

LAKEHEAD UNIVERSITY

Parent Handbook



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Acknowledgements

Lakehead University would like to thank the National Orientation Directors Association for their contributions to this handbook.

A Warm Welcome

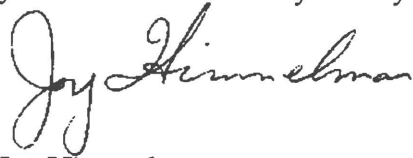
On behalf of Lakehead University I would like to welcome you to our campus and community. We are delighted that your son/daughter has chosen Lakehead for his/her university education and hope that, very soon, you too will feel a part of our community.

I think you will be pleased with the quality and uniqueness of our academic programs and quickly recognize the benefits of our small and personal university community. No doubt your son/daughter will have personal, quality contact with many of our professors and have easy access to labs and facilities, two factors which are very important for a positive learning experience. As well, our student-centred community environment makes it easy for students to find friends, support, clubs, and activities that will "round out" their university years.

As the parent of a university student it may be that you will have some questions and concerns at this time. Are they in the right program? Do they have enough money? What happens if they are sick or need help? Don't be afraid to ask those questions! They are valid concerns and Lakehead University, as a smaller university, prides itself on its student support network. We have many services that are there for the asking and we try to support and guide our students wherever and whenever needed. If you have a concern, please give us call.

Following the logic of Dr. Bob Rosehart (Lakehead President 1985-1997), "university tuition is a bargain; not only does the student benefit, but the parents as well get to live the university experience". We would be pleased to see you take an interest in Lakehead either through participation in our cultural, academic or athletic events or as a volunteer in a variety of capacities.

Once again, welcome to one of the best universities in Ontario. We welcome both you and your offspring into the Lakehead family and I invite you to visit our friendly and dynamic campus anytime!



Joy Himmelman
Director, Student Services & Community Relations



THERE IS A HELPING HAND AT LAKEHEAD

As the parent of a university student, it is almost inevitable that sometime over the next four years you will receive a phone call, visit or letter from an apparently distressed son/daughter. It would not be unusual for your son/daughter to experience any or some of the following:

- feeling absolutely overwhelmed by the workload
- "I'm in the wrong course/program!"
- feeling academically underprepared
- feeling homesick - missing family, boy/girlfriends or the stability of "home"
- a lack of funds — expenses are so much more than anticipated
- a new sense of identity
- the loss of an old boy/girlfriend
- the excitement and anxieties of forming new friendships and relationships
- the big-fish-in-the-little-pond to the little-fish-in-the-big-pond phenomenon.

Nor would it be unusual for your son/daughter, in the heat of the moment, to make some impulsive decisions that in the long run may not be in his/her best interest. Hopefully, before doing anything too rash, they will confide in you as a parent and you will be able to offer some support and stability to the situation. Therefore you should know that there are many support services at Lakehead and many people who are only too willing to assist, encourage and support your son/daughter.

Please take note of the following support services and encourage your student to seek the help of the appropriate professionals when he/she is having some difficulties.

LEARNING ASSISTANCE CENTRE

Highly qualified professional tutors and peer tutors provide a prescribed number of tutoring hours **free of charge**, in almost any subject area required. If additional tutoring hours are required, students are able to continue with the services of a tutor by paying the hourly cost. Encourage your son/daughter to contact the Learning Assistance Centre **at the first signs of academic difficulties**. (We're very good, but we can't work miracles the night before the exam!)

If your son/daughter has any special needs due to a disability, please contact the Learning Assistance Centre to make arrangements for notetakers, texts on audio tape, extended time for exams, assistive devices or whatever special accommodations are appropriate.

FINANCIAL ASSISTANCE

Unless you have just recently had experience with another son/daughter at university, it is very likely that the budgeting done by you and your student for this fall was everybody's "best guess"! It's very difficult to tell ahead of time **exactly** how much books, transportation, entertainment and living expenses are going to be. Therefore, if agreeable to your son/daughter, you might want to periodically check on the accuracy of your budget estimations and the actual financial situation that is at hand. Sometimes students are too proud and/or independent to divulge their true financial situation to their parents and end up living in unhealthy situations and/or sacrificing their academic year. In most cases, there is some kind of financial assistance available and your son/daughter should definitely pursue possible funding through the Financial Aid Office.

Financial Assistance is available in various forms:

Ontario Student Assistance Program (OSAP)

- the Canada Student Loans Plan/Ontario Student Loans Plan
- the Part-time Canada Student Loan and/or Special Opportunity Grant for High need Part-time Students
- the Ontario Special Bursary Plan
- the Ontario Work Study Plan (a program which offers OSAP-eligible students an opportunity to work part-time on campus)
- Bursaries for Students with Disabilities

OSAP applications are available in the Financial Aid Office which is in the lower level of the Student Centre. If you're not familiar with this program, why not pick up or phone for an application form for information. Your son/daughter may indeed qualify for this assistance. **The final deadline for 1997/98 OSAP applications is January 1998. Refer to the 1997/98 OSAP Application and Guide for application deadline information.**

Scholarships (Undergraduate)

- scholarships are awarded on the basis of academic achievement
- all entrance scholarships are automatically awarded (no application necessary), unless otherwise noted in the Lakehead University calendar and Entrance Scholarship Brochure/Application.
- after the first year, many in-course scholarships are automatically awarded to eligible students; however an application is required for a number of program-specific donor awards.

Bursaries

- bursaries are awarded on the basis of student need
- students must apply for entrance and in-course bursaries
- check with the Financial Aid Office for information on application procedures and application forms.

Feel free to call one of our financial aid advisors regarding questions specific to your student's/family's financial situation. Be sure to encourage your son/daughter to contact the Financial Aid Office regarding financial concerns.

Parents Please Note!

As educational expenses rise and more and more of these costs are made the responsibility of the individual student (ie. less government assistance) debt loads creep up extremely quickly! Please discuss with your son/daughter the long-term consequences of significant OSAP loans that over a number of years result in an unmanageable debt load.

Students need to know what they are "buying into"!?

HEALTH SERVICES

All students are entitled to full health care services which are provided five days a week and three evenings per week. Both male and female physicians offer daily clinics and students are generally assured of being able to see a doctor on the same day they come into the Health Centre.

Our nurses and physicians regularly work with parents, specialists, lab technicians, physiotherapists and hospitals to coordinate the full health needs of our students. Parents who are concerned about their son's/daughter's health should refer him/her to the Health Centre as soon as possible.

The Health Centre staff willingly visits students who are hospitalized and/or confined to Residence.

Prescription medications, dental care, and vision needs are often unforeseen expenses and it may be that your son/daughter will require additional funds for these health needs.

Please ensure that your son/daughter has an Ontario Health card or another provincial equivalent and that this card is in his/her possession.

An Emergency First Response Team of highly trained students, supervised by Health Services, is available on a 24 hour basis during the Fall and Winter terms to handle any medical emergencies on campus.

COUNSELLING

The years that your son/daughter spends at university will be full of new, exciting, anxious and troublesome times. Pressures to perform and conform, questions of identity, values and goals as well as heartaches and heartbreaks in relationships often cause upset and distress for students. As a parent, whether near or far away, you will sometimes find it difficult to help your son/daughter through these times and you might therefore want to encourage your son/daughter to talk with one of our Counsellors or the Chaplain.

Students are often hesitant to seek counselling and may need a gentle nudge from you. Once there, students are usually very glad for the support and guidance that counselling offers.

Our Chaplaincy welcomes all denominations and tries to insure that the religious and spiritual needs of all students are being met either through our own programs or in cooperation with other religious groups in Thunder Bay. Pastoral/personal counselling is available on a daily basis and, in time of crisis, on weekends and evenings as well.

Our counsellors offer personal and career counselling to individuals and, also, seminars in such areas as stress management, study skills, eating disorders, and assertiveness, just to name a few.

A counselling and support service for native students is offered through Native Support Services. Parents and students are encouraged to visit the department or contact the counsellor for more information.

For international students who may require assistance with adjusting to Canadian life and academia, there is an **International Student Advisor** on campus.

CAMPUS SAFETY & SECURITY

Personal safety is a matter of great importance at Lakehead. The University has recently undertaken a variety of initiatives to improve campus safety, including additional exterior lighting, the widening of pathways, the installation of emergency phones, to name a few. As well, a **Lakehead University Foot Patrol** offers a nightly walk-home service from 8 p.m. - 2 a.m. to Residence or to a vehicle in the parking lot.

Lakehead prides itself on the fact that we offer a relatively safe and friendly environment in which we live and learn. However, students need to be reminded of the part they themselves have to play in ensuring their own personal safety. For example, students need to be encouraged to lock their doors, to make use of the campus walk-home service, to walk with friends, and to make sure their purses and textbooks are not left unattended.

OMBUDSPERSON

Hopefully you will not have cause to use this service; however, should you have a difficulty that seems unsolvable through the regular channels, please feel free to contact Lakehead's Ombudsperson.



FACILITIES AND SERVICES AT LAKEHEAD

HOUSING/RESIDENCE

First-year students, except in very extenuating circumstances, are assigned residence accommodation in our dormitory - style residences. There are 3 dormitory residences, in total housing approximately 700 students. Upper-year and graduate students are most likely assigned to our townhouses which accommodate 430 students in total. For on-campus housing there is a Residence Life Coordinator who works with the student Residence Assistants to provide support, direction, social activities and, generally speaking, a healthy, comfortable living environment for students.

There is an Off-Campus Housing office which maintains updated listings of available rental units in the Thunder Bay area. This office is located in the Bartley Residence Complex and is open 8:30 am - 4:30 pm April to mid September.

MEAL PLANS

For students living in the Bartley and Prettie Residence complexes, a full meal plan is included in the Residence fee. For students living off campus or in the townhouses, a variety of meal plans ranging from 10 to 300 meals is available through Versa Food Services, as well as flexible declining balance meal plans.

And for that special occasion, a birthday or a congratulatory celebration, why not send best wishes in a way that is sure to be appreciated — a cake, decorated and delivered.

To order, or to obtain further information, contact the Versa Food Services Director at 343-8142.



LIBRARIES

Of course, your son/daughter will be spending most of his/her time in one of our two libraries! With some 571,000 volumes, the Chancellor Norman M. Paterson Library is physically and academically the heart of the campus. The Education Library is in the Bora Laskin Building and caters to the needs of education students with more than 40,000 volumes as well as a wide variety of non-print materials.

Library tours and personalized assistance are available on a year-round basis. Students and parents are encouraged to learn more about our library facilities and to take in one of Thunder Bay's best scenic views from the 5th floor of the Chancellor Paterson Library.

ATHLETICS AND CAMPUS RECREATION

The athletics program at Lakehead University is an essential element of the total education program, providing a balance of recreational, club and varsity athletics.

The C.J. Sanders Fieldhouse contains a large multi-purpose gymnasium, an auxiliary gymnasium, swimming pool, squash courts, saunas, weight training room, and a sports medicine clinic. Outdoor facilities include tennis courts, numerous playing fields, a hockey rink, and many scenic walking, jogging and cross country ski trails.

The tremendous fan support from the student body and the community make every varsity event in the "Thunderdome" a happening.

The campus recreation program endeavours to offer our students every opportunity to participate in a wide variety of events including golf, badminton, soccer, volleyball, squash, curling, hockey, basketball, skiing, skating and aerobics.

Whether taking a leisurely jog through our beautiful campus or training for national competitions, Lakehead is committed to providing an environment that promotes a healthy, active lifestyle for all our students.

Did You Know?

OUR HISTORY

Lakehead University evolved from the Lakehead Technical Institute which was established in 1946. In 1956 the Lakehead College of Arts, Science and Technology was created by an Act of the Ontario Legislature. A year later it moved to its present site, donated by the former City of Port Arthur. The College expanded in response to escalating enrolment. Courses were added to the curriculum and the College was empowered to confer university degrees. The first degrees were granted on May 6, 1965. At convocation '95, Lakehead celebrated its 30th anniversary with the biggest graduating class ever.

Interested in more history? The University Bookstore has a copy of A Northern Vision, The Development of Lakehead University co-authored by Dr. Tamblyn, the first president, and Dr. Braun, Principal of Lakehead Technical Institute and College.

THE SETTING

One of our brochures boasts "we're in the middle of everything!". Located near the geographic centre of Canada, Thunder Bay is a city of 124,400 created in 1970 by the amalgamation of the former cities of Fort William and Port Arthur. The University is nestled in the centre of this vibrant city with a commanding presence on top of Beach Ridge which was once the shore of post-glacial Lake Superior. The meandering McIntyre River flows through the campus with the placid and beautiful Lake Tamblyn forming Lakehead's scenic focal point.

ACADEMIC ORGANIZATION

The Senate is responsible for the educational policy of the University, and has the power to determine courses of study, standards of admission, and qualifications for degrees and diplomas, and, with approval of the Board insofar as the expenditure of funds and the establishment of facilities are concerned, to create faculties, departments, schools and institutes. Seventy Senators represent students, academic administration, the Board of Governors and five University faculties.

Under the purview of the Vice-President (Academic), there are five faculties and the Department of Graduate Studies & Research.

Faculty of Arts and Science

Faculty of Business Administration

Faculty of Education

Faculty of Engineering

Faculty of Forestry

The Faculty of Arts and Science includes the Departments of:

Anthropology

Biology

Chemistry

Economics

English

Geography

Geology

History

Indigenous Learning

Languages

Library and Information Studies

Music

Philosophy

Physics

Political Studies

Psychology

Social Work

Sociology

Visual Arts

and the associated Schools of:

Kinesiology

Mathematical Sciences

Nursing

Outdoor Recreation, Parks and Tourism

To meet our mandate in the region, on-site continuing education courses are offered on a regular basis in 18 regional communities. Our Distance Education office offers a wide range of programming to students across Canada.

THE PEOPLE

Lakehead is a major employer with about 1,800 full and part-time employees, of which 240 are full-time professors.

Our Students

5,572 full-time students

1,253 part-time students

Male to female ratio for full-time students 48:52

532 students learn at home through Distance Education courses

270 students take their courses off-campus

We have about 70 students over the age of 60, enjoying free tuition.

Geographical Origin of Students

Ontario 93 percent

Northwestern Ontario 48.5 percent

Other provinces 5 percent

Other countries 2 percent

The Chancellor

At Convocation '91, the Very Reverend Lois Wilson became Lakehead's first woman Chancellor. As the titular head of the University, Rev. Wilson confers all degrees and diplomas. Dr Wilson was recently reappointed for her 3rd three-year term to lead us into the new millineum.

Our President

For the 97/98 academic year, Dr. John Whitfield is the Interim President of Lakehead University. Dr. Whitfield, a mathematician by vocation, has been with Lakehead since 1965 and served as Vice-President (Academic) since 1991. As President of the University, Dr. Whitfield is chair of Senate, ex-officio on all University committees, advisor to the Board of Governors, our representative to many local and provincial bodies and generally responsible for the direction and development of the University.

Dr. Whitfield replaces Dr. Bob Rosehart and will remain in this position until the Board of Governors appoints a President.

LIFE AFTER L.U.

Current enrolments indicate that about half of our students hail from southern Ontario but nearly 1/3 of our graduates remain to live and work in Northwestern Ontario.

The Alumni Association of Lakehead University believes that a university is an institution whose members enjoy a life-long relationship. The role of the Alumni Association is to enlist the support of alumni and friends in the governance and pursuit of excellence of Lakehead University, and also to foster mutually beneficial relationships with other alumni through a variety of special events and the Alumni magazine, *The Nor'Wester*. In addition, the fundraising work that the Alumni Association of Lakehead University undertakes continues to play a vital part in the development of this institution. The continued support of our alumni provides much-needed assistance in new initiatives, research projects, equipment, library books, bricks and mortar and much needed scholarships and bursaries.

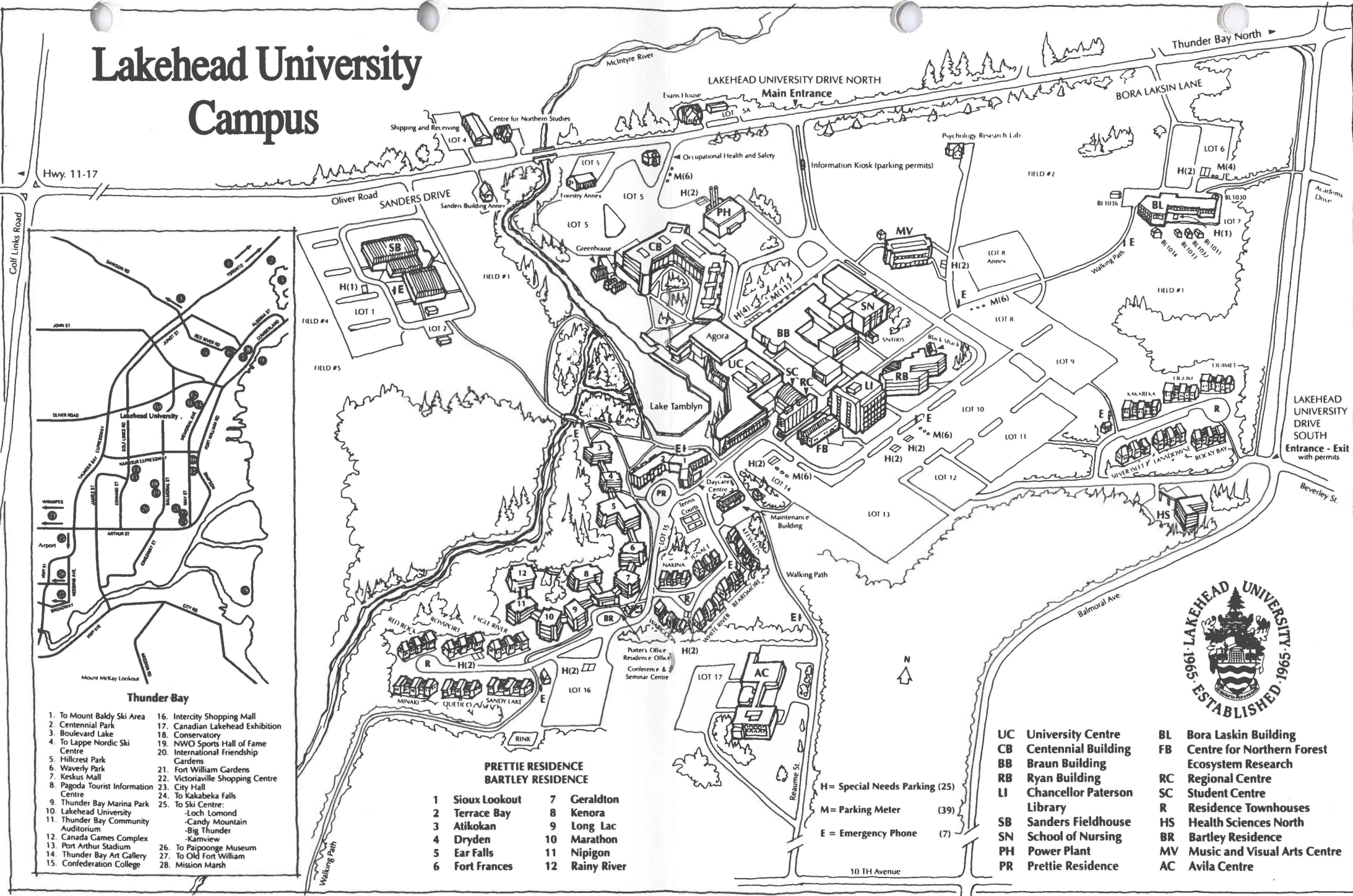
When your sons/daughters graduate from Lakehead University, we welcome them to the Alumni Association and in so doing provide them with a bond to their past and a pathway to their future.

Did you know that Canada's first woman astronaut, Dr. Roberta Bondar, the Prime Minister of Canada Jean Chretien, scientist Dr. David Suzuki, conductor John Kim Bell and many other prominent Canadians have received honorary degrees from Lakehead University?

Other interesting people who are a part of Lakehead's 25,000 alumni(ae) include: Dennis Wallace, Executive Director, Canadian Grain Commission; Lyn McLeod, Ontario MPP and Leader of the Opposition; Helen Donis-Keller, molecular geneticist involved in the human genome project; and curling greats Heather Houston and Rick Lang!



Lakehead University Campus



- Thunder Bay**
- 1. To Mount Baldy Ski Area
 - 2. Centennial Park
 - 3. Boulevard Lake
 - 4. To Lapre Nordic Ski Centre
 - 5. Hillcrest Park
 - 6. Waverly Park
 - 7. Keskus Mall
 - 8. Pagoda Tourist Information Centre
 - 9. Thunder Bay Marina Park
 - 10. Lakehead University
 - 11. Thunder Bay Community Auditorium
 - 12. Canada Games Complex
 - 13. Port Arthur Stadium
 - 14. Thunder Bay Art Gallery
 - 15. Confederation College
 - 16. Intercity Shopping Mall
 - 17. Canadian Lakehead Exhibition
 - 18. Conservatory
 - 19. NWO Sports Hall of Fame
 - 20. International Friendship Gardens
 - 21. Fort William Gardens
 - 22. Victoriaville Shopping Centre
 - 23. City Hall
 - 24. To Kakabeka Falls
 - 25. To Ski Centre:
 - Loch Lomond
 - Candy Mountain
 - Big Thunder
 - Kamview
 - 26. To Paipooing Museum
 - 27. To Old Fort William
 - 28. Mission Marsh

- PRETTIE RESIDENCE
BARTLEY RESIDENCE**
- 1. Sioux Lookout
 - 2. Terrace Bay
 - 3. Atikokan
 - 4. Dryden
 - 5. Ear Falls
 - 6. Fort Frances
 - 7. Geraldton
 - 8. Kenora
 - 9. Long Lac
 - 10. Marathon
 - 11. Nipigon
 - 12. Rainy River

- UC University Centre
- CB Centennial Building
- BB Braun Building
- RB Ryan Building
- LI Chancellor Paterson Library
- SB Sanders Fieldhouse
- SN School of Nursing
- PH Power Plant
- PR Prettie Residence
- BL Bora Laskin Building
- FB Centre for Northern Forest
- RC Ecosystem Research Regional Centre
- SC Student Centre
- R Residence Townhouses
- HS Health Sciences North
- BR Bartley Residence
- MV Music and Visual Arts Centre
- AC Avila Centre



CAMPUS GUIDE

WHERE TO FIND WHAT

ADMINISTRATIVE OFFICES (UC)
University Centre (2nd floor, off Agora)

ADMISSIONS (UC)
University Centre (off Agora)

AGORA (UC)
University Centre, main entrance

ALUMNISERVICES (AC)
Avila Centre

ATHLETICS (SB)
C. J. Sanders Fieldhouse

BOOKSTORE (UC)
University Centre

CAFETERIAS (UC)
University Centre, 2nd floor

COMPUTER CENTRE (BB)
Braun Building

COUNSELLING & CAREER CENTRE (UC)
University Centre (off Agora)

EDUCATION (BL)
Bora Laskin Building

FINANCIAL AID (SC)
Student Centre (lower level)

HEALTH SERVICES (UC)
University Centre (off Agora)

INTERNATIONAL STUDENT OFFICE (SC)
Student Centre (lower level)

LEARNING ASSISTANCE (SC)
Student Centre (lower level)

LIBRARY (LI)

NATIVE SUPPORT
SERVICES (SC)

Student Centre (lower level)

RESIDENCE OFFICE (BR)
Bartley Residence, main entrance

SECURITY (UC)
University Centre

STUDENT PLACEMENT (UC)
University Centre (upstairs from the
Study)

STUDENT SERVICES (UC)
University Centre (2nd floor, off
Agora)

STUDENT UNION (SC)
Student Centre (lower level)

SWIMMING POOL (SB)
C. J. Sanders Fieldhouse

SWITCHBOARD (UC)
(Information Desk)
University Centre

THE OUTPOST (SC)
(Bar and Restaurant)
Student Centre

THE STUDY (Games Room) (UC)
University Centre

ACADEMIC CALENDAR 1997/1998

Fall Term

August 31 &

September 2

September 2-5

September 8

September 17

October 13

November 3

November 28

Nov. 29 - Dec. 2

December 3-15

December 24 -
January 1, 1997

Winter Term

January 5

January 14

February 9

March 2

February 16-20

April 3

April 4-7

April 8-24

April 10

April 13

May 30

Parent Orientation programs

Student Orientation and Registration Week

First day of classes (except Forestry)

Final date for late registration and for additions of fall term half-
courses and fall/winter full courses (except Forestry Sept. 24)

Thanksgiving — University closed

Final date for withdrawal from fall term half-courses without
academic penalty

Fall term classes end

Study Period (except Education)

Examinations and tests for all students (except Education)
(contingency date is December 16)

University closed

Classes resume

Final date for registration and for additions of winter term
half-courses

Final date for withdrawal from fall/winter full courses without
academic penalty

Final date for withdrawal from winter term half-courses
without academic penalty

Mid-year Study Week

Classes end - winter term half-courses and fall/winter full
courses

Study Period for April exams

Final examinations (contingency date is April 25)

Good Friday — University closed

Easter Monday — University closed

Convocation

PARENTING A FIRST-YEAR UNIVERSITY STUDENT

FROM A FIRST-YEAR STUDENT'S PERSPECTIVE

Your student, along with 1,800 others at Lakehead University, is about to enter a time at once exciting and frightening, a period of joy, pain, discovery and disappointment. They will leave much different persons than they came.

And, like it or not, you're entering this period with your son or daughter. You'll experience the same happiness and defeats, second hand, but just as vividly or achingly.

If you don't believe me, ask my Mom. She watched and waited and worried through four years of ups and downs and mediocres. She patiently accepted my progressions and my regressions. She tried, and sometimes failed to understand my way of thinking and doing and being.

And, maybe because of her, maybe in spite of her, I left university after four years a much different person than I'd begun - a much happier person.

So my advice is: watch and wait and worry and accept and understand. Your children will be happier for your efforts. So will you.

Of course, no one can insure that you'll completely survive your child's first year at university, but there are some guidelines that might help you make it with a minimum loss of sanity and a maximum strengthening of your new relationship.

The suggestions on the following pages are:

- purposely subjective;
- written by a just-graduated student who, therefore, thinks she knows everything about university and, therefore, doesn't;
- based mostly on careful observations of mistakes and/or breakthroughs made by her parents and the parents of her friends. At most, they'll prepare you to deal effectively with some predictable first year issues. At least, they'll make you think about your reactions to them and that can't hurt.

ADVICE, INSPIRATION, REFLECTIONS, MYTH DISPELLATIONS AND OTHER WORDS OF WISDOM FOR PARENTS OF SOON-TO-BE FIRST-YEAR UNIVERSITY STUDENTS

FROM A FIRST-YEAR STUDENT'S PERSPECTIVE

Rule #1 - Don't Ask Them if They're Homesick

The power of association can be a dangerous thing. (A friend once told me "the idea of being homesick didn't even occur to me, what with all the new things that were going on, until my mom called one of the first weekends and asked 'Are you homesick?' Then it hit me").

The first few days/weeks of school are activity-packed and friend-jammed and the challenge of meeting new people and adjusting to new situations takes the majority of a first-year student's time and concentration. So, unless they're reminded of it (by a well-meaning parent) they'll probably be able to escape the loneliness and frustration of homesickness.

And, even if they don't tell you during those first few weeks, they do miss you.



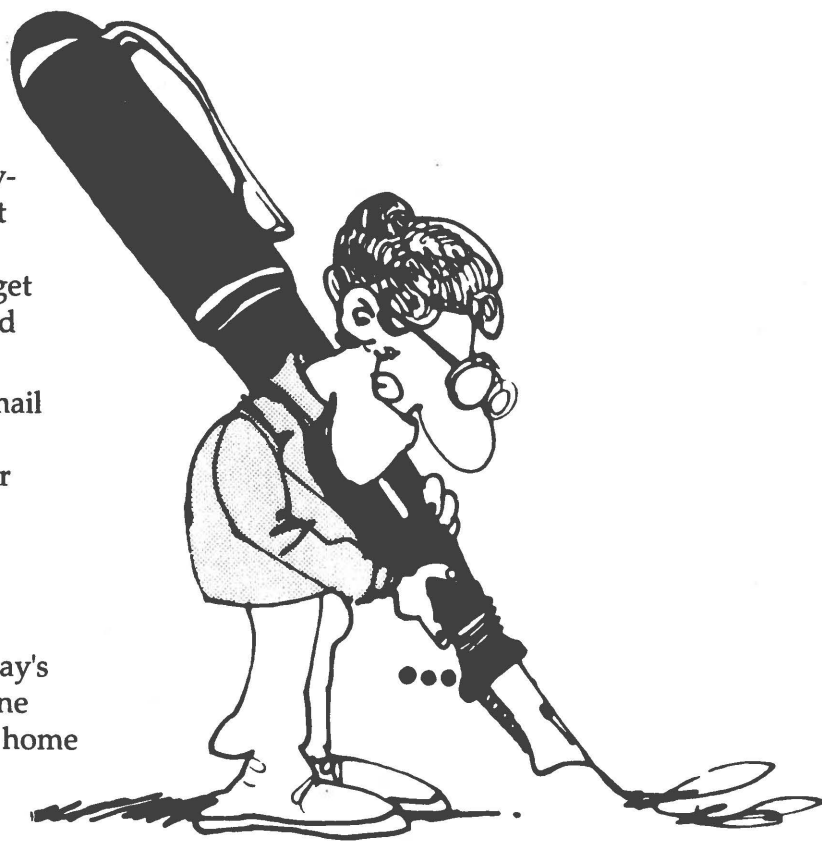
Rule #2 - Write (Even if They Don't Write Back) Or Phone, Fax, E-mail

Although first-year students are typically eager to experience all the away-from-home independence they can in those first weeks, most are still anxious for family ties and the security those ties bring. This surge of independence may be misinterpreted by sensitive parents as rejection, but I'd bet that most new students (although 99% won't ever admit it) would give anything for some news of home and family, however mundane it may seem to you.

There's nothing more depressing than the empty mailbox syndrome. (Warning - don't expect a reply to every letter you write. The you-write-one, they-write-one sequence isn't always followed by university students, so get set for some unanswered correspondence.)

The onset of fax and e-mail correspondence could drastically improve your chances of a reply so, if available, why not take advantage of modern technology!?

And of course, with today's great long distance phone rates, regular calls from home are much appreciated.



Rule #3 - Ask Questions (But Not Too Many)

First-year students are "cool" (or so they think) and have a tendency to resent interference with their newfound lifestyle, but most still desire the security of knowing that someone is still interested in them.

Parental curiosity can be obnoxious and alienating or relief-giving and supportive depending on the attitudes of the persons involved. "I-have-a-right-to-know" tinged questions, with ulterior motives or the nag should be avoided. However, honest inquiries and other "between friends" communication and discussion will do much to further the parent-student relationship.



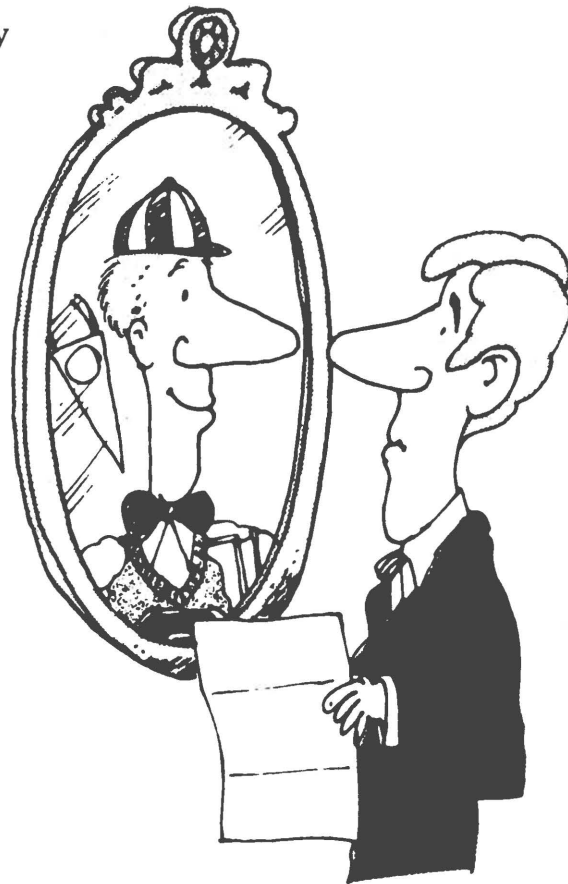
Rule #4 - Expect Change (But Not Too Much)

Your student will change (either drastically within the first months, slowly over four years or somewhere in between). It's natural, inevitable, and it can be inspiring and beautiful. Often, it's a pain in the neck.

University and the experiences associated with it can effect changes in social, vocational and personal behaviour and choices. An up-to-now wall-flower may experience a new popularity, a pre-med student may discover that biology is not her thing after all, or a high school radical may become a university egghead.

You can't stop change, you may not ever understand it, but it is within your power (and to everyone's advantage) to accept change.

Remember that your son/daughter will be basically the same person that you sent away to school, aside from such interest changes and personality revisions. Don't expect too much, too soon. Maturation is not an instantaneous or over-night process and you might well discover your freshman returning home with some of the habits and hangups, however unsophisticated, that you thought he/she had "grown out of". Be patient.



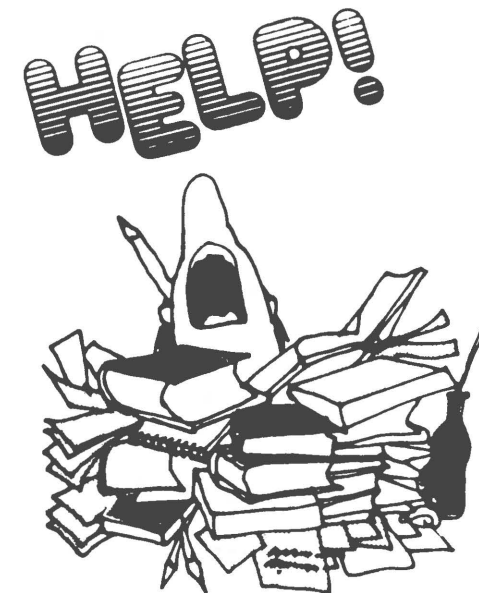
Rule #5 - Don't Worry (Too Much) About Manic Depressive Phone Calls or Letters

Parenting can be a thankless job, especially during the university years. It's a lot of give and only a little take.

Often when troubles become too much for a first-year student to handle (a flunked test, ended relationship and shrunken T-shirt all in one day) the only place to turn, write or dial is home. Often, unfortunately, this is the only time that urge to communicate is felt so strongly, so you never get to hear about the "A" paper, the new boyfriend or the domestic triumph.

In these "crisis" times your student can unload trouble or tears and, after the catharsis, return to routine, relieved and lightened, while you inherit the burden of worry.

Be patient with those nothing-is-going-right I-hate-this-place phone calls or letters. You're providing a real service as an advice dispenser, sympathetic ear or punching bag. Granted, it's a service that makes you feel lousy, but it works wonders for a frustrated student. Like I said before, parenting can be a thankless job.



Rule #6 - Visit (But Not Too Often)

Visits by parents (especially when accompanied by shopping sprees and/or dinners out) are another part of the first-year events that students may be reluctant to admit liking, but would appreciate greatly. And, pretended disdain of those visits is just another part of the first year syndrome.

These visits give the student a chance to introduce some of the important people in both of his/her now-important worlds (home and school) to each other. Additionally, it's a way for parents to become familiar with (and, hopefully, more understanding of) their student's new activities, commitments and friends.

Spur-of-the-moment "surprises" are usually not appreciated. (Pre-emption of a planned weekend of studying or other activities can have disastrous results). It's usually best to plan a weekend to see your student and the school; that way you may even get to see a clean room.



Rule #7 - Do Not Tell Your Students That "These Are The Best Years of Their Lives"

This first year (and the other three as well) can be full of indecisions, insecurities, disappointments, and, most of all, mistakes. It's also full of discovery, inspiration, good times and people but, except in retrospect, it's not the good that stands out. It took a while (and the help of some good friends) for me to realize that I was normal and that my afternoon movie/paperback novel perceptions of what university was all about were inaccurate. It took a while for me to accept that being unhappy, afraid, confused, disliking people and making mistakes were all part of the show, all part of this new reality, all part of growing up. It took a while longer for my parents to accept it.

Any parent who believes that all university students get good grades, know what they want to major in, have always activity-packed weekends, thousands of close friends and lead carefree, worry-free lives is wrong. So are the parents that think university - educated means mistake-proof. Parents that perpetrate and insist upon the "best years" stereotype are working against their child's already difficult self-development. Those that accept and understand the highs and lows of their student's reality are providing the support and encouragement where it's needed most.

Rule #8 - Trust Them

Finding oneself is a difficult enough process without feeling that the people whose opinions you respect most are second-guessing your own second-guessing. One of the most important things my mom ever wrote me in my four years at university was this: "I love you and want for you all the things that make you the happiest; and I guess you, not I, are the one who knows best what those things are".

She wrote that during my final year. If you're smart you'll believe it, mean it, and say it now.

WHO SHOULD YOU CALL?

LAKEHEAD UNIVERSITY MAIN SWITCHBOARD (807) 343-8110
Fax Number (807) 343-8023

For information regarding: 343-followed by:
STUDENT SERVICES Joy Himmelman
& COMMUNITY Director, Student Services & Community Relations ... 8149
RELATIONS

Alumni Services Rob Zuback
Manager..... 8193

Athletics Stu Julius
Coordinator, Athletics 8605

Personal & Career Counselling Ian Cull
Coordinator/Counsellor 8018

Valerie Szematowicz
Counsellor 8018

Chaplaincy Sister Alice Greer 8002

Financial Assistance Phyllis Bosnick
Financial Aid Administrator 8150

Mariann Frigeri
Financial Aid Assistant (OSAP).....8152

Tracy Marks
Undergraduate Scholarships Officer 8923

Health Services Sandi Covino - Coordinator/Nurse 8989
Karen Chan - Nurse.....8361

International Student Office

Alex Pasquali, International Student Advisor.....8958

Learning Assistance Centre

(including Services to Students with Disabilities)

Geraldine White
Coordinator.....8087

Native Support Services

Michael McIsaac
Counsellor.....8084

Student Placement & Co-operative Education Centre

Moe Ktytor
Director.....8264

ADMISSIONS/ REGISTRATION

For General Inquiries
Admissions/Program Information
Registration/Transcripts/Records

Registrar's Office.....343-8500
(outside line)

HOUSING

David Hare
Manager, Residence and Conference Services.....8512

Norma Jean Newbold
Residence Life Coordinator.....8622

Off Campus Housing.....8024

FOOD SERVICES

Adam Rhode
Director.....8142

LIBRARY SERVICES	Information Desk	8302
LAKEHEAD UNIVERSITY STUDENT UNION (LUSU)		
	Michael Blower <i>President</i>	8550
PAYMENT OF FEES	Accounts	8140
SECURITY (Lost & Found)	Donna Miller <i>Chief, Security</i>	8569
BOOKSTORE & CAMPUS STORE	Becky Hurley <i>Manager</i>	8130
HARASSMENT CONTACT PERSON	Beverly Adams	8356
OMBUDSPERSON	Armand Colosimo	8061

**In case of emergency,
call: 343-8018 daytime
343-8569 evenings
for the Residence,
343-8612 8:30 am to 11:00 pm
343-8569 other times**



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