Congratulations!
You are now a member of one big, happy Lumberjack family.

Growing our family tree since 1923

Parent and Family Member Section 2015-16

INCLUDES 10 HELPFUL HINTS
Smile. When your student leaves for college, you should be his/her biggest cheerleader. College students moving away from home need a confident smile to reassure them that they are doing the right thing! Of course, you will miss them, but this is a very jubilant, yet apprehensive, moment in their lives!
A message from SFA President Baker Pattillo

Welcome to SFA! It is an exciting time to be a Lumberjack, and we are so happy your son or daughter is considering joining our family. As a parent, you can rest assured your student will be supported by a family of Lumberjacks who truly care about his/her success.

As I am sure you are aware, the transition to college life can be a time of uncertainty for students and parents. At SFA, we strive to make this adjustment as easy as possible through programs like the Orientation you are now attending.

While visiting the campus, you will be provided with a wealth of information about how to help your son or daughter successfully transition to university life. A number of resources will be outlined to detail the many tools SFA students have at their fingertips to help them succeed both inside and outside the classroom.

One of those resources is the booklet you are now reading. This Orientation publication includes information you will find invaluable during the coming months.

A recent article published by www.collegeamerica.edu estimates that in a world population of approximately 7 billion only about 7 percent of people hold a college degree. When you consider that during an adult’s working life, high school graduates can expect, on average, to earn about $1.2 million; those with bachelor’s degrees, $2.1 million; and people with a master’s degree, $2.5 million, a college degree is clearly a crucial asset.

While an SFA student, your son or daughter will have every opportunity to excel in academics, become involved in leadership and other activities and enjoy being a college student.

With more than 80 undergraduate degrees and more than 120 areas of study, there is a career path to suit every Lumberjack. Caring faculty members support students through small class sizes in state-of-the-art facilities, and an award-winning tutorial program provides assistance for students struggling in core subjects.

There also are plenty of opportunities to relax, have fun and enjoy the many recreational amenities at SFA, including the Student Recreation Center, which provides thousands of square feet devoted to exercise and stress relief, and the Student Activities Association, which organizes concerts, a movie series and other weekly events.

Your support during the coming months will be imperative to your student’s success. I encourage you to stay involved, visit your son or daughter when possible and continue to emphasize the importance of college. Working together, I have every confidence that your student will have access to the environment and support needed to become a successful university graduate.

Sincerely,

Baker Pattillo

The first few weeks or months of college may be a difficult time for your student. Transitioning from high school to college is a big change. Be supportive, and reassure him/her that it will get better.
You’ve known this day would come. Your son or daughter has grown up and is ready to enter college.

Although your student will be moving to Nacogdoches to attend Stephen F. Austin State University to live and learn, he or she will still have relatives close by because...

YOUR FAMILY JUST GOT BIGGER!

At SFA, we all share the same purple DNA!

You are not losing a son or daughter, but gaining an entire Lumberjack family that truly cares about your student’s success and well-being.
Q: What does SFA stand for?  
A: Stephen Fuller Austin. He’s considered the Father of Texas. The state capital also is named in his honor.

Q: When did the university first begin classes?  
A: In September 1923, approximately 300 students enrolled at SFA. Originally founded as a teachers’ college, today SFA has six academic colleges that offer approximately 80 undergraduate majors and more than 120 areas of study.

Q: What is the average class size at SFA?  
A: The average class size is 29 students.

Q: How many students attend SFA?  
A: Almost 13,000 students were enrolled at SFA in fall 2014.

Q: From where do SFA students hail?  
A: Lumberjacks come from Texas and 45 other states, plus 47 foreign countries.

Q: What is the student-to-faculty ratio?  
A: The ratio is 20:1.

Q: How many faculty and staff members does SFA employ?  
A: SFA employs more than 1,600 faculty and staff members. Your student is surrounded by Lumberjacks who are dedicated to helping your son or daughter succeed.

Q: Is SFA expensive?  
A: The annual tuition and fees at SFA are comparable to the statewide annual average tuition and fees for Texas public universities. SFA also offers hundreds of scholarships to deserving students each year to help them pay for their education.

Q: How big is the campus?  
A: SFA’s main campus includes 418 acres, part of the original homestead of Thomas J. Rusk, an early Texas patriot and U.S. senator. In addition, the university maintains a 642-acre agricultural and research center; an 18.7-acre experimental forest; and a 25.3-acre forestry field station.

NACOGDOCHES – SO MUCH TO SEE AND DO! 

When you visit your student in historic Nacogdoches, there’s plenty to keep you busy. In addition to the many events taking place on SFA’s campus, Nacogdoches is known for its quaint downtown lined with antique and specialty shops and distinctive restaurants.

Don’t miss the opportunity to explore Nacogdoches’ beautiful landscape. Recently named the Garden Capital of Texas, the area is bursting with blooms along several trails, including the Azalea Trail, which is usually held during March. Be sure to stroll through the SFA Arboretum, the Ruby Mize Azalea Garden, Gayla Mize Garden and the Pineywoods Native Plant Center, all located on SFA’s stunningly beautiful campus.

Mark your calendar for the following annual events held in Nacogdoches: Texas Blueberry Festival, Pineywoods Fair, Holiday in the Pines, Nine Flags Festival, Taste of Nacogdoches and more.

Visit www.visitnacogdoches.org for specific dates and more information on things to do and see in Texas’ oldest town.
Remember that it's absolutely OK to visit your student, but don't surprise him/her. Your student's schedule will be filled with homework, jobs and social activities.

**PAYING FOR COLLEGE**

The SFA Office of Student Financial Assistance can provide you and your student with the necessary information to apply for financial assistance.

Whether your student would like to apply for scholarships, grants and/or loans, the Office of Student Financial Assistance is the place to start.

In order to receive financial assistance, your student will be required to complete the Free Application for Federal Student Aid. Here's what to do:

- Apply as early as possible by logging on to fafsa.ed.gov.
- Student and/or parent must sign the documents. Missing signatures will delay processing.
- Verify all responses for accuracy.
- Print yourself a copy.
- If selected for "verification" process, your student will be required to contact the IRS for a copy of your tax transcript.

Remember - If your student received a scholarship from his/her high school or other organization, a scholarship notification form must be completed to help determine an accurate financial aid award for your student.

**SFA Scholarships**

SFA offers hundreds of scholarships each year to both new and returning students. To be considered, students must fill out the general scholarship application through mySFA, the university’s intranet Web portal. Starting Sept. 1 each year, the application is available, and the deadline for submission is Feb. 1. Scholarships are offered on such criteria as academic major, co-curricular activities and talent. For more information on scholarships, log on to sfasu.edu/faid/scholarships.asp.

**Additional Information about Financial Aid**

SFA offers a number of services through its financial aid office, including short-term loans, summer aid and study abroad assistance. A net price calculator also is available and is intended to provide students with useful consumer information regarding college costs after financial aid is taken into consideration. For more information regarding financial aid and the services SFA provides, access sfasu.edu/faid.
The transition to college often is a life-changing and sometimes overwhelming experience. Support from parents, other family members and friends is crucial in helping your new college student make the adjustment.

During the months ahead, there will be highs and lows. Some of the things you should keep in mind during the upcoming academic year include:

**AUGUST**
Overall excitement, homesickness, roommate issues, abuse of freedom, multiples calls or visits home

**SEPTEMBER**
Exams usually begin.

**OCTOBER**
Midterm grades, consequences of bad study habits, struggles with personal decision-making regarding schoolwork, making friends, fitting in, etc.

**NOVEMBER**
Exams and papers are due, apprehension and excitement about going home for the holidays; course registration for the next semester begins

**DECEMBER**
Mixed feelings about going home for winter break, studying for final exams

**JANUARY**
Beginning of a new semester, consequences of fall semester performance may cause anxiety. Students must make the necessary adjustments.

**FEBRUARY**
Some homesickness isn’t unusual, anticipating spring break

**MARCH**
Spring break, making choices for the next academic year, changing majors and minors, midterms, summer employment and internship opportunities

**APRIL**
End of the semester is quickly approaching, final push to complete projects

**MAY**
Final exams, last-minute summer planning, deciding to remain for summer classes or head home, anticipation of missing college friends
ACADEMIC SUPPORT PROGRAMS

Academic Advising Center for Undecided Majors
Don’t worry if your son or daughter hasn’t selected a major just yet. Many first-year students enter college still unsure of their area of study. Once your student has completed 45 hours of course credit, he/she will be required to declare a major. Counselors in the Academic Advising Center, located on the second floor of Steen Library, will work with your student to help him/her explore majors and select courses each semester while he/she is deciding.

Additionally, SFA students are given a General Bulletin booklet during Orientation that details all majors and areas of study offered at SFA and the courses required to complete each one. It’s a great resource to help students become even more familiar with all the academic opportunities at SFA. To view the online General Bulletin, access sfasu.edu/73.asp.

Tutoring Facilities
Many students need extra help with college-level courses. At SFA, special tutoring facilities provide access to tutors who can help your son or daughter in subjects in which they may be struggling.

- Academic Assistance and Resource Center – An award-winning program located in the library, SFA’s Academic Assistance and Resource Center (aka: AARC) offers free peer tutoring, an online writing lab and supplemental instruction in most lower-division, core-curriculum and high-risk courses. Weekly appointments and walk-in tables make it easy for your student to get the help he/she needs.
- Student Success Center – Housed inside SFA’s newest residence hall, Lumberjack Landing, this facility is an extension of the AARC and is open to all SFA students. It offers tutoring and a computer lab.

Ralph W. Steen Library
One of the largest libraries in the state, the Ralph W. Steen Library is the facility to help your student make the grade. It houses books, periodicals, maps, databases, computer labs and more. In addition, each of SFA’s six colleges has its own librarian who is especially knowledgeable in the college’s subject areas.

SFA’s iCare Program
A unique, integrated approach to academic and behavioral intervention on campus, SFA’s iCare program consists of tracks for early intervention in behavioral/classroom management issues, attendance issues and academic performance.

- Behavioral Track – If a student demonstrates a primarily behavioral issue that is sufficiently concerning, he/she is referred to the staff members in the Office of Student Rights and Responsibilities who may, at their discretion, refer the student to the behavioral intervention team. Issues that are more minor in nature can be referred to another appropriate resource, such as counseling and disability services, or handled through the student conduct process.
- Attendance Track – Attendance issues are referred to residence life and program volunteers such as the student’s academic adviser or a faculty member from the department of the student’s major. Because attendance issues may be part of a larger problem, students may be sent to either the behavioral or academic performance track advisers.
- Academic Performance Track – If SFA students are performing poorly in class, they are referred to the Academic Assistance and Resource Center and made aware of the numerous resources available to them. If poor academic performance may be related to a disability, the student may be referred to disability services. Academic advising and career services referrals may be made if students are considering (or should be) changing majors, or if they may benefit from career guidance.

Encourage your student to get to know a diverse group of people; not just in terms of ethnicity, but also in background, hometown, etc.
Talk about financial responsibility with your son/daughter. Mutually understood budgets will help your student with spending and saving expectations.

SFA 101: Freshman Success Program
Students who take SFA 101 earn higher grades on average than those who don’t.

SFA 101 is a specially designed semester-long program that teaches your student what he/she needs to know to be successful in college. Some of the topics include:
- Academic integrity
- Campus services and opportunities
- Classroom learning strategies
- Time-management skills
- Working with professors
- How to get involved
- And lots more!

It’s taught by instructors who are SFA savvy and student instructors who have already progressed to their junior or senior year and can provide valuable assistance. Encourage your student to take advantage of this course.

School of Honors
The School of Honors provides exceptional intellectual challenge and stimulation for academically talented students. Members benefit from honors coursework, early registration, unique scholarship opportunities, field trips and designated computer labs. The residence life department collaborates with the School of Honors to offer the Academic Excellence Center, a coed living environment that challenges academically talented students in a family atmosphere. Twenty-four quiet hours a day are enforced, so students can concentrate on their studies.

If you are dropping your student off at school, leave a note or card somewhere in their new abode. (Maybe, tuck $20 in also!) After you have left, it will be a nice reminder of how much you care.
CAMPUS SAFETY

SFA’s Department of Public Safety employs Texas commissioned peace officers who patrol the campus 24/7. Some of the services DPS provides are:

- **Emergency call boxes:** Located throughout campus, the boxes are bright yellow and labeled “Police.” Operation is easy, and the call goes directly to the DPS communication center.
- **Police escorts:** Between the hours of dusk and daylight, DPS provides police escorts to any member of the Lumberjack family en route to an on-campus location from an on-campus location. Just use the call box to request one or call (936) 468-2608. An evening shuttle bus also operates Sunday through Thursday from 5:30 p.m. to 1:30 a.m. that runs a circular route through campus.
- **Vehicle assistance:** DPS can provide help to students having difficulty starting their vehicle or retrieving keys locked inside a vehicle.
- **Jack Alert Notification System:** SFA provides a notification system whereby members of the campus community can receive timely notifications concerning emergencies that may affect them. Notifications are sent through text message, voice call, email, Facebook and Twitter. The system is in compliance with the Clery Act. Registration takes place through mySFA by clicking on the “Register to Get Campus Alerts” tab.
- **Training programs:** Personal safety training, including defense and alcohol and drug awareness, are offered through DPS. Contact them at (936) 468-2265 or visit sfasu.edu/dps for a complete list of programs and sign-up information.
- **Eyewitness text tip:** This service provides a way for the SFA community to report crimes anonymously. Just send a text to 67283. Begin the message with SFASUTIP.
- **Automated external defibrillators:** Located throughout campus, these devices provide instructions when opened. Remind your student that in case of an emergency, dial 911 from any campus phone or call DPS at (936) 468-2608. To view SFA’s Annual Security and Fire Safety Report, access sfasu.edu/dps. To receive the report by mail, call (936) 468-2252.

**A note about crime prevention …**

Students can help avoid becoming victims by following a few simple actions:

- Lock the residence – even for short trips down the hall.
- Do not leave valuables in the open.
- Engrave valuables with a driver's license number.
- Record the serial numbers and brand names of property (view information about property registration on mySFA).
- Require identification before admitting unfamiliar people into a residence.
- Remain on lighted walkways and/or use the police escort service at night.

PARKING AND TRAFFIC

Students and faculty and staff members who park on campus must purchase a parking permit. The staff members in the parking and traffic office will help determine where your student should park on campus, depending on where he/she resides. Parking permits for cars and trucks are hangtags, and motorcycles utilize decals.

**Helpful information:**

- Parking permits can be purchased online through the parking portal in the student’s mySFA account.
- Parking rules are enforced 24 hours a day, even when classes are not in session.
- Students should only park in designated areas for their particular permit type and properly display the permit.
- Report lost/stolen permits immediately.
- If your student receives a citation, he/she should not ignore it. Student vehicles with three or more citations are boot eligible. Students who receive 10 or more citations in an academic year may lose their parking privilege for a year.
- There is a 10-day appeal period for citations.
- If a student drives a vehicle unassigned to his/her parking permit, he/she should move the hangtag permit to the vehicle he/she will be driving.
- Visitor parking spaces require a permit obtained at either the parking and traffic office or the information booth on Vista Drive.
- A person temporarily disabled due to illness or injury may obtain a temporary permit valid for up to one week. Contact the parking and traffic office for more information.

**Jack Track Shuttle Service**

If your student doesn’t have access to an automobile, don’t worry. He or she will still be able to easily move around campus. SFA operates the Jack Track shuttle service. It’s free for all currently enrolled SFA students. During the fall and spring semesters when classes are in session, shuttle buses travel around the campus and stop at high-traffic areas. Jack Track is safe, convenient and reliable. Just tell your student to wait at one of the bus stops, and a bus will be by shortly.
Encourage your student to become involved in at least one or two student organizations or activities. Studies show that students who are involved tend to have higher grade-point averages and remain in college.
STUDENT AFFAIRS SUPPORT SERVICES

The Office of Student Affairs for Support Services includes career and counseling, disability services, student rights and responsibilities, and testing services. The staff members assist students in managing their transition into and through college by helping them develop a positive self-image, discovering personal and academic goals, and planning for the future.

- **Career Services**: Career services is here to help your student with all aspects of his/her career development. We work to enhance employability by helping your student develop a professional brand through assistance with résumé preparation, interview techniques, and internship and job-search strategies. Career coaching can help your student gain an increased knowledge of self as it relates to the world of work by highlighting connections between academic majors and career opportunities. Encourage your student to take a proactive approach to his/her future by utilizing our tools.

- **Counseling Services**: At times, students encounter problems that can potentially affect their ability to succeed academically. Counseling services provides licensed professional counselors who provide services on a confidential basis. They help students with academic and personal development obstacles and assist students with mental health problems. They also can provide crisis counseling. Most services are short-term, but counselors can assist with a referral if more intensive assistance is needed.

- **Disability Services**: SFA is committed to providing equal opportunities in higher education to academically qualified students with disabilities. Students with disabilities are legally entitled to request accommodations at any time during the semester.

- **Testing Services**: If your student needs to take tests such as the TSI Assessment Exam, Elementary Education Admissions Test, Graduate Management Admissions Test or others, he or she must make an appointment with testing services at (936) 468-3958. Some tests require a proctoring fee.

**Student Health Center**

The center is partially funded through student service fees. These fees cover the deductibles and co-pays required by your insurance that you would normally pay the doctor. The center’s staff bills the insurance company, but does not bill you or your student provided the insurance coverage is current. If a student is uninsured, there is no charge for basic office visits. If your student is covered by health insurance, please make sure he/she has a copy of the front and back of the insurance card.

**Office of Student Rights and Responsibilities**

Students who experience temporary limiting conditions may visit this office to obtain help in locating services and assistance vital to their continued academic success. The staff members will work with your student to determine individual needs and identify assistance from campus resources. They also help guide student conduct in a manner that provides a foundation for success.

STUDENT AFFAIRS PROGRAMS

Student Affairs Programs is dedicated to student involvement, leadership, engagement and fun! From bonfires and pep rallies to student leadership and volunteerism, college is a time to learn about oneself, as well as develop lifelong friends and interests.

Some of the programs offered include:

- **Student Engagement**: Home to the Student Activities Association, SFA Traditions Council, Leadership and Service, Homecoming and Jack Camp, student engagement offers more than 150 events annually, including concerts, movie series, and interactive games and events designed to promote school spirit.

- **Jack Camp**: Your student can get a headstart on discovering all SFA has to offer by attending Jack Camp during the summer at Camp Olympia in Trinity, Texas. This three-day optional extended orientation program exposes your student to what life as an SFA student is like. Your son/daughter will make friends, interact with student leaders and begin to settle in to college life. Call (936) 468-6411 to learn more.

- **Involvement Center/Student Organizations**: With more than 200 student organizations, your student will have tons of opportunities to get involved. Staff members at the Involvement Center, located in both the student center and Steen Hall, can advise your son/daughter and help find an area that interests him/her. In addition, students can receive information about fraternities and sororities and how to become a member.

- **Greek Life**: Greek life provides students with opportunities for personal growth and the development of interpersonal skills. Students have the option to test themselves in a supportive atmosphere, where they learn new skills to enrich their life experience and prepare them for career challenges and fulfilling relationships. Joining a fraternity or sorority is a lifetime commitment...
that benefits students now and in the future. SFA’s Greek community includes 40 fraternities/sororities housed within in five councils: Independent, Interfraternity, Multicultural, SFA Panhellenic and National Pan-Hellenic.

Leadership and Service: Your student will have an opportunity to hone his/her leadership skills at SFA by taking part in leadership and service programs. Some of the opportunities for leaders include the Freshman Leadership Academy, Omicron Delta Kappa Leadership Honor Society, the BIG Event and Alternative Break.

Spirit Programs: Home to 24 national championships since 1993, SFA’s spirit programs comprise Large Coed Cheer, Pom Squad, Small Coed Cheer, Jack Attack, All-Girl Cheer and Mascots, as well as the Purple Haze Association.

Office of Multicultural Affairs: This office promotes generally under-represented populations and provides cultural awareness. The office hosts the Tunnel of Oppression, Black History Month, Diversity Week and other events.

Orientation Programs: Incoming freshmen and transfer students take part in sessions hosted by this office that help integrate them into the SFA community. Orientation programs’ staff members help coordinate Jacks Back Weeks of Welcome, First-Year Photo Project and recruit and select students to take part in an exceptional training process to become Orientation leaders.

Additional Programs and Services: The Office of Student Affairs also advises the SFA Student Government Association; Jack SORC, a resource center that provides computers, printing services and supplies for all students; and SFA’s civic engagement programs.

University-Sponsored Organizations

Residence Hall Association: An organization that passes legislation benefiting the residents, sponsors campus-wide events and brings all students living in the residence halls together. Every student living in a residence hall is automatically an RHA member. Each hall has its own government system with officers and representatives. RHA programs include Parents Day, Casino Night, Holiday Extravaganza, Best Week Ever and more!

Parents Day - In the fall, RHA sets aside a weekend for parents, family members and friends to visit their student and experience firsthand what life at SFA is like. The weekend begins with a movie night Friday evening and continues Saturday with a welcome ceremony, lunch, campus tours, dinner, a spirit rally, tailgate, Lumberjack football and entertainment following the game. For information on dates and activities, access studentorgs.sfasu.edu/tra.

Send your student a Care Package through RHA – Care packages are a great way for parents to send their student a piece of home. Care packages can be ordered and delivered at the start of the semester, Halloween, Valentine’s Day and finals week. Each package contains delicious snacks and treats. For more information, call On-Campus Marketing, SFA’s partner in providing the care packages, at (800) 220-4237.

Student Government Association: SGA serves as the voice of SFA students. SGA is made up of and administered entirely by students. Every SFA student is automatically a member.

Purple Haze Association: Purple Haze, a student-led association dedicated to preserving Lumberjack spirit and pride, is loud and proud! Members attend sporting events and sit in a special reserved section wearing their T-shirts, which sport the SFA school song on the back, and cheer the Lumberjacks on to victory. They also are responsible for coordinating and leading Jacks Charge, Holler at Homer and Jackhammers.

Student Activities Association: SAA is the largest student-run programming board at SFA. SAA contributes to campus life by providing social, cultural, educational and recreational entertainment opportunities for students.
SFA ATHLETICS

A member of the Southland Conference and NCAA Division I Athletics, SFA offers men’s and women’s athletics, including football, basketball, volleyball, track and field, cross country, bowling, golf, baseball, softball, soccer, and tennis. For a complete listing of SFA athletic teams, rosters and schedules, log on to http://sfajacks.cstv.com.

SFA ALUMNI ASSOCIATION

The SFA Alumni Association supports current students and graduates with events, programs and networks during school and post-graduation.

- Over 700 scholarships are awarded to students each year.
- Students can join the Tomorrow’s Alumni Generation program as a member of the Alumni Association. Students may enjoy association benefits and extra discounts and perks.
- The official SFA class ring is purchased through the association after a student completes 60 hours.
- Senior Send-Off is an exciting event that celebrates graduation with an opportunity to join the Alumni Association as an official graduate of SFA.

For more information, visit the Alumni Association website at sfaalumni.com.

PARENTS FUND

Gifts from SFA parents change young lives forever. Without generous extended family, many SFA students would never realize their dream of a college education. For information about contributing to SFA’s Parents Fund, call (800) 319-9517 or log on to givetosfa@sfasu.edu.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)

The Family Educational Rights and Privacy Act is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children’s education records. These rights transfer to the student when he/she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are “eligible students.” If you would like to obtain more information regarding FERPA, visit www.ed.gov/policy/gen/guid/fpco/ferpa/index.html.

TAKE NOTE

College is definitely different than high school. With more freedom comes more responsibility, and you as parents and family members will not be as easily accessible to help your student “make the grade.” Some differences between high school and college:

**HIGH SCHOOL**

- Attendance is required
- Teachers remind students about homework and tests
- Studying is light (about an hour per night)
- Students’ lives are filled with activities
- Teachers provide grade reports
- Class expectations are discussed in detail
- School is open and staffed during set times

**COLLEGE**

- Few professors require attendance
- More independent work is expected
- Studying is key to success
- Involvement opportunities can be overwhelming
- Students keep up with their own grades
- Course syllabus is a contractual agreement
- Instructors have specific office hours
Don’t be alarmed if your son/daughter has thoughts about changing his/her major. It’s common for students to change their major at least once.
COMMUNICATION CONNECTION

Topics to discuss with your student on the drive home from Orientation

**CAMPUS INVOLVEMENT:** Students who become involved right away are more likely to feel a university connection and are more likely to graduate and spend their free time constructively.

**ASK YOUR STUDENT:** Which organizations or traditions did you learn about that you are interested in participating in?

**ALCOHOL AND DRUGS:** Alcohol is involved in most sexual assaults and violence. SFA has a zero-tolerance policy regarding drugs. Any violation of this policy results in automatic suspension.

**ASK YOUR STUDENT:** What would you do if you were in a situation where there was alcohol? What actions should you take in order to stay safe?

**MAJOR:** Try to give your student the freedom to select his/her major. Parents whose influence is too strong might find that their son/daughter is not as committed to the major and often is not successful in working toward it. There are many campus resources offered to help your student decide upon a major and future career.

**ASK YOUR STUDENT:** After learning more about SFA’s majors and areas of study during Orientation, are you excited about the major you’ve selected? (If undecided, did you learn about majors and areas of study that might interest you?)
SAFETY: SFA’s Jack Track shuttle service helps safely transport students around campus. University police officers provide escorts to safely walk your student to locations around campus after dark. Emergency call boxes are located throughout the campus, and by simply pressing a button your student will be directly connected to the Department of Public Safety.

WELLNESS: There are many campus resources, including the student recreation center, counseling services and the student health center to help your son/daughter stay mentally, emotionally and physically fit.

COMMUNICATION EXPECTATIONS: The time spent communicating with your student will likely change as he/she makes adjustments to college life.

FINANCES: It is important that you and your student reach an understanding of who will be paying for what during college. Note that early in the semester many students receive what is called a “difference check,” which is the result of receiving more financial aid than the balance amount due. In most cases the funds are credited to your student’s Higher One card. Discuss with your student who should retain this card. Often, students will spend these funds and not have enough to pay for spring tuition.

ASK YOUR STUDENT: What steps will you take to keep yourself and your belongings safe?

ASK YOUR STUDENT: What steps do you plan to take while at SFA to achieve/maintain your health and well-being?

DISCUSS with your student dates and times that you would like to set aside to communicate each week.

ASK YOUR STUDENT: Do you plan to open a credit card account? How do you plan to pay for your expenses?
### WHAT SHOULD STUDENTS BRING?

Below are a few basics that will help your student plan for residing in a residence hall during the upcoming semester:

#### Residence Hall Room:
- Alarm clock
- Electric fan
- Pictures/posters
- Under-bed storage containers
- TV and DVD player
- Video game console
- Desk lamp and light bulbs
- Batteries
- Surge protectors/approved electrical power strip

#### Bed:
Your student’s bed is twin size (twin extra-long in Lumberjack Landing and Steen).
- Sheets
- Blankets/comforter
- Mattress pad
- Pillows
- Pillow cases

#### Laundry:
- Clothes hamper/laundry bag
- Detergent
- Stain removers
- Hangers
- Iron and ironing board

#### Cleaning Supplies:
- All-purpose cleaner/wipes
- Air freshener

#### Bathroom:
- Towels
- Washcloths
- Hair products
- Toothbrush
- Toothpaste
- Shower caddy
- Shower shoes

#### Clothing:
- Formal clothes (for presentations, Greek organization dinners, etc.)
- Jacket/sweater/hoodie
- Swimsuit
- Workout gear
- Rain boots
- Umbrella

#### Official Documents:
- Driver's license
- Debit card
- Health insurance card
- Emergency contact information
- Social Security card *
- Birth certificate *
* Please advise your student to put items in a secure place.

#### Medical:
- Antibiotic cream
- Bandages
- Allergy medication
- Cotton balls
- Cotton swabs
- Eye drops
- Advil, aspirin, Tylenol

#### Computer-related Items:
- Laptop cooling pad
- USB drive and hub
- Ethernet cord
- Printer
- All manuals and CDs (in case a program needs to be reinstalled)

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Check out pinterest.com/SFAlumberjacks/residence-life for decorating ideas for your student’s room.
UNIVERSITY POST OFFICE

SFA has its own post office located in the student center. Post box information is included in the student orientation folders, and box number and combination information can be accessed through mySFA.

To send your student mail through the U.S. Postal Service, address your letters and parcels as follows:

Student’s first and last name
P.O. Box #, SFA Station
Nacogdoches, TX  75962

For items shipped by UPS, FedEx, etc., address as follows:
Student’s first and last name
Name of residence hall/room number
Residence hall address (see below)

**Hall 14**
514 East College St.

**Hall 16**
2117 Wilson Drive North

**Steen Hall**
609A East College St.

**Lumberjack Landing**
508 East College St.

**Kerr Hall**
218 Griffith Blvd., East

All above halls use the 75961 zip code for shipping purposes.

Most college students know what time mail arrives and watch their mail slot closely each day. Even if it is just an old picture of them or a short note saying how proud you are of them, SEND SOMETHING and put a smile on the face of the student you love.