

**SENDING SOMEONE
OFF TO COLLEGE?
LET US ANSWER YOUR QUESTIONS!!!**



FAQ's for Parent of College Students

What is a general education class?

General education classes are those designed to help students develop important general skills which are applicable in many situations beyond the particular course. These include: 1) the ability to read intelligently; 2) the ability to process information both in terms of synthesis and analysis; and 3) solve problems using the methods of analysis considering evidence, relevance, and validity.

Why are students required to take general education classes?

Statistics show that students change their major an average of 5 times during their college careers, and people in general change their jobs/careers an average of 6 times over a lifetime. The skills developed in general education courses allow a person to be prepared for and adapt to such changes.

What does an academic advisor do?

An academic advisor will work with a student to discuss career goals, short-term goals, other long-term goals and issues, and issues immediately affecting a student's academic life, and to help the student select an appropriate major and curriculum to meet the student's goals. Advisors do more than just schedule courses - they look at the whole student and work with the student to make decisions.

Why is it important to meet with an academic advisor?

An academic advisor serves as a resource person for any academic issues that may arise, and additionally will refer a student to the appropriate person or persons to deal with other issues that may affect the student's academic performance. Regular meetings with an academic advisor provide feedback and information for both parties to enable good decision-making to occur.

Is it okay to be undecided about a major?

Being undecided about a major is an opportunity, not a negative situation. As an undeclared student, a student can explore possible areas of interest while taking those required general education courses to develop reading, processing, and analyzing skills and working toward a degree.

What if my student cannot decide which academic major or career field to pursue?

Washburn University Counseling and Testing Services can assist students in defining interests and career aspirations that help students decide on their academic major or career field.

What is a credit hour?

A credit hour is the amount of time per week a student spends in class. For example, a 3-credit hour class would involve the student meeting either three times a week for approximately one hour, or twice a week for approximately an hour-and-a-half, or once a week for a three-hour time period. Students should spend 1-3 hours outside of class studying for every hour spent in class.

What is considered full-time?

As at most universities and colleges, full-time status is considered 12 credit hours. This is important to keep in mind when considering full-time versus part-time status for things like financial aid, insurance requirements, athletic eligibility, or any other benefit or opportunity that may require full-time status.

What does GPA stand for and how is it calculated?

GPA is the acronym for Grade Point Average. It is calculated by dividing a student's total Quality Points by the number of credits attempted. Quality Points are calculated by multiplying the number of credit hours a course is worth by the points received for the grade in the class. For example, a student completing a 3-credit hour class and receiving a grade of "A" would have 3 credit hours X 4.0 points = 12.0 Quality Points. That same student receiving a "B" in the class would have 3 credit hours X 3.0 points = 9.0 Quality Points. For a grade of "C," it would be 3.0 credit hours X 2.0 points = 6.0 Quality Points; for a grade of "D" it would be 3.0 credit hours X 1.0 points = 3.0 Quality Points. A grade of "F" would be 3.0 credit hours X 0.0 points = 0 Quality Points.

Calculate the Quality Points received for every course completed, add them together, and then divide that sum by the number of credit hours attempted. You need to include all credit hours attempted, including any courses not passed.

What is good academic standing?

At Washburn University, good academic standing is obtaining an overall GPA of 2.0 or higher. If a student's overall GPA falls below a GPA of 2.0, the student is placed on academic probation, and he or she must achieve a minimum semester GPA of 2.25 for the next semester or the student will be academically suspended from the university. Please see the University Catalog for specific information on probation and suspension regulations.

Can I call the university to get my son's/daughter's grades?

According to Federal guidelines, this and other specific information may not be released to a third party (i.e., a party other than the student and a representative of the University) without the student's consent. Please see the University Catalog for specific information on privacy and release of information issues.

My student had difficulty managing his/her time well in high school. Is there help for this on campus?

Time management skills will be important to develop in college. These same skills will be drawn upon for the rest of their life. The Center for Learning and Student Success (CLASS) offers workshops and individual help on time management skills and coping with procrastination.

My son gets real nervous when taking a test. What should he do?

Test-taking anxiety is a common problem for students. There may be several reasons for this type of anxiety. Your son should learn more about why he gets anxious when taking tests. Ask your son to check with the Counseling and Testing Services, CLASS, Morgan 122. Counselors know how to assist someone who has test-taking anxiety and it may only take one or two visits to see positive results! Workshops are also offered for this concern.

Our student appears to have few study skills. Can someone help her/him in this area?

The development of better study skills through workshops and individual help has long been a tradition at the Washburn University Counseling Services. Many entering students need help in this area

What can be done for my student who has become homesick?

First, it's important that students realize this is a normal response when moving out of the family home and to a new location to attend college. Homesickness may be noticed after about 3 or 4 weeks when the rigors of college are experienced. Ideally, your college student will find a circle of friends and become involved in some organizations or activities. As parents, try to set up times when you will call them, perhaps every Sunday or a couple of times a week. Send "care packages," mail cards, and use e-mail. Encourage your college student to contact their high school friends at other colleges, technical schools, etc.

My student has a roommate problem in the residence hall s/he lives in. What can be done?

Don't overlook the possibility of solving the problem by the roommates calmly talking to each other about their concern. As parents, you might give your student some guidance on how to approach the subject. For instance, be assertive and not aggressive. If all fails, you can get the help of a Resident Assistant (RA) for roommate problems.

My son called us and was very despondent because his girlfriend broke up with him. Can he see anyone and talk about this?

Washburn offers personal counseling services in CLASS. Give your student our contact information - 231-1010, ext. 1299, Morgan 122, where the counseling services are located. Assure him that relationship issues bring lots of students to the Counseling & Testing Service. Also, make sure he is talking to his friends and continuing his class attendance and other activities.

My daughter's roommate has an eating disorder. What should we do?

Eating disorders can be an extremely complex issue. Suggest your daughter visit Counseling & Testing Services in CLASS to assist her in how to approach her roommate. Your daughter may even offer to take her roommate to the counseling services the first time. This is definitely an area where your daughter will need to seek out solutions, probably with a mental health professional.

My daughter called last night and seemed rather depressed. Is there anything we can encourage her to do?

Being a good listener in a situation like this is very important. You can also tell her about the confidential counseling services at Washburn. Professional counselors are available for a wide variety of topics and concerns.

My student is just not getting along with his/her head coach. What can we do?

Professional counselors are available for individual sessions or for meeting with your student and the coaches involved in this matter.

My student doesn't seem to be adjusting to his first semester at college. Does the University offer help in this area?

The first semester in college calls for adjustment in several areas. Talking with a professional counselor who is aware and knowledgeable about these transitions can help.

My daughter spends most of her time and money talking with her boyfriend at another university. Is there someone she can talk to about this before she fails all of her classes?

Students often come to counseling for help with relationship issues and time management. Concerns involving money and scholastic achievement can also be addressed. It is important, however, that your daughter agrees to seek help with these issues.

Do students work while attending Washburn University?

Yes. Students work while attending Washburn University. We encourage students to work in an internship or part-time job to gain work experience and marketable skills. Working full-time and being a full-time student is not encouraged.

Will Washburn University help students find employment?

Yes. The Washburn University Career Services office will assist students in finding full and part-time employment, as well as internships while they are students and upon graduation. Contact WU Career Services at 785-231-1010, ext. 1450.

What is an internship?

An internship is a part-time work experience related to the student's field of study. An internship is usually completed during the junior and/or senior year at Washburn University. The internship may be paid, unpaid and for academic credit or no academic credit.

What kinds of jobs are available to students?

A wide variety of jobs and employers exist in Topeka. Jobs in service, government, business, industry, and health care are available in the Topeka area, as well as campus jobs. Jobs may also be obtained around the world.

How do students get information about campus jobs at Washburn University?

Contact Washburn University Financial Aid at 785-231-1010, ext. 1151.

What job search services are available from Washburn University Career Services?

Registration, resume development, job postings, resume referral, employer contacts, networking information, interviewing skills, on-campus employer interviews, and career fairs are some of the services and events available. For a more complete list of services and events go to this web site <http://www.washburn.edu/services/career>.

When should students register with Career Services?

Students registering with Career Services as freshmen get the maximum benefit from our services. A cost of \$30 is charged a student for registering with Career Services and allows them access to the services until 4 months after graduation with consistent enrollment.

Do students who register with Career Services find jobs?

Yes. The data show that students get jobs more quickly and are paid more when registered with Career Services as compared to non-registered students.

Should my student be concerned about graduate school?

Yes. Students interested in pursuing graduate degrees should explore their options early. Career Services can assist students in exploring graduate school options.

Center for Learning and Student Success

The Center for Learning and Student Success (CLASS) offers a variety of services for students: Academic advising for undeclared students; Personal, educational, and career counseling; and Career services to help students network with employers during their career at Washburn University and/or upon graduation. If you, or your son or daughter need assistance, please contact us in Morgan Hall 122, (785) 231-1010, ext. 1299. For more information visit: www.washburn.edu/services/class.