



Monarch Family Connection

A publication from Student Transition & Family Programs

An Office of Student Engagement & Enrollment Services

When Reigning in a New Year, Balance Brings Cheer!

We are excited to welcome you and your family to a new year and semester at Old Dominion! Often with the start of a new beginning, we are eager to set goals and resolutions. With this in mind, it is important to create balance. Much of a successful college experience is about the ability to balance competing priorities, such as studying, working, and engaging in socially safe activities. Without balance, it is easy to devote too much time and energy to one area which can lead to burn out and decreased motivation. Having a balanced lifestyle will lead to sustained habits. Developing a balanced lifestyle requires some self-reflection and inventorying of values and priorities. Encourage your student to ask themselves the following questions: What goals do I want to accomplish this semester? What do I need to prioritize in order to achieve my goals? What ODU resources exist to assist me in reaching my goals? Who can support and encourage me in attaining my goals?

Once your student has answered these questions, it will be easier to sustain their momentum, create balance, and achieve their goals. To support your student in creating internal balance, it is necessary to empower them. You and your student may need to discuss the relationship between relying on self and relying on others. When your student comes to you for assistance, we encourage that you guide them to the solution. There is a balancing act between guiding and doing it for them. Balancing between self-reliance and relying on others will increase a sense of self-responsibility necessary to accomplish their goals.



Sometimes balancing our priorities may feel out of control. Take a moment to assess and re-strategize. *Photo from Spring 2019, pre-COVID.*

REIGN RESPONSIBLY

As we start the Spring 2021 semester and continue to prioritize the healthy and safety of our campus community, we want to remind you and your student of the four principles of the Reign Responsibly pledge. Encourage your student to follow these principles and continue to do the COVID-19 symptom tracker on their ODU portal.



STAY INFORMED



FOLLOW GUIDELINES



CARE FOR SELF



CARE FOR OTHERS

Virtual Learning Lingo & ODU Systems Overview

Below we have defined potentially unfamiliar terms as your student continues to learn virtually.

Asynchronous – Asynchronous learning allows learners to go through a course at their own pace and on their own schedule.

Blackboard – A web-based course management tool used by faculty to administer course content such as assignments, syllabus and grades.

Cloud-based – A term that refers to applications, services or resources made available to users on demand via the Internet from a cloud computing provider, such as Box or Google Drive.

DegreeWorks – A tool designed to assist advisors and students with course planning, measuring progress toward program completion, and curriculum advising.

LeoOnline – ODU's student information system. LeoOnline houses personal information, grades, course registration system, transcripts and more.

Lockdown Browser – A custom browser that locks down

the testing environment within Blackboard. When students use Respondus Lockdown Browser they are unable to print, copy, go to another URL, or access other applications.

myODU Portal – A web-based, personal gateway for official ODU information, with direct access to many university services. The portal pulls together the ODU online resources you need most.

Proxy Access— Students can grant family members view only access to grades, transcripts, and tuition bills. [Students can grant this access through LeoOnline.](#)

Synchronous – When learners participate in an online learning course at the same time but in different locations, it is known as synchronous learning. Synchronous learning allows learners to interact with the instructor and other participants.

Zoom – Zoom is a cloud-based web conferencing service that allows users to meet online and share content.

Information and Technology Services is available at itshelp@odu.edu.



We look forward to having our students back on campus engaging in socially safe activities. Last semester, ODU was able to host several events to keep students engaged which leads to academic success and persistence.

IMPORTANT DATES

January 19: Start of Spring 2021 courses. *Note:* All courses will be administered virtually (synchronously or asynchronously) until February 1. Students should review their course syllabi found in Blackboard to determine course delivery method.

January 21: Tuition deadline and deadline to apply for in-state tuition rates. Students can enroll in a payment plan online within 35 days from the tuition deadline. For more information on payment plans, please visit the [payment plan website](#).

January 26: Add/drop deadline. Last day to register, add, or drop courses with no grade or financial penalty.

February 2: Withdrawal deadline for 50% tuition refund.

[View the complete Spring 2021 academic calendar for more information.](#)

Your student can find social events happening on-campus and virtually by logging into [Monarch Groups](#) with their MIDAS.

ODU continues to monitor and focus on COVID-19 as it impacts our community. [View the University COVID-19 dashboard for current statistics.](#) The dashboard is updated weekly on Mondays.