

# M Mines Family matters

JULY 2013

## Parenting Transitions and College Success

Parents play a large role in their child's academic achievement. This relationship has been observed and researched extensively in the past few years, understanding and researching the parenting styles has been a large focus for researchers. These researchers are trying to determine if a certain style of parenting leads to better performance in all education but particularly post-secondary education. These studies indicated that children of authoritative parenting styles demonstrated higher levels of basic motivation, self-regulation, and individualistic, self-directed thinking. Authoritative parenting styles encourage personal growth and development whereas authoritarian and permissive parenting styles do not promote these characteristics.

College students may in fact experience both self-directed and controlled regulation, because of the declining restrictions of parental expectations and values. The student should experience a heightening of their own sense of autonomy as decision-making abilities. Many students find themselves caught in a middle ground on decision making because they want to make decisions on their own yet want the input from their parents.

As parents remember it is good to stay involved with your student's regular activities but as they are away at college it is your job now to be more of an advisor in life than a parent. Help your students make their own choices and decisions. Also don't be offended when they stop coming to you with everything.



Remember it is a growing and learning experience for them to do things on their own.

## What is Mines Advantage



Remind your students to check out Mines Advantage this fall. This initiative is to help our students become more marketable when they enter the work force.

Mines Advantage is an optional professional development program designed for all SDSMT students. Participating students will go through 30 total experiences in 6 core competency areas. Experiences include attending a cultural event and participating in a mock interview.

Participation will automatically count towards progress along the Mines Advantage curriculum when students swipe their ID card. Taking part in certain organization will also automatically count. Self-reflection is required after each experience.

Go To Mines Open House for Prospective Students

# GO TO MINES



If you haven't had a chance to come visit our wonderful campus our Go To Mines, open house is for high school students of all ages and their families can talk with professors one-on-one, learn about our research, explore campus and the dorms—and get insider tips on campus life, the application process, scholarships, and financial aid, from students who have already done it all. We also hold a Go Women breakfast, where prospective female students can ask current ones about everything from dorms and dining halls to professors and job fairs.

Finding the right college is a tricky process. Between brochures and applications, Viewbooks and videos, it can get a little overwhelming. That's why a campus visit can help. Sometimes to picture yourself there, you have to be there.

And when you do arrive, we want to make your campus visit a perfect fit, so we created a whole event tailored to you – your interests and passions, questions and concerns.

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learn about our research, explore campus and the dorms – and get insider tips on campus life, the application process, scholarships, and financial aid, from students who have already done it all. We also hold a Go Women breakfast, where prospective female students can ask current ones about everything from dorms and dining halls to professors and job fairs.

As you stroll through the Quad or our state-of-the-art labs brimming with possibility, the excitement is infectious. And suddenly it hits you. I'm home.

## Go To Mines schedule

Saturday, July 20, 2013  
9:00 AM - 3:00 PM  
SDSM&T Campus

Registration—8:30 a.m.  
(Surbeck Center)

Welcome—9:00 a.m.  
(Surbeck Center)

Information Fair—9:45 a.m.  
(Surbeck Center)

Department Open Houses—11:15 a.m.  
(Various locations on campus)

Lunch & Campus Tours—12:00 p.m.

**RSVP Online**

# Study Abroad at Mines

Locations students choose vary extensively, including Europe, Eurasia, Asia, Africa, South and Central America, and Australia and Oceania.

## Benefits of Study Abroad

- Employers desire employees to have a global perspective and to be able to thrive in global and multicultural environments
- Learning about other cultures can be a life changing experience and helps to develop self-awareness
- Increases understanding of other cultures and increases ability to perform competently in a global environment
- Develops independence and adaptability
- Expanded career opportunities – employers (especially multinationals) look for employment candidates who show initiative, adaptability, flexibility, and respect for other cultures
- Students who have study abroad experience may have a competitive edge with certain employers

## Funding

This is often the number one question for parents and family members. The answer can vary significantly. There are some scholarship opportunities on campus, and there are some federal and specialized scholarships at the national level. Financial aid may be used in some cases. Whatever the situation, students must start EARLY in preparing for a study abroad experience.

## Getting Started

- Attend info sessions the first semester on campus
- Take courses to prepare for study abroad
- Explore options and countries of interest
- Get involved in intercultural activities



Valuing a global perspective is a critical outcome of an engineering or science education. The School of Mines is dedicated to being a leader in twenty-first century education that reflects a belief in the role of Engineers and Scientists as crucial to the advancement of society.

Opportunities for study abroad continue to increase at School of Mines. There are multiple options for all levels of students, including short and long term, humanitarian projects, field camps, language learning, international competitions, international conferences, etc.

## Parents of new student orientation

If your student is planning to attend Mines in the fall we hope you have already received your acceptance letter and completed the admissions process. Now begins the process of preparing for the move in a little over a month. Please take time to look over the Parent Orientation Schedule at [http://ektron-stage.sdsmt.edu/uploadedFiles/Content/Campus\\_Life/Getting\\_Involved/Mines\\_Family/ParentsOfNewStudentOrientation.pdf](http://ektron-stage.sdsmt.edu/uploadedFiles/Content/Campus_Life/Getting_Involved/Mines_Family/ParentsOfNewStudentOrientation.pdf)

## Parking Registration

Students and faculty/staff may register their vehicles online from the Parking Registration Online at our webpage <http://www.sdsmt.edu/Campus-Services/Facilities/Campus-Parking/>. All vehicles (including motorcycles) require a parking permit for the 2013-2014 school year. Everyone will have the option to purchase additional parking passes for other vehicles at \$10 each or transfer their permit between vehicles.

# Top 10 Ways to Transition Successfully to College

## 1. Get to know people.

It is very important to try to meet people when you first get to school. Even for more introverted students, making relationships with other students can help make the transition to school easier. There are a lot of things that come at a student when they first get to the Mines campus. Having a friend on campus makes things a lot easier.

## 2. Get a calendar.

You can get a traditional calendar to hang on the door. You can use your phone or computer. Planning ahead in college is essential. You need to gather your syllabuses at the beginning of the semester and put in all of the important test, project, and event dates. Don't get blindsided with a week where you have to prepare for four exams.

## 3. Know how to study.

There are audio learners, visual learners, and tactile learners. Identify how you best retain information. If you study best while interacting with others, then don't study alone. Don't read a book when you don't retain any information from reading. Make sure you are efficient with your study habits.

## 4. Know where to study.

Do you need a quiet place to study? Do you need some ambient noise to study? Identify a place or some places where you can study effectively. This sometimes takes a bit of trial and error.

## 5. Join a club.

It is important to get involved. The more connections you have to the campus, the more likely you are to stay in school and be happy in school. If you don't feel a part of the campus you may find your academics begin to suffer. Look at the CAMP programs and attend the Student Organization Fair in the fall.



## 6. Take breaks.

You cannot study effectively for five hours straight. You remember the most information at the start of your study session and at the end. Make sure you have more of those optimal periods of retention. Take short breaks and pay attention to when your mind begins to wander. Your inattention is letting you know when it is time to take a break. You want to maximize your effectiveness while you are studying.

## 7. Relieve stress.

Identify what you can do to "chill out." You need an escape because school can be very stressful. Sometimes, that means playing a session of League of Legends with friends. Sometimes that means taking a walk or lifting some weights. Everybody does something different to relieve stress, just remember what you do to relieve yours.

## 8. Get to know your professors.

While there are horror stories about professors who don't like helping, the reality is that most professors are very much invested in student success. If you need help, then ask for it. Professors appreciate students who care and who are invested in their classes.

## 9. Don't forget the people back home.

Going to college is a big change. Don't forget your friends and family back home. They've been there for you before and they will be there for you still.