October 2012
Upcoming events:

**Academic Calendar**

- Majors and Minors Expo  
  October 10
- Homecoming Laser and Fireworks Show  
  October 12 and 13
- Homecoming  
  October 13
- Pitt Make a Difference Day  
  October 20
- Gene Kelly Tribute  
  October 25
- Family Weekend  
  October 26 – 28

**Does Your Student Need a Ride Home?**

Pitt offers a service called “Buses Home for the Holidays” that is designed to provide our students with safe, comfortable, round trip transportation to many regional areas for the Thanksgiving, winter, and spring breaks. For details please go to [Buses Home for the Holidays](#).

Excitement is growing on campus as we anticipate more than 1,000 families joining us to celebrate Family Weekend at the University of Pittsburgh October 26-28! Planned activities include something for everyone on Friday featuring Trick or Treat at the William Pitt Union, and a film at the Frick Fine Arts Auditorium. Then, be dazzled by our talented students at the award-winning Student Showcase later that evening.

Register for the Red Zone and cheer for Pitt Football as they take on the Temple Owls on Saturday, or sign up for an Explore Pittsburgh experience on a double-decker tour bus. Maybe you would prefer enjoying Oakland’s cultural attractions by registering for Oakland à la carte. Activities continue on Sunday with a sequence of information sessions from 10 a.m. to 2:30 p.m.

For more weekend details, and to register for Family Weekend, please go to: [www.familyweekend.pitt.edu](http://www.familyweekend.pitt.edu), but don’t wait! **The registration deadline is October 9!**

If your travel schedule permits you to arrive early, please join us on October 25 as Pitt welcomes Patricia Ward Kelly, wife of the late Academy Award winner and Pitt alumnus, Gene Kelly. Ms. Kelly will host a celebration of her husband’s lifetime achievements. This event is free and open to the public and will be held at 8 p.m. at Alumni Hall.

For more on the Gene Kelly Tribute, see page 5.
Dear Pitt Parents and Families,

Right now, many of your students are writing their first major papers of the term or they may be preparing for an exam. Hopefully, they have established a daily routine that includes going to class, studying, enjoying some social time, and getting enough sleep.

Many students are still getting acquainted with roommates, hallmates, apartment mates and classmates. Fall term is rigorous and even the most self-assured student may get somewhat anxious about his or her academic and social success, and need varying degrees of assistance.

The Office of Parent and Family Resources strives to help parents support their students in every way possible. To that end, this issue of Panther Connections includes information and Pitt resources to assist your students as they balance academics with social and physical well-being.

I hope to see many of you at Family Weekend and especially during the Panther Parent Ambassador information session on Sunday, October 28 at 10 a.m. in the William Pitt Union Lower Lounge. For details, and to become a [Panther Parent Ambassador](#) (see page 4 for more information).

Remember, the registration deadline for [Family Weekend](#) activities is October 9!

In closing, please let me know what you like about our newsletter and programs, and if you have suggestions to improve the services we provide for you. I appreciate hearing from you at parents@pitt.edu or 412-624-8548.

Sandy Talbott
Parent and Family Liaison
HEALTHY MIND, HEALTHY BODY = HEALTHY STUDENT!
Encourage Your Student to Commit to a HEALTHY U

By Marian Vanek, Director of Student Health Service

The health of an individual student affects more than just his or her physical and emotional well-being; it may also influence academic performance. Research has shown that student health is an important factor in both student academic performance and the overall student experience.

With this in mind, the University has developed a special program called HEALTHY U to assist students in becoming more intentional about maintaining optimal health—not just physical health, but emotional health, social health, and all dimensions of wellness.

There are many programs and services available to students as part of the HEALTHY U initiative. Students learned more about maintaining wellness at the HEALTHY U Fair, which was held on October 3. The Fair featured many interactive events including “Know Your Numbers” with blood pressure and body mass index testing, yoga demonstrations, running tips, and injury prevention techniques, and (for the hidden athlete in many of us!) the ability to test one’s sprinting skills by “racing” against one of Pitt’s track team stars.

And this year, consistent with the HEALTHY U initiative that emphasizes prevention and taking charge of one’s health, we offered students free flu vaccines. Please encourage your student to take advantage of this tremendous benefit by visiting our Student Health Service, which was ranked fourth-best in the country by The Princeton Review.

AlcoholEdu for Parents

While we are committed to making a difference with our students, we also understand that parents are the first line of defense against alcohol misuse and abuse. That’s why we have made AlcoholEdu for Parents available to you. AlcoholEdu for Parents is an online program designed to support conversations about alcohol and help shape the decisions your student must make in college surrounding alcohol use.

The program includes:
• A brief introduction and suggestions on the best way to start conversations and dialogue about alcohol.
• An overview of the AlcoholEdu for College course structure and key concepts.
• Direct access to AlcoholEdu for College, in an easy-to-use format that allows you to navigate freely from chapter to chapter.
• Helpful resources, such as tips on talking to your college student about alcohol, fact sheets on alcohol’s effect on the brain, how alcohol impairs learning and memory, and more.

NOTE: Your participation is optional. If you choose to review the course, please:
1. Log into AlcoholEdu for Parents
2. Review the minimum technical requirements for usage
   Under New User enter: P215293PARENT

You will be directed to a short registration form. If you experience technical difficulties, please click on the “Technical Help” button located in the upper right-hand corner of each screen.
By Anita Persaud, Director, Academic Resource Center

As a high school student, I learned very quickly to access resources available to me in order to advance academically. I consistently met with my calculus tutor who helped me succeed and taught me the critical skill of knowing your resources and being courageous to access that support when I needed it.

Research on tutoring shows that a large percentage of students who access tutoring resources are Ivy League students. Private tutoring has become common across Asia and there is currently the appearance of tutoring in poorer countries. Yet, I still come across students who are not convinced. It shows maturity, drive for excellence and a commitment to succeed. What employer wouldn’t want to hire a young professional with those skills?

Tutoring teaches students how to become independent learners. Tutors do not do the work for the students. Instead, they help the student in thinking and working through the material whether it’s a math problem, an anthropology paper or a chemistry lab. The Academic Resource Center is here to support all our students to academically succeed and strive for excellence. Please encourage your student to visit the ARC early and consistently.

The ARC is located in Gardner Steel Conference Center (ground floor). Students may call or stop by to schedule one-hour appointments from 9 a.m. - 4 p.m. Monday-Friday or visit our tutors at the Towers. We offer tutoring in 17 courses. We also offer Peer Lead Study Sessions (supplemental instruction) for select courses where students may meet weekly with a study group for a particular course.

Is Your Student Still Undecided About a Major? We Can Help!

The Career Development and Placement Assistance Office will host the Majors & Minors Expo 2012 on Wednesday, October 10, from 11 a.m. to 2:30 p.m.

The Majors & Minors Expo is a great opportunity to meet with representatives from over 100 different majors, minors, and certificate programs at Pitt. Whether your student is currently exploring options for majors, or has already decided on a career path, attending this program will assist them in making their Pitt academic experience a dynamic one. Encourage your student to attend! For more information, visit www.careers.pitt.edu.

Join Us! Become a Panther Parent Ambassador

Enjoy meeting and mingling with other Pitt Parents both on campus and in your area. Assist with parent programs like Family Weekend and Orientation. Have some fun!

Panther Parent Ambassadors will receive:

- Special invitations to specific programs
- Electronic calendars with upcoming student activities
- Custom Parent Ambassador polo shirt
- Parent Ambassador Towel
- Pitt decal
- Parent Ambassador tote bag
- Pom poms for your next Pitt game!
- $20.00 Family Weekend Registration discount
- Membership business card
Talk About It

By Deanna Burkett, Counseling Consultation and Outreach Coordinator

Once again this year Pitt will be emphasizing the importance of depression awareness with our Talk About It campaign in October.

Talk About It (TAI) is a mental health campaign developed at Pitt to increase awareness of the symptoms of depression. Its mission is to educate students about the illness of depression, to reduce the stigma associated with depression, and to encourage students to seek support and professional help through various resources. TAI stresses the importance of self-care in maintaining emotional and physical health and wellness, and offers events and educational opportunities to support students in self-care strategies. Throughout the year TAI distributes educational material about the warning signs of depression and treatment options available on-campus and off-campus.

In October, TAI promotes a Pitt Cares Week, an entire week of programs that include exercising for stress relief, a mindful outreach session, and an inspiration board. The week culminates at the Pitt-Temple football game where students will be waving green rally towels in representation of depression awareness.

GENE KELLY CELEBRATION

Thursday, October 25
8 p.m.
7th floor Auditorium
Alumni Hall

We invite you and your family to join the Pitt family as we continue our 225th Anniversary celebration by hosting film historian, Patricia Ward Kelly, as she honors Pitt graduate and Academy Award Winner, Gene Kelly. Ms. Ward Kelly is a leading authority on her husband’s legendary work in choreography and film, and has shared her insights with audiences around the country. We are pleased that she will share her story with us at 8 p.m. on October 25 in the 7th floor auditorium of Alumni Hall (across 5th Avenue from the Cathedral of Learning).

Mr. Kelly graduated from Pitt in 1933 with a degree in economics. Pitt’s Class of 2016 recently honored Mr. Kelly by attempting to break a new Guinness World Record for the “Greatest Number of People Simultaneously Performing an Umbrella Dance at a Single Venue” during New Student Orientation. Perhaps some of your students participated!

This event is open and free to the public but because of a history of sold-out presentations and limited seating, we are requiring RSVP accepts by emailing GK100@pitt.edu or calling 412-624-4147.

PLEASE TAKE OUR SURVEY

Please take a minute and provide us with some feedback about our parent and family newsletter. By answering a few simple questions online at: https://www.research.net/s/52B9NTV you will help us produce newsletters that are informative and beneficial to you. If you have a question for which you would like a response, please send it via parents@pitt.edu

UNIVERSITY OF PITTSBURGH

225 YEARS
OF BUILDING BETTER LIVES

1787 - 2012
The Office of Career Development and Placement Assistance announced an ambitious new program this summer to assist students in their quest to find outstanding career opportunities: an Internship Guarantee.

For the first time ever Pitt is offering placement in at least one internship, or other experiential learning opportunity, during a student’s undergraduate career after the student completes an Internship Preparation Program. The Internship Preparation Program includes one hour-long group session that will cover topics including identifying personal goals, resume formatting, internship search tools, building networks and interview preparation.

“Students who participate fully in our Internship Preparation Program should be well-prepared for quality experiential learning opportunities,” said Cheryl Finlay, director of the Office of Career Development and Placement Assistance. “Our staff of employment specialists is working diligently to identify the best opportunities for our students, and we are confident in our ability to match the volume of students participating in the program to beneficial opportunities.”

Parents can help by encouraging their student to participate in the program, and also by providing internships for Pitt students through their place of employment. For more information visit: http://studentaffairs.pitt.edu/cdpa/internships.