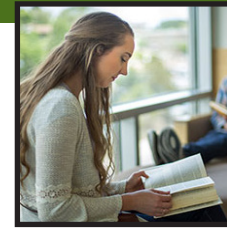


Student Success Specialists
Personalized support
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Fall 2019

On the Fast Track

Bonneville Salt Flats become classroom for dedicated UVU automotive students

Imagine a classroom that is a 30,000-acre expanse of hard, white salt crust, 12 miles long and five miles wide, and the day's instruction is punctuated by the loud roar of racing engines.

Each fall, at the beginning of the new school year, about a dozen students from the automotive technology program gather at what must be the most unusual classroom in the West.

"What a great extension of the classroom," Todd Low, professor for 27 years in the automotive technology department, says of the Bonneville Salt Flats and the UVU Racing Team experience. With his team of students in tow, Low uses an event known as *The World of Speed*, held during the second week of September, as a chance to see the Sparks Automotive building on the UVU campus be put to an excellent test.

This past year, the team set a new record

for speed for its Wolverine Green Machine, going 214 miles per hour, with Low at the wheel.

"I'm the driver," Low says, "but I involve the team really heavily. One is in charge of the tires, and I have another in charge of everything to do with the fuel and what's related with that." Each student has an idea of what their job will be before they leave for summer break and return in the fall.

The students enjoy the teamwork involved in getting the 1969 El Camino onto the hardpan white surface for an extension of their academics.

"What I was looking for from the team was more mechanical experience," student Lucas Smith says, "particularly with race cars. I've always been interested in learning how a team works when putting a race car together."

Low says the racing team and the depth of research-type activities his students undertake keep his department running at a high level.

"I have great success with engaged learning," he says, "just getting them out of the classroom." They are also involved in undergraduate research. "We've gone to the national undergraduate research conference multiple times, doing things we tested on the car. Talk about engaged learning - that is what gets students going."



Article adapted from UVU Magazine: [On the Fast Track](#)

Semester Dates & Deadlines

Wednesday, November 6
Spring registration opens for all students

Monday - Saturday
November 25 - 30
Thanksgiving Break

Thursday, December 5
Fall semester classes end

Monday - Thursday
December 9 - 12
Final Exams

Monday, January 6
Spring classes begin

Student Success Specialists

Reaching out to students with personalized support

First-Year Experience & Student Retention

LC 405 | 801.863.4000 | success@uvu.edu
Monday through Friday 8:00 a.m. - 5:00 p.m.
www.uvu.edu/retention/

The office of First-Year Experience & Student Retention defines success by each student who is able to connect meaningfully to their university experience in a way that helps them persist, and ultimately, to graduate. One way this office helps students on their journey to success is through Student Success Specialists.

Student Success Specialists provide personalized support by reaching out to students through phone calls, text messages, emails, and one-on-one visits guiding them to identify resources and develop strategies that will help them succeed from their first-year to graduation.

Student Success Specialists

They are the Google of UVU

They can help students find the answers to any UVU-related questions.

They do outreach throughout the year

They contact students through phone calls, text messages, or emails.

Students can contact them for help

Whenever your student is stuck, a Student Success Specialist can help!

www.uvu.edu/retention/student-success-specialists.html

Is your student struggling?

With coursework? Personal Issues? Anything that might be impeding their success at UVU? Not sure how to help them?

Refer-a-student is a simple and confidential referral service that allows a Student Success Specialist to reach out to struggling students with resources that might just make the difference in their ability to cope and succeed.

It's easy. It's confidential. It's important.

uvu.edu/retention/tools/refer-a-student.php



Article adapted from the [First-Year Experience & Student Retention websites](#)

First-Year Advising Center

What is the First-Year Advising Center?

Making the transition to college is an exciting time full of questions and new opportunities. The First-Year Advising Center (FAC) is designed to help incoming students with all aspects of a successful transition into the university community. Each student is assigned an academic advisor through the admissions process. Throughout the first year, advisors help lay the foundation of an educational plan that addresses each students' unique abilities, aspirations, interests, and values.

Who does the First-Year Advising Center serve?

Students that don't have a major: The FAC will serve all newly admitted university studies students who are exploring potential academic majors. The advisors are experts in major and career exploration.

Students that have a major: Starting Spring 2020, the FAC will serve all newly admitted students with 30 credits or less. Advisors help students create a plan as well as guide them to academic resources to make their university experience a success.

First-Year Advising Center

LC 301 | 801.836.8425 | firstyear@uvu.edu
www.uvu.edu/firstyear/advising

Office Hours:

Monday 8am - 5pm

Tuesday 9:30am - 6pm

Wednesday 8am - 6pm

Thursday 8am - 5pm

Friday 8am - 5pm

[Schedule an appointment online!](#)

The Big Four: Behaviors Supporting Academic Success

1. ATTENDING CLASS REGULARLY

The college class schedule is dramatically different from high school. College students spend on average 15 hours a week in class, compared to 30 hours a week in high school. As tempting as it may be to skip class, there is nothing more important than being physically present (and alert) in the classroom. Material on tests often comes from lectures and class activities, not only the textbook. Attending class is the single most important factor in their academic success.

2. MANAGING TIME EFFECTIVELY

Learning to plan and manage time effectively is a key skill for college success. The unstructured nature of the college environment, combined with its many distractions, make it difficult to budget time wisely. Encourage your students to use the time before and between classes to prepare or review course materials. Students who use their time in this manner find that evenings and weekends are much less stressful.

3. GETTING TO KNOW FACULTY

One of the greatest differences between high school and college is the student-faculty relationship. Many faculty teach hundreds of students each term; generally, the student must take the initiative to get to know his or her instructors. You should encourage your students to reach out to instructors, even if they appear to be intimidating. It is much easier to ask for help once that relationship is established.

4. SEEKING HELP EARLY

If you see your student struggling in a class, please encourage him or her to ask for help -- and to do it early! UVU has tremendous resources for academic assistance. We want your students to succeed!

Healthy Students... are successful students

Physical and mental health are both critical to a successful academic career. When students are ill or have mental health issues, they can face significant academic, personal, or psychological challenges. Below are some of the more common health concerns among college students and how you, as a parent, can help.

Managing Stress

While the college years often are described as "the time of your life," the reality is that the transition from high school to college can be highly stressful for students and sometimes parents. There are some predictably stressful times during the academic year - exams, presentations, deadlines, and etc. Parents can help their students manage stress by being aware of the rhythms of the academic year and the signs of stress.



Building Healthy Relationships

For first-year students, interpersonal relationships take on added significance especially if they are living and sharing a small space with one or more

roomates. Developing new friendships, negotiating conflict, and learning to get along in a fast-paced, diverse community can be challenging and stressful. Help your students forge and maintain healthy relationships. Below are a few helpful tips!

With Roomates:

- Communicate early about expectations
- Treat others the way you want to be treated
- Take care of one another

With Meeting New People:

- Be your authentic self
- Talk to people
- Join a student organization

Recognizing and Coping with Depression

While there are many causes of depression, stressful life events can trigger episodes of depression for some people. Depression is a common experience for many college students. You should not hesitate to encourage your students to go to the campus counseling center if you are concerned about their emotional health.

Student Health Services

SC 221 | 801.863.8876

www.uvu.edu/studenthealth

Office Hours:

Monday, Wednesday & Thursday 8am - 7pm

Tuesday 8am - 6pm

Friday 8am - 5pm

Articles adapted from Navigating the First College Year booklet

Freshman Reading Program

Sharing a common experience with other new students

The Freshman Reading Program (FRP) aims to provide a common academic experience, to introduce students to intellectual life at the university, to create a greater sense of community among students, faculty, and staff, emphasize the value of reading, and establish the connection between reading, intellectual development, and other cultural events on campus. Through the FRP students get the opportunity to make new friends by sharing a common experience. The book is also required for SLSS 1000 and ENGH 1000.

A faculty committee recommends five books to the University President, who then makes the final selection. This year's book selection is *The Girl From Aleppo: Nujeen's Escape From War to Freedom*.

"The story of Nujeen reminds the world that refugees, just like others, have aspirations and dreams for peace, education and a better society. Nujeen inspires me to dream without limits."

-Malala Yousafzai

Kurdish teenager, Nujeen Mustafa has cerebral palsy and cannot walk. This did not stop her dreaming of becoming an astronaut and braving inconceivable odds to travel in her wheelchair from Syria to Germany in search of a new life. Telling the story in her remarkable quirky voice, Nujeen recounts growing up through dictatorship and war and describes her harrowing journey to Europe, pushed by her sister. On the terrifying trip across the Mediterranean, she keeps calm as other passengers in the dinghy discussed tossing out the wheelchair, by listing all the Romanov emperors. Finally they reach Germany in search of safety, education, and the medical treatment she needs.

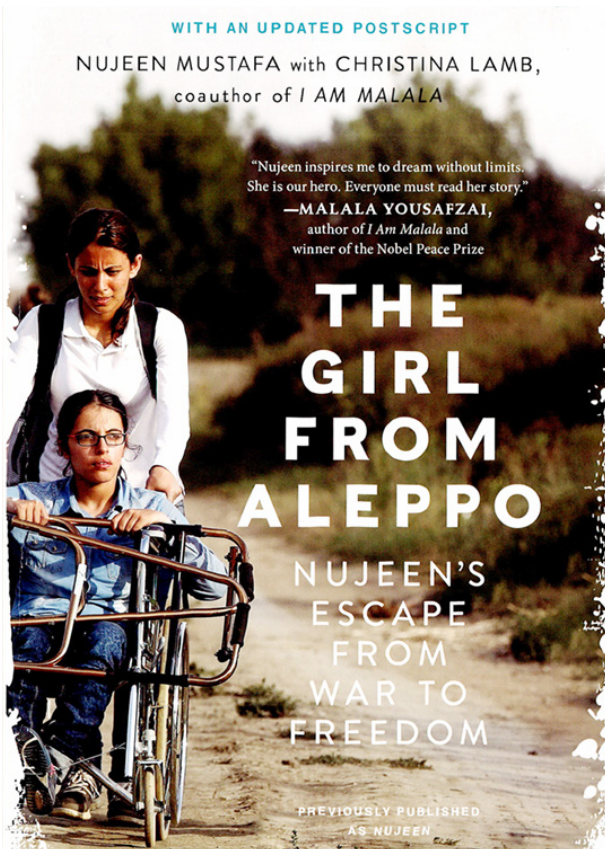
The FRP begins with a book discussion with the university president. This year, the event took place on September 17. Around 50 students attended and had a stimulating discussion with President Tuminez. Throughout the year, there will

be many other events and activities on campus related to the themes of the book, including a visit from the author. This year, Christina Lamb, coauthor of *The Girl from Aleppo* and *I Am Malala*, will be visiting UVU to discuss this year's FRP selection with a possible Skype-in from Nujeen Mustafa herself! Please encourage your students to attend. It is a wonderful experience and opportunity for your students.

Author visit with Christina Lamb

Tuesday, February 18, 2020

Keynote at 1:00 p.m. in the Ragan Theatre
Reception and Book-Signing afterward



UTAH VALLEY UNIVERSITY
PARENT news

A Newsletter for Parents
of UVU Students

Published Each Semester

www.uvu.edu/parents

Articles adapted from: UVU Magazine, UVU Review, UVU Press Releases, and www.uvu.edu.
Photos Complements of UVU Marketing and Communications

[Article adapted from the Freshman Reading website](#)