Midterm Motivation

October is when students begin to get a real picture of how they are performing in their classes. Most professors will require students to take a midterm exam this month. You can help by encouraging your student to employ good study habits and stress management techniques to ensure his or her success.

Those who are not performing well in 100- and 200-level courses at the sixth week of the semester receive an email from the Early Alert Response System, so be sure to ask your student if he or she received an alert. Academic advisors ask students who receive alerts to meet to discuss strategies for improvement, so encourage your student to respond promptly to any meeting request he or she may receive.

There is a lot of support available on campus for students who need extra help. Tutoring is available at a variety of campus tutoring centers and labs, as well as through the Peer Educator Program. The ODU Writing Center can help students with the writing and editing process. One of the best ways students can help themselves is to meet with their professors early and often. All professors hold office hours during which students can ask for help with class material and assignments. However, many students never bother with this. Encourage your student to take advantage of this extra help to achieve his or her academic goals.
Spring and Summer Course Registration

Beginning on Monday, November 10, current students can sign up for spring and summer courses. Students are given time tickets in Leo Online that tell them when they can register. Prior to this, however, it is important that all students meet with their academic advisors to map out their plans for the spring and summer semesters, review any prerequisites that the courses may have, get approval for courses if needed, remove holds and ensure that they are taking the correct courses to fulfill both their major and general education requirements. You can help your student by encouraging him or her to schedule an advisor meeting as soon as possible and to check Leo Online to know when to begin registering.

Sports Spotlight

ODU Men’s Soccer

@ Virginia Commonwealth 2-1 (W)
@ Kentucky 1-1 (Tie)
Next game: vs Florida Atlantic 10/11

Monarch Pride

ODU has been named to the 2014 President’s Higher Education Community Service Honor Roll for the third consecutive year. This year, however, the award was issued in the "With Distinction" category, honoring ODU's strong commitment to community engagement.

Fall Career Fair

The Fall Career Fair is scheduled for Tuesday, October 28, from 10:30 a.m. to 2:30 p.m. at the Ted Constant Convocation Center, and all current ODU students, alumni and their immediate family members are invited to attend. This annual career fair boasts more than 80 employers from a broad spectrum of industries such as healthcare, shipping, IT, non-profit and business. Employers are seeking qualified individuals to fill jobs locally, nationally and internationally. This event presents an opportunity for students, alumni and family members to seek employment, network with recruiters and gain valuable experience in self-presentation and job search strategies. Rarely is there an opportunity to communicate with this many employers from such a wide variety of industries all in one room. Click here to see a list of participating employers. Be sure to dress in professional attire and to bring your resume and references with you. All family members should be escorted by an ODU student or alum.
On Friday, September 26, the ODU community came together for a ceremony to rename the College of Business and Public Administration to the Strome College of Business in honor of an $11 million gift from the Strome Family Foundation. The foundation, created by ODU alum Mark Strome and his wife Tammy, donated the money in order to support the creation of the Strome Entrepreneurial Center that will provide mentoring and guidance to students from across the university's six colleges, as well as the creation of a campus-wide entrepreneurship curriculum available to all ODU students.

Monarch Family Weekend

We would like to thank those of you who attended Monarch Family Weekend this year!

Monarch Money Matters

ODU recently launched Monarch Money Matters, a financial literacy platform designed to teach students about budgeting, debt management, and maximizing career opportunities. Students can access "Monarch Money Matters" by logging into their myODU portal and clicking the new link, which appears on the right hand side of the screen. After registering for the site, students can access nine educational financial health modules, including lessons on smarter spending, student loans, paychecks and credit cards. The site also features articles, videos and webinars about career and future preparation, as well as spaces to ask questions to financial experts and to post resumes and search and apply for jobs.

Healthy Habits

The arrival of fall signals the start of flu season. Your student can avoid the coughing, fever, aches, and fatigue that go along with the flu by:

• Getting a flu shot. Student Health Services offers the shot for $10.
• Washing his or her hands often.
• Getting plenty of sleep.
• Eating healthy foods and drinking plenty of fluids.

Numbers to Know

Advising and Transfer Programs  
academic advising, continuance  
757.683.3699

Career Management Center  
internships, employment  
757.683.4388

Peer Educator Program  
tutoring, mentoring  
757.683.6396

Student Health Services  
flu shots, health exams  
757.683.3132

Student Transition and Family Programs  
Monarch Family Weekend, parents’ association, orientation  
757.683.3428

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

Writing Center  
writing coaching/tutoring  
757.683.4013