Spring 2014
Upcoming events:

• Academic Calendar

• Attire for Hire
  April 23-25

• Commencement
  April 27

• Residence Halls close
  April 27

• Fall classes begin
  August 25

• Family Weekend
  September 26-28

Attire for Hire
By Sandy Talbott, Parent and Family Liaison, and
Karin Asher, Associate Director, CDPA

Did you know that the University of Pittsburgh’s Office of Career Development and Placement Assistance (CDPA) either hosts or co-hosts more than 30 career events each year? These events are open to all Pitt students, from freshmen who are exploring job shadow opportunities, to upper class men and women who are seeking internships or full-time positions.

At CDPA, we prepare students to make the best first impression possible. As one of many

Commencement, 2014

Congratulations not only to our graduating seniors, but to the parents, guardians, and families who supported these students during their time at Pitt. The University celebration will take place at 1 p.m., Sunday, April 27, 2014, at the Petersen Events Center. No tickets are required for the University ceremony.

Please note that backpacks, packages or oversized purses will not be permitted in the Petersen Events Center. These items should be left at home or in your vehicle as on-site storage will not be available. Please plan ahead so you have plenty of time to pass through security when entering the building.

For more commencement information, click here. For information on individual school’s recognition ceremonies, please check with your student or the web site for that school.

Hail to Pitt and its newest graduates!
Good day, parents and families! April is here and before long seniors will be graduating and undergraduates will be saying their goodbyes until fall. Move-out week almost here. On-campus housing officially closes at noon on April 27, 2014, except for graduating seniors who may stay until noon on Monday, April 28. Please have your student contact Panther Central or call 412-648-1100 if they plan to stay until Monday.

Housing carts will be available at several on-campus locations beginning Thursday, April 24 through Sunday, April 27. University police will direct you to parking areas for loading purposes only. Please click on the below link in coming days for exact cart station and parking times. They will not be available all day, every day.

Shortly, an online brochure with more in-depth details will be available on the Panther Central Web site. The brochure will include guidelines for cleaning and where to dispose of trash, etc. Please take care to not leave any personal articles behind, as they will be discarded and you may be assessed for the disposal costs.

If you prefer, you can store your student's belongings at a local storage site rather than haul everything home and back to Pitt again in the fall. Of course, parents and families of spring graduates may not need summer storage. To them we say congratulations and best wishes!

As always, please share your comments by completing our survey. If I can ever be of assistance, please feel free to contact me at parents@pitt.edu or by calling 412-624-8548.

Hail to Pitt!

Sandy
Sandy Talbott
Parent and Family Liaison

SAVE THE DATE!

Family Weekend is September 26 – 28, 2014!

Please monitor the Family Weekend Web site for future details.
Q&A With Tevya Zukor, Director, University Counseling Center

A previous Panther Connections edition included a Q&A with Marian Vanek (page 8), Director of the Student Health Service at Pitt. To keep parents informed about additional and important resources for overall student health, we are happy to include an interview with Tevya Zukor, Director of the University Counseling Center, in this issue of Panther Connections.

Q: Who is Tevya Zukor?

A: Dr. Tevya Zukor is currently in his third year serving as director of the counseling center. He is a licensed clinical psychologist and manages a multidisciplinary staff of psychologists, social workers, counselors, and psychiatrists at the Counseling Center. Prior to joining the University of Pittsburgh, Dr. Zukor was the director of Counseling & Psychological Services at the University of Mary Washington and spent eight years working at the Thomas E. Cook Counseling Center at Virginia Tech. He earned a BS from James Madison University and has an MA and Ph.D. in clinical psychology from George Mason University. Dr. Zukor is a Certified Group Psychotherapist and is a Clinical Member of the American Group Psychotherapy Association. He has received several distinctions during his career, including recognition from the American College Counseling Association for his “exemplary service to college students and the profession of college counseling.”

Q: What is the University Counseling Center’s mission?

A: The University Counseling Center (UCC) is the primary mental health service for undergraduate and graduate students enrolled at the University of Pittsburgh. The UCC offers a variety of mental health services to students utilizing a short-term, time limited approach; including assessment, counseling and psychotherapy services (individual, group, and couples), and psychiatric services. The UCC provides crisis intervention, consultation, referral, and outreach services to students, as well as faculty and staff of the University of Pittsburgh. Specialized counseling, consultation, and outreach services are offered through the UCC’s Sexual Assault Services and Substance Abuse Services programs.

Q: What kind of professionals staff the Center?

A: 5 Psychologists, 4 Social Workers, 5 Staff Counselors, 2 Psychiatrists, 4 Doctoral Interns, and 2 Post-Doctoral Residents

Q: How many total students were seen in fall 2013?

A: 1,672 students

Q: How many appointments did the center have in fall, 2013?

A: 6,455 total appointments

Q: On average, how many students does the UCC see per day?

A: 115 students per day

We encourage you to become familiar with Counseling Center student resources. For more information on the University Counseling Center please click here.

Please Take Our Survey!

By answering a few simple questions online 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 e-mail us.
A Student’s Perspective on Helicopter Parenting

Pitt Student, Channing Kaiser, recently wrote an article on “helicopter parenting” for the student newspaper, The Pitt News. Channing gave us permission to reprint the article and also agreed to share some background on what prompted her to choose this topic. Below are her comments.

I wrote the article after hearing my professor’s story about how a student’s mom tweeted at him. Helicopter parents are something my parents and I joke about a lot—when noted in extreme circumstances—and I felt like this was a bizarre enough incident and relevant issue to merit an article.

I think parents should be supportive of their college student but not overly involved. College is definitely a time when students need to figure out how to do things on their own, so instead of telling them how to do things, I suggest waiting for them to reach out. It’s important to know that your parents always have your back, but you don’t need a daily reminder of that.

As I mentioned above, I think it’s smart to wait for them [students] to reach out. They’re going to make mistakes and you might have to help them back on the right track, but making mistakes is all part of the process. Of course, if your son/daughter isn’t reaching out at all, I think it’s reasonable to ask for more communication. I talk to my parents about once a week and I think that’s normal for a lot of college students. Also, not harshly criticizing them is important. I know I can’t cook and have trouble figuring what pan is what, but I don’t need your critique; I need your support.

To read Channing’s Pitt News article, click here.

Why Your Student Should Complete the OCC

By Laura Calhoun, Marketing and Communications Intern

Did you know that about 80% of a student’s life is spent outside of the classroom? This time can be allotted for homework, jobs, internships, clubs, and programs. What goes on inside the classroom is just as important as the time spent outside of the classroom. The Outside the Classroom Curriculum (OCC) was created in 2008 with the intent of developing a well-rounded student. Participating in the OCC integrates the mind, body, and soul. The program provides a unique Pitt Pathway for each student as they grow and develop in areas that are critical for success in the present and future.

To complete the OCC, students participate in activities related to the ten OCC goals and platforms: leadership

Continued on next page
development, career preparation, communication skills, global and cultural awareness, sense of self, service to others, Pitt pride, wellness, appreciation of the arts, and initiative and drive.

Upon completion of the OCC, students are welcomed in a pinning ceremony to celebrate their hard work and dedication. Being an honor-ary member provides students with the chance to reap the benefits like exclusive meetings with potential employers. These students are then eligible to apply for the PittAdvantage Grant, which is part of the benefit of completing the OCC. The $1,500 grant is awarded to undergraduates to help supplement the cost of a summer study abroad experience, an unpaid internship, or service learning project.

OCC Coordinator Scott Hoffman says, “Students who participated in the OCC have grown and engaged in a lot of activities. The PittAdvantage Grant is an opportunity that provides an extension of these experiences. Moving through the program and developing yourself as a whole by taking part in experiences will impress potential employers and graduate schools.”

So far 16 grants have been awarded to students, including six throughout the current school year. A few examples of work completed by students using their grants include internships at the Rem Savioz Glut 1 Foundation and the White House, a service learning project with the Helen S. Faison Academy in Pittsburgh, and study abroad experiences in France, Argentina, and Bolivia.

Students are encouraged to sign up and partake in the OCC activities to make bonds with others and build skills for their future successes.

Our Big Fat “Greek” Family

*By Dr. Matthew Richardson, Coordinator of Fraternity & Sorority Life*

What an exciting time at the University of Pittsburgh! Celebrating 227 years of premiere education, coupled with the naming of a new chancellor, and a rather impressive basketball season. The energy and motivation across campus is palpable, and can certainly be seen within the fraternity and sorority community.

I wanted to take the opportunity to emphasize how important parents and families are to the collegiate experience. Your efforts in raising your children, providing guidance, supporting their decision to come to Pitt and your Pitt spirit contribute to our mission in providing our students with the best collegiate experience in the world. I am confident that membership in a fraternity or sorority at the University of Pittsburgh contributes to this experience, as well.

For those of you whose students are a part of our vivid Greek community at Pitt, I want to encourage you to learn about our Greek organizations’ values and mission. Ask your students how their experience is going, what they are learning, with whom they are associating, and what their weekend plans are. Ask for the chapter calendar... believe me, it isn’t restricted to just members. Be engaged and knowledgeable about today’s vibrant Pitt Greek community.

We are currently at 1,921 Greek students at Pitt. Many of these students will participate in our annual Greek Sing show! The event was held at the Fitzgerald Field House on Friday, March 28, at 7 pm. Philanthropy is an important Greek Life tradition.

This year, fraternities and sororities are about to complete a $300,000 pledge to the Cystic Fibrosis Foundation. Between individual chapter programming, as well as our larger scale programs such as Greek Sing and the Pitt Dance Marathon, we are hopeful to complete our pledge one year early! Remember, the Greek community is here to enhance your student’s collegiate experience and life. For more information, visit us at www.gogreek.pitt.edu.
Supporting Your Student During Finals Week

By Jason Davison
Sophomore Psychology Major, Spanish minor

The semester is winding down and finals are right around the corner. For students, it’s a time to turn that C into a B, or that B into an A; every student is going to be working harder and experiencing more stress than they have for the last few months.

As parents, you can expect to hear from your students that they are busy, working hard, experiencing stress, studying as much as possible, or any variation of the above. I know that it’s one of the most stressful times of year for me, and my parents know that, too. Every year, through Pitt’s Resident Student Association, and On Campus Marketing they send me a care package. My parents use OCM but there are plenty of companies that have the same services. Although I already know that they believe in me, an extra little reminder of their support is definitely appreciated at this time of year. Plus, the candy and snacks are honestly what help me make it through finals week by giving me an extra sugar boost!

My parents and I talk on a weekly basis unless one of us needs something specific, so they know to kind of let me alone during the week because they understand I’ll be busy. This continues through finals week. But, every student’s needs are different so be sure to talk to yours and find out what can work for them. Especially at the end of the semester when every minute is crucial, my parents let me initiate contact so that they don’t interrupt one of my finals, an intense study session, or wake me up if I’m fortunate enough to get a nap after studying most of the previous night.

It’s important to give your student support during finals week, but it’s also important to understand that they’re working very hard and doing their best. Remember to be flexible. Talk to them before finals week so that you can understand what they’re doing and how they are going to feel, and maybe lay down an ideal communication schedule in advance.

Summer Sessions Registration Continues

By Pat McGrane, Communications Manager
Kenneth P. Dietrich School of Arts and Sciences

Whether your students are just finishing their first term or are closer to graduating, summer sessions at the University of Pittsburgh may provide some exciting educational opportunities for them. Students can catch up on needed credit, stay on track to graduate in four years, and get ahead of schedule for the fall term. Open to students across all majors and schools, summer classes are designed to help students reach their educational goals no matter where they are in their academic career.

By reducing course overlap, expanding class availability, and maximizing day and evening hours, the summer sessions schedule allows students to enroll in two classes in a row without course conflict, take additional upper-division classes in their major, and finish core requirements. Students can complete general education or specialized requirements, finish core and prerequisite courses, or enroll in popular courses and labs that fill quickly during the academic year. Summer sessions also provide opportunities to explore subjects in a major without the pressure of a full class load. In addition, students have the convenience of choosing between hundreds of courses during 12-week, 6-week, and 4-week sessions without forgoing summer jobs, internships, or family vacations.

On-campus housing is available.

Summer sessions registration is now open. For more information on summer sessions classes, students should review the summer course schedule at www.courses.as.pitt.edu/ and then meet with their advisor.
resources available to our students, CDPA maintains professional clothing in a “Green Room” for students to utilize prior to interviews, career fairs, and any interactions with employers. Students utilize the Green Room in a number of ways; some students need to borrow a suit for an interview while others simply need to do one last glance in the mirror before heading into a career fair to speak with employers. Most importantly, CDPA wants to help every Pitt student put his or her best foot forward and have confidence while speaking with recruiters about jobs and internships.

As part of this effort, we are reaching out to our Pitt parents to request that you consider donating your gently used professional attire to our “Green Room”. In partnership with the Office of Parent & Family Resources, our “Attire for Hire” clothing drive will take place on April 23-25, from 11 a.m.- 3 p.m. in two convenient campus locations: In front of the William Pitt Union on lower campus and in front of Sutherland Hall on upper campus. If these donation times are not convenient, you may take the items to CDPA, located in 200 William Pitt Union, any weekday between 8:30 a.m. – 5:00 p.m. We are in need of both men’s and women’s cleaned, gently worn professional clothing, including:

Men’s Clothing:
• Suits
• Suit separates & blazers
• Pants
• Dress shirts
• Ties
• Belts
• Dress shoes
• Hangers

Women’s Clothing:
• Skirt or pants suits
• Business appropriate separates: skirts, pants, blazers
• Blouses
• Shoes- preferably close-toed, 1-3 inch heels
• Unused hose or tights
• Scarves
• Hangers

Questions should be sent to parents@pitt.edu. Thank you for considering this service for our students, and Hail to Pitt!

Panther Traditions: The Varsity Walk

The next time you are on campus, be sure to take a stroll on the east side of the Cathedral of Learning, along the tree-lined sidewalks between Heinz Chapel and the Cathedral of Learning. There, you will find the names of former Pitt students who have promoted the University through their athletic or academic achievements. This is The Varsity Walk.
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 in your region and, when possible, on campus. Have some fun!

Panther Parent Ambassadors will receive:

• Special invitations to programs and campus tours
• Parent Ambassador polo and promotional items
• Family weekend breakfast
• Discount toward Family Weekend registration

If you are interested in learning more about the benefits and activities of being a Panther Parent Ambassador, please contact Sandy Talbott.

The below Panther Parent Ambassadors have generously offered their contact information so that you may e-mail them if you have a general question from a parent perspective. If you do contact them, please identify yourself as a Pitt parent in the subject line and thank them for their service!

Abramson, Wendy  Sarasota, FL
Albamonte, Sarah  Fairfax VA
Gargani, Melissa  Houston TX
Gavin, Carla  Spencerport, NY
Gavin, Robert  Spencerport, NY
Jenkins, Sherrie  Havertown, PA
Krineck, John and Tara  Nazareth PA
Majstorovic, Michele  Orchard Park NY
Moore, Franz  Albrightsville, PA
Nebbia, Alaine and Mark  Bethlehem PA
Ricelli, Angie  Pittsburgh PA
Robertson, Joann  Bethesda, MD
Saunders, Nina  Wayne, PA
Schultz, Karen  Garnet Valley, PA
Todd, Joan  Sykesville MD
Tramontana, Sue  Leonia, NJ

Panther Parent Ambassadors and guests tour Pitt’s Human Engineering Resource Laboratories.

The Nebbia household proudly supports Pitt.
Many of your students have been living independently for the last eight months; making their own choices and coming and going as they please. Will this affect your family dynamic when your student moves home for the summer?

With this question in mind, we asked several Panther Parent Ambassadors to share their expectations and preparation for their returning students.

Regarding curfews, Sherrie, parent of a current Pitt sophomore says that 1 a.m. is the time she expects her student to be home; if not, she wants him to text or call. Janet, another sophomore parent, says her son will text her if he will be out past midnight. Over spring break, Carlton, parent of a current freshman, will be discussing a “responsible” time for his student to be home each night, along with discussions of other summer expectations. Sue, a freshman parent, says that her student’s curfew is generally self-imposed because he has to get up early for work!

Should your student do his/her own laundry over the summer? With few exceptions, the response was, “Yes!” However, a few parents stated that it was simpler to do the family’s laundry together.

A summer job is an across-the-board expectation for students of every respondent, whether that job is at home or in Pittsburgh. Laura’s current sophomore will work as an EMT in Pittsburgh and Sue’s student received a genetics research fellowship at Pitt for the summer. Both parents and their returning students should expect some give-and-take this summer. Joann expects that change will happen for both she and her student and negotiations will continue. Janet agreed by saying, “I try to respect his space and to remember that he is an adult, no longer a little kid…” That sounds like great advice.

For further reading on this topic and other Successful College Parenting tips, please [click here](#).

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**THE NEW AND IMPROVED UNIVERSITY STORE ON FIFTH**

*By Debra Fyock, Director of the University Store on Fifth*

The University Store on Fifth, owned and operated by the University of Pittsburgh, is the sole resource for all of the textbooks and course materials needed for every class at Pitt. Our objective is to ensure that students have the tools necessary to successfully navigate their Pitt experience. We offer multiple textbook purchasing options including new, used, eBooks, rentals, and a web-based textbook price comparison service.

The University Store on Fifth now additionally provides a full service technology center for students. We are available to help students select the computer that will best serve their academic needs and we offer academic pricing on both Apple and Dell computers. When students purchase a computer from the University Store we provide free data transfer.

One of Pitt’s CSSD (Computing Services and System's development) student support center’s is located in the University Store's technology area. CSSD provides many essential services including: a wide variety of software at little or no cost, connection to Wireless PittNet, configuring smartphones or tablets to receive Pitt email, installing Microsoft Office, and changing passwords. CSSD also helps students remove viruses, connect to self-service printers, install or repair software, and fix or even rebuild operating systems.

The University Store also conveniently houses an Apple (available mid-March) and Dell computer hardware repair center which offers the following services: hardware diagnostics, hard drive upgrades, ram upgrades, data backups, and more. Special, student-only discounts apply to any of our fee-based services!

We look forward to meeting you!
The University of Pittsburgh will host a dynamic summer program designed to help rising high school juniors and seniors prepare for their future from July 13 to 18, 2014.

The Bridge College Prep and Leadership Academy was developed to help students gain a competitive edge in the college application process, get accepted to the college or University of their choice, and make the most of their collegiate experience.

We know that many students want and need assistance with the admissions process; from preparing for standardized tests, to writing personal statements and essays on college applications, to choosing the right school for them. We also know that when students arrive on campus for their first year of college, having solid leadership skills and experiences will help them thrive in their new surroundings.

By spending a week on our vibrant campus participating in various activities with our counselors – including taking part in college entrance exam workshops and leadership programs – high school students will develop action plans to successfully navigate the college admissions process and strengthen their leadership skills.

We hope to see you at The Bridge in July!

Strengthen your leadership skills and learn how to navigate the college application process.

- Explore a college campus with a current student
- Laugh with new friends you will meet
- Increase your self-awareness
- Learn how to be a better leader now and in the future
- Live in college residence halls
- Learn the ins and outs of the college application process - how to prepare for the SAT/ACT - how to write great personal statements and essays

Application Deadline: May 15, 2014
For application materials, visit www.thebridge.pitt.edu