

# PARENT & FAMILY Services

ILLINOIS STATE  
UNIVERSITY



(309) 438-2008



ParentServices@IllinoisState.edu



Parent and Family Services  
at Illinois State University

## October 2018

### Study Abroad

Studying abroad helps broaden your students' academic experience by experiencing life in another culture and traveling the world while earning academic credit. The [Office of International Studies and Programs](#) will be hosting [First Steps meetings](#) to share program offerings, how classes abroad transfer back to Illinois State, where to find scholarships, the timeline of the application process, and how to apply.

First Steps sessions for the fall 2018 semester will be held in 105 Williams:

- Mondays from 3:30-4 p.m.
- Wednesdays from 3-3:30 p.m.
- Thursdays from 3:30-4 p.m.

### Homecoming: Redbirds Rising

Get ready for another Illinois State homecoming! This year, we will be celebrating from October 8-14. Whether you are a parent, an alum, or both, there are lots of events to get involved with outside of the big game on Saturday, October 13, against Southern Illinois. The [Homecoming website](#) has a full schedule of events, or you can check out [#RedbirdHomecoming](#) on Facebook, Twitter, or Instagram to follow along with the fun from afar.

### Family Weekend 2018

We hope you're getting excited for Family Weekend coming up on October 26-28. For a full calendar of events, check out the [Family Weekend website](#). See you soon!

### School Street Food Pantry

The [School Street Food Pantry](#) is a new pantry serving local college students. During Family Weekend, October 26-28, donations can be dropped off at the Alamo II bookstore on Friday and Saturday from 9 a.m.-6 p.m. and Sunday from 10 a.m.-4 p.m. They are especially looking for canned tuna or chicken, vegan and vegetarian foods, gluten-free food items, and personal hygiene products. Donate unexpired goods, and you will be eligible to win a \$200 Alamo II gift card.

### Redbird Legacy Family Brunch

Illinois State University wants to recognize all legacy families (any student that has/had a parent, grandparent, or sibling attend Illinois State) for their continued generational support with a special brunch on Sunday, October 28, as part of Family Weekend 2018. [Register for this event](#) by Friday, October 19.

Alumni Engagement is also seeking legacy family photos to share at the brunch. Please [submit a legacy photo](#) of all the Redbirds in your family by October 22. For questions, contact [Alumni Engagement](#) at (309) 438-2586.

### Spring 2019 registration and academic advisor appointments

Registration for spring 2019 classes begins October 15 and closes December 14. Students can register online through MyIllinoisState.edu. More information can be found through the [University Registrar](#) and [University College](#). If your student isn't sure when they are scheduled to register, they can verify their date and time in the Student Center/Enrollment Date section of MyIllinoisState.edu. Students are encouraged to schedule an appointment with their academic advisor to determine what courses they should take in the spring.

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## Stress and Illinois State services and solutions

We find that mid-October is a peak time for students to have stress. Academically, students may have a difficult midterm exam or their grades may not be as good as they expected. For new students, the consequences of their decisions (i.e. choosing to socialize instead of studying or doing assignments) may become apparent. Roommate conflicts can increase, and romantic relationships may also cause stress. Students may catch a cold or other illness. Please remember that the University has many resources to support your student.

- [The Julia N. Visor Academic Center](#) assists students through academic tutoring and workshops.
- [Student Counseling Services](#) can help students with any mental health concerns and provide ongoing counseling. Services are confidential and free of charge. They are also offering a variety of Drop-In Workshops on anxiety, beating the blues, relationships, self-care, and stress now through October 31. No preregistration is required. For workshop times and places, visit the [Student Counseling Services website](#).
- [Student Health Services](#) (SHS) is a resource available to students Monday-Friday during business hours. They provide examinations, treatment, urgent care, and minor surgical procedures. All students taking one or more credit hours are eligible to use SHS regardless of insurance. Even if your student is not covered by the ISU Student Health Insurance plan, they still have access to the on-campus medical clinic. For most services done at SHS, the cost is an \$11 front door fee. For charges in addition to the front door fee, students can get copies of the bills from the SHS Business Office or on the secure health portal to submit to their insurance carrier.
- [Health Promotion and Wellness](#) offers students tips and programs for maintaining healthy living during times of stress.

## Resources for off-campus students

[Off-Campus Services](#) is just one of the support services that the Dean of Students Office provides for Illinois State students. We want to help our students, even after they move off campus, which often begins with an off-campus housing search.

The [Off-Campus Housing Database](#) is the best resource to assist students in searching for off-campus housing. This site serves as a comprehensive resource for Illinois State students to search for vacant listings managed by private landlords and management companies, search for roommates, or find a sublesser. The database is a quick and easy place for students to search for apartments or houses with specific criteria such as price, number of bedrooms, and whether pets are permitted.

The [Students' Attorney](#) is also available to conduct lease reviews with students before signing, so students fully understand the information and legal obligations of a lease. Your student can schedule an appointment with the Attorney by calling (309) 438-2008.

## How to sign up for ISU Emergency Alerts

In the event of an emergency, information will be shared with the campus community through the ISU Emergency Alert system. Alerting channels include ISU email addresses, text messaging, Facebook and Twitter accounts, the University homepage, campus phones, and various campus displays. Parents and family members need to opt-in order to receive a text message. All you need to do is text "Follow @isualerts" to 40404.

A Twitter account is required to receive these text notifications, but alerts are sent via text message.

For more information on ISU Emergency Alert, visit [IllinoisState.edu/EmergencyAlert](https://IllinoisState.edu/EmergencyAlert). For general preparedness and safety information, like and follow @ISUBirdWatch and @ISUPolice on Facebook and Twitter.

In the event that an ISU Emergency Alert is issued, further updates will be posted at [IllinoisState.edu](https://IllinoisState.edu).



DEAN OF STUDENTS OFFICE  
Illinois State University