Welcome to the Wayne State University Parent Newsletter.

Spring Fever

Students are in awe that the winter semester is approaching the end. They are asking “Where did the time go?” as they ponder and prepare for midterms and finals. During their preparation for the home stretch, they might find it difficult to study. Spring fever is a powerful thing. When the weather is warm and sunny, it is easy to be tempted to skip class. Encourage your student not to give in.

Prioritizing tasks, getting enough rest, eating healthy foods and taking a few breaks all are
positive ways for your student to stay on track as we head into finals week. It is important to pick the right spot to study with the least amount of distraction. Study groups are a good idea — suggest that your student join or start one if they’re not already a member of a group. Also valuable is help from the Academic Success Center. Visit their website at success.wayne.edu to see the many tutoring and studying opportunities — now, before finals hit and it is too late. Also, the Undergraduate Library (UGL) has extended hours so your late-night student can get everything finished. The Academic Success Center and University Advising are both conveniently located in the UGL. You will find some helpful articles in this issue of the parent newsletter that will assist you in coaching your student to home base — a successful end of the winter semester.

Visit our WSU Parent & Family Facebook page at [https://www.facebook.com/WSUParentFamily](https://www.facebook.com/WSUParentFamily). This is an excellent way for you to connect with other Warrior parents and families and see what’s going on at WSU. When you like our page, you’ll see posts about opportunities to feature your students on special occasions such as graduation. I hope there will be sunny and warm weather when you receive this newsletter. Have a wonderful April!

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Preparing for the Home Stretch
By Liza Lagman Sperl, Enrollment Management Coordinator,
Office of the Registrar

Greetings Parents and Families,
The end of the winter term is fast approaching — the last day of classes is Monday, April 27. During this very busy time, students have three different semesters to think about: winter finals, upcoming
spring/summer classes and planning ahead for the fall. For a complete calendar of important dates and deadlines, visit reg.wayne.edu.

**Winter 2015 Final Exam Schedule**
For the official final exam schedule, students may go to reg.wayne.edu. Under “Student Help,” there is a link for Calendars & Deadlines. Students should also consult their course syllabi for additional information, such as what information will be covered on the exam and where the exam will be given.

**Spring/Summer 2015 Still Available**
Spring/summer and spring classes (eight weeks) begin Monday, May 11. Taking classes during the spring/summer semester can help students graduate on time. Undergraduates who have completed 24 credits with a 2.5 GPA or better may be eligible for the Spring/Summer Tuition Break, which offers a 30 percent discount. There is still time to register; visit wayne.edu/tuition/#discount.

**Fall 2015 Registration**
Priority registration for fall 2015 began Monday, March 30. Please encourage your student to register early for the best selection of times, days, and location. The schedule of classes is available at www.classschedule.wayne.edu.

**Financial Aid Update**
By Dr. Barbara Jones, Financial Aid Administrator
Office of Student Financial Aid

**The 2015-16 Parent PLUS Loan**
Beginning mid-July 2015, parents of dependent students can apply on StudentLoans.gov for the 2015-16 Parent PLUS Loan. Students must have a 2015-16 Free Application for Federal Student Aid (FAFSA) on file with the WSU Office of Student Financial Aid (OSFA) before the loan application is submitted. The total PLUS Loan amount that a parent may borrow is limited to the student’s estimated cost of attendance minus other financial aid awarded.

Parents of dependent undergraduate students
must complete the new PLUS counseling module on StudentLoans.gov if it is determined that they have an adverse credit history but qualify for a Parent PLUS Loan by obtaining an endorser (loan co-signer) or documenting extenuating circumstances. The counseling is intended to help Parent PLUS Loan applicants understand the costs and obligations that come with borrowing a PLUS loan and make careful decisions about taking on student loan debt.

Detailed information about the Parent PLUS Loan.

End of the year stress
By Erica Riba, LLMSW, and Steve Press, LMSW, BCD, Counseling and Psychological Services (CAPS)

“Stress is a huge part of the college experience, and it’s something we all have to deal with in life. We don’t, however, have to let it get the best of us. This may come as a shock, but stress does not have to take over your life, no matter how many finals you have.” – Zephyr Basine, editor in chief, College Fashion

First, it’s important for students to acknowledge that they’re stressed, because stress is normal and is experienced by all. One way to reduce stress is to talk about it with friends or even a counselor on campus. At the end of the semester, your student might want to look at this as an opportunity to reorganize. They can take a look at their course material, and if they are confused or unsure about any assignments, see their professor as soon as possible. Professors are busier at the end of the semester, too, so students should email or visit their office hours with questions. The same thing goes for other staff on campus. If students are behind or you are unsure about a class they’re enrolled in, they should seek advice from an advisor right away.

While students might think end of the semester means studying for exams only, there may be other obligations to get a head start on. For example, some students might want to start exploring various jobs or internships as it may be
a requirement for a specific program or degree. Even just getting a job or volunteering can strengthen various skill sets. If a student is traveling overseas, they should apply for or renew their passport now, as it can be a lengthy process. If they need a letter of recommendation from an advisor or teacher, they should start asking them now, as they also experience stress and have their own obligations and priorities.

A lot of students already have their fall housing set up, but summer plans are different for everyone. Students may need to start thinking about finding a sublease to take over their apartment this summer. Or if they live in the dorms, they may need to be exploring alternative summer housing. If they wait until after exams, there will be fewer housing options available.

At this time of year, students feel completely drained, which can lead to procrastination and negative thinking. One way to avoid lagging at the end of the semester is to engage in pleasurable and social activities. For example, your student should go outside, take a break and throw a Frisbee. It's a friendly sport that can energize them. However, students should not let these distractions become a replacement for their obligations. They should set limits to how many breaks they take.

Students can also make studying a positive, fun experience. They can have a study party by inviting their friends over and ordering pizza and together. They can learn new information, take breaks and enjoy each other's company.

Students around the world have weighed in on 10 tips to beat end-of-the-year stress:
1. Take breaks. For every hour or so that you work, take a 10 or 15 minute break. It gives your brain a little rest
2. Get enough sleep. It restores energy, fights off illness and fatigue, and helps us think more clearly. Try for 7-8 hours and see how you feel!
3. Think of your final as just another exam. The less pressure you put on yourself and the exam, the better!
4. Drink water. Staying hydrated can keep stress levels down.
5. Eat protein-rich food on test day. This can lead to greater mental alertness.
6. Exercise. Go on a walk, stretch and get fresh air.
7. Socialize. Go out to lunch with friends or play a card game.
8. Make flashcards. It’s active studying that helps store information.
10. Think positively. It actually helps going into exams with an upbeat attitude.

Putting at least a few of these suggestions into practice now can really help reduce your student’s stress level as they head into the end of the semester and final exams. Best of luck!

Spring/Summer Semester 2015 Parking Permit Sales
By Audra G. Kovalchuk, Director, OneCard and Parking Services Center

Parking permits are available for students to purchase online for 2015 spring/summer semester (May 11-August 16): Online Parking Payment Webpage.

Please remember: Due to limited availability, we encourage everyone to purchase early to get the structure of their choice. Fees for the spring/summer semester have not changed. The amounts are as follows:

Student nonpremium facilities: $280 (Parking Structures 1, 2, 4, 5, 7 and 8)
Student premium facility: $360 (Parking Structure 6)

For new parking permit patrons, a one-time, nonrefundable/nontransferable $25 user fee for an RFID hang tag will automatically be added to the parking purchase. So if a student is requesting nonpremium parking at $280, the final cost will be $305. The RFID hang tags will be mailed to the student’s shipping address and be linked to all current and future parking assignments at WSU. For this reason, students should not discard or
damage the tag, even if they’re taking a semester off from utilizing assigned parking. If a student is renewing their parking assignment, they should continue to use their current RFID tag; nothing will be mailed to them. If they do not complete their online session, they should abandon their transaction, remove the incomplete permit from their cart and log out of the system.

Parking permits are available for walk-in cash or OneCard sales only in the OneCard/Parking Service Center in Suite 257 of the Welcome Center. All credit card, debit card and check sales must be completed online; the OneCard and Parking Service Center no longer processes credit card or check transactions in the office, except for those patrons who are unable to pay online (such as those with disabilities).

Attention Chrome and Safari users: Our CashNet payment site experiences intermittent issues when customers who are purchasing permits are using either of these browsers. To reduce errors and wait time, we recommend using either Internet Explorer or Firefox when purchasing/renewing a parking pass. Students who are experiencing issues online should come to the OneCard/Parking Service Center to purchase their permit. We will accept all forms of payment in the office for those who are unable to purchase their permit online.

Parking for the spring/summer semester begins Monday, May 11, and is sold on a first-come, first-served basis. Students should take advantage of the online system now to be sure they get the structure of your choice. If they are experiencing problems logging in, they should call 313-576-PARK.

The Tough Question: On Campus? Off Campus? Commute?
By Nick Board, Operations Supervisor, Student Center Administration

College students are faced with many tough decisions as they seek to lay their own foundations for future success. Many of the decisions are centered on their university
experience. Aside from choosing a major, perhaps one of the biggest decisions students have to make is whether to live on campus or commute. Many turn to their parents and older siblings for advice. As parents, we consider the cost of on-campus housing. For some, living at home and commuting may work out to be the best value. For others, it may be immediately apparent that in order to attend WSU, students must make the move to campus. Others may be on the fence. There are factors beyond the basic life needs that can be factored into the equation, making the decision easier.

Campus housing aligns itself with the mission and purpose of the university to help your child succeed in college and in life. They want to see your student graduate on time and with a GPA everyone can be proud of. WSU housing provides additional support and resources that students cannot find at home or in an apartment a few blocks off campus. These resources and support structures do have an impact. According to national studies, students who live on campus are more likely to graduate on time and with a higher GPA. Additional semesters are costly and often are not factored in to a student’s budget.

Living on campus provides your student with additional support as they make their transition to independence. University housing puts your student in an environment with peers who may have similar issues. In addition, all on-campus housing options have full-time, live-in professional staff members who are masters at navigating the college experience. Each Community Director holds a master’s degree and can be a great resource for your student.

Beyond the cost of living, staying on campus has many benefits, from proximity to resources to an on-call support network. Living on campus could help your student earn their degree more quickly while providing an unforgettable experience. If you are looking for more information, the New York Times has some great articles that outline the pros and cons of living on campus while giving perspectives of current and former students on
their site. If your student is ready to make the move to campus, the application for the 2015-16 academic year is available at housing.wayne.edu.

WSU Department Spotlight

Welcome to the Department of Communication Sciences and Disorders
By Faith S. Williams, M.A., LLPC, Academic Advisor, Department of Communication Sciences and Disorders

CSD provides specialized coursework and prepares students to work with speech-language and hearing disabled children and adults in a variety of settings, including public schools, hospitals, clinics, rehabilitation centers and private practice. CSD undergraduate degrees are considered preprofessional, as students must obtain a graduate degree to be employed as a certified speech-language pathologist (M.A.) or audiologist (Au.D.) in any work setting.

The master's degree program in Speech-Language Pathology and the professional doctorate program in Audiology (Au.D.) are accredited by the Council on Academic Accreditation of the American Speech-Language-Hearing Association.

For more information, visit http://clas.wayne.edu/CSD/ or call 313-577-3339.

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