

Monarch Family Connection

A publication from Student Transition and Family Programs

Division of Student Engagement & Enrollment Services (SEES) at Old Dominion University



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Photo of Chartway Arena during Fall 2019 Move-In.

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Happy New Year!

2020 Vision: Setting Clear Goals for a New Semester

As your student returns to campus, it is important to acknowledge how this semester may differ from previous semesters for you and your student. "New year, new me", sound familiar? Often a new year comes with new or refreshed goals, therefore it is important to discuss effective goal setting strategies with your student. Studies show talking about your goals with friends or family allows for accountability. We'll share a three step approach to goal setting that may be helpful to both you and your student. Goal setting is important to achieving success, however evaluating the methods to achieve your goals is equally important. With that, the first step in our approach is to reflect. Reflection is often an overlooked part of the goal setting process. Encourage your student to think about a previous goal that they achieved and what strategies they utilized. What went well? How did they achieve that goal? What were some of the pitfalls? Reflection can help your student identify areas of strength and areas of opportunity to actualize their goals. The second step is to plan. According to Antonie de Saint-Exupery, "A goal without a plan is simply a wish."

We encourage using a combination of SMART and HARD criteria when setting goals.

SMART Goals

S: Specific
M: Measurable
A: Attainable
R: Relevant
T: Time-bound

HARD Goals

H: Heartfelt
A: Animated
R: Required
D: Difficult

Using the SMART and HARD criteria will allow your student to have a clear vision (2020 vision, if you will) that both challenges and develops them. The last step is to talk it out. We encourage you to talk with your student about the emotions that they may have entering into this new semester. They may be feeling overly confident or overwhelmed - and that's okay. We encourage having honest conversations with your student, validating their feelings, and supporting them throughout their journey. This will assist your student in developing a heartfelt connection with their goals, in turn, helping them succeed.



Through Outdoor Adventure Programs (OAP) in Recreation and Wellness, students have the opportunity to participate in affordable outdoor activities such as kayaking, paddle-boarding, and camping.

Live Well. Learn Well.

How Monarchs Make Fitness Fit

A healthy lifestyle can positively impact all aspects of life. ODU's Recreation and Wellness takes pride in their focus on student success and well-being. Recreation and Wellness offers programs such as intramural sports, group exercise classes, and outdoor adventure programs. Over 14,000 ODU students participate in intramural sports with flag football, 5v5 basketball, soccer, and volleyball being the most popular. There are several Monarch Experience programs held through Recreation and Wellness. Monarch Experience is a campus-wide initiative for first-year students promoting involvement and relationship building in the ODU community. One example is the Freshman Fit Team which allows first-year students to choose from various wellness activities including custom workouts and nutritional taste testing. Every participant of the Freshman Fit Team receives a FitBit. A FitBit is a wearable activity tracker that measures steps, heart rate, quality of sleep, and more. For students who are interested in fitness but aren't quite sure where to start, Recreation and Wellness also provides Fitness Orientations. Fitness Orientations allow students to meet with a fitness specialist who will assist your student in their fitness journey. Getting involved in Recreation and Wellness can result in several positive outcomes for students including improved wellness, lasting relationships with other Monarchs, and even employment opportunities and internships. Recreation and Wellness operates two facilities, the Student Recreation Center (SRC) and University Fitness Center, along with an outdoor volleyball court and an artificial turf field for intramural sports. Encourage your student to get involved with Recreation and Wellness by visiting the Student Recreation Center (SRC) or [visit here](#).



Students participating in team-building activities through Recreation and Wellness.

Nine Dimensions of Wellness

Wellness is an active lifestyle that challenges the individual to function at their optimal potential by achieving balance in the following 9 areas:

1. **Cultural:** Requires one to suspend judgment of others and strive to recognize, understand, accept and affirm differences among people.
2. **Emotional:** Includes trust, self-esteem, self-acceptance, self-confidence, self-control and the ability to bounce back from setbacks and failures. A state of emotional and psychological well-being in which one is able to use their cognitive and emotional capabilities, function in society and meet ordinary demands of everyday life.
3. **Environmental:** Includes the ability to promote measures that improve the standard of living and quality of health in our environment.
4. **Financial:** Requires maintaining a balanced budget for expenses, managing money effectively, making wise financial decisions and practicing money saving techniques.
5. **Spiritual:** A set of guiding beliefs, principles or values that give meaning and purpose to your life, especially during difficult times; involves the capacity for love, compassion, forgiveness, altruism and fulfillment.
6. **Intellectual:** Includes the use of and continual striving for information and intellectual growth.
7. **Occupational/Career:** Includes one's attitude about one's work and recognizes personal satisfaction and enrichment in one's life through work.
8. **Physical:** State of well-being dependent on eating well, engaging in physical activity, and avoiding harmful habits.
9. **Social:** Includes learning communication skills, developing the capacity for intimacy, contributing to your community, accepting others different from yourself and cultivating a support network of friends and/or family members.

For more information on Monarch Wellness, [visit here](#).

Student Spotlight

Meet Breana C.-Junior exercise science major from Manassas

What does it mean for you to live well, learn well?

Live well, learn well means that if I'm making the right decisions for my wellness and investing in myself then I will succeed in the classroom as well.

How do you maintain a healthy lifestyle at ODU?

I make a schedule and prioritize my time for both school and work, so that I can keep a healthy state of mind. In addition to that, I try to eat right and go to the gym regularly.

What is your long-term goal with your exercise science degree?

I plan on getting my master's in exercise science and then becoming a health and wellness coordinator for a company.

What do you do at the SRC? How did you start working there?

My friend Kailyn worked at the SRC and asked if it was something I was interested in and then helped me get the job. I'm a facility tech. Part of my job is to ensure that people are being safe and following the rules of the SRC. I also work the Pro Shop which is where equipment such as basketballs and yoga mats can be checked out for use by students.

How do you maintain a healthy lifestyle at ODU?

Find something on-campus you enjoy doing, whether it's going to work out, playing video games in Webb Center, joining a club or organization, or even an on-campus job. You want to do something that will bring you happiness and help you destress from school.



Breana is a full-time undergraduate student who works at the Student Recreation Center. Breana understands balance is key to her success and well-being.

First Family, Family First

Nearly half of ODU's 24,000 students are first-generation college students along with over 100 faculty members. A first-generation student is one whose parents or grandparents did not earn a college degree. ODU is committed to serving this population and has several resources for students. In 2019, ODU was selected as one of only 80 schools to be a member of the National Association of Student Personnel Administrators' (NASPA) inaugural First Forward Cohort. This cohort recognizes colleges/universities that are committed to first-generation student success. Through this cohort, ODU will be an example to other institutions aspiring to create a culture of care similar to ODU. This culture of care is fostered by Academic Affairs and Student Engagement and Enrollment Services.

Examples of this are the ODU F1RST mentoring network comprised of faculty, staff, and students who are first-generation students, the First Gen Team hosted a 'First Scoop' Ice Cream social at the start of the school year, and 'Monarch 2 Monarch First Gen' mentoring which hosts monthly meetings around financial literacy, getting involved, and time-management.



Students are able to identify first-generation faculty and staff members by these 'FIRST GEN? ME TOO' placards displayed outside offices.

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As discussed on the page 2, financial wellness is one of the nine dimensions of wellness. Financial literacy is a huge part of money management. Through ODU's partnership with PNC bank, students have access to MyFinance Academy. We encourage having transparent conversations with your student about their financial goals and strategies to achieve them.

Check out these three steps to help you manage your finances according to PNC bank.

1. **Think** about your priorities and identify goals. Be sure to include fun goals.
2. **Calculate** how much you'll need to achieve your goals.
3. **Monitor** your progress.

"Think about it: If you don't have goals or a plan for how you are going to spend your money, you may be more likely to waste it on frivolous things that don't help you get to the lifestyle you want."

For the full article, click here.



Monarch Family Weekend, 2019

Student Resources

We want your student to succeed inside and outside of the classroom. By setting goals, evaluating results and staying resilient, we believe your student will reach their full potential. As you and your student navigate this new year and semester, encourage your student to take advantage of the free resources available to them here at ODU.

The add/drop deadline for Spring 2020 is January 21. Make sure your student is registered for Spring 2020 classes!



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January Upcoming Events and Highlights

Academics

- January 1: FAFSA Priority Filing Date.
- January 11: Start of Spring 2020 classes.
- January 20: Martin Luther King Jr. Day (University closed).
- January 21: Drop/Add Deadline. This is the last date that students can add/drop classes for the Spring 2020 semester, if your student wishes to edit their class schedule. If a student drops a class by this date, they will receive a full tuition refund.
- January 28: Students can drop classes for 50% tuition reimbursement.

Activities

- January 16: Spring 2020 Involvement Fair in Webb Center. *The involvement fair is an opportunity for students to explore some of the student organizations that make up the ODU community.*
- January 20: MLK Day of Service includes free breakfast and transportation to a community service site.
- January 21: Spring 2020 Involvement Fair in Webb Center.

Athletics

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