



# Monarch Family Connection

*A publication from Student Transition & Family Programs*

*An Office of Student Engagement & Enrollment Services*

## Reigning Responsibly: A Fall 2020 Recap



Despite challenges presented by COVID-19, the ODU community rallied together and adapted to have the best semester possible. Our campus had a successful and safe Fall 2020 with online and in-person classes and various events centered around physical, mental, and social wellness. The Student Activities Council hosted several socially safe events such as game nights, movie nights, cooking classes, and silent disco. Recreation and Wellness and Health Promotions presented an ODU de-stress week in November allowing students an opportunity to relieve stress in healthy ways and take a break from work, classes, and studying. Featured events included a car smash, yoga in the Quad, and a paint night. Proudly this semester, ODU was able to provide all students with free flu shots and COVID-19 testing. Additionally, Student Engagement and Enrollment Services (SEES) opened the new Monarch Pantry through donations and food drives to address food insecurity in our campus community. This fall, SEES continuously found ways to engage with students in order to promote success and well-being.

As the semester comes to a close, we encourage you to have conversations with your student about building resiliency. Resiliency will allow your student learn from, overcome, and adapt to changes. Chat with your student about the accomplishments and challenges they faced this semester and how they will work to improve in spring. Having open and honest conversations with your student will require them to reflect and will aid in identifying strategies for success.

**Please note:** The University will be closed from December 23 - January 1 and re-opens January 4, 2021. Spring classes begin on January 19, 2021. We wish your family a happy and healthy holiday season, and look forward to welcoming you back in 2021!



## Don't Fret Over Finals

As your student prepares for finals, here are a few pointers you can share to keep them organized and on track.

- Determine the dates and times for all upcoming finals as they may be different from regular class meetings. Be sure to review the syllabi of asynchronous courses to determine final delivery method.
- Be clear about studying objectives. For example, allocate a certain amount of time to studying and designate the content material that will be studied. Instead of saying, "tonight I will study", say "tonight I will review 4 chapters for my history exam."
- Write out a study schedule and include breaks. Breaking up time and allowing for built in breaks will make the work



manageable. Breaks allow the brain time to digest information.

- Get sleep. Rest is important to physical and mental well-being.

## Important Information Regarding Virginia Guaranteed Assistance Program (VGAP)

If your student receives VGAP, they must meet certain renewal conditions. Below the renewal conditions are outlined.

- Minimum 2.0 GPA each semester
- Completion of a minimum of 12 hours each semester (full-time completion)
- Early Free Application for Federal Student Aid (FAFSA) filing
- Demonstrated financial need
- Continuous full-time enrollment (minimum 12 credit hours per semester) from year to year (summer excluded). *Note:* audited courses do not count toward full-time enrollment.
- Participation in the VGAP program is limited to the first four years of attendance (fall/spring enrollment for four consecutive academic years).

If your student has questions about their standing, they can contact their [Financial Aid Counselor by email, phone, or virtual](#)

**Students must now submit their 2021-2022 FAFSA at [fafsa.gov](https://fafsa.gov).**

## REMINDER:

**Spring, Summer & Winter 2021 registration is now open.**

**REGISTER TODAY!**

## IMPORTANT DATES

December 11: Fall classes end.

December 12: Exams begin. *Note: All exams will be administered online.*

December 18: Exams end.

December 29: Winter term classes begin. (Registration open now)

January 18: ODU closed in observance of MLK Day.

January 19: Spring 2021 classes begin.

January 21: Tuition deadline for Spring 2021.

January 26: Add/drop deadline.

Click to view the [Fall final exam schedule](#) and full [Spring 2021 calendar](#).



## OLD DOMINION SHIRT OF THE MONTH

*A New Main Attraction:* ODU welcomed Reign the Mermaid this fall. Reign the Mermaid was designed by ODU art student, Brooke Benham. The mermaid has been a symbol of Norfolk since the year 2000.

### GET NEW ODU SHIRTS DELIVERED TO YOU EACH MONTH

STARTING @ \$19.95 YOU CAN BE A MEMBER OF THE OLD DOMINION SHIRT OF THE MONTH CLUB. AFTER JOINING YOU WILL BE SHIPPED A "WELCOME" SHIRT WITHIN ONE BUSINESS DAY. THEN THE FIRST WEEK OF EACH MONTH, YOU WILL BE SHIPPED A NEW ODU MONARCHS T-SHIRT, LONG-SLEEVE OR HOODIE WITH AN EXCLUSIVE DESIGN FOR CLUB MEMBERS.

- 19.95 A MONTH - T-SHIRTS ONLY (STANDARD)
- 24.95 - T-SHIRT WARM MONTHS & LONG SLEEVE OR HOODIES COLD MONTHS (PREMIUM)
- SIZES RANGE FROM YOUTH SMALL TO 5XL
- OFFICIALLY LICENSED BY ODU
- FIRST SHIRT SHIPS IMMEDIATELY
- NEW SHIRTS SHIP THE FIRST WEEK OF EACH MONTH.



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