Parent-to-Parent: Time to Start Planning

Dear Friend,

It's the beginning of the academic year and time for families and students to start planning for the 2016-17 academic year. Here are five tips to be aware of during this time:

1. Work with your student to complete the FAFSA by December 1, 2016.
2. Encourage your student to apply for scholarships. The FAFSA is not the only way to receive financial assistance.
3. Meet with your student's academic advisor to discuss their academic goals and create a plan for the year.
4. Communicate clear expectations about alcohol use. As a parent, you still have great influence on your student.
5. Encourage your student to apply for scholarships. The NAU Foundation Scholarship application is due on February 1, 2017.

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Practical Steps for Freshman to Prepare for a Career They'll Love

The Center College Career Development to pass along to your student:

- Connect to NAU's career information
- Help your student create a resume
- Learn about the Internship Program
- Meet with your student's advisor and attend Career Exploration Day to make their career goals
- Explore internships and opportunities in your field where you can gain experience and income
- Encourage your student to sign up for NAU's Job Service and to look for jobs in their field of interest
- Review NAU's internship opportunities
- Encourage your student to apply for scholarships. The NAU Foundation Scholarship application is due on February 1, 2017.

More resources and contact information are available on the University College Career Development website.

Welcome back from the Student Learning Centers

The mission of the Student Learning Centers (SLCs) is to provide academic support and assistance to students, faculty, and staff. The SLCs provide academic support services, including counseling, tutoring, and academic advising.

The Office of Academic Services will open on Wednesday, Jan. 20. All Student Learning Center services, including Supplemental Instruction, one-on-one tutoring, and online tutoring, are open Monday-Friday from 9 a.m. to 5 p.m.

Encourage your student to visit the SLCs to make an appointment or learn about all the ways they can help your student succeed.

Counseling Services Update

Counseling Services works to enhance the psychological growth, emotional well-being, and learning potential of Northern Arizona University students. We can help students overcome many different concerns, including:

- Academic issues
- Adjustment
- Depression
- Eating concerns
- Mood and anxiety
- Relationships
- Stress and academic issues
- Teamwork and work issues

Students may call for a scheduled appointment or come in to the center, but not "walk in." This is called "intake" or "intake."

Students may be seen by a counselor for a maximum of 10 sessions. Students must take a break for at least 2 months.

Counseling Services is located on the first floor of the Math and Learning Center and open from 9 a.m. to 5 p.m., Monday through Friday. You can also reach us at (928) 523-6267 or email us at SLC@nau.edu.