Planning for Holiday Breaks

The holidays are coming up soon, and that means it’s time to begin planning for breaks. Campus is closed during the Thanksgiving Holiday and Winter Break. The residence halls will be closed, as well, so families of students who live on campus need to make plans for where students will go during these breaks. For the Thanksgiving Holiday, all residence halls close at 10 a.m. on Wednesday, November 27 and reopen at 10 a.m. on Sunday, December 1. The halls will close again at 10 a.m. on Saturday, December 14, for Winter Break and reopen at 10 a.m. on Sunday, January 12. During both breaks, students can leave their belongings in their rooms, but they will not be able to enter the halls again until they reopen. On-campus apartments will remain open, but services will be limited.

If your student doesn’t have a car or needs to travel a long distance to get home, planning for breaks can be stressful. However, there are many options available to fit a variety of situations and budgets. Norfolk International Airport is a good choice for students who need to travel across the country. Students can call a taxi or take the bus to the airport, or they can schedule a shuttle to pick them up. Norfolk also has both an Amtrak and a Greyhound bus station. Students can also utilize a ride-sharing program like NuRide, where they can go online to find others going to the same destinations and even earn rewards for sharing rides.
Break Expectations

Holiday breaks are often the first time that students return home during the semester, and family members can find themselves struggling to adjust to the changes that are occurring in their students’ lives. Here are some tips to help holiday breaks go smoothly:

- Before your student comes home, discuss plans for the first few days. Talk about your expectations and family traditions.
- Understand that your student may be exhausted and stressed.
- Talk with your student about his or her schedule, and understand that it may be different from the rest of the family.
- Keep in mind that your student may miss his or her college friends and strive to keep in touch during the break.

Sports Spotlight

ODU Field Hockey

vs Connecticut 5-0 (W)
vs North Carolina 3-2 (W)
@ Rutgers 1-0 (W)
Next game: Big East Quarterfinals 11/8

Monarch Pride

At a celebration of a decade of success for Canada’s Atmospheric Chemistry Experiment (ACE)/SCISAT satellite mission, Dr. Peter Bernath, chair of the Department of Chemistry and Biochemistry, was honored for his role as lead scientist for ACE.

ODU CareerParents

It’s never too early to begin career planning, and ODU has exactly what you need to help your student get started. ODU CareerParents is an online resource center to provide you with what you need to know to help your student take ownership of his or her career. It provides free information about what your student needs to do to explore careers and develop solid career and job search plans. The website features videos to help you understand issues your student will face after graduation and what he or she will need to know to get a job. Monthly webinars provide tips and strategies for you to share with your student. You will have access to free resources such as the Employed Grad e-book, the Employed Grad Workbook, articles, and information about campus resources that will get your student engaged in the career planning process. Finally, ODU CareerParents also features an online community where you can ask questions, discuss relevant issues, and share information with others. Visit www.oducareerparents.com to get started today.
Starting Sunday, December 1, the University’s Cashiers Office will no longer accept credit card payments at the window. Instead, all credit card payments will be processed online via Leo Online. ODU will also begin accepting Discover and American Express for these online payments. Anyone who pays using a credit card will be charged a 2.75% convenience fee. If you or your student would like to avoid this fee, ODU is now accepting debit cards, as well. No convenience fee will be charged for payments made with a debit card as long as you or your student select the debit card payment option when paying online.

**Finish in 4**

Students who stay an extra semester for those last few classes they need to complete in order to graduate are losing not only valuable time but also money. These students don’t just pay for tuition and their student activity fees, they also pay for a meal plan, room and much more. The total cost of staying just one extra semester at ODU is almost $5,000, and that doesn’t even take into account the potential salary a student misses out on by going to school rather than starting his or her career. Help your student save both time and money; encourage him or her to meet with an academic advisor to stay on track to graduate in four years. Even if your student is an upperclassman, there’s still time to get back on track and finish in four.

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**Monarch Millionaire**

The average Virginia student graduates with more than $23,000 in debt. To help address the looming student debt crisis, ODU Office of Finance’s Monarch Project created the Monarch Millionaire program, which aims to improve ODU students’ financial literacy through a balanced mix of fun and informative lessons, discussions and practice work. Over the course of five weeks, students learn about budgeting, banking, credit cards, loans, financial aid, financial planning and general financial literacy. Encourage your student to take charge of his or her personal finances. Students can email monarchmillionaire@odu.edu to reserve a seat in the next Monarch Millionaire program.

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**Healthy Habits**

It’s common for students to feel stressed as they enter the final stretch of the semester. Remind them to manage their stress by:

- Exercising, meditating or listening to music to relax.
- Saying no to additional activities or burdens.
- Taking a break.
- Utilizing their support system on campus and at home.

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**Numbers to Know**

- **Advising and Transfer Programs**
  - academic advising, continuation
  - 757.683.3699

- **Career Management Center**
  - internships, employment
  - 757.683.4388

- **Housing and Residence Life**
  - on-campus housing
  - 757.683.4283

- **Office of Finance**
  - billing, payments
  - 757.683.3030

- **Student Health Services**
  - flu shots, health exams
  - 757.683.3132

- **Student Transition and Family Programs**
  - Parents’ Association, orientation
  - 757.683.3428

- **University Registrar**
  - registration, address/name change, graduation certification
  - 757.683.4425