Parent-to-Parent: Moments of Clarity

Dear Friend,

Within the past month, I’ve experienced two very distant moments of clarity; one related to each of my children and their futures. The look ahead was less about the day to day, if they were selecting the right services, taking the best courses, or hit the right targets, but more of an overall sense for whatever road they chose, it will all work out.

What a huge relief to know that if a parent knows that it matters less how involved they get in the or the small detail of other life, but a realization that our family, and the village, seems to have stumbled through the process of raising two truly amazing young adults. Both with their own gifts and blemishes. But at least for today, I sure certain they are both going to be OK.

Has this happened to you? Share your parenting moments of clarity with the rest of us on the NAU Parent and Family Facebook page.

Sincerely,

Melissa Grin
Parent and Family Services Coordinator
Shannon Clark
Parent and Family Services Officer

Important Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>March</td>
<td>Spring Break</td>
<td>March 14–18</td>
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<tr>
<td>May</td>
<td>Spring Commencement</td>
<td>May 13–14</td>
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<tr>
<td>May</td>
<td>Graduation</td>
<td>May 15</td>
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For a full list of important dates, please visit the Office of the Registrar's website.

Parenting Playbook Quick Tip #3

Communicate honestly about alcohol. If your student asks you about your own experience, don’t lie, but also don’t mislead them about any regrets or negative consequences you might have had related to drinking.

Black History Month

The university celebrates Black History Month in February with a variety of events designed to educate and raise awareness. Black History Month is an annual celebration of achievement, and a time for recognizing the central role of African Americans in U.S. history.

The campus community is welcomed to participate and attend the various events planned throughout the month. Visit our website to view the schedule of events.

2016-17 Hooper Undergraduate Research Award (HURA) Grant Applications Due Soon!

By Mary Lynn Quartaroli

The Office of Undergraduate Research & Creative Activity (O URCA) staff are available to answer questions.

Since NAU’s inception, more than 500 students have discovered the benefits of these hands-on learning opportunities in laboratories, studios, libraries, and field sites. Application information and forms are available on the O URCA website.

Maximum award: $3,500 for the 2016-17 academic year.

Application period: Monday, February 1, 2016, through Tuesday, March 1, 2016.

For more information about proposal preparation, students should request access to an online tutorial module in Brightwork with specific advice for preparing a proposal.HURA proposal reviewers should send an email to request access to this module, which will be available through Feb. 29, 2016.

Questions: The Office for Undergraduate Research & Creative Activity staff are available to answer questions. Contact us at 928-523-5655 or 928-523-1258.

Supporting our Students in Recovery

By Melissa Griffin

Manager, Health Promotion

It’s going to be a great semester! We know this because NAU has recently received grant funding that will allow us to better support our students who are in recovery from substance abuse. Nationally, it’s estimated that four percent of college students are actively in recovery. For these students, the thought of life at university can be daunting. Through our newly created Collegiate Recovery Program (CRP), we hope to provide an opportunity for students to connect with others who are in recovery and to engage in exciting substance-free activities. Ultimately, this program will be a social connection to a support community that will enhance the academic experience.

For more information and resources, check out our College Parents Matter website.

If your student is in recovery or interested in recovery, please contact one of our program coordinators:

Hannah. Nunez@nau.edu

Sincerely,

The NAU Backpack

For more information, please visit: nau.edu/backpack

Phone 928-523-5657
Fax 928-523-1258

Engage with NAU's community.

Have your say. Share your thoughts with NAU.

Manage your experience. Sign up using TrueRemove™.

Don’t miss a beat. Sign up to receive our future emails.

Visit our website.

Follow us.

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