Families are an integral part of a student’s life and whether students admit it or not, they value their family’s support. Knowing how to support your student may be difficult at times, but we are here to help direct you to resources which will enrich your student’s experience. Here are just a few of the many resources available to support your student. Often, students wait until too late in the semester to seek out help, so please encourage your student to ask for assistance as soon as possible.

SPRING 2012 FAMILY NEWSLETTER

Florida Opportunity Scholar Student Organization

The FOS Student Organization is open to all UF students, but caters to first generation university undergraduates. The purpose of the group is to build community among the scholars through social events and campus awareness, give back to the Gainesville and UF community, and provide students with the necessary skills to have a smooth transition out of college. Membership is free. Students can activate their membership by emailing skyge@ufsas.ufl.edu.

Summer 2012 Campus Housing

If your student will be attending classes during summer 2012, encourage them to live in campus housing. The Department of Housing and Residence Education is currently accepting housing contracts from current students for Summer A, B, and C!

To learn how to secure campus housing for summer 2012 please visit: www.housing.ufl.edu/

Career Workshops in Fall 2012

Looking forward to events and opportunities in fall 2012, your student will be required to attend two career workshops. You’ll recall that first year FOS students were required to participate in financial literacy workshops. In their upcoming second year, your student will attend workshops specifically designed to prepare them to search for internships, focus their major around their desired job field and practice business etiquette.

Counseling & Wellness Center

The Counseling and Wellness Center provides free counseling and consultation services. The Center offers individual, group and couples counseling, outreach, consultation, teaching, medication consultation, biofeedback. In addition, the building houses GatorWell Health Promotion Services. These services are available to help students confront personal, health, academic and career concerns.

Learn more at www.counseling.ufl.edu.

FOS Requirements

Be sure your student completes the following to ensure that he or she is able to renew this scholarship next year:

- Maintain a 2.0 GPA
- Earn a minimum of 24 UF credit hours by the end of spring semester 2012
- Take First-Year Florida, the first year student seminar course at UF, in their first year at UF
- Connect with their FOS peer mentor
- Attend two Financial Literacy Workshops, one in the fall semester and one spring semester
- Renew the FAFSA by March 15, 2012

Seven out of 10 Florida Opportunity Scholars are women.
Tips for Families

Watching your student go off to college is emotional and knowing how to help your student can be even more of a challenge. Angel Cheong, a fourth year FOS student from Deerfield Beach, Fla., and FOS Program Director Leslie Pendleton share their Top 10 tips for things families can do to help their student graduate from UF.

And the Top 10 are...

1. Be their biggest fan. Show support in their academics and student involvement. - Angel Cheong

2. Encourage your student to seek advising support early in their career. Advisors can help your student select classes and stay on track to graduate in four years. - Leslie Pendleton

3. Be their guidance, not their decision maker. - Angel Cheong

4. Be supportive of your student's career choice. If your student isn’t sure what he or she “wants to be when they grow up” encourage regular and early visits to the Career Resource Center. - Leslie Pendleton

5. Let them be independent. Call every few days instead of everyday. - Angel Cheong

6. Encourage your student to do an internship, volunteer or study abroad. Practical experiences like these can help your student find a career path. - Leslie Pendleton

7. Surprise them. Send them love packages or greeting cards every once in awhile. - Angel Cheong

8. Stress the importance of doing well in all classes. Your student’s GPA will matter when applying to jobs or graduate school after UF. - Leslie Pendleton

9. Help them save money. Make sure they know how to make at least five different basic meals of their choice. - Angel Cheong

10. Tell your student that you love them! Your love and support means the world. - Leslie Pendleton

Top 10 tips for things families can do to help their student graduate from UF.

1. Be supportive of your student’s career choice. If your student isn’t sure what he or she “wants to be when they grow up” encourage regular and early visits to the Career Resource Center.

2. Encourage your student to seek advising support early in their career. Advisors can help your student select classes and stay on track to graduate in four years.

3. Be their guidance, not their decision maker.

4. Be supportive of your student's career choice. If your student isn’t sure what he or she “wants to be when they grow up” encourage regular and early visits to the Career Resource Center.

5. Let them be independent. Call every few days instead of everyday.

6. Encourage your student to do an internship, volunteer or study abroad. Practical experiences like these can help your student find a career path.

7. Surprise them. Send them love packages or greeting cards every once in awhile.

8. Stress the importance of doing well in all classes. Your student’s GPA will matter when applying to jobs or graduate school after UF.

9. Help them save money. Make sure they know how to make at least five different basic meals of their choice.

10. Tell your student that you love them! Your love and support means the world.