MESSAGE FROM THE STAFF

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 and continuing families as well as those who will be living with us on campus, off campus, or commuting from home.

This edition also features a story about Campus Recreation, move-in tips from parents, financial literacy resources, 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.

Sincerely,

The Penn State Parents Program Staff

ISSUE CONTENTS:

MESSAGE FROM THE STAFF 1
PARENTS & FAMILIES WEEKEND 1
ONE MILLION VISITS SHOW FITNESS CENTERS’ STRONG PRESENCE ON CAMPUS 2
PARENT TO PARENT:
ENCOURAGE YOUR STUDENT TO JOIN A TEAM 2
FALL 2015 FEATURE:
MOVE-IN ADVICE FOR PARENTS 3
STUDENT PERSPECTIVES 4
PARENT TO PARENT: ARRIVAL 4
PARENT TO PARENT: TIPS FOR SUPPORTING COMMUTER STUDENTS - PREPARING FOR ARRIVAL 5
PARENT TO PARENT: PACKING TIPS 6
GETTING AROUND TOWN: TRANSPORTATION FOR NEW STUDENTS - WELCOME WEEK 7
FALL CAREER DAYS 7
PARENT TO PARENT BLOG 7
KEY DATES:
ACADEMIC CALENDAR 8
COMMUNITY EVENTS 8
FINANCIAL LITERACY AT PENN STATE 8

SAVE THE DATE!
Parents & Families Weekend
October 16-18, 2015

Join us October 16-18, 2015 for Parents & Families Weekend. A preliminary schedule of events will be available in late July at parents.psu.edu.
For almost half of the University Park student population, a regular stop at a campus fitness center is likely on their weekly agenda. Those visits topped 1 million last week as Campus Recreation Fitness and Group Fitness celebrated the attendance milestone along with the benefits of having fitness centers on campus. “There are studies that have shown that people who lead an active lifestyle while they’re in college usually end up doing better in college as well because they’re mentally and physically healthier,” said Josh Davis, coordinator of athletic programs for Penn State Strength and Fitness. He cites general wellness and socialization as two important factors.

“Overall, exercise creates well-rounded individuals who are very aware of their bodies and their surroundings. It’s also a good community builder, too -- students are here with their friends and they’re also meeting new people,” he said. “It’s another great place for people to hang out instead of just being in their dorm rooms.”

Mark Lozinski, also a coordinator of athletic programs for Penn State Strength and Fitness, added that the college years are a good time for students to establish lifetime routines. “The biggest impacts of Campus Recreation are stress reduction, healthy lifestyles, development of habits that students might carry on later in life and the long-term health benefits that can have.”

And many Penn State students have already taken advantage of those benefits. While between 6 and 7 percent of the general public keeps a gym membership and works out regularly, Davis said, a little more than 50 percent of the student body has a campus gym membership.

“We’ve noticed that Penn State has a very active student body compared to a lot of other colleges and the public, in general, if you look at the statistics of how many people have a gym membership and work out,” Davis said.

Each week, many of the 24,000-plus students and almost 1,000 faculty and staff with campus fitness memberships are making 38,000 visits (as of the end-of-January estimate) to one of three centers on campus — the Heupper Fitness Center in Rec Hall, the White Building Fitness Center and the Intramural Building Fitness Center.

This wasn’t the first time that Campus Recreation has topped the million-visit mark, but it is the earliest that it has done so. The newly renovated Intramural (IM) Building has helped make that possible. The renovations have increased the fitness center’s capacity from 60 to 250 people, which has decreased lines and wait times.

Link to original article: http://news.psu.edu/story/353783/2015/04/20/campus-life/1-million-visits-show-fitness-centers%E2%80%99-strong-presence-on-campus

PARENT TO PARENT:
Encourage Your Student to Join a Team!

“You probably know Penn State is a Division one powerhouse. Did you also know all full-time students at Penn State have the opportunity to participate in a team sport? Club teams and intramural sports have a “no-experience-required” policy making it possible for students of all skill levels to join a team and meet others who share their interest in a sport.

Finding a small community of friends within the larger campus community can be challenging. Team sports help bridge this gap for your student. Through these programs, students not only connect with others, they engage in community service activities and have the opportunity to gain leadership experience. Plus, it’s a great way to stay in shape and enjoy Penn State’s world-class athletic facilities. With 78 club programs and a range of season-specific intramural teams, there’s bound to be a sport for every taste. Joining is easy. Visit the web sites below or talk with representatives during one of the many on-campus sign-up events.”

Penn State Intramural Sports: http://www.athletics.psu.edu/imsports/
Penn State Club Sports: http://sites.psu.edu/clubsports/

-- Sue Morgan
Parents Council Member
FALL 2015 ARRIVAL FOR NEW FAMILIES
MOVE-IN ADVICE FOR PARENTS

By Lauren McNaughton
Assistant Residence Life Coordinator

Congrats! Your student has chosen a great university to attend this fall. Penn State is a world-class institution with amazing opportunities for learning, personal development, career attainment, and more. Residence Life staff is here to ensure that your student has a safe, positive, and dynamic environment in which to learn and grow. Your student will have a Resident Assistant (RA) on their floor to assist with conflict resolution and community building. RAs are trained student staff members who are excited to assist your student in any way they can. Each residence hall also has a professional Residence Life Coordinator who is responsible for overall hall management and supervision of RAs. Our whole team is here to help with whatever you or your student needs during move in and throughout the school year.

As you’re moving in your student, keep these things in mind to help create a low-stress, positive, and exciting environment for your student and others.

1. Peak move-in time is from 10:00 a.m. to 2:00 p.m. If possible, come before or after this time window in order to avoid heavy traffic. There is also an option to move in early for an extra fee. More information about arrival can be found at http://arrival.psu.edu/WelcomeWeek/UP/Fall.cfm.

2. We have over 7,000 incoming new students moving in this Fall to the residence halls. There are lots of staff members and returning students to assist with move in, but moving in that many students takes time so be sure to plan for delays.

3. Encourage your student to introduce themselves to their roommate before move in. They should get to know each other better and discuss what kind of things each student plans to bring to campus with them, their preferred study schedule, sleeping habits, and other things students will need to know before living with someone new. Having these conversations early helps prevent stressful conflict later in the semester.

4. Check out the Residence Life manual for things that are not allowed in the residence halls. This manual can be found on the Residence Life website. Common things not allowed are toasters or toaster ovens, conventional coffee pots with hot plates, alcohol, pets except fish in 10-gallon tanks or smaller, candles or incense, and weapons of any kind.

5. Encourage your student to meet people on their floor and participate in Welcome Week activities after moving in. This is a great time for them to start building relationships and an identity in college.

6. Residence hall rooms are furnished with a bed, desk, desk chair, and dresser. Only the desk chair can be stored by Housing, so make sure your student is packing light. In my experience, students always need less than they anticipate. For more information on what to pack visit http://arrival.psu.edu/WelcomeWeek/UP/What-to-Pack.cfm.

7. If you plan to visit later in the semester for Homecoming, a football game, Parents and Families Weekend, or just to check in, encourage your student to leave winter items such as heavy coats, boots, or sports equipment at home. Then, when you visit, you can bring these items and trade out summer items that your student will not need for the coming months.

We are so excited to meet you and welcome you to our community at Penn State!
STUDENT PERSPECTIVES:

“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

“Here are a few pointers: If possible, avoid peak arrival times between 10:00 a.m. and 2:00 p.m. If you are from out of state, take advantage of the earlier arrival date as the volume of students will be a lot less. Keys - Welcome Stations are normally located in the commons area. Park near their building versus parking near the commons. Your student can take the easy stroll over to the commons for their room key and an unloading Permit to be displayed on your dash. You will have 20 minutes to unload your car so make efficient use of that time. Parking afterwards is available by Beaver Stadium, which is close to East Halls. Forgot an item, no problem - there are many stores in the immediate area. Depending on the size of the item, you may be permitted to drop it off by the residence hall. Once done, congratulate yourselves on a job well done and treat everyone to ice cream over at the Creamery!”

- Bill Roberts, Parents Council Member

PARENT TO PARENT:

“The best tip I can give for taking the stress out of arrival weekend is to try and move in the day before. You can go to the commons desk and pay a $20 nightly fee to move in as early as Wednesday, August 19. If you don’t want to do that then I suggest you move in later in the day when it’s less frenzied and you can more easily get a parking space. When you get to the building where your student will be living there will be plenty of people around to give you directions.

After you move in, take a break and grab a bite to eat at one of the many restaurants in town. Or drive to North Atherton Street and eat at one of the restaurants on that main drag which also conveniently has a Walmart and a Trader Joe’s where you can pick up anything you may have forgotten. Finally, your student is probably looking forward to life as a college student without their parent(s) hanging around so don’t prolong the goodbyes. Just drop them off at their residence hall and say goodbye quickly. In this day and age of cell phones, we are always connected 24/7.”

- Judy Sinn, Parents Council Member
PARENT TO PARENT: TIPS FOR SUPPORTING YOUR COMMUTER STUDENTS

By Cheri Graham, Lead Programmer/Analyst in Student Affairs Information Technology and mother of two Penn State commuter students

• 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. Find students who want to share rides, bike to campus, hang out, study, or eat between classes.

• Encourage your student to participate in Welcome Week, the Commuter Connection program, and the President’s Convocation which serves as the official introduction to the academic life and traditions at Penn State. Your student might think that they know everything about Penn State and State College, but Penn State is big and it is guaranteed that they will learn new things and meet new people.

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

• 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 diverse choices close by for eating, entertainment, and adventure. Your student can be a great resource to others and should feel proud to offer local information.
PREPARING FOR ARRIVAL

MOVE-IN DATES
August 21, 2015
9:00 a.m. – 4:00 p.m.
Students from Centre County (and their roommates) and out-of-state students (and their roommates)

August 22, 2015
9:00 a.m. – 2:00 p.m.
Remaining in-state students

First-year students may need to check-in early. Students may arrive beginning at 8:00 a.m. on Wednesday, August 19, 2015. 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!

PARENT TO PARENT: Packing Tips

The University has a webpage (http://arrival.psu.edu/WelcomeWeek/UP/What-to-Pack.cfm) with a great list of what to bring with you when you move into the residence hall. Even if you don't bring everything you need, no worries! You can buy virtually anything you need at downtown stores and big box retailers a few minutes' drive off campus.

Here are a few things you may want to add to the list:
- Wallet with wrist strap or lanyard for ID and keys - you need to take your ID and dorm key with you virtually any time you leave your room, and your clothes don't always have pockets
- Ice cube trays - it's hot into September, and your room may not have air conditioning
- Bed risers and under-bed drawers or bins for extra storage
- Warm coat and boots - cold weather comes early to State College, probably before Thanksgiving break

-- Carol Ido, Parents Council Member

Top Five Tips to Pack it All In:
The laundry bag, flip-flops and other essentials of campus life are undoubtedly on the list as you help your student get ready for college. But don't overlook items that can help everything fit into a small space and stay (relatively) neat all year.

1. Invest in dual duty items. Pack small items in plastic drawer chests that will fit under a raised bed. Shoes can be kept out of the way in storage ottomans that double as seating
2. Play seasonal swap. Parents often plan a visit to PSU and students may make a trip back home. When scheduling these outings, also plan what items can be swapped out for the next season.
3. Dress for success. Students generally have it covered when it comes to everyday attire. But, with the variety of professional and social opportunities, don't forget a business appropriate and a semi-formal ensemble.
4. Forget the iron. Not only is it safer, a steamer takes up less room, doesn't require an ironing board, and is easy to use to keep clothes looking (and smelling) fresh.
5. Contain the clutter. Under the bed, over the door, in the closet, organization accessories not only save space, but also will help keep everything in its place. It also makes packing-up much easier.

Once you’ve unpacked, determine what you forgot or what you can use to help organize your space. Take a walk over to the Penn State Bookstore or downtown to any of the many local businesses and you’ll find just about anything you could possibly need.

-- Sharon Bittner, Parents Council Member
GETTING AROUND TOWN: TRANSPORTATION FOR NEW STUDENTS

ON-CAMPUS
The CATA bus system is a really helpful way for students to travel around University Park campus, especially without cars in their first year. CATA’s on-campus bus service is free, so it serves as a convenient way to get across campus quickly. The Blue Loop runs clock-wise around campus by way of College Avenue, and the White Loop operates counter-clockwise down Beaver Avenue. The Red and Green Links travel East to West across Curtain Road, providing access to Rec Hall, White Course Apartments, Beaver Stadium, the Bryce Jordan Center and even Innovation Park by the Penn Stater Hotel.

• 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 miniature golf and use go-carts. When the weather changes, Tussey is a convenient place for skiing, snowboarding and snowtubing 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 smartphones, 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.

For more information, please visit the CATA website at www.catabus.com.

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.

PARENT TO PARENT BLOG
The Parent to Parent Blog is run by members of the Penn State Parents Council who are dedicated to enhancing parent communications. This blog was created in a partnership with the Penn State Parents Program. The blog will provide parent and family perspectives about our time at Penn State. We will strive to educate you about the resources and services available within the University. Visit our blog at sites.psu.edu/parentspride

WELCOME WEEK
All students at University Park have a number of events to look forward to during Welcome Week, which takes place from August 21 - 29. 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.

Please visit welcomeweek.psu.edu for more information.

Penn State Parents Program • parents@psu.edu • phone: 814.863.1313 • www.parents.psu.edu • 7
KEY DATES:

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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>Fall Semester Tuition Due</td>
<td>August 14</td>
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<td>New Student Arrival Days</td>
<td>August 21-22</td>
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<td>Welcome Week</td>
<td>August 21-29</td>
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<td>Labor Day: No Classes</td>
<td>September 7</td>
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<td>Parents &amp; Families Weekend</td>
<td>October 16-18</td>
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<td>Spring Semester Tuition Bill Arrives</td>
<td>Mid-November</td>
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<td>(to student's email account)</td>
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<td>Residence Halls close at 10:00 a.m.</td>
<td>November 22</td>
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<td>Thanksgiving Holiday: No Classes</td>
<td>November 22-28</td>
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<tr>
<td>Residence Halls reopen at 10:00 a.m.</td>
<td>November 29</td>
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<td>Spring Tuition Due</td>
<td>December 4</td>
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<td>Classes End</td>
<td>December 11</td>
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<td>Study Days</td>
<td>December 12-13</td>
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<td>Final Exams</td>
<td>December 14-18</td>
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<td>Residence Halls close at 4:00 p.m.</td>
<td>December 19</td>
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Community Events:

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<th>Event</th>
<th>Date &amp; Location</th>
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<tr>
<td>State College Spikes vs. Batavia</td>
<td>September 2, 2015 7:05 p.m. Location: Medlar Field at Lubrano Park</td>
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<td><a href="http://www.statecollegespikes.com">www.statecollegespikes.com</a></td>
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<tr>
<td>The 3rd Annual Mt. Nittany Marathon</td>
<td>September 6, 2015 7:00 a.m. - 1:00 p.m. Location: Medlar Field at Lubrano Park</td>
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<td><a href="http://mtnittany.org/marathon/">http://mtnittany.org/marathon/</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 and click on the “local events” link.

Suggested Resources:

FINANCIAL LITERACY AT PENN STATE

With student debt soaring nationwide, Penn State has created a new financial literacy program aimed at helping students make better decisions about budgeting, borrowing and loan repayment. Penn State actively engages students through hands-on workshops, one-on-one or group counseling, webinars, and online help and tutorials. To learn more about financial literacy at Penn State visit: http://financialliteracy.psu.edu/

To view some of the various webinars from the financial literacy series visit: http://live.libraries.psu.edu/Mediasite/Catalog/Full/8376d4b24dd1457ea3bfe4cf9163fed21/