As we start the new school year, it is our priority at the Pitt Police Department to advise our new students, as well as to remind our returning students, of some tips that will help to keep them safe. While our police officers, guards and emergency dispatchers take pride in our commitment to keep all of your students safe, you can help us by reminding your students of some important tips.

One of the most important things you can do is to remind your student to always be aware of his or her surroundings. Oakland is the center of a very active urban environment, with thousands of people and vehicles moving about at most times of the day and night. While we enjoy a safe campus here at Pitt, it is always a good practice to pay attention. Listening to music on headphones can be very enjoyable, but if your student is unable to hear someone approaching from behind, or the sound of a car traveling in the vicinity, it’s probably not in your student’s best interest!

Another tip that we have always stressed to our students, both male and female, is to practice the buddy system while walking on and off campus. Always walk with at least one other friend, especially during the night. There is a world of difference between a person walking alone and walking with even one buddy, let alone a group, to anyone looking to take advantage of an unsuspecting student. It is

Continued on Page 3...

Continued on Page 4...

Career Choices: Major Decisions

By CDPA Staff

Sometimes students are overwhelmed and even confused with career choices or their college major. Each fall, the University of Pittsburgh offers events that are designed to help students make their passion their profession. The Office of Career Development and Placement Assistance (CDPA) will host the annual Majors & Minors Expo on Wednesday, October 8, from 11 a.m. to 3 p.m. The Majors & Minors Expo is a great opportunity to meet with academic representatives from each of the 100+ majors, minors and certificate programs at Pitt. Whether your student is currently exploring options for majors, or has already decided on a career

Continued on Page 3...
Director to Support Specialist: Advising Your Student

Let’s face it. There will be times when your student experiences adversity in life, including life here at Pitt. For example, spats with roommates, trouble with a class, or disagreements on a group assignment may occur. Successfully dealing with conflict is an important part of student development. As your student matures your parental role remains vital, but it should evolve from being a “Director” in their lives to becoming a “Support Specialist” in their lives. Encourage your student to evaluate problems and decide how to overcome them. Below are some tips to think about when assisting your student through day-to-day difficulties:

1. Be ready to listen and resist the urge to solve problems, even if you are fairly certain you can fix them.

2. Instead, you might ask clarifying questions which may help your student to zero in on the crux of the difficulty and take the steps necessary to resolve it.

3. Let your student make the appointment with an advisor, counselor, resident assistant, professor, etc., so he/she can be a self-advocate.

4. Follow up with a text or a care package to let them know that you are in their corner and support them.

5. Familiarize yourself with Pitt’s resources such as the Academic Resource Center, Residence Life, Student Health Service or University Counseling Center, so that you can suggest where they can go for assistance.

As a guide, this page contains contact information for many departments which are here to assist your students.

If you have any questions, please feel free to contact me at sst8@pitt.edu or 412-624-8548.

Sincerely,
Hail to Pitt!

Sandy
Sandy Talbott
Parent and Family Liaison

We strongly encourage you to support your student as he/she addresses an academic or campus issue. A large part of the college experience takes place when students learn how to problem solve and advocate for themselves. During Orientation, students learn where they can go for help and how to address an issue. Campus advisors, counselors, tutors, residence life staff, health professionals and administrators are here to guide students who need to resolve a situation or solve a problem. In addition, professors list office hours on their syllabi so that students may meet with them on an individual basis.

However, there may be times when parents/guardians feel the need to contact an appropriate office at the University. For your convenience, to the left is contact information for Student Affairs departments.

Please note that many offices are closed on evenings and weekends. If you need to reach us during those times, please contact Panther Central at 412-648-1100 or in case of emergency, the Pitt Police at 412-624-2121.
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 here.

Additionally, the Office of Career Development & Placement Assistance is offering a new opportunity for students to explore career options this semester. The DiscoverU Career Exploration Series is a 5-week program designed for first-year undecided students that will allow them to participate in career-related assessments, introduce them to several employer partners of the University, and help them to create an action plan for choosing a major.

There is no cost to participate, but students must register in advance and commit to attending all five sessions beginning on October 15. Interested students can learn more and register here.

As always, we want to provide parents with information to connect them with happenings at the University. This is especially true when gainful employment and vocational satisfaction is a common goal for our students. For specific parent tips and advice, please visit our Parent page.

Students Not Sure About Their Major?

By Cheryl Finlay, Director, Career Development and Placement Assistance (CDPA)

The Office of Career Development and Placement Assistance will host the annual Majors & Minors Expo on Wednesday, October 8, from 11 a.m. to 3 p.m. The Expo is a great opportunity to meet with academic representatives from each of the 100+ 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 the Career Development and Placement Assistance Office.

Are you looking for ways to help your student choose a major? Here are some helpful tips:

- **Encourage your student to visit the Office of Career Development and Placement Assistance**, located on the 2nd floor of the William Pitt Union. Career Consultants who exclusively assist undecided students are available for appointments!

- **Tap into your own personal and professional networks!** Is your neighbor an accountant? Or is your best friend a lawyer? Help your student schedule an informational interview or job shadow over winter break, to provide an opportunity to explore potential career paths of interest.

- **Be patient!** Your student may change his or her mind multiple times throughout his or her college career – it is a common occurrence, as well as a part of normal development. Provide a positive support system for your student, to alleviate the stress of the decision making process.

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**National Scholarship Opportunities**

Students may attend a general National Scholarship advising session, which are offered on Tuesdays at 10 AM and Thursdays at 3 PM to learn more about national scholarship, fellowship, and award opportunities. UHC National Scholarship Advising helps students consider the awards most appropriate for their interests and offers guidance through the application process. Scholarships are time sensitive; encourage your student to attend!
Emerging Leaders

By Josh Davis, Emerging Leaders Undergraduate Intern

As soon as I said goodbye to my parents and settled into my dorm, I finally realized that I was in college. This realization was met with another: I had no idea what to get involved with my first semester. With so many organizations and opportunities, I wanted to find the one that would best prepare me for my personal, professional, and academic careers. Then, I found the Emerging Leaders program and it set the tone for the rest of my college experience.

I was unsure what to expect from the program before my first session; I had attended leadership programs before, but never one in college. However, by the second week of the ten week program, Emerging Leaders had become the highlight of each week. I noticed improvement in the way I engaged with classwork, how I viewed my career path, and how I interacted with other people. Whether we were in a session talking about various leadership styles, involved in an activity, or contributing to an in-depth discussion our peers helped to facilitate, we were all becoming more confident and effective students. Throughout the program, we learned:

- How to market our abilities
- Strategies for managing conflict
- Our individual leadership styles
- The best way to interact with specific personality types
- The value of diversity in everyday situations

Each session presented me with a new challenge. Keeping in mind the five core values of the program—valuing others, integrity, self-knowledge, accountability, and change—these challenges shaped how I thought of leadership, and they continued to do so well after my ten weeks were over. Emerging Leaders fully prepared me for the leadership roles I would soon take on at the University of Pittsburgh.

For more information, visit www.emergingleaders.pitt.edu.

Keep Students Safe, Continued from Cover...

It is important to take advantage of the basic safety measures already in place in our campus community. Always utilize the crosswalks when crossing a street. Yes, this could require an extra fifty steps of walking to get to the nearest corner, but it will be safer in the long run. Also, we have over five hundred emergency phones with attached blue lights that are easily visible throughout campus. These phones provide an immediate contact with our emergency dispatchers, who can send emergency assistance twenty-four hours a day.

Perhaps the most important safety tip to remind your students of is to beware of the Fifth Avenue bus lane! Students will very quickly see that Fifth Avenue is one-way for vehicular traffic, but Port Authority buses use the curb lane nearest to the Towers and the Cathedral of Learning to travel in the opposite direction. Becoming complacent and stepping off the curb without checking for an oncoming bus could ruin an otherwise perfect day!

In closing, we are sure your student’s time here at Pitt will be safe if he or she pays attention and uses common sense. Your police department is here to protect your family, but we appreciate your help, too!

For more tips and safety information, visit the Pitt Police website.
The Academic Resource Center: Student Support Services

By Cassandra Kennedy-Carter, ARC Staff

In addition to the academic support provided to the campus community, the ARC also runs several programs through its office, including Student Support Services (SSS). SSS provides academic, social, and cultural support to high achieving, first generation and/or low-income college students and is funded by the U.S. Department of Education.

The ARC also offers Facilitating Opportunity and Climate for Underrepresented Students (FOCUS). FOCUS is a peer mentoring program that promotes academic excellence by providing freshmen with the necessary tools to succeed.

Partners in Progress (PIP) is also a great resource for incoming freshmen. This program supports underrepresented academic scholarship students keep the 3.0 GPA they need to maintain their scholarships. For more information, please visit our website or call: 412-648-7920.

After the Honeymoon: Acclimating to College

By Ashley Sisk, Junior, Political Science and Economics, ans206@pitt.edu

Your student’s first few weeks at the University of Pittsburgh are a whirlwind of excitement. Orientation is a time to meet new friends, explore Oakland, and have their hearts swell with Pitt Pride. Before you or your student knows it, September arrives. At this point, many students will have finally settled in to their new lives and are balancing their academic schedules with extracurricular activities.

Ideally, you would like to talk to your student daily; for them to immediately answer every phone call, text message, and e-mail. However, it is likely that you and your student will have completely different schedules, and as students become more involved on campus and workloads increase their free time decreases. To mitigate this, schedule phone calls with your student. Every semester, I print my class schedule and add club meetings, my First Year Mentor office hours, and other commitments for my parents to hang on their fridge. This way, they can pick two times for us to talk on the phone weekly. While the logistics will differ for every family, I have found that structuring communication helps to keep students and families connected.

Although that schedule on my parent’s fridge is incredibly helpful, the conversations themselves will probably be different. An account of the day may not be feasible during midterms. A simple “how are you?” may turn into twenty minutes of how stressful classes have been lately. Other times, it may be a nearly unintelligible play-by-play of getting involved in a new organization. There may also be times when your student has nothing to share, and that’s okay, too.

You may be hundreds of miles away from your student, but you are still a part of his or her life. When the exams seem never-ending, nothing carries me through like an encouraging text from my mother, or a care package from my sister. We may all have recently joined the Panther family, but there is nothing like the one we have always known.

Hail to Pitt!
**Family Weekend Wrap-Up**

*By Lynne Miller, Coordinator, Commuter Student and Family Programs*

During the weekend of September 19- September 21, we welcomed over 3,000 people representing almost 1,200 families to our annual Family Weekend. Our festivities kicked off on Friday evening with a Welcome Reception hosted by Dr. Kathy Humphrey, Vice Provost and Dean of Students. During the Welcome Reception, Dr. Humphrey shared a video highlighting some of the activities that students have been participating in since their arrival in August. Additionally, she introduced our 2014 Family of the Year, the Winiecki Family.

On Saturday, families had the opportunity to enjoy a tour of Pittsburgh via one of the popular red double decker buses that can be found in town, watch our Panthers take on the University Iowa Hawkeyes at the football game, participate in a family community service opportunity, or create their own fun way to spend time with their student. In any case, families were able to top off the day with a delicious Ice Cream Social served up by the Student Affairs staff. We hope that the families who attended Family Weekend this year enjoyed the programs and events provided throughout the weekend schedule, but more importantly, were able to spend quality time with their student—after all, that’s what it’s all about. We look forward to seeing you all again next year.

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**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 additional questions or concerns after completing the survey, please e-mail us at parents@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 in your region and, when possible, on campus.

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

Parents on Facebook

In our effort to connect parents with each other and with the University, we have established the Panther Parents Association Facebook group. Nearly 700 current parents have joined this open group and posted on topics such as Oakland apartment rentals, good places to take students to eat, transportation to and from campus, and more.

Panther Central also has a Facebook page for parents and students so you can stay informed about important deadlines, events and newsworthy Pitt information. Click here to access the Panther Central Facebook page. As always, if you have a question or concern which is specific or not appropriate for a public forum, please send that inquiry to parents@pitt.edu.

PARENT AMBASSADOR CONTACTS

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
Albamonte, Sarah
Gavin, Carla
Gavin, Robert
Jenkins, Sherrie
Krincek, John and Tara
Majstorovic, Michele
Moore, Franz
Nebbia, Alaine and Mark
Perez, Liza
Ricelli, Angie
Robertson, Joann
Saunders, Nina
Schultz, Karen
Todd, Joan
Tramontana, Sue

Sarasota, FL
Fairfax VA
Spencerport, NY
Spencerport, NY
Havertown, PA
Nazareth PA
Orchard Park NY
Albrightsville, PA
Bethlehem PA
New York, NY
Pittsburgh PA
Bethesda, MD
Wayne, PA
Garnet Valley, PA
Sykesville MD
Leonia, NJ

If you are interested in learning more about the benefits and activities of being a Panther Parent Ambassador, please contact Sandy Talbott.
Browne Leadership Fellows Program
By Keith Caldwell, Director, BASW Program, kcj45@pitt.edu

The Browne Leadership Fellows Program is an interdisciplinary fellowship aimed at preparing students to be engaged civic leaders working for economic and social justice. Through service, research, and advocacy, Browne Leadership Fellows will have an opportunity to explore the root causes of social issues, and engage in identifying effective mechanisms to create lasting change. These students represent the next generation of public problem solvers and civic leaders.

Students will receive a generous stipend in the amount of $3,000 for the Summer semester (12 weeks), along with 1 credit for the Spring semester. The application process is competitive and open to all full time freshman, sophomore and junior students from all departments throughout the University of Pittsburgh. Students from all academic majors are encouraged to apply. The selection committee looks for high achieving students, committed to public good and public service and who demonstrate leadership qualities. Applications will be accepted until October 17, 2014. The fellowship begins at the start of the term each spring semester and lasts through the end of the 12-week summer term.

Your student should contact Keith Caldwell, BASW Program Director and Program Coordinator for the Browne Leadership Fellows at kjc45@pitt.edu or 412-648-3921.

Please visit here to learn more about the program, our past Fellows and for the complete application information.

DID YA KNOW?
Did you know that PITT Oakland students have access to discounted tickets at several Pittsburgh cultural locations? Encourage him/her to check out PITT ARTS!

PARENT STYLES SURVEY

Colleges and universities recognize parents as a valued constituency and strive to provide communications and programming to parents of current students. We know that parents and family members use information in many different ways, but there is little research about the most effective modes of communication for different types of parents. In order to strengthen programming and communication for families of college students, we hope to learn more about how different parenting styles impact the ways parents access and use information provided by the college/university their students attend.

In conjunction with the Parent Programs Office at the University of Minnesota, we are supporting this online survey. It includes questions about parenting and your involvement and satisfaction with your student’s college/university. The survey will take approximately 15 minutes to complete. Some questions will require you to think back to your student’s first year Orientation Week.

Participation is voluntary and will not affect your current or future relationship with associated institutions. The research team will not be able to identify you individually nor the institution your student attends. Your information will be kept private and stored securely.

Results will be available this coming winter. If you would like to see results, please send this request to sst8@pitt.edu.
The Outside the Classroom Curriculum (OCC) gives students the opportunity to set themselves apart from the crowd and set themselves up for future success! The OCC is a University-wide initiative that is designed to help students receive a well-rounded education; get connected to their peers and the many great resources and programs here at Pitt; and ultimately gain a competitive edge for graduate or professional schools, internships, and the job marketplace.

Through participation in the OCC, students have the opportunity to experience an array of programs, activities, and events that will assist them in developing marketable skills, creating new friendships, and going outside of their comfort zones. Participation is encouraged in ten different goal areas so that students may gain the core competencies that employers and graduate schools are seeking.

Participating in the OCC offers students an easy, online tracking tool to record all that they do while at Pitt allowing them to confidently articulate and demonstrate tangible accomplishments to future employers, professional schools, and graduate schools. This online tracking tool allows students to create a PDF transcript of their outside-of-the-classroom accomplishments that can be added to portfolios, taken to interviews, and utilized to draft the best possible resumes, cover letters, and personal statements.

Completing the program does more than help students gain a competitive edge regardless of the field they choose to pursue; OCC completion allows students to graduate with distinction, receive a Green Cord to signify their distinction at graduation, join the Honorary Society, and become eligible to apply for the OCC’s PittAdvantage Grant.

Overall, the OCC helps students get involved beyond their classroom doors in meaningful, beneficial ways. The OCC is a free, optional, self-paced co-curricular program. For more information, visit www.occ.pitt.edu, Like the OCC on Facebook, or follow the OCC on Twitter.
Would you like your student to experience:

A beautiful and unique culture? Different cities in Italy? An enriching spring break?

If so, encourage your student to check out the Pitt Global Ties program within the Office of Cross Culture and Leadership Development and this year’s exciting cultural immersion to Italy (March 6-13, 2015).

This non-credit trip is **ALL INCLUSIVE** with round trip airfare, all transportation, sightseeing tours and site visits, all hotels with private bathrooms, breakfast and dinner daily, and a full time tour guide.

The total cost for the trip is **$3,154**; however, price is subject to change depending on the number of participants. A $600 deposit is required by **November 5th** to secure a spot. Deposit includes a $99 non-refundable registration fee and $501 towards your student’s trip.

The unique part of this trip is that it is non-credit and a week long, intensive cultural immersion. Students will have the opportunity to fully engage in the Italian culture and appreciate the beauty, foods, sounds, and sights of Venice, Florence, Pisa, Rome, and Pompeii. This program is operated by Explorica, who will provide a full time tour guide, transportation, and optional insurance. This trip will also have University of Pittsburgh staff available 24/7.

Questions should be directed to Shawntia Key, International Programming Coordinator and Advisor (**stia@pitt.edu**) or at (412) 383-7120.