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. Residence hall directors and 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 11, 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 pre-requisites 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 Football**

vs The Citadel 59-58 (W)  
vs Albany 66-10 (W)  
vs Liberty 21-17 (W)  
Next game: @ Pittsburgh 10/19

**Monarch Pride**

ODU professor Declan De Paor (left) has received a $2 million grant for a project on which he will collaborate with 20 others, including ODU’s Dr. Stephen Burgin (right), with the goal of creating virtual field trips and authentic research experiences for students.

**Fall Career Fair**

The Fall Career Fair is scheduled for Tuesday, October 22, 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.
What’s New at ODU?

On October 4, the ODU Student Government Association unveiled a 7-foot-tall bronze statue of Big Blue. Designed by Virginia Beach sculptor Richard Stravitz, the statue stands sentry over Webb Center, looking out on Kaufman Mall, and it will be the focus of a new ODU tradition. New students will take their picture with Big Blue at the start of their time here. They can return and rub Blue’s belly for prosperity, wealth, and good luck when they need it. Then they will again take their picture with Big Blue as part of their graduation celebration, to serve as a reminder of how far they’ve come.

Monarch Parent and Family Organization

The Monarch Parent and Family Organization has been formed as a partnership between you and ODU, with the purpose of enhancing your student’s college experience by engaging you with the ODU community. Members serve as ambassadors at University events and can also engage in volunteer opportunities. For an annual membership fee of $100, you get the Monarch Calendar and Resource Guide, Organization Welcome Kit, free entry into the Back to School raffle, an invitation to the President and Vice President reception during Family Weekend, and access to the “Ask a Question” link on the Family Connection website. For more info, email gomonarchparents@odu.edu or call 757.683.5890.

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 drink plenty of fluids.

Numbers to Know

Advising and Transfer Programs
academic advising, continuation 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
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

Parent to Parent Web Chat

Join us for an ODU parent & family web chat at 10 a.m. on Saturday, November 2. This live chat with streaming video will allow you to participate from the comfort of your home or office. The theme is “Parent to Parent”’. We would like you to share any advice you have for your fellow parents and also what you wish you would have known before sending your student off to ODU. There will also be time to get your questions answered. Prior to the event, check your computer’s configuration by clicking here. (Hit refresh if the page does not appear.) On the day of the chat, log in as a guest here, and then click “Watch Now.” Call Technical Support at 1.877.348.6503 if you have any trouble.