: Hi, I just joined, so, am not sure this was already asked... Are the students required to empty their dorms in December? I have already paid the Spring room fees but am not sure if they stay in the same room or get moved. TIA

familychatadministrator(Arie_NewStudent&FamilyPrograms): @MGUELLER, the residence halls do not open until the 2nd at Noon. Any student that would like to return early (or stay after closing) can, but there is a flat fee of \$300 for this. Students who want to do this will need to fill out a form with Housing to let them know that they would like to do that. It will likely be cheaper to get a hotel room for the night if they are returning only 1 night early.

familychatadministrator(Arie_NewStudent&FamilyPrograms): @castro, they do not have to empty their room unless they are changing rooms for spring semester (very few will fall into this category). They should check with their RA about closing and checkout procedures. They will give them a list of things they should do before leaving (unplugging everything, cleaning out any perishable food, etc)

castro_buffill@yahoo.com: awesome. thx

familychatmoderator(Lynn_advisor): UFGret, I agree with you - those would be flags for me too. You said she is hesitant to reach out. Is there a specific area (not nec counseling) that she might reach out to with a specific question - her RA, her advisor...the conversation could start with specific question and then whoever she is talking to might be able to get her to talk about how she's feeling. Just starting to talk to someone and feeling connected might help and then she can be referred if needed.

familychatmoderator(Lynn_advisor): Hi all, I am also in the Academic Advising Chat room if you have academic questions - join us there and ask away!

UFGret: Lynn, I think that these resources will help. I said "talk therapy" which may not have been the best wording. She is a scientist so she wants to put it in a test tube and see it turn a different color, if you get my meaning. :) My suggestion that she start with her MD because she has an appointment did not hit home. It was in an effort to get suggestions for other resources. She does not connect with her RA. Maybe the advisor. I will discuss with her when the time is right again.

d Crawford0052: How does my student find "their advisor." We are having trouble finding someone to sit down and map out next steps in a program of study. We are a little troubled about it
familychatmoderator(Lynn_advisor): UFGret, this may resolve itself, but yes, when you get those moments work on her again. :-)
familychatmoderator(Mary_CampusDiplomat): @d Crawford0052, if your student logs in to student.ufl.edu and clicks on "Registration Prep" on the left side of the page under Registration they can find where their advisor is listed or who to see to be assigned an advisor!
familychatmoderator(Lynn_advisor): d Crawford, meet me in the Academic Advising chat room and I'll give some more suggestions.
rpichard: Good Evening, As a debutant in the chat; hope every body is having great holly times!
rpichard: Hello, there is anyone here?
UFGret: I am here and having a great holly time.
familychatmoderator(Mary_CampusDiplomat): @rpichard, Hello! We are all here, do you have any questions tonight?
rpichard: Wonderful, keep it up. Well just want to touch base!
skokanj: Quick question: my son was on the unlimited meal plan, but wants to switch to a plan that is slightly less all-encompassing, but has more flex \$ or declining balance. How does he go about making the switch? When does that happen (is it already too late)? Thanks
rpichard: It seems that my soon, a freshman is having hard time, to adapt. Always homesick!
MGUELLER01: Arie_NewStudent&FamilyPrograms Where are the in and out dates and times posted for the holidays and school breaks, so we'll know for the next time when we need to book plane tickets?
rpichard: Good question, Mr. ller01
familychatadministrator(Arie_NewStudent&FamilyPrograms): @MGUELLER, Here you go: www.housing.ufl.edu/undergrad/resources/move-out/
Glennbell: Are there any activities for kids on weekends? my daughter is staying alone in her dorm room alot.
linkster: My son has the same issue with the meal plan. He was told he could not opt out or switch from a full access to a declining balance without sufficient documentation.
familychatmoderator(Rachel_NewStudentFamilyProgram): @skokanj: For this semester, unfortunately, it is too late to change. But your student can definitely change for next semester if he prefers. I found the following information on the Gator Dining website and I think it might be helpful for you: A grace period is provided during the Fall and Spring semesters during which you may transfer the prorated values of your Residential Meal Plan to a Declining Balance Account. Please note that if you have chosen a payment plan, the payments continue until the 8th and final payment is made to fulfill the 2 semester commitment. Fall grace period: 8/16/16 ĩ 8/24/16 at 4PM; Spring grace period: 1/3/17 ĩ 1/6/17 at 4PM. After the grace period you can still upgrade your Meal Plan, but
linkster: Rachel I just paid for the spring semester meal plan and had called gator dining prior to making payment. Please provide the URL etc. of where the grace period and terms are outlined.
familychatmoderator(Rachel_NewStudentFamilyProgram): @linkster: You can find Gator Dining FAQs and the information I included above here: http://www.gatordining.com/mealplans/faqs. Hope this helps!

familychatmoderator(Mary_CampusDiplomat): @Glenbell, there are lots of activities on and off campus for students on the weekends! Every Friday night there is a free event called "Gator Nights" hosted at the Reitz Union that has activities, movies, and free food for students! The Reitz Union also has an Arts and Crafts Center in the basement where your student can paint ceramics and do other crafts for a small fee. There is also Lake Wauberg, which is operated by UF RecSports, that is located off campus but there are RTS busses that take students there on the weekends. At the lake there is kayaking, paddle boarding, and other water sports as well as a climbing wall and low ropes course that is all free for students!

Glennbell: I will tell her. I think she is shy about meeting people and is having a hard time there. How can I find out who her RA is?

familychatmoderator(Catherine_StudentHealthCareCtr): @Glennbell Gainesville has tons to offer! In addition to free admission to the Florida Museum of History and the Harn Museum of Art, have your student check out the city website for details on cultural events throughout the year - <http://www.cityofgainesville.org/ParksRecreationCulturalAffairs.aspx>.

familychatadministrator(Arie_NewStudent&FamilyPrograms): @Glennbell, we don't encourage family members to reach out directly to the RAs, but you are welcome to contact her Area Coordinator (the professional staff member) who can help make sure the right connections are made. Where does your student live?

UFGret: Glennbell - I also suggest that your daughter join a club or two ... 1200 to choose from, I believe. Finding people who have similar interests will make it easier. My daughter did not really make friends in class or on her floor. Speaking to someone in class might seem awkward for a shy person. If she goes to a couple of the extracurricular events, there is a set agenda. She might go to a few to see which feel like a good match.

Glennbell: Rawlins Hall

familychatmoderator(Beth_DisabilityResourceCenter): @UFGret I just remembered that there is screening tool for mental health on the UF Counseling and Wellness Center that your daughter could take. The results could suggest next steps for her <http://www.ulifeline.org/ufl/>

Glennbell: She is on the LaCross Club team, and the Vet club.

Glennbell: Good suggestions - Thank you!

familychatadministrator(Arie_NewStudent&FamilyPrograms): @Glennbell, Ryan (in the Housing chatroom) is actually the supervisor for the Area Coordinator in that area. That role is transitioning right now, so Ryan is going to be the best person to contact!

UFGret: Beth - Thank you!

familychatmoderator(Beth_DisabilityResourceCenter): @UFGret You are welcome! She could even take the results to her primary care doctor if she preferred

skokanj: One other suggestion for Glennbell: my son had an atrocious roommate, so he didn't spend any time in his dorm room. He hung out in the common room in his dorm to do homework almost every evening and he made lots of friends there.

Glennbell: Yes skodanj - I've told her. Agree!

UFGret: Skokanj - That's a good idea.

familychatmoderator(Beth_DisabilityResourceCenter): @UFGret Or the Counseling Wellness Center at UF

UFGret: Great. Making note of all options. I'm sure something will work for her. Good news is that she knows there is a problem and doesn't want to continue this way.

lallybeach1: My daughter seems to be eating her way through finals. What should I do?
familychatmoderator(Lynn_advisor): UFGret, I've been in the advising chat room, so I may have missed this...but does she exercise regularly? It's a mood-lifter, improves brain function and gets you out of your room.
familychatmoderator(Beth_DisabilityResourceCenter): @lallybeach1 Do you mean that you are worried she may be eating too much or stress eating during finals?
MGUELLER01: Are there any holiday festivities occurring on campus for the students or are just different groups doing their own events?
jmstauffer: lallybeach - Our daughter is a Junior, and still catches herself stress eating! Encourage going to the gym, taking a walk or swim instead of eating the M&Ms! It'll be okay.
skokanj: I know there have been several musical concerts because my son has played (bassoon) in a few.
UFGret: Lynn - She does and it helps. She was an athlete in high school. She goes to the gym six days a week. I know it helps.
familychatmoderator(Beth_DisabilityResourceCenter): @Jmstauffer @lallybeach1 The Counseling and Wellness Center has a good anxiety/stress section of their website http://www.counseling.ufl.edu/cwc/Self-Help-Anxiety.aspx with an End of Semester stress section on the right panel
familychatmoderator(Catherine_StudentHealthCareCtr): @MGUELLER01 Gainesville's historic Thomas Center hosts its annual tree lighting this Saturday, Dec. 3, at 6 p.m. in the downtown area - learn more at http://www.facebook.com/events/191396574551753/ .
familychatmoderator(Lynn_advisor): UFGret, excellent! It was a thought since some students get out of those habits in college.
familychatmoderator(Beth_DisabilityResourceCenter): @jmstauffer @lallybeach1 @UFGret Gatorwell also has a healthy eating section on their website http://gatorwell.ufsa.ufl.edu/health_topic/healthy_eating_and_active_living#Resources
familychatmoderator(Mary_CampusDiplomat): @MGUELLER01 The Philips Center for the Performing Arts usually has some holiday shows going on throughout December! http://performingarts.ufl.edu There are student tickets (reduced price) for many shows.
jmstauffer: Neat...our daughter is not at UF, but our son is. It's been no problem, and she recognizes it, so stops herself before eating the WHOLE bag - lol!!!
familychatmoderator(Catherine_StudentHealthCareCtr): For students struggling with overeating or not eating enough, Student Health offers one-on-one nutrition counseling with a registered dietitian - learn more at http://shcc.ufl.edu/nutrition/ ,
familychatmoderator(Rachel_NewStudentFamilyProgram): We have about 10 minutes left in tonight's Family Chat! Does anyone have any last questions about final exams or wrapping up the Fall semester?
jmstauffer: Catherine: The counseling for free? I have to say, your university has some good resources!
UFGret: Lynn - I appreciate all of your ideas. I know that working up a sweat helps her feel better. I think she is not used to so much quiet time. (Her dorm floor is the QUIETEST floor I have ever visited on a college campus. Plus her roommate always has a headset on so no talking at all in the room. Can you imagine? That would drive me nuts. She has friends but can go for a few days without finding time in their busy schedules to meet up. It is an adjustment time for her.
jmstauffer: Goodnight, all!
familychatmoderator(Catherine_StudentHealthCareCtr): @jmstauffer: Absolutely! While will bill insurance, there is no out-of-pocket cost to students.

familychatmoderator(Catherine_StudentHealthCareCtr): @jmstauffer: For nutrition counseling.
familychatmoderator(Lynn_advisor): UFGret, yep, adjustment it is!! She'll get through and at least she is aware, so I suspect she will see someone if she begins to feel worse. Hopefully, she'll feel better. End of term can be hard, people get busier. Spring is a new start :-)
UFGret: I noted so many good suggestions and resources tonight! Thank you all so much!
Mogirl: Students have to vacate the dorms over the winter break(or pay a fee) but I assume, they can leave their stuff in the rooms?
UFGret: Yes, Lynn! Thanks so much!
jmstauffer: Mogirl. That's the way I read the website they mentioned earlier in the chat http://www.housing.ufl.edu/undergrad/resources/move-out/
UFGret: Spring is a new start and she really did have a great semester. Lots of positives!
familychatmoderator(Mary_CampusDiplomat): @mogirlthey do not have to empty their room unless they are changing rooms for spring semester (very few will fall into this category). They should check with their RA about closing and checkout procedures. They will give them a list of things they should do before leaving (unplugging everything, cleaning out any perishable food, etc)
Mogirl: Thank you!
UFGret: Thank you, All, moderators and participants!!!
familychatmoderator(Lynn_advisor): I hope everyone has a wonderful break!!
parentb: I just logged in 5 minutes ago, how can I view all the chats?
a.seidman@comcast.net: Thanks!
familychatmoderator(Ryan_Housing): Yes @Mogirl...if they are returning to the same room for Spring (January), they can leave their items in their room :)
familychatmoderator(Ryan_Housing): RAs will be having "Closing Floor Meetings" in the next 2 weeks ... attendance is highly recommended
familychatmoderator(Mary_CampusDiplomat): @parentb All of the family chat transcripts will be posted on the UF Dean of Students Office website under New Student & Family Programs https://dso.ufl.edu
kmccabe4: Moderators, thank you so much for your time. This is always informative, helpful, and fun!
familychatmoderator(Beth_DisabilityResourceCenter): Thanks for joining everyone!
familychatmoderator(Ryan_Housing): Thanks all!
familychatmoderator(Mary_CampusDiplomat): Thanks to all for some great questions tonight!
familychatmoderator(Catherine_StudentHealthCareCtr): Thanks everyone!
Floridagatorgal: Thanks for the help!
familychatadministrator(Arie_NewStudent&FamilyPrograms): Thank you everyone for joining the chat tonight! The transcripts will be posted online by early next week if you would like to go back through and read the conversation. I hope you all have a wonderful holiday and Go Gators!

Online Family Chat - Academic Advising

Thursday, December 1, 2016

familychatmoderator(Lynn_advisor): Hi all, my name is Lynn O'Sickey and I'm an academic advisor in the College of Liberal Arts and Sciences Academic Advising Center. I'm here to answer academic questions or to refer you to the right resource if I can't answer the question.
familychatmoderator(Lynn_advisor): Hi all, I'm hear to answer academic questions, so please ask if you have one!
familychatmoderator(Lynn_advisor): here
familychatmoderator(Lynn_advisor): Sorry, I'm here, not hear :-)
familychatmoderator(Lynn_advisor): Questions anyone? I'm happy to answer academic questions!
a.seidman@comcast.net: When is the last final given at UF
familychatmoderator(Lynn_advisor): a.seidman, Friday, December 16, 3-5 pm http://www.registrar.ufl.edu/soc/201608/finalexamsched.html
a.seidman@comcast.net: Thanks!
familychatmoderator(Lynn_advisor): :-)
a.seidman@comcast.net: What advice can I give my son about studying for finals?
familychatmoderator(Lynn_advisor): a.seidman, Great question. First, check the syllabus to determine - when and where the final is and what exactly it is on. Confirm this with the prof in class. Do that THIS week, so your student can plan how to prepare. Second, make a plan. Decide what needs to be done and when. Prioritize. What class are do you most need to improve your grade? What classes are you set in as long as you do as well as you've done during the semester. Don't ignore those, but be sure to give enough time to the courses you want to improve in.
familychatmoderator(Lynn_advisor): a.seidman, plan now and start doing things now. Also, be sure from the syllabus, how much the final is worth, how it weighs in the grade, etc.
familychatmoderator(Lynn_advisor): dcrawford0052: How does my student find "their advisor." We are having trouble finding someone to sit down and map out next steps in a program of study. We are a little troubled about it
dcrawford0052: Hi
familychatmoderator(Lynn_advisor): dcrawford, what major/college is your student in?
familychatmoderator(Lynn_advisor): dcrawford, here's the link to all advising by college.
dcrawford0052: Micro-biology. CALS
Jags_Fan: My son was thinking about taking online classes through FSCJ during the summer and transferring them back to UF. How would he go about getting approval? Can he do this through the Floridashines web site?
familychatmoderator(Lynn_advisor): dcrawford, has he tried to see Dr. Korithoski? Microbiology and Cell Sciences Dr. Bryan Korithoski bkorithoski@ufl.edu 352-392-8350
familychatmoderator(Lynn_advisor): dcrawford, http://microcell.ufl.edu/programs/advising/
dcrawford0052: He will, I don't think anyone was available on the days he went.
familychatmoderator(Lynn_advisor): dcrawford, the last link was to make an appointment.
dcrawford0052: Thank you very much

Bananapeel16!: I'm curious about the grading system used in Calculus and Chemistry. My daughter has tried to describe a point system that is used to determine the final grade in a class, and the possibility of not having to take the final exam if she has an good grade. Is there ever a risk that by taking the final, her grade may actually go down?
familychatmoderator(Lynn_advisor): Jags_Fan, Yes, your student would submit via FloridaShines, but I recommend meeting with her advisor first to discuss what classes might be best to take online and at another school. And remember, only work done at a public University in Florida counts toward the Summer Requirement.
Jags_Fan: Ok, thanks!!
familychatmoderator(Lynn_advisor): Bananapeel16!, it depends. Best to look at the syllabuses, which usually are VERY specific about grading. I'll give you an example in a minute.
bernesmoira: My son has a transcript he omitted to send in and now his account is on hold and unable to choose courses for next semester He has now submitted it more than a week ago How long will it take for the hold to be released as some subjects he was interested in he is finding they are already full.
familychatmoderator(Lynn_advisor): dcrawford, you're welcome.
familychatmoderator(Lynn_advisor): Bananapeel, Dr. Huang's MAC2311 syllabus says this about the final: Acad 3b FINAL EXAM:A mandatory, comprehensive final examination will be given during<div style="left: 168.775px; top: 916.313px; font-size: 19.9253px; font-family: sans-serif; transform: scaleX(0.994609);" da
familychatmoderator(Lynn_advisor): Bananapeel, yikes that did not paste well. Look at page 9 of that syllabus. http://people.clas.ufl.edu/huang/files/StudentGuide.pdf Your student's syllabus will explain whether the final is mandatory and how it affects the grade. In Dr. Huang's case, it's mandatory. If you do better on the final than on one of the midterms, you can substitute the final grade for the midterm as well as have it count as a final. But you have to take the final and it does count. Once your student reviews the syllabus, then your student should double-check with the instructor that his/her understanding is correct.
familychatmoderator(Lynn_advisor): bernesmoira, when you say he submitted it a week ago, do you mean he requested it to be sent a week ago, or you know that it was received by UF's Admissions office a week ago?
Bananapeel16!: Thanks Lynn, she is in MAC2312 and CHM2045
familychatmoderator(Lynn_advisor): Bananapeel, Ok, have her review the policies in those syllabi and then confirm with the instructor.
bernesmoira: I understand he submitted it
familychatmoderator(Lynn_advisor): bernesmoira, he walked it there in person?
bernesmoira: I am not sure but will confirm with him if that is what he did
familychatmoderator(Lynn_advisor): bernesmoira, if he did, he can email me at losickey@advising.ufl.edu and I'll see if it is recorded and whether they can lift the hold. As far as classes, even things that are full at the moment will open up as there are thousands of drops and adds in December and early January. Once he can register, he should check the reg system daily. Things will open up even over the holidays as grades post and students change their minds about their direction, etdc.
bernesmoira: If he requested it then from what you are saying it could take time for the transcript to be sent over to admissions office?
bernesmoira: Thank you so much

familychatmoderator(Lynn_advisor): bernismoira, yes, if it is coming from another institution it might not be here immediately, and then of course it has to be reviewed (and they are getting thousands of transcripts, still).
bernesmoira: I will follow this up and give him your email address. Thank you
familychatmoderator(Lynn_advisor): bernismoira, sure
skokanj: As always - very helpful! Thank you!
familychatmoderator(Lynn_advisor): Any other questions, folks :-)
familychatmoderator(Lynn_advisor): ?
MYLitt9: Lynn advisor: your secrets for preparing for finals?
familychatmoderator(Lynn_advisor): MYLitt9, First, check the syllabus to determine - when and where the final is and what exactly it is on. What is it worth in terms of the final grade in the class. Confirm this with the prof in class. Do that THIS week, so your student can plan how to prepare. Second, make a plan. Decide what needs to be done and when. Prioritize. What class are do you most need to improve your grade? What classes are you set in as long as you do as well as you've done during the semester. Don't ignore those, but be sure to give enough time to the courses you want to improve in. Plan now and start doing things now. Don't take this whole weekend off to relax before finals. Take a few hours each day to do finals prep
MYLitt9: Lynn: thanks much.
bernesmoira: Thanks for this good advice
Floridagatorgal: Hi Lynn. I just joined the chat and am sorry if you already answered this question, but do you know what companies in the area have the best reputation for study aids (not for finals, but for next semester).
familychatmoderator(Lynn_advisor): MyLitt9 and bernismoira, you're welcome!
familychatmoderator(Lynn_advisor): Floridagatorgal, I always first recommend that students utilize the free services of our Teaching Center on campus. They have drop-in tutoring, tutoring by appointment (if you sign up reasonably early in the semester), test reviews, study strategies workshops, learning strategists, etc. SOOO many resources that students do not take advantage of.
familychatmoderator(Lynn_advisor): Floridagatorgal, lots of students use paid tutoring services. I don't feel I can recommend any, but that doesn't mean they don't help. Just that I can't evaluate them and would not want to steer students wrong.
Floridagatorgal: Okay, I will share that with him. I have heard people mention some of the paid ones, but I can't seem to recall their names right now. Can you tell me where the Teaching Center is located on campus?
familychatmoderator(Lynn_advisor): Floridagatorgal, if you email me at losickey@advising.ufl.edu, I will send you a handout with detailed info on the Teaching Center as well as other study tips and campus resources.
Floridagatorgal: Ok, thank you very much!
familychatmoderator(Lynn_advisor): Floridagatorgal, in the meantime, here's the website https://teachingcenter.ufl.edu/
Floridagatorgal: I will check it out!
familychatmoderator(Lynn_advisor): :-)
Floridagatorgal: I wanted to let you know that your advice from the previous chat was very helpful and that my son was able to get his AP and Dual Enrollment credits programmed onto his degree audit by following your direction, so thank you.

familychatmoderator(Lynn_advisor): Floridagatorgal, Yay :-)
familychatmoderator(Lynn_advisor): Hi folks, we're getting close to the end, so any other academic questions?
Floridagatorgal: Is this the last chat for the fall semester?
MYLitt9: none from here. you have been most helpful, as always. parent chat is time well spent. thank you.
familychatmoderator(Lynn_advisor): Floridagatorgal, this is the last chat of the term.
bernesmoira: Yes, thank you for all the advice and help
familychatmoderator(Lynn_advisor): Thanks MYLitt9!
a.seidman@comcast.net: Thanks!
skokanj: Agreed, so helpful!
Floridagatorgal: Thanks for everything.
familychatmoderator(Lynn_advisor): You are all very welcome. :-)
Floridagatorgal: one last thing...do you know how quickly the final exam grades will be entered by the teachers into the e-learning system?
familychatmoderator(Lynn_advisor): floridagatorgal, it depends on when the exam is, how complicated it is to grade, etc. All grades must be submitted to the Registrar on the Monday after finals and are usually available for view on one.uf.edu -> student self-service sometime Tuesday or Wednesday.
Floridagatorgal: Thank you.

Online Family Chat - Disability Resource Center

Thursday, December 1, 2016

<p>familychatmoderator(Beth_DisabilityResourceCenter): @MGueller01 welcome to the Disability chat session - do you have any questions about finals or DRC related issues?</p>
<p>MGUELLER01: What are the students with extended time on exams suppose to do about the back-to-back final exams on Saturday December 10th? Due to the extended time it only allows a one hour break between tests if the entire time period is used. It doesn't allow too much recovery time plus a snack and bathroom break. Suggestions or ideas?</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @Mgueller01 yes, that is tough to have back-to-back finals. I would recommend that the student bring a snack as you said, and maybe try to do something relaxing in that time. Many students want to review material for the next exam as well, but if that is too stressful then just going for a short walk around might help</p>
<p>MGUELLER01: Is there anyway for the student to request to start the first exam one hour earlier to allow for a two hour mental break?</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @MGUELLER01 I would suggest that your student email our testing office at testing@dso.ufl.edu for information on how to make the request in the testing portal. The professor may allow an earlier start time, but it would be up to them. Our testing coordinator can also give more information about this to your student</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @MGueller01 Our testing office is a great resource to contact if there are any logistical exam related questions - our testing coordinator Michael Pearce is very responsive and he checks the testing@dso.ufl.edu email continuously. Your student can also reach out to their learning specialist to schedule a follow-up meeting if that would be helpful to them</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @danmpearce@yahoo.com Welcome to the DRC section - please let me know if you have any questions!</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @Alisha23 welcome as well to the DRC section - let me know if I can help answer anything for you!</p>
<p>MGUELLER01: We will try that route. The professor said the student couldn't start one hour earlier, but I wanted to make sure we pursue other options or avenues. I would think if the student remained in the testing center until everything else is underway as with previous exams, then it wouldn't be a problem. We already have a follow-up scheduled. Thank you for the information.</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @Mgueller01 No problem! Thanks for joining in tonight</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @jmstauffer Welcome to the DRC section!</p>
<p>jmstauffer: I was just clicking on each of the chats to see what was what! No questions here. Have a good night.</p>
<p>familychatmoderator(Beth_DisabilityResourceCenter): @jmstauffer Thanks you too!</p>

Online Family Chat - Housing and Residence Education

Thursday, December 1, 2016

familychatmoderator(Ryan_Housing): Hello, It's Ryan. Just wanted to let you know I am here for questions in the Housing Chat Room =)
kmccabe4: Hi Ryan, our son received an email regarding re-contracting (2017-18) the week before Thanksgiving however, he still hasn't received an email informing him of the time re-contracting will be open to him. Will he still have the opportunity to do so this week?
proudgatormom0430: When will students be allowed to return to their dorms after winter break?
nickie218: Can someone please let me know if Nora in off campus housing has an office on campus. I have her email address but my daughter prefers to speak to someone in person.
familychatmoderator(Ryan_Housing): Hello Kmmccabe4. What is your email address? I have the specifics of recontracting in my office and I will email you tomorrow. I am fairly certain that yes, no problem that he will be able to recontract still!
proudgatormom0430: Ryan , if my daughter registers for fall 2017 -spring 2018, but than gets accepted as a RA, will she be able to cancel her contract, without being penalized?
familychatmoderator(Ryan_Housing): proudgatormom, we reopen on January 2nd at Noon.
familychatmoderator(Ryan_Housing): proud gator mom, absolutely. if she gets and RA Position, she will not cancel her contract, just be transferred to her RA Room. She will not be penalized at all
nickie218: Any insight in Social 28?
familychatmoderator(Ryan_Housing): Nickie 218 - yes, Nora has an office in the Main Housing Office on the corner of 13th and Museum.
proudgatormom0430: Okay, thank you Ryan
familychatmoderator(Ryan_Housing): nickie 218, I have zero insight to Social 28...but Nora is the master when it comes to living off campus...she has worked for Off Campus Live for 12 or so years.
sflamom: My son is interested in a single dorm room next year. He's a freshman in Rawlings this year. What are the odds of that happening? :)
familychatmoderator(Ryan_Housing): you are welcome proud gator mom! Good luck to your daughter on being a RA! I was a RA for three years
familychatmoderator(Ryan_Housing): hello sflamom, I would say the odds are good.
familychatmoderator(Ryan_Housing): of getting a single on campus. I don't have the exact number of singles we have, but there are lots. I would be happy to talk to him about options if he reaches out to me at RyanW@housing.ufl.edu
sflamom: Really? That's fantastic. I will pass your email address on to him. Thank you!
sflamom: Flip side....he's interested in rooming with a kid who's about to graduate from his old high school. IF the kid gets in, can they room together logistically speaking as far as timing and stuff?
familychatmoderator(Ryan_Housing): absolutely sflamom...I know where some hidden gems are
sflamom: Awesome. I will pass it on to my son. He's super happy at UF! You guys are awesome!
proudgatormom0430: Thank you Ryan!
familychatmoderator(Ryan_Housing): @sflamom, it is possible. it can be tricky depending on when his friend gets in (Summer B or Fall) and what kind of contract his friend signs (A Summer-Fall-Spring or just a Fall-Spring). Best advice is to call the Main Housing Office once he is admitted and talk to them about it. 392-2171.

sflamom: Okay. I think he'd really prefer to room alone. He has a great roommate now, but the kid's a senior and is moving off campus next year. I was so worried about a freshman and a junior rooming together but the kid has been a real great resource for my son. He's a serious student and has given him a lot of good advice. Phew!
Jags_Fan: Do you happen to have any of the information about square footage of dorm rooms ie Hume double?
familychatmoderator(Ryan_Housing): Hello @Jags_Fan. First, sorry about the Jags. Bengals Fan here, can relate. As for square footage of a double room in Hume. I can get that for you and email you.
Jags_Fan: Haha!! Yes...wish the Jags had a better season! :) Thanks!
kmccabe4: Thanks Ryan, I am going to email you email address privately. Thanks again.
familychatmoderator(Ryan_Housing): Jags_Fan, our website doesn't have square footage, but you can look at a mock up of the room here http://www.housing.ufl.edu/blog/hall/hume/ shoot me your email address and I will find out the square footage for you tomorrow.
familychatmoderator(Ryan_Housing): okay @kmccabe4!
jeffco: Ryan, my son has not decided if he wants to live on or off campus next fall. Whats the latest he can sign up for on campus housing? Is there a time period he can cancel without being obligated for the entire contract?
sflamom: My son said he has not gotten an email yet re staying on campus next year. Have those gone out to the freshmen yet?
familychatmoderator(Ryan_Housing): hello @jeffco and @sflamom, the email with all of that information about re-contracting should go out very soon...I can email you the timeline tomorrow if you would like. just need your email addresses
sflamom: Thank you. mczz@att.net
jeffco: jeffco@bellsouth.net Thanks
skokanj: My son is on a waiting list for an apartment near campus. He's strictly bus-bike-walk transportation, and I would prefer him to live on campus next year because of the convenience he experienced this year. Is there any penalty for signing up for on-campus housing and then opting out if the apartment comes through? Thanks!
familychatmoderator(Ryan_Housing): Hello @skokanj. For re-contracting, students 1. Re-ContractCurrent Residents wanting to live with us again do not need to re-apply. You will receive an email when students are able to re-contract. Submit your contract and advanced rent payment by your due date to guarantee a housing space. If you are under18 at the time you are offered a housing contract, parents MUST also accept the terms and conditions of the housing contract.2. Room SelectionRoom selection will start in February. Re-contracting students will be able to select where they live on campus.*
familychatmoderator(Ryan_Housing): @skokanj: that Advanced Rent Payment is what I will have to look up to see if it is refundable and if so, if he cancels by what date. I do not have that date right now. Can I email you tomorrow? Address?
familychatmoderator(Ryan_Housing): if you email me at RyanW@housing.ufl.edu, I will get back to you asap!
skokanj: Sorry - I was checking a different tab! My address is skokanj@nbps.org Thanks

<p>MGUELLER01: I went to the website link for housing suggested in the Lobby chatroom, but didn't see a calendar that listed the dates and times for in and out for holidays and school breaks. I see move out for Fall 2016 is December 17th, but where on the website does it say when the students can get back into their dorms. I now know it is January 2nd at noon, but we didn't know that when we booked the plane ticket back to school to avoid weather tangles and returning traffic. Where and when does that information get posted? My son said he received an email today that it doesn't open until noon on January 2nd. I'm sure it was posted before this, but we never saw it.</p>
<p>familychatmoderator(Ryan_Housing): Hello @MGUELLER01, I will share this with our Housing Marketing who updates the website. Did you book a flight prior to Jan 2 at Noon?</p>
<p>familychatmoderator(Ryan_Housing): @MGUELLER01, here is the link for move in http://www.housing.ufl.edu/undergrad/move-in/ and here is the link for move out http://www.housing.ufl.edu/undergrad/resources/move-out/. It is at www.housing.ufl.edu and then click on Undergraduate Housing, then under the Requests tab</p>
<p>skokanj: Hi again, Ryan! This is not strictly a housing question, but I'm hoping you can help. My son took the Greyhound bus home for Thanksgiving and it was ok, but definitely not ideal. Is there some kind of Ride-Share website that he might be able to use to find a ride home (south Florida) and/or back to school for the semester break? Are there other bus services to try out? He mentioned Red Coach, but I wasn't sure if there might be others that we just haven't heard about.</p>
<p>familychatmoderator(Mary_CampusDiplomat): @skokanj there is a Facebook page for UF students called the UF Ride Board! that a lot of students utilize to carpool home.</p>
<p>skokanj: Perfect! Yay! I love these chats!!!!</p>
<p>familychatmoderator(Ryan_Housing): @skokanj, I was going to say...facebook....there is also a Class of 2020 or class of 2019 page on Facebook where I have seen people connect for ride sharing. But the UF Ride Board sounds even better! Nice resourcefulness!</p>
<p>familychatmoderator(Ryan_Housing): Thanks Mary_CampusDiplomat!</p>
<p>MGUELLER01: Do these links have all of the dates for the academic school year, so we know in advance? We were flying him back January 1, but we are trying to make other arrangements.</p>
<p>familychatmoderator(Mary_CampusDiplomat): No problem Ryan!</p>
<p>skokanj: Thank you for all the wonderful suggestions/ideas/resources!</p>
<p>familychatmoderator(Ryan_Housing): @MGUELLER01, yes they have the dates up to Summer B 2017</p>
<p>familychatmoderator(Ryan_Housing): You are welcome @skokanj</p>
<p>MGUELLER01: Thank you. I'll check it out.</p>
<p>familychatmoderator(Ryan_Housing): @MGUELLER01, if you get "stuck" and want to talk on the phone tomorrow, my phone number is 352-392-2171 x10660</p>
<p>Floridagatorgal: do the students in dorms have to empty and unplug their refrigerators over the holiday break?</p>
<p>Floridagatorgal:or do they have any other special instructions they are to follow for that matter?</p>
<p>familychatmoderator(Ryan_Housing): @Floridagatorgal, if it is a mini fridge they brought, yes, please empty and defrost...and unplug. If it is a big fridge that housing provided (Beaty Towers), no they do not. Attend the RA Closing Floor Meeting in the next week or two for the details on how to close.</p>
<p>Floridagatorgal: Thank you!</p>
<p>familychatmoderator(Ryan_Housing): welcome!!</p>

Online Family Chat - Student Health Care Center

Thursday, December 1, 2016

familychatmoderator(Catherine_StudentHealthCareCtr): Good evening! My name is Catherine, and I'm the communications coordinator for the Student Health Care Center (SHCC), which provides medical care to UF students. Happy to assist you tonight!

familychatmoderator(Catherine_StudentHealthCareCtr): If you'd like to learn more about how patients are seen at Student Health, what services are available, using insurance, and more, please visit the Parents and Family Members section of our website at <http://shcc.ufl.edu/parents-family-members/>.

familychatmoderator(Catherine_StudentHealthCareCtr): Last thought of the evening: If they haven't already, remind your student to get their flu shot ASAP - no one wants to be sick during the break! Students may drop by the Infirmary Building at 280 Fletcher Drive and present their UF ID (Gator1) and insurance card to obtain a flu shot at no out-of-pocket cost during regular business hours.

familychatmoderator(Catherine_StudentHealthCareCtr): EDIT: If they haven't already, remind your student to get their flu shot ASAP... Apologies for the typo!