Welcome to the Wayne State University Parent Newsletter.

Is Spring in the Air?

Although it still looks and feels like winter as I write these words, by the time you get this issue, spring will be three weeks away! Your students are entering their final stretch of the winter semester as they eagerly approach WSU’s official spring break, when no classes will be held the week of March 16-21.

Spring break is a good time to check in with your student to gauge how they are doing in their classes. If you sense they are having difficulties, you can suggest they visit the Academic Success Center or check in with their advisor, and don’t forget help that’s available from Wayne State’s Counseling and Health Center.
Psychological Services. You will find an informative article from our CAPS office in this issue of the Parent Newsletter.

We are glad to announce that the WSU Police Department is offering its nationally certified Rape Aggression Defense (RAD) training in March, April and May. You will find more details on the training in this issue.

Kindly ask your student to check Pipeline and make sure they don’t have any registration holds, as priority registration for the fall 2015 semester begins Monday, March 30. It’s important that students are able to register early, before classes become full.

We invite you to also like our WSU Parent & Family Facebook page. 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.

Finally, I welcome you to call or email me with any questions or requests for assistance.

Have a wonderful day.

Linda Seatts-Ogletree, Coordinator
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Looking Back on the Year

By Erica Riba, LLMSW and Steve Press, LMSW, BCD, Counseling and Psychological Services (CAPS)

Congratulations! You’ve made it three-quarters of the way through your child’s academic year. Now that you have this much time under your belt, let’s take a minute to reflect back.

How did it go?

It’s March, so you’ve been through the first semester
frenzy with your child, including move-in, orientation, stress, holidays, calls home when your son or daughter has run out of money, your student being unsure of their major, roommate issues, midterms, final exams, winter break and starting fresh with the second semester. Can you believe all of that is now water under the bridge?

Remember, you’re not being judged on failure or success. It’s important that you continue to empower yourself while empowering your student to succeed.

**Take a minute to think back over this year.**

Did you set limits with your son or daughter? Did you allow your child to set limits with you? Did you make compromises and negotiate? Were you able to accept your child’s decisions and choices?

It’s important that you provide that space for your child to share information with you, as it can build trust and strengthen your bond.

Remember, when your student came to campus, he or she had to learn the ins and outs of college life, such as how to do laundry and how to wake up on time for class. It was a new experience for them and, as we know, new experiences can be both exciting and scary.

Keep remembering that college is a transition period for you and your child. Every decision or choice they make is a chance for them to grow and learn. Continue to communicate, listen and be supportive. Let them know that you are available and that you care. If they don’t want to share or talk about it, that’s okay because it’s an adult choice they are making.

Continue to be aware of resources on campus so that you can pass them along to your child — especially if they ask for help, if you become concerned or if you notice a change in their behavior.

Hopefully, your son or daughter is on his or her way to becoming a full-fledged college student, while you’re on your way to being the parent of an autonomous, independent adult.
Stay tuned for April’s article about end-of-year anxiety and stress related to final exams, moving back home, less structure and more.

**Financial Aid Check**

By Dr. Barbara Jones, Office of Student Financial Aid

**Spring/Summer Aid Eligibility**

The spring/summer semester is part of the 2014-15 school year. In addition to the 2014-15 Free Application for Federal Student Aid (FAFSA), financial aid for the semester requires completion of an institutional application. In mid-March, the [spring-summer financial aid application](http://bit.ly/1DAnDCo) will be available.

Aid for spring/summer is limited to Federal Work Study (FWS) and a student’s remaining eligibility, if any, of their fall and winter semester Federal Pell Grant and Federal Direct Loans (subsidized and unsubsidized). The Pell Grant and Direct Loan have annual limits. Information about the Pell Grant is at [http://bit.ly/1C5oqNT](http://bit.ly/1C5oqNT) and information about annual limits of Direct Loan is at [http://bit.ly/1DAnDCo](http://bit.ly/1DAnDCo).

FWS is very limited. Students who want consideration should complete the [online request](http://bit.ly/1DAnDCo), which will be available in mid-March.

**State of Michigan Scholarships and Grants Deadline**

State of Michigan Scholarships and Grants (SSG) help students pay for college. Priority consideration for state aid programs is given to those students whose FAFSA is [received](http://1.usa.gov/1ABPG4v) at the federal processor by [March 1](http://1.usa.gov/1ABPG4v). Details can be found at [http://1.usa.gov/1ABPG4v](http://1.usa.gov/1ABPG4v).

**Spring/Summer 2015 Registration Now Open Fall 2015 Schedule of Classes Available March 2**

By Liza Lagman Sperl, Enrollment Management Coordinator Office of the Registrar

With midterm exams wrapping up, we hope your student will enjoy a well-deserved spring break on March 16. While off, you may want to have a conversation about taking a class over the summer.
It’s a great way to stay on track for graduation. For some students, summer classes are an opportunity to focus on one or two of their more challenging subjects. Other students take classes while engaging in research with their faculty or volunteering with local community organizations. Many classes are available in eight-week spring or summer sessions or as a 13-week spring/summer semester. For details, visit classschedule.wayne.edu.

Qualified students may receive a 30 percent spring/summer tuition break.

The fall 2015 schedule of classes will be available online beginning March 2. Fall registration begins on Monday, March 30.

Health and Wellness

By Christie Bellak, MSN, RN

With school, work and social activities galore, it’s easy to see why so many people have put their goal of getting fit for 2015 on the backburner.

March is National Nutrition Month. If you needed some motivation to start an exercise routine or healthier diet, this is it. Remember that March is only the third month of the year, so it is not too late to get started on making a positive change. Encourage your student to stop by the Campus Health Center for some tips on how to increase their health and improve their wellness.

The Campus Health Center is here to help your students achieve their health and wellness goals. Offering immunizations, physicals, women’s and men’s health, weight management advice, health education and more, our team of experienced health care providers are here to work with your student to provide the care they need to thrive in and out of the classroom.
WSU Police Offering Rape Aggression Defense (RAD) Classes

The Wayne State University Police Department is getting ready to present the next Rape Aggression Defense Advanced Self Defense Course for Women. This 24-hour (in total) Advanced RAD class will be held from 10 a.m.-6 p.m. on the first Saturday of the next three months (March, April and May), starting on Saturday, March 7. The Advanced RAD classes will be held at the Wayne State University Police Department, located at 6050 Cass Avenue at Burroughs, two blocks north of the Ford Freeway/I-94.

Interested students can sign up for all three sessions or pick and choose from any of those listed below.

Cost of the Advanced RAD course is $20 for one, two, or all three sessions. That's only $5 per session if you attend all three.

Those interested in attending this Advanced RAD Women's Self Defense must have already attended a Basic RAD class, as this advanced class builds on the techniques and strategies learned there.

The Advanced RAD course will include a brief review of basic techniques and then move on to advanced self-defense, including hand strikes, defeating front choke holds, head throws and additional ground fighting skills.

All RAD classes are open to women only. Men are not permitted to attend or view this training.

WSU students, staff and faculty members may also attend with or enroll one non-WSU woman as their guest. This includes non-WSU spouses, partners, girlfriends and female siblings. Daughters and siblings 12-16 years old may attend the Advanced RAD training program with a parental consent form. We highly recommend that the minor attends the course with a female parent or older female sibling.

Saturday, March 7, 10 a.m.-6 p.m.

Various kicking techniques, including lateral sidekicks and stomps, shin kicks, back kicks, forearm strikes,
elbow drops and tackle avoidance.

**Saturday, April 4, 10 a.m.-6 p.m.**

Ground defense and tactical ground fighting techniques, including ground defense positioning, ground movement and kicks, defeating an attacker who is on top of you, and grabs and gouges.

**Saturday, May 2**

Leg grabs, countering techniques, defeating full nelsons, headlocks and hair pulls. Defending against multiple attackers, identifying group leaders, identifying target-rich environments and tactical movements when you find yourself backed into a wall or with your back to your attacker.

**How to Register**

In order to maintain a high student-to-instructor ratio, class size is limited to the first 20 registered participants. To register for this class, please bring your $20 fee and WSU OneCard to the Records Section of the Wayne State Police Department. Feel free to park in the police-only zone in front of the building, as the course registration will only take a couple of minutes. WSUPD Records Section office hours are Monday-Friday, 8:30 a.m.-4:30 p.m.

RAD Advanced Class registrations will be accepted until 4:30 p.m. on the last Wednesday prior to each class session unless the class fills to capacity before that time.

**Housing**

If your student hasn’t signed up for 2015-16 housing yet, don’t worry — it is not too late. Students can sign up for housing anytime at [http://housing.wayne.edu/](http://housing.wayne.edu/). With less than a five-minute walk to classes, libraries, a 24-hour computer lab, the Student Center, and the Mort Harris Recreation and Fitness Center, living on campus is a convenience that your student can’t pass up. Housing has a master’s level, full-time professional staff onsite to help your student achieve personal and academic success. Each residence hall and apartment building also have student Resident
Advisors (RAs) to assist your student. The entire staff supports a safe, comfortable and convenient living experience, where students can grow in self-awareness and cross-cultural understanding. Your student will practice social and group development as members of a diverse group of Wayne State learners.

Encourage your student to take the next step of student success at [http://housing.wayne.edu/](http://housing.wayne.edu/). Remember that campus housing fills up fast so apply early!

**Ways to Ensure Prompt Delivery of Your Correspondence**

By Leo Lieberman, Manager, Mail and Receiving Services

Getting your mail and packages to your children is of the highest importance to my department. Here are some tips to ensure that we are able to do this as quickly as possible.

Please address items to a recipient’s attention at their specific dorm. Do not send anything to their attention addressed to our Welcome Center. Residents frequently move from dorm to dorm or room to room, so please ensure that you have validated their current room number and included it with the address. Please also ensure that you have addressed the package using the name that is recorded with the university. Failing to adhere to any of these guidelines may delay reception or cause your item to be returned to sender.

If you have any questions, comments or concerns, please do not hesitate to contact me and I will be happy to address them.
Off-Campus Vendors Accept the OneCard

By Audra G. Kovalchuk

Did you know that your student can make purchases at off-campus vendors using their OneCard? The OneCard is the student ID card that also has a debit card function. Note that the only off-campus vendor that accepts Warrior Dollars (sold as part of a meal plan) is Jets Pizza, giving our students a convenient late-night pizza delivery option.

Off-campus locations that accept the OneCard include:

**Blimpies Subs** (108 W. Hancock)

**CVS #8231** (350 E. Warren Ave.)

**Delilah’s at the Oakland Center**

**Falafill** (4206 Woodward Ave.)

**Fatburger** (4501 Woodward Ave.)

**Jets Pizza** (4718 Anthony Wayne)

**Marcus Market** (4614 Second Ave.)

**Rite Aid Pharmacy**

- **Store #4595** 4612 Woodward Ave.
- **Store #4489** Town Center
- **Store #4485** East Jefferson Ave.
- **Store #4266** 7843 W. Vernor
- **Store #4498** 13939 Livernois Ave.
- **Store #4843** 10950 Gratiot Ave.

**S & L Quickstop** (97 W. Warren Ave.)

**University Foods** (1131 W. Warren Ave.)

**Wasabi Korean-Japanese Cuisine** (15 E. Kirby St.)
Several of these locations are among the many vendors participating in the Show Your OneCard and Save program that offers discounts to students. For a complete list and to see specific discounts, Show Your OneCard and Save.

Is Your Student Graduating This May?

If your student is graduating this May, it is time to get ready for the Spring Grad Expo. Graduation can be an overwhelming time as everything comes to an end, but the WSU Bookstore is here to help. Spring Grad Expo takes place on March 24-26 from 9 a.m.-6 p.m. at the WSU Bookstore and Welcome Center. On these dates, eligible graduates are able to get everything they need for commencement in one area. The WSU Bookstore has caps and gowns, rings, announcements, diploma frames and discounts on alumni apparel. The WSU Welcome Center has tickets for commencement, photos, financial aid information and alumni association information. Can’t make these dates? No worries: You can still purchase your cap and gown at the WSU Bookstore any time after the expo until the day of commencement.

There are also mini grad fairs at two WSU extension campuses. The Oakland Center grad fair is on April 7 from 3 p.m.-8 p.m. and the Macomb ATEC campus grad fair is on April 9 from 3 p.m.-8 p.m. Note that graduation photos will not be taken at the extension center grad fairs. For more information about commencement, please visit www.commencement.wayne.edu. Congratulations, Class of 2015!
Thank you for signing up as a member of the Wayne State University Parent Information Network and allowing us to share WSU news and updates.