MESSAGE FROM THE DIRECTOR

While summer in State College is still in full swing, we are busy preparing to welcome back our continuing students and assisting those beginning their first semester at University Park this fall. As you prepare, please know that the Parents Program is here to serve as a resource for all parents and families as questions arise.

As always, our summer issue includes a section on Fall Arrival and contains information that will be helpful to both first-year or continuing families as well as those who will be living with us on-campus, off-campus, or commuting from home.

This edition also features opportunities for students through the Center for Spiritual and Ethical Development, updates on the new health care billing offered through University Health Services, Penn State’s new emergency alert system, and key dates for Career Services.

We hope that this information will be useful to you and encourage you to share these resources with your student.

Jennifer Mallen
Director, Parents Program
We invite you to come explore the Center for Spiritual and Ethical Development (CSED) housed in the Pasquerilla Spiritual Center/Eisenhower Chapel. Our former name, the Center for Ethics and Religious Affairs, served us well for many years, but we decided to go with a name that was more reflective of our students and what we offer – the opportunity for spiritual and ethical development.

There are more than 60 religious/spiritual student organizations at Penn State and most call the Pasquerilla Spiritual Center/Eisenhower Chapel home. CSED works with these student organizations to provide the opportunity to engage in worship, learn about other faiths and traditions, and participate in programs that assist us in developing a core set of ethical principles to live by.

With so many belief systems and cultures being represented, CSED draws students from all over the world making it one of the more diverse places on campus. As a result, CSED is a very busy place hosting more than 4,000 events each year, including many collaborative efforts between CSED and student affairs units as well as academic departments.

Many of our students feel such a strong connection to Penn State and the Pasquerilla Spiritual Center/Eisenhower Chapel that they return after graduation to get married in the chapel or worship hall. We hope you will get to know us too as it is common for parents and students to join us for services and events when visiting.

For more information, please visit studentaffairs.psu.edu/spiritual or call 814-865-6548. We look forward to meeting you.

PARENT TESTIMONIAL

“As a parent, I’m happy to know that my son has access to such a variety of options in terms of spiritual and religious activities at Penn State. We are a multi-faith family and my son is comfortable in both of his parents' faith traditions, as well as being curious about other beliefs. If he wanted to attend a service or learn about different faiths, he could get all the information at the CSED at the Pasquerilla Center or on the website. I also like that they offer yoga, tai chi and other wellness-type programs, too. It’s really a “one stop shop!”

- Laurie Goodman, parent of Pete, Class of 2016
NEW HEALTH CARE UPDATES

By Jill Nadorlik, Marketing Manager of University Health Services

University Health Services (UHS) is transitioning to accepting outside health insurances. Under the new billing program, UHS will bill students’ health insurance instead of charging the student directly. The proposed start date for the new program is August 1, 2014.

UHS recommends that students share their health insurance information with them before they need to schedule an appointment. To do so, students can bring their health insurance card to the UHS information desk during their hours. Or, they can upload their information through http://studentaffairs.psu.edu/health/myuhs/ with a valid Penn State access account.

Students should check studentaffairs.psu.edu/health for the most current list of accepted insurance providers and the most up-to-date information on the transition.

Uninsured Penn State students are eligible to purchase a student health insurance plan for the upcoming academic year. All undergraduate students taking three or more credits or graduate students taking one or more credits are eligible to purchase the plan. The plan is offered online through Aetna Student Health Insurance. For more information, students should visit http://studentaffairs.psu.edu/health/services/insurance/.

The decision to move to insurance billing was made based on feedback from parents and the new federal requirement for healthcare. UHS surveyed students on which health insurance they had and then began negotiating contracts with the most common providers.

PARENT TESTIMONIAL

My son has succumbed to the usual maladies at Penn State: A suspected strep throat, (confirmed), Mono (no), a concussion, (yup), a recast for a previously broken arm. It’s all been handled without my assistance and pretty well. When he had strep throat, he got online, selected a doctor, and got an appointment at the Health Center that very day. He made the trek to the doctor, paid the copay with a debit card, and got his meds, fast, from the same location. That was easy! The concussion precipitated a call in the night. The Health Center closes at 4:30 p.m., so an answering service picked up. They gave him two options: Wait until the morning and then come in, or go to an emergency room.

I wish he’d call me when he’s sick. Making him well has been my most important job for 18 years. But I’m confident – Penn State knows what they’re doing.

- Betsy Millane, parent of Carter, Class of 2016

NEW EMERGENCY MESSAGING SYSTEM

Penn State completes move to new emergency alerts system

By Reidar Jensen, Office of Strategic Communications

Penn State has completed its transition to a new emergency messaging system, called PSUAlert. This system has replaced the former service, known as PSUTXT, which was discontinued on July 1. The new PSUAlert service features enhanced messaging capabilities, including the continued ability for students, faculty and staff to receive alerts by text message; the addition of phone-based voice alerts; and more robust integration with campus Facebook and Twitter accounts. Also, all Penn State email account holders will automatically receive emergency alerts for their home campus by email.

“PSUAlert plays a critical role in Penn State’s emergency communications plans,” said Steve Shelow, assistant vice president for Police and Public Safety. “The system’s new capabilities further strengthen our ability to quickly reach as much of our University community as possible when emergencies occur, so that people can make informed decisions about their own safety.”

To ensure the fastest possible delivery of critical information to Penn State campus communities in the event of an emergency, PSUAlert is reserved for students, faculty and staff. Students can add parents to their PSUAlert accounts if they wish (for details, visit the PSUAlert FAQs at http://news.psu.edu/PSUAlert-FAQs). In addition, alert messages are widely available on social media platforms, with a full listing of links at http://news.psu.edu/PSUAlert-social.

For additional information, read the PSUAlert FAQs at the link above. Additional questions are welcome, and can be sent to PSUAlert@psu.edu.
FALL 2014 ARRIVAL
FOR NEW FAMILIES
ARTICLE REPRINT FROM
SUMMER 2013
By Conal Carr, Director of Housing Operations

MOVE-IN ADVICE FOR PARENTS
It's hard to believe we are just under two weeks away from Fall Arrival. If your student is new to Penn State, I want to welcome you to our community. If you're returning, welcome back. Fall arrival can be a very exciting time for families as they prepare to bring their student to Penn State and the State College community. In my role as Director of Housing, I often get questions about how families can prepare and support their student during the arrival process. I would offer these suggestions for a smooth arrival.

First, enjoy the arrival process and take advantage of the many opportunities, programs, socials and sales offered on campus and in the community. With 40,000 students at University Park, fall arrival can be stressful for families. But if you are stressed about the process and are anxious to get back home too quickly you may miss some great opportunities with your student. You may even cause your student to be stressed as well! So enjoy the process, take lots of photos, enjoy a long lunch or late dinner and purchase a Penn State t-shirt or sweatshirt for your student. The staff and faculty at Penn State, our community leaders, and local merchants have been planning for this arrival for months and want you to have a wonderful experience. Remember, you will only have a few arrivals with your student so make the most of it.

Secondly, encourage your student to get involved with new student clubs and organizations. Fall arrival is a great time for students to enjoy a fresh start. They can meet new friends, start a new hobby, find a new interest or expand on a current one. With over 900 clubs on campus, both academic and social, and a great intramural program, students have excellent opportunities to try something new. Union and Student Activities sponsors Involvement Fairs during Welcome Week which is a great way for them to learn about opportunities. Students will not have these types of opportunities once they leave the Penn State community.

Thirdly, if your student is moving onto campus or into a downtown apartment I would encourage packing only what your student needs for the first few weeks and months of the semester. Your student may want to bring everything now, but they won't need a winter coat or a pair of skis in September. If you're able to pack only what is needed for the beginning of the semester you will have more room in your vehicle and an easier time unpacking. Then, when you return for Parents & Families Weekend, a home football game, or just for a visit, you can bring additional items. Also, with 13,500 students moving onto campus and another 20,000 in the community you should expect some delays during arrival. We will have increased traffic, full parking lots, and lines on and off-campus. Though University staff and community leaders do an excellent job of managing this influx of students we still have peak traffic times between 10:00 a.m. - 2:00 p.m. during arrival. So if you're able to plan your trip accordingly, I would recommend arriving earlier or later in the day. However, if this is your first fall arrival at University Park and State College you will be pleasantly surprised, if not outright amazed, how smoothly the entire process works.

Lastly, and possibly most importantly, if your son/daughter is sharing a living space you should encourage your student to discuss expectations with their roommate(s). They should talk about guests (who and how late), groceries (communal or personal), schedules (late night or early morning) and expenses (who’s paying for what). Best friends don’t always make the best roommates, but good communication will help everyone be happier in any living environment.

Again, I want to welcome you or welcome you back to Penn State and the State College community. Our staff and community members are here to assist you with any questions, so please don’t hesitate to ask. If I can be of any assistance please feel free to contact me at 814-865-7543.

Sincerely,
PREPARING FOR ARRIVAL

MOVE-IN DATES

August 22, 2014
9:00 a.m. – 4:00 p.m.
Students from Centre County (and their roommates) and out-of-state students (and their roommates)

August 23, 2014
9:00 a.m. – 2:00 p.m.
Remaining in-state students

First-year students: need to check-in early? Students may arrive beginning at 8:00 a.m. on Wednesday, August 20. There is an extra $20/nightly fee for Wednesday and/or Thursday nights. To arrive early, you do NOT need to make arrangements in advance - simply show up at your area commons desk! We are open 24hrs/day beginning Wednesday, so we'll be ready for you! One thing to note - if you do arrive early, there may not be many residents on your floor or building until they move in later. There will be RAs and other staff around the area.

NOTE: Early move-in DOES NOT apply to students assigned to Nittany Hall. Students assigned to Nittany Hall are not able to check-in early.

WHAT TO EXPECT

Staff and returning students at University Park are committed to providing a smooth arrival process for you and your students. The best way to prepare for move-in is to plan your route and know what the process looks like. We recommend that you start by looking up your student's residence hall and selecting the corresponding campus map. Print the campus map, parking permit, and directions.

Carts and other unloading materials vary by area. Students or families can inquire with residential staff (including Resident Assistants) about the availability of carts.

Unloading zones are monitored by staff to ensure that all families have the same amount of time to unload their student's belongings and move into the residence halls. Parking for other activities during arrival can be found in the downtown parking garages.

PARENTS AND FAMILIES

Please be sure that you say your goodbyes with your student by Saturday at 2:00 p.m. – we have lots of activities planned for your student Saturday afternoon/evening, so they need to be ready to meet their RA and other floor residents, enjoy dinner together, and attend convocation. It's an exciting time for them to transition to on-campus living at Penn State!

WELCOME WEEK

All students at University Park have a number of events to look forward to during Welcome Week, which takes place from August 22nd to August 30th. Students living in the residence halls can find more detailed information about Welcome Week events in their areas through the Resident Assistants.

A complete list of Welcome Week events is prepared for students to anticipate the events and plan their participation! Student IDs may be required for some events, but all events are free of charge.

STUDENT TESTIMONIALS

General Advice?
My advice for future parents would mainly be slow down and take a deep breath. Often times moving in is perceived as stressful or a time of chaos and panic, but it is actually a monumental moment in your students' life. Take time to explore their new living area and meet other people along with resources in the building. It's also important to remember there is nothing they left at home that cannot be purchased later at Walmart and most of the time they probably don't need it that night. Another piece of advice I would offer is if you haven't worn an item of clothing in the last three months, you probably won't wear it at school and it's important to not over pack. On the other hand, it is definitely necessary to pack for Happy Valley's inclement weather.

- Amy Wang, Houston, TX, Senior, Major in Communication Sciences and Disorders

What was your favorite part about arrival days and welcome week?
My favorite part about welcome week was the many activities that are going on (i.e. Involvement fair, HUB black party, FreshFest, etc.). It breaks the barriers of awkwardness, shyness, timidity, and boredom so that students have so many fun ways to interact with other students, potentially make new friends, and have some fun in their first week of being on campus.

- Anthony Mitchell, New Orleans, LA, Sophomore, Major in Business Management and Political Science
What do you wish you would have known when you were moving in?
Move in is always an exciting time, and one thing I wish I had known was the amount of storage space in the residence halls. Storage space in the residence halls is limited, so it’s best to only bring what is necessary. I, unfortunately, overestimated the amount of clothes I needed to bring.

-Jordan Todd, Bethel Park, PA, Junior, Double Major in Political Science and Sociology

OFF-CAMPUS
Exploring State College will feel comfortable with CATA’s bus services. Students can make use of various bus lines to experience life beyond the campus limits. Here are some popular bus routes:

- **M Bus (Nittany Mall):** The M bus provides service to points east of campus, including Nittany Mall, the Premier Movie Theater, and the Benner Pike shopping center, which includes a Walmart, Barnes & Noble Bookstore, Party City, Sam’s Club, Ross, and Bed, Bath & Beyond. Many of the same points may also be accessed using the C Bus.

- **V Bus (Vairo Blvd):** The V bus serves points north of campus, including the North Atherton Walmart shopping center. Students can also access Eat N Park, TJ Maxx, McDonalds, Hallmark, Target, Wegmans, and many other resources using the V line.

- **B Bus (Boalsburg):** One of the greatest local attractions is Tussey Mountain, which can be accessed on the B line. Tussey hosts concerts, Thursday night Wingfests and movies during the warm months. Students can also play mini golf and use go-carts. When the weather changes, Tussey is a convenient place for skiing, snowboarding and snow tubing trips.

Students seeking other local opportunities can use the CATA website to identify the bus line they need. CATA also offers a free application for smart phones, which shows the buses traveling live for better planning. Interested students and families can search CATA in your phone’s app store. Taxis are an alternative to bus travel, and multiple companies provide taxi service in the area.

RECOMMENDED READING
Navigating the First College Year: A Guide for Parents and Families
By: Richard Mullendore and Leslie Banahan (2014)

“Congratulations! Your student is going to college and your life (and your student’s) is about to change. Whether this is your first student to attend college or your fourth, your family will experience amazing transitions in the coming year. Parenting a first-year college student is a unique emotional experience in that it can be exciting, rewarding, frustrating, and traumatic - all within the same 24-hour period. This guide is designed to help you support your student through the critical first year. In particular, you will find information on helping your student make wise decisions, knowing how much and what types of communication are effective, and fostering your student’s growth and development. It also describes orientation, strategies for supporting academic success, major and career selection, financial issues, technology, health and safety, and opportunities for and boundaries of parent involvement. We will also provide suggestions about what to do (and what not to do) when difficulties arise academically or personally. Please note that, throughout this guide, we will use the term “parent” even though some of you may be guardians, grandparents, caregivers, or spouses or have another role in the life of your student. We hope the material in this guide anticipates and answers many of the questions, issues, and concerns that you have about the transition to college for your student and yourself.”

Book excerpt from National Resource Center website
PARENT TO PARENT: TIPS FOR SUPPORTING COMMUTER STUDENTS
By Cheri Graham, Lead Programmer/Analyst in Student Affairs Information Technology

Mother of two Penn State students who commuted from home for at least two years each.

• Make your commuter feel just as special about the college experience. Because your student is commuting, that air of excitement has to be built; most likely they are staying in the same bedroom they’ve been in for awhile – maybe their whole life. Consider a fresh coat of paint and some new bedding to start off the college experience. Cleaning out the bedroom in preparation for the overhaul will give you and your student a chance to pack up those years of middle school and high school memories and make room for the college life. Your student may want some milk crates, new posters, a lamp, a desk, and some of the other items that a typical new student gets. New towels might even be a nice touch, but they won’t need shower shoes and a shower tote!!

• Set expectations that your student does their own laundry and keeps their room neat for “landlord” or “RA” inspection. Give them their privacy – if they were not commuting, you wouldn’t be aware of their schedules. Play up the “dropping your student off at college” and “coming home for break” moments by having a special meal. Often they will spend a lot of time on campus studying and will be aware of the care packages some students may receive. Make a big deal about “finals week” by creating a study package of treats; your student deserves some extra attention and fuel to get through those times too. Invite their friends over for a home-cooked meal.

• Encourage your student to participate in the Commuter Connection program on August 23rd at 6pm in the HUB’s Heritage Hall. They might think that they know everything about Penn State and State College, but Penn State is big and they will learn something new. They will also meet new people. There will be students who want to share rides, bike to campus together, hang out, study, or eat a meal between classes.

• Take advantage of the resources offered by the Student Affairs Office of Off-Campus Living. They offer such services as online classifieds, programs to get involved on campus, and can help you connect with the student organization Off-Campus Student Union, 221B HUB.

• The best way for your commuter to become a part of Penn State is to become involved. There are endless opportunities. Encourage them to attend the well-planned and diverse Welcome Week events. Fresh Start Day of Service is a great way to begin meeting new people; sign up to volunteer. Students can engage in events surrounding music, art, theatre, athletics, and Student Programming. Becoming familiar with the Office of Student Activities, attending the Involvement Fair during the first week of school, volunteering, reading the Daily Collegian, and asking about opportunities in their areas of interest are all simple ways to get involved in campus life.

• Inspire your commuter to share their knowledge about Happy Valley. Students from outside of the area welcome information about where to go, where to shop, or where to order the best pizza or wings. Even though we aren’t a big city, there are Chinese, Japanese, Thai, Korean, Indian, Greek, Mexican, Italian restaurants and more all close by. There are sushi, frozen yogurt, gelato, cookie, cupcake, coffee, salad, vegetarian, and noodle shops. Don’t forget about ceramics, laser tag, movies, bowling, tennis, fly-fishing, yoga, ice-skating, roller-hockey, golfing, mini-golfing, go-carts, batting cages, zip-lines, kayaking, mountain biking, hiking, challenge courses, rock climbing, caves and caverns, and skiing. Your student can be a great resource to others and should feel proud to offer local information.

Is there a topic that you would like to see featured in an upcoming issue of Parents Pride? We want your input. Please email your ideas to parents@psu.edu.

Mark Your Calendars!

FALL CAREER DAYS
SEPTEMBER 16 - 18, 2014
Bryce Jordan Center
University Park, PA
11:00 a.m. - 4:00 p.m.

Tuesday, Sept. 16:
Non-Technical Full-Time Recruiting Day

Wednesday, Sept. 17:
Internship/Co-Op Recruiting Day

Thursday, Sept. 18:
Technical Full-Time Recruiting Day
### Community Events:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date &amp; Location</th>
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</thead>
<tbody>
<tr>
<td>WingFest Finals</td>
<td>August 28, 2014</td>
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<tr>
<td><a href="http://tusseymountain.com/wingfest.php">http://tusseymountain.com/wingfest.php</a></td>
<td>Gates open at 5:30 p.m. Location: Tussey Mountain</td>
</tr>
<tr>
<td>Aurigids Meteor Shower Watch</td>
<td>August 31, 2014</td>
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<tr>
<td><a href="http://www.apps.dcnr.state.pa.us/calendar/view_event.asp?CalendarID=33090&amp;Location=List">www.apps.dcnr.state.pa.us/calendar/view_event.asp?CalendarID=33090&amp;Location=List</a></td>
<td>8 - 10 p.m. Location: Black Moshannon State Park</td>
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<tr>
<td>The 2nd Annual Mt. Nittany Marathon</td>
<td>Medlar Field at Lubrano Park on the Penn State University main campus near Beaver Stadium Sunday, August 31, 2014 7:00 a.m. – 1:00 p.m.</td>
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<tr>
<td><a href="http://mtnittany.org/marathon/">http://mtnittany.org/marathon/</a></td>
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<tr>
<td>Third Annual “Plow to Plate” Harvest Dinner</td>
<td>September 10, 2014 5:00 - 7:30 p.m. Location: Mt. Nittany Winery</td>
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<tr>
<td><a href="http://www.boalsburgfarmersmarket.com/SpecialEvents.htm">www.boalsburgfarmersmarket.com/SpecialEvents.htm</a></td>
<td>Admission: $35 per ticket, kids under 12 free. Tickets available at Boalsburg Farmers Market</td>
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<tr>
<td>OktoberFest</td>
<td>October 4, 2014</td>
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<tr>
<td><a href="http://tusseymountain.com/amphitheater.php">http://tusseymountain.com/amphitheater.php</a></td>
<td>4 - 9 p.m. Location: Tussey Mountain Amphitheater</td>
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<tr>
<td>Great Insect Fair</td>
<td>September 13, 2014</td>
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<tr>
<td><a href="http://ento.psu.edu/public/kids/great-insect-fair">http://ento.psu.edu/public/kids/great-insect-fair</a></td>
<td>10:00 a.m. - 4:00 p.m. Location: Bryce Jordan Center/Penn State University</td>
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<tr>
<td>4th Annual Fall Punkin' Chunkin' Festival</td>
<td>October 18, 2014 10 a.m. to 5 p.m. Location: Bald Eagle State Park Admission: Free Admission and Free Parking</td>
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<tr>
<td><a href="http://www.visitpennstate.org/calendar/index.php?event=3rd_Annual_Fall_Punkin%27_Chunkin%27_Festival_194">www.visitpennstate.org/calendar/index.php?event=3rd_Annual_Fall_Punkin%27_Chunkin%27_Festival_194</a></td>
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For more information on community events, please visit the Central PA Convention and Visitor’s Bureau site at [http://visitpennstate.org](http://visitpennstate.org) and click on the “local events” link.

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**KEY DATES:**

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Fall Semester Tuition Due</td>
<td>August 1</td>
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<tr>
<td>New Student Arrival Days</td>
<td>August 22-23</td>
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<tr>
<td>Welcome Week</td>
<td>August 22-30</td>
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<tr>
<td>Labor Day: No Classes</td>
<td>September 1</td>
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<tr>
<td>Parents &amp; Families Weekend</td>
<td>October 10-12</td>
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<tr>
<td>Spring Semester Tuition Bill Arrives (to student’s email account)</td>
<td>Mid-November</td>
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<tr>
<td>Residence Halls close at 10:00 a.m.</td>
<td>November 22</td>
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<tr>
<td>Thanksgiving Holiday: No Classes</td>
<td>November 23-29</td>
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<tr>
<td>Residence Halls reopen at 3:00 p.m.</td>
<td>November 28</td>
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<tr>
<td>Spring Tuition Due</td>
<td>December 5</td>
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<td>Classes End</td>
<td>December 12</td>
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<td>Study Days</td>
<td>December 13-14</td>
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<tr>
<td>Final Exams</td>
<td>December 15-19</td>
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<tr>
<td>Residence Halls close at 4:00 p.m.</td>
<td>December 20</td>
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Penn State Live