

STOCKTON | THE PARENT AND  
UNIVERSITY | FAMILY ASSOCIATION

# The PFA Post

Issue 3: August 2019

## Inside this Issue:

**Helping your  
Student Start the  
Year off Right**

**Upcoming Events**

**Advice from our  
students**

**Recommended  
Reading for  
Family  
Members**







# *New Beginnings*

As our students prepare for a new academic year, family members have an opportunity to inspire and support students towards success. Whether your student is an incoming freshman or seasoned upperclassman, here are some helpful tips as September approaches:

**Talk about goal setting** - What does your student hope to accomplish this semester? What steps do they plan to take to reach those goals?

**Talk about Mental Health** - Remind your student of the counseling center available on campus and encourage them to utilize it when needed.

**Remind your student that you are proud of them** - No matter where they're coming from, or what experiences they have overcome, they have earned their spot as a Stockton Osprey!

**Empower your student** - Guide your students to find answers and resolve problems by connecting with offices on campus. Parents should only be intervening if: 1) the student or someone else may be harmed; 2) bursar's/financial aid assistance is needed; or 3) sending a gift or care package. Have questions that fall outside of those 3 categories? Email [family@stockton.edu](mailto:family@stockton.edu) for guidance and assistance!

**Register your cell phone number and your students' in the goPortal for emergency text messages.** This is extremely important in case of weather related school closures. Don't wait until winter, sometimes we still have weather related closures with hurricane season.

**Make sure you and your student are familiar with the "Guide to Residential Life"** before coming to campus. This document outlines policies and procedures specific to residential buildings. It will be sent to students shortly.

**Encourage your student to get involved!**

## Is your student a *commuter*?

### Helpful Commuter Student Tips:

- Leave plenty of time to get to class. During the first two weeks plan to arrive to campus at least 1 hour prior to the start of class. This will allow time to park, take the shuttle if needed, get to class and not feel stressed.
- All students living off campus are invited to join a club called Commuters On The Go, as it is a wonderful way for commuter students to be connected with Stockton. The Office of Student Development and Commuters On The Go sponsors regular programming on campus, such as: Commuter Tea/Coffee/Hot Cocoa Breaks, Scavenger Hunts, Game Nights, Movie Nights, Commuter Luncheons, Commuter Dinners, and more!
- Check out the commuter website for NJ transit information, contact information, and a list of resources.

## Is your student living *on campus*?

### Helpful Residential Move In Tips:

- Check in information has been sent to all residential students via email. Check in times and locations have been strategically set to make your experience as smooth as possible. Students *must* arrive during their assigned check in date and time.
- Please follow the directions and instructions of the Move In Team, Residential Life Staff and Campus Police upon your arrival.
- Make sure your student is familiar with the policies & procedures found in the Guide to Residential Life.
- For other helpful move in day tips for families click [here](#)

# Our Students say...



“Encourage your students to make the most of their limited time here at Stockton. Whether they’re a freshmen or upperclassmen, **ask them how they’re getting involved** so that they have something to balance their stressful academic work. For family members with new students, understand that your student is exploring their new-found independence, and may want some space to be able to do so. **Check on them often**, even if just to hear about their day, but don’t be upset if they can’t answer the phone every time that you call. **Letting them know that you care about their success makes a difference.**”

- Brandon, Class of '20



## Recommended Reading

*We recommend these books and articles as the content and advice can be relevant for parents of first-time freshmen and upperclassmen students:*

**Don't Tell Me What to Do, Just Send Money: The Essential Parenting Guide to the College Years.**

by Helen E. Johnson & Christine Schelhas-Miller

**Out to Sea: a Parents' Survival Guide to the Freshman Voyage**

by Kelly Radi

**Advice to my College Freshman, an Article from the New York Times**

**I dropped off my first child at college: Here are 7 things I wish I had known, an article from the TODAY show**

**SAVE THE DATE**



A CELEBRATION FOR STOCKTON ALUMNI, STUDENTS & FAMILIES

**October 10 - 13, 2019**

[stockton.edu/universityweekend](http://stockton.edu/universityweekend)

Street Fair • Athletic Events • Alumni Events • FredFest • Coast Day • AND MORE!

## **UPCOMING EVENTS:**

### **Residential Student Move-in**

\*All Students have been emailed a move-in newsletter with instructions from Residential Life.\*

### **Welcome Week for New Students**

August 30, 2019- September 3, 2019

### **Classes Begin**

Wednesday September 4, 2019

### **Parent and Family Association Open Meeting**

Sunday September 15, 2019, 3:00pm

Campus Center Meeting Room 5

### **Stockton Golf Classic at the Seaview Hotel & Golf Club**

Tuesday September 24, 2019, 3:00pm





GET  
**INVOLVED**  
**FAIR**  
**9.17 & 9.18**

**10:00AM to 4:00PM**

**A-J Wing Galleries  
& Campus Center  
Grand Hall**

**STUDENT ORGANIZATIONS** **SORORITIES**  
**VOLUNTEER OPPORTUNITIES** **FRATERNITIES**  
**AND MORE...**

INVOLVEMENT  
**BEGINS**  
**HERE** 

**OSPREYHUB**  
[stockton.edu/ospreyhub](http://stockton.edu/ospreyhub)



*Virtual*  
**PARKING**  
**PERMITS**

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