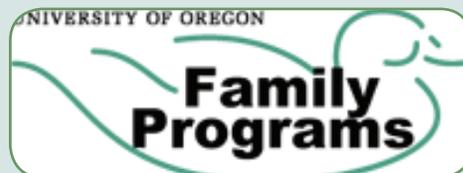


CONNECTIONS

A MONTHLY NEWSLETTER FOR THE UO
PARENT AND FAMILY ASSOCIATION MEMBERS



IN THIS ISSUE

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Assistant Director
of Family Programs,
David McCandless**

Campus

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President
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Holiday Quack Packs
Eugene 101

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Students
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Advising Corner - What's your
major?
New University Housing
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2013

Save The Date!

**We look forward to
Winter Family Weekend
Feb. 10-12, 2012**

Look inside for details!



DECEMBER 2011

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CONNECTIONS NEWSLETTER
NOVEMBER 2011

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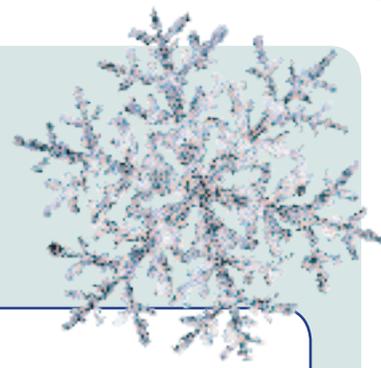
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For general information, contact us at:
myduckis@uoregon.edu

Our website address is:
<http://studentlife.uoregon.edu/family.aspx>

We send regular email updates from our office,
providing highlights from campus, parents'
events, as well as important messages.

FROM THE DESK OF: DAVID MCCANDLESS



Happy Holidays!

I hope this message finds you well and that your students are ending a successful Fall Term. I'm sure you are all excited to have your students home for the Holidays for some much-needed R & R! Another Pac-12 Championship season finds the Ducks playing Wisconsin in the Rose Bowl on January 2, which is a third straight BCS Bowl game for the Ducks.

We are also excited to announce our **Parent and Family Association Rose Bowl Parent Reception on January 1, 2012 at 1:30pm at the Santa Monica Pier in Santa Monica, CA.** Immediately following this event at 3pm is the official UO Rose Bowl pep rally, also at the Santa Monica Pier. More details will be coming soon!

As we shared with you on Friday, Dr. Bob Berdahl has been named Interim President of the University of Oregon through September 2012. Dr. Berdahl will be focused on maintaining the momentum UO has built around our great programs over the last two-and-a-half years and on leading the search for a capable, visionary permanent leader for the UO. While we remain shocked and disappointed by the decision to fire President Lariviere, we have no choice but to move forward, and the announcement of Dr. Berdahl as Interim President is the first step.

In this issue, you will find our usual round of excellent contributions from our campus partners. We are also planning for **Winter Family Weekend February 10-12, 2012** and a tentative schedule of events appears in this issue of Connections. We hope many of you will be able to join us for this great weekend, and we do still have a limited number of tickets available to the **UO vs. Washington State basketball game on Feb. 11.** Tickets are \$21 each; please contact myduckis@uoregon.edu for more information about purchasing tickets.

As always, we are happy to address any questions or concerns and can be contacted at myduckis@uoregon.edu or 541.346.3216.

Best wishes to you and yours on a safe and joyful Holiday season!

David



Welcome Dr. Bob Berdahl

Once again, UO is very excited to welcome Dr. Bob Berdahl as our Interim President. We thank you all for your concern and patience as we weathered this unexpected storm for the University. For more information about

Dr. Berdahl, please visit: <https://www.uoregon.edu/berdahl-named-interim-president>.



Zimride

Have a car? Need a ride?

The University of Oregon Zimride helps you offer or request rides for commutes, road trips, and popular events.

If you have a car, split costs by offering rides. If you don't have a car, find rides where you need to go [zimride.uoregon.edu](https://www.zimride.uoregon.edu)

See page 25 for more information.

PFA Leadership Team 2011-2012

President

John Jones, johnjones1957@verizon.net

President-elect

Sherry Knazan, sknazan@gmail.com

Secretary

Rhonda Berry, arrberry@gmail.com

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Wendy Cassady, wendycassady@live.com

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Bonnie Brookhart, bbrookhart@pacbell.net

Ex-officio

David McCandless, davidm@uoregon.edu

Amber Garrison Duncan, amberg@uoregon.edu

December Messages!



DIGITAL DUCKS

Find the most up-to-date information about your student's life online. Find us:

- Facebook at our "Family Programs at the University of Oregon" page. Become a fan and stay current with campus events, useful links, event photos and more. Join discussions and contribute ideas and suggestions, and interact with other Family Programs members.

- Twitter at: @UOParentFamily. Follow our tweets for brief updates about events, our web page, helpful tips and additional information.

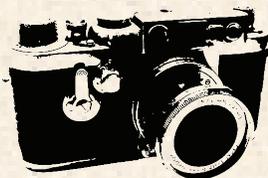


PHOTO EXCHANGE

Family Programs wants to know what is happening with you and your student!

Send us family and student photos that we can share in future newsletters.

E-mail your photos in JPEG format to: **myduckis@uoregon.edu** with "My Duck Photos" in the subject line.



Benefit Bar

Download the BenefitBar on the Family Programs website: <http://studentlife.uoregon.edu/family.aspx>

BenefitBar is a PFA internet browser Toolbar and will remain visible while you surf the web. It is free, easy to use and will help you stay

connected to the association.

Plus, every time you use the "search" function, you will raise 10 cents for the association. No spyware, adware, or viruses are caused by BenefitBar.



UO RAIN BOOTS SUPPORTING STUDENTS!

Stay Dry and Look Good Doing it!

The Parent and Family Association has been given a special opportunity to provide our members with exclusive UO-licensed merchandise made specially for PFA members and their students. Now is your chance to purchase these stylish (and exclusive) UO rain boots to keep your feet dry and help a great cause.



The boots are \$40 a pair and all proceeds from the sale will go to supporting programming for UO students!

While we are still finalizing the student program criteria, we know it will be reserved for students of PFA members.

PFA members can order up to 8 pairs of boots and there are two options to pick your boots up:

1. We will host a “boot pick-up” event on UO’s campus in early February where boots can be picked up for no additional cost (boots are due to arrive February 1, 2012).
2. Or, we can mail the boots to an address of your choice for \$20 per pair.

This is such an exciting opportunity for the PFA! We are proud to offer an excellent product and also to provide additional student programming with the funds raised.

However, supplies are limited and orders will be filled on a first-come, first-served basis (subject to availability). So act quickly to get your boots. An order form is included on the next page of the newsletter, so please fill it out and return to us as per the instructions. Please contact us at myducks@uoregon.edu with any questions.

Announcing University of Oregon Rain Boots!!

The Parent and Family Association is introducing UO rain boots! This *exclusive offer* is a one-time, early release and *limited price* offer available only to PFA members. Exclusive pricing is **\$40 per pair** while supplies last!

Maximum Purchase is 8 pairs per customer

Women Size	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
Black										
Green										

Boot size runs a half size small

Total Quantity:	
Shipping (\$20 per pair):	
Total Price:	

There are 2 Boot Pickup Options:
1. On Campus Boot Event Pickup, FREE.
2. Shipping, \$20 charge per pair of boots.

Campus Pickup Contact:	
Email address:	

Mail or Pay in Person at:
PFA Rain Boots Office of Dean of Students 5216 University of Oregon Eugene, Oregon 97403-5216
The UO accepts checks or money orders. Make payment in full, plus applicable shipping to: "University of Oregon."

SHIP TO:

First / Last Name:		
Street Address:		
City:	State:	Zip:
Phone:	email:	

BILL TO:

First / Last Name:		
Street Address:		
City:	State:	Zip:
Phone:	email:	

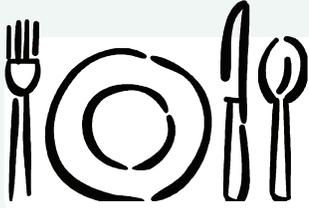


\$40.00 /EA

Boots will be available Feb 1, 2012

For questions contact myduckis@uoregon.edu

Officially Licensed University of Oregon Product



EUGENE 101

International Cafés - by Catie Easter

When your family comes to Eugene to visit your student, there is always a question of what to eat. Of course, everyone has different tastes and one decision may not satisfy everyone in the group. If that's the case, then **The Fifth Street Market** has you covered in the **International Cafés**. Here you will find venues to fit the needs of everyone in your family.

The marketplace has five different cafés ranging from Italian, Greek, North-African, to your typical bistro. At Bricks you can enjoy a variety of artisan burgers, salads, sandwiches, and other delicious entrées. Café Glendi offers delicious and healthy Greek cooking including Moussaka, Spanakopeta, Souvlaki, salads, gyros, and, of course, their delicious Baklava. Casablanca Middle Eastern Café offers many delicious Middle Eastern, North-African, and Mediterranean classics like hummus, curry, mosaka, falafel, baba ghanooj, and a variety of lamb, chicken, and vegetarian entrées. Noli Italian Café is an authentic Italian café that is dedicated to supporting local farmers providing organically grown produce and hormone-free meat. Marché Café has a small kiosk version of their larger restaurant, located on the ground level, offering a variety of pastries and coffee beverages.

All of the venues are located in a shared room with an atmosphere of an upscale food court. Prices range from \$5-15 per person at each of the venues, making a worthwhile and inexpensive dining experience.

The International Cafés are located on the top floor of the Fifth Street Market on East 5th Avenue in the heart of downtown Eugene. For more information go to <http://www.5stmarket.com/stores/>.





Sweet Basil Thai

Sweet Basil Express is a small branch of the popular Eugene Thai restaurant Sweet Basil. Just around the block from the Duck Store, it is a favorite eatery of many Duck students. Its generous portions, quick turnaround on orders, and inexpensive pricing make it an appealing spot to meet a friend to eat. Sweet Basil Express has seating inside the restaurant, and also offers take-away meals; a tip is to call ahead and place your order if you plan on picking it up and eating it somewhere else, though the wait times are generally pretty low if you just order when you get to the restaurant. They are open during lunch and dinner hours; on more than one occasion I have stopped by to get an order of Pad Thai to bring with me to the library for dinner while I study.

My personal favorite things to order at Sweet Basil Express are the Pad Thai, as I mentioned above, and Khua Gai. You can browse the Sweet Basil Express menu at their website listed below. The restaurant is open 11 a.m. to 9 p.m. daily. Check out the menu at: <http://sweetbasilexpress.com/>





WINTER FAMILY WEEKEND!



February 10-12, 2012

You Won't Want to Miss It!

Family Programs is excited to release the first tentative schedule for Winter Family Weekend 2012, here on the UO Campus in Eugene. We have a number of events that will be included on the full schedule when we release it on January 1. In the meantime, we wanted to make you aware of current scheduling and a time-sensitive opportunity at the Matthew Knight Arena. [f](#)

Tentative PFA Family Weekend Schedule for Feb. 10-12, 2012:

Friday, Feb. 10, 2012

- ALL DAY Attend class with your student - Various Locations
- 1 - 6pm Winter Family Weekend Welcome Table and check-in, EMU Asea Room
- 7:30pm Brad Paisley with special guests Scotty McCreary and The Band Perry (tickets available at matthewknightarena.com) Matthew Knight Arena. (**Please note:** this event is not affiliated with UO Family Programs. We have no role in the ticketing process. We are simply happy to make our membership aware of this event).

Saturday, Feb. 11, 2012:

- 9:00am Breakfast with UO Administrators, Gerlinger Gymnasium
- 10:00am Campus Information Session I - Topics Include: Living /Moving Off-Campus, Campus Safety, Career Opportunities through UO, and more, EMU various locations
- 11:00am Campus Information Session II -Topics Include: Living /Moving Off-Campus, Campus Safety, Career Opportunities through UO, and more, EMU various locations
- Noon Regional meetings/ Regional Q&A, EMU various locations
- 1:00pm Winter Family Weekend Tailgate Party (\$15/person, registration details TBA)
- 3:00pm Men's BB: UO vs. Washington State, Matthew Knight Arena, [for information about tickets, email us at myduckis@uoregon.edu](mailto:myduckis@uoregon.edu)
- 7:30pm Signature Entertainment Event (details soon!), McDonald Theatre

-more-

WINTER FAMILY WEEKEND!

February 10-12, 2012!

Sunday, Feb. 12, 2012:

- 10am - 1pm Brunch with your student, Barnhart Dining, or Carson Dining
- 1 - 3pm UO Craft Center Workshop (\$9/person, registration details TBA), EMU Craft Center
- 1 - 2pm Special UO Campus Tour from Family Programs, Meet in front of Oregon Hall

ALL WEEKEND

Student Recreation Center

The Student Recreation Center (SRC) will be open free to families of students all weekend! Just make sure to sign in at the SRC home desk!

Participants over the age of 18 can come to the Student Recreation Center the following times:

Friday	6am – midnight
Saturday	10am – midnight
Sunday	10am - midnight

Participants under the age of 18 must be accompanied by an adult and can come to the Student Recreation Center during the designated family recreation times:

Saturday	10am – 5pm	SRC
	2pm – 5pm	SRC Pool
	2pm – 5pm	Rock Climbing
Sunday	2pm – 5pm	Tennis Center
	10am – 5pm	SRC
	2pm – 5pm	SRC Pool
	2pm – 5pm	Rock Climbing
	2pm – 5pm	Tennis Center

VISITING EUGENE?

Simplify Your Visit!

Family Programs recognizes that not everyone can make it to campus for our official Family Weekend each term.

So we put together our **Visiting The UO Campus Webpage** on the Family Programs website to help you plan your visit and make the most of your precious time with your student when you do have the chance to visit them here in Eugene!

<http://uodos.uoregon.edu/ParentandFamilyPrograms/VisitingtheUOCampus/tabid/264/Default.aspx>

On the webpage you will find the following information:

- **Fillable weekend schedule**
- **Things to do in the Eugene/Springfield area**
- **Places to eat in Eugene/Springfield**
- **Travel Lane County's List of Lodging and Hotels and Calendar of Events: <http://www.travellanecounty.org>**

You may need to make reservations for some activities, too, so be sure to call ahead.

Don't forget to schedule in travel time if you are headed out of the city!



WINTER QUACK PACKS

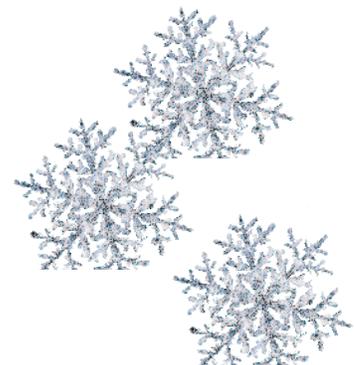
Happy Holidays

The Quack Pack Program is a convenient on-campus service with a wide variety of themed care packages and build-your-own options.

This is the season of sneezes and sniffles, if your student isn't feeling well, think about sending them a Get Well Soon package. This pack includes classic get well items such as chicken soup, tea and cough drops. We take the time to individually prepare and deliver each package so you don't have to worry about the details. Quack Packs offers free delivery to residence halls and to the Courtside Apartments.

To place an order call 1-800-883-0402.

For more information or to view all of our care packages you may log onto: <http://housing.uoregon.edu/quackpacks/>



FINANCIAL AID

Fill Out Your FAFSA!

It's December and while you might be busy thinking about the holidays, you and your student should also be thinking about financial aid for the 2012-2013 school year.

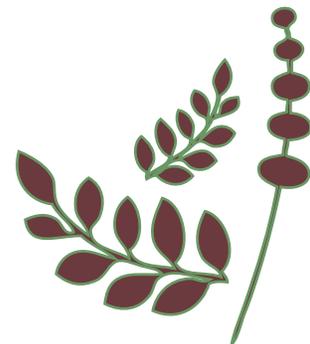
That's right; beginning January 1st it's time to fill out the FAFSA again! Make sure you fill out the FAFSA as soon as possible; our priority funding deadline is March 1, 2012. You can estimate your taxes since you might not have filed your 2011 taxes yet.

Also, please remind your student that they should be thinking about scholarships for the 2012-2013 school year. Winter break is the perfect time to fill out scholarship applications! We have two scholarships that require additional documents with applications available on our website. The Diversity Excellence Scholarship application is due January 15, 2012 and the General University Scholarship application is due February 15, 2012. Students can also search for scholarships using our UO Scholarship Search on our website.

In addition, your student will want to check with their major department for additional scholarships, and fill out the OSAC (Oregon Student Access Commission) for scholarship application by March 1, 2012 if they are an Oregon resident.

Don't let the FAFSA add to your holiday stress! Give our office a call if you need help or have any questions.

Contact us at 1-800-760-6953



FINANCIAL AID

It's Scholarship Season!

Attention Parents: The 2011-12 Scholarship season is underway and the deadline for The General University Scholarship and Diversity Excellence Scholarships are fast approaching! Please remind your students that some scholarships require a letter of recommendation from a faculty member.

Encourage your student to contact prospective recommenders early.

General University Scholarship

- Incoming freshmen will automatically be considered
- Continuing students must submit an application and letter of recommendation
- Transfer students must submit an application, letter of recommendation and transcripts from all colleges if 60 or more college quarter credits by Sept. 2012. (Transfer student with less than 60 college credits before Sept. 2012 must also submit final high school transcripts).
- Graduate and Law Applicants must request that college transcripts (except from the UO) be sent to the UO Office of Student Financial Aid and Scholarships.

DEADLINE: February 15, 2012 for all non-freshman applicants

Diversity Excellence Scholarship

- All students applying for the Diversity Excellence Scholarship must submit the on-line application by January 15, 2012.
- Official transcripts and Letter of Recommendation is required.
- http://financialaid.uoregon.edu/diversity_excellence_scholarship

Other scholarship opportunities can be found here: <http://financialaid.uoregon.edu/scholarships>

LAST SCHOLARSHIP WORKSHOP:

JANUARY 10, 2012, EMU FIR ROOM, 3:00PM-5:00PM

GLOBAL SCHOLARS HALL

Live on Campus in 2012-2013

Residents Invited BACK to Live on Campus in 2012-2013

While it seems that the academic year just started, it's time to start thinking about where your student will live for the 2012-13 school year.

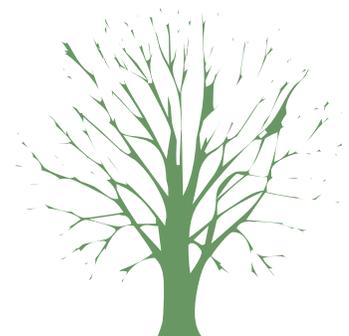
A daunting thought for the holidays, yes. But there's good news: University Housing will have more space for returning residents than ever.

A new residence hall, the Global Scholars Hall, will open next fall, and that means 450 new spaces. Plus, University Housing really values the contributions to our community from returning students, so we're really encouraging students to think about living on campus again.

In February 2012, current residents will be able to sign up online to live in the residence halls again in 2012-13. Through our returning resident process, "Room Race," students will be able to:

- Pick their specific room, from any hall
- Pick their roommate and live with friends
- Even pick the Global Scholars Hall (returning residents will not have to participate in the GSH academic residential programs in order to live in the hall)
- Skip the expense and hassle of living off-campus, while enjoying the academic programs, services and social experience of the halls

Please discuss the options for living on campus again in 2012-13. Students will receive e-mail reminders early in the new year about Room Race. See more information at housing.uoregon.edu/roomrace.



ADVISING CORNER

What's Your Major?

If you are a parent who attended college, what major did you earn as an undergraduate? Is your job today directly related to that major?

These are questions we ask of parents during our summer IntroDUCKtion orientation sessions. Overwhelmingly, we find that the majority of parents do not have jobs today that match what they studied at their undergraduate institutions. This trend is supported by research on a national level that indicates that most students find careers that have little to do with their undergraduate degrees. However, one of the most frequent and pressing questions for students who come to see us in the Office of Academic Advising is “What major should I choose?”

As Scott Keyes points out in a recent article in the Chronicle of Higher Education <http://chronicle.com/article/Stop-Asking-Me-My-Major/63453/>, students often feel torn between choosing a major they like and choosing a major that seems “practical”— in other words, one they believe will get them a job. It is certainly understandable in today’s economic climate that students (and their parents) worry about their futures. However, the research on this issue demonstrates that picking a major only because one believes it will later lead to a job is problematic for several reasons.

First, students tend to perform better academically when their interests and abilities are matched to their field of study. As another advisor in my office, Becca Schulze, states, “the more powerful major might be the one they excel at, rather than the one in which they earn Cs and Ds.” I personally have frequently encountered students who thought they “should” study a certain major, such as business. They take their first economics class and get a C or D and then go onto the next one and get a C or D. When I ask them why they think they are struggling, they tell me, “I’m just not interested in the subject, but I thought business would be a good degree to have.” Or, I might have a student who thinks she wants to be pre-med but struggles in her basic math classes and shares with me that math terrifies her. Neither of these cases is a good match between interest and major or between ability and major.

If you are a parent concerned with your child’s choice of major, you are not alone. However, as Keyes argues, “If our goal is to cultivate students who are happy and successful, both in college as well as in the job market, I have this piece of advice for parents: Stop asking, “What can you do with a degree in (fill in the blank)?” You’re doing your children no favors by asking them to focus on the job prospects of different academic disciplines, rather than studying what interests them.”

-more-

Second, as Keyes notes, it is a myth that certain majors don't prepare students for the workplace: "The belief that technical majors such as computer science are more likely to lead to a job than a major such as sociology or English is certainly understandable. It's also questionable." For example, the article "Business Careers for Liberal Arts Majors" (<http://www.las.illinois.edu/students/career/business/>), argues that a liberal arts degree is considered to be on the "cutting edge" for business. In a poll of 113 major corporations, CEOs stated that the "most important skill to have was good communication.

Last, people frequently become successful in careers that are not directly related to their undergraduate studies. As Keyes notes, "in a rapidly changing economy, which majors lead to what jobs is not so clear cut." UO advisors in our office agree that "most majors can lead to most jobs." Does this mean the major doesn't matter? Keyes states that choosing a major is still an important decision "and students are right to seek outside counsel when figuring out what they want to study. But questioning how a particular major will affect their employability is not necessarily the best approach."

We recommend that students have a good idea of their major by the end of their sophomore year. We encourage them to explore possible majors as they fulfill their general education requirements (see <http://tembo.uoregon.edu/jumpstart/> for a tutorial that explains UO general education requirements). We also advise them to meet with the faculty of departments in which they are interested and to consult the Career Center on campus for advising and classes that help students decide on a major (see <http://uocareer.uoregon.edu/students/majors-and-careers.aspx>). We might point them to websites that illustrate the variety of careers associated with the specific major(s) they are considering (for example, see http://careers.utah.edu/jobSearch/employer/what_can_i_do/list.htm).

How else can students work today to create more opportunities for their future? Students should craft a complete college experience by creating working relationships with their professors (who will be future letter of reference writers), getting involved in student organizations and taking on leadership opportunities on campus (<http://asuo.uoregon.edu/studentorgs.php>), looking for research or internship opportunities in the field in which they are interested, and studying abroad (<http://studyabroad.uoregon.edu/>) or National Student Exchange (http://pages.uoregon.edu/aass/AA_Pages/AA_What_IsNSE.html). Connecting extra-curricular activities, practicums and internships, or summer work with future job interests is an advantage: The University of Illinois cites a study that found "that sixty percent of recruiters stated that work-related experience was the major factor in determining a candidate's job prospects." Finally, learning the most effective way to present one's abilities and interests as a candidate in the working world or for graduate study requires skills that take effort and time to develop.

Again, our Career Center is here to help student with those tasks.



SHRINK RAP

Mentoring College Males in their Journey to Adulthood

This fall I had the wonderful opportunity to participate in a campus wide event “Unpack the Quack” where UO staff and faculty helped incoming students move into the residence halls. All the families seemed to appreciate our gesture, but some chose not to accept our help. I remember seeing several fathers refuse our help only to watch them red-faced and panting while they struggled to carry bulky, heavy items such as small refrigerators up the residence hall stairs.

I found myself wondering what impact these men’s behavior had on their students, particularly the young men. Refusing help is a common trait among men and particularly young men. Having no clearly defined yardstick of masculinity, young males are often left with the difficult task of forging, interpreting, and articulating the meanings of their identities as men. Often they base their definitions of masculinity on traditional male gender scripts, some of which are not helpful to the individual or our culture. These scripts may discourage help seeking and other forms of emotional expression, restrict the range of experiences students might seek and encourage risky behavior such as alcohol or drug use. Men who subscribe to these scripts may tend to define success at being a man on how much alcohol they can drink or the number of their sexual experiences.

We need to replace these maladaptive images of manhood to ones that include reaching developmental milestones such as making a career choice, developing competence in one’s career area, and learning how to have close relationships with both friends and romantic partners.

How do we accomplish this goal? College men learn about masculinity from their families, peers, the media and their relationships with other men. Mentorship can play a vital role in communicating positive goals of masculinity. Mentorship has been defined as a helping relationship characterized by mutual respect and freedom of choice, in which a more experienced individual helps someone who is less experienced.

-more-



Many of us as parents have benefitted from mentors in our lives. Having the support, knowledge and acceptance of someone can make an important positive difference in student's lives. Additionally, having multiple role models can help demonstrate to young men that there are many healthy ways to live one's life as a man.

Once a mentoring relationship is established, mentors can challenge male students to reflect on what kind of men they want to become in the future. Additionally, it's helpful when mentors urge men to reflect on what our culture needs from them. Asking these questions helps men focus on what they need to do to become who they want to be. At the Men's Center we call these ideas about manhood, possible masculinities.

As our sons and daughters move toward independence, many parents let go of some responsibility for their behavior and assume different roles in their lives. Most college students want to make more of their life decisions for themselves. Mentorship can provide parents with a model of how to negotiate the tricky waters of parenting college students who are seeking greater independence. College students are more likely to seek help/advice from others when they are requesting it, and when the mentor offers information and support and not judgment.

College males begin feeling and acting like men when they can see that they are contributing to the welfare of their family/campus/society and when they are invited to the table to participate in important decisions. Seeing oneself as an adult male also comes from engaging in healthy relationships, sharing responsibilities and empowering others. So look for opportunities to seek your male college students' opinions or advice.

Of course, being a mentor itself is intrinsically rewarding. Mentoring provides an opportunity to give back to the community, to share one's wisdom and experience. The University of Oregon Men's Center is developing a mentorship program to help encourage men to lead healthy lives. We are recruiting men from campus and from the community to serve as mentors and mentees.

If you would like to become a mentor at the UO or if your student wants to become involved in a mentoring program, please contact John Phan UOMC@uoregon.edu or Jon Davies jadavies@uoregon.edu

Jon Davies, John Phan, and Brent Horner, UO Men's Center



HEALTH CENTER

Holiday Hours and more...

This term is coming to a close so I would like to take this time to remind you of our holiday hours so you may remind your student. We have an unusually long break this year and are closed for a few weeks. Below you will find our hours of operation during the holiday break.

- December 5 through December 9, finals week, we will be open our regular hours
- December 10 and 11 we are closed.
- December 12 through December 16 we are open from 10 a.m. to 2:00 p.m.
- December 17 through January 4 we are closed.
- January 5 and 6 we are open from 1:00 p.m. to 5:00 p.m.
- January 7 and 8 we are closed.
- January 9, Monday, we will resume our regular hours.

And, a reminder that whenever we are closed your student may call our appointment line at 541-346-2770 and get connected with a nurse who will advise your student on what to do until we are open. Also, you may check out our website at: <http://healthcenter.uoregon.edu> and click on our “Students’ Self-Care Guide” for health related information. For urgent care needs you may also go to our website and click on “After Hours/Emergency” for more information.

Please encourage your student to come into the Health Center prior to our closing to take care of their health care needs. This means that if your student needs prescriptions filled, over-the-counter items, immunizations, or an appointment they should take care of these needs soon.

I would also like you to remind your student to get the flu shot. The charge is only \$15 and may be billed to the Duck Web account. Your student does not need an appointment to get the shot. All they need to do is drop by the Nurse Specialty Clinic on the main floor between 9-11:30 am or 1-4:00 pm and ask to get the shot. Thanks for helping us out with this.

The Health Center staff wishes all of you a safe, healthy, and happy holiday season and new year.



Getting ahead of the Stress



Had a Honest

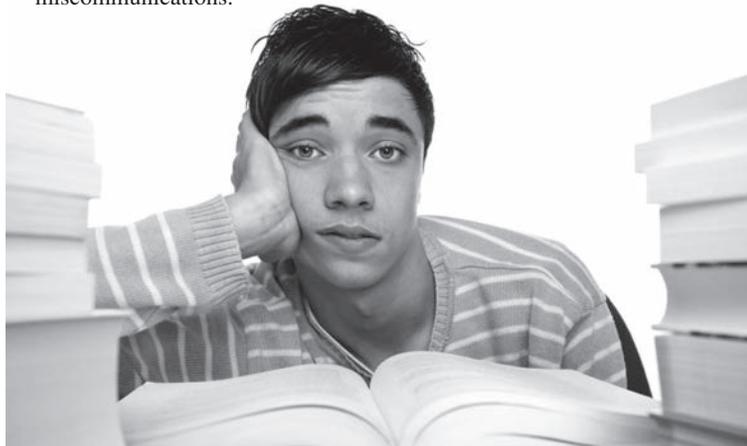
is a Peer Health
Educator. Peer
Health Education
is an internship
through the
University Health
Center offered
fall, winter, and
spring terms.
Check out our
website for more
information and
how to apply at
<http://healthcenter.uoregon.edu>

Are you a freshman trying to balance life with a roommate while studying for your first midterm? Are you a senior with an approaching deadline for a thesis assignment? Or are you somewhere in-between and trying to figure out your major while dealing with all the chores of living off-campus? Either way, the beginning of a new term is often a major stressor for almost everyone on campus.

Research has found that too much stress can be detrimental to both your health and your ability to perform well. In fact, long-term stress can interfere with normal body functions and lead to negative outcomes like a weakened immune system, depression, and obesity.

The good news? There are many healthy ways to reduce your stress. The first step is to identify your personal stressors. These could include:

- **Your new environment.** Whether you just moved to Eugene or are living off campus for the first time, a change in lifestyle can be nerve-racking.
- **Work overload.** Difficult college classes can leave students feeling lost under an overwhelming pile of textbooks.
- **Personal relationships.** New roommates, a significant other, and even your oldest friend can all be a source of stress due to lifestyle differences or miscommunications.



Once you pinpoint which stressors affect you, there are several useful ways to cope with stress. Below are some do's and don'ts for promoting a more relaxed lifestyle.

- **Get your Zzzs.** You probably are not surprised to learn that college students constitute the most sleep-deprived population. In order to get those eight hours of sleep each night, try regulating your body by sleeping and waking at the same time each day. Refrain from bringing homework, laptops, smart phones etc. into your bed, thereby training your mind that your bed is for sleeping (and sex) only.
- **You are what you eat.** If you put good things in, great things will result. Try adding fresh fruits and veggies to your diet which will increase your vitamin intake. Switch a few staples in your diet to whole grains and try not to overload on caffeine.
- **Get your move on!** I once read that "sweat is simply stress in liquid form." So next time you are dripping from an intense workout or from running to class, just imagine all the stress that has left your system.
- **Be organized.** Making a to-do list and conquering one task at a time can help you feel less overwhelmed. Or, declutter your study area. A clean space equals a clean mind.
- **Use the University Health Center!** You can take the Relax and Renew Meditation Series to create a better sense of well-being. Or, you can make an appointment at any time for a massage or an energy healing session, both of which help to reduce stress and promote relaxation.

Lastly, don't forget that stress is a normal and inevitable part of everyone's life. Taking simple steps each day to stay positive, laugh, and enjoy your friendships makes a huge difference.

ENTER TO WIN A \$20 DUCK STORE CARD

Scan the code with your Smartphone and take a short survey



Health Center

M - F, 9 A.M.-5 P.M.; Sat, 10 A.M.-2 P.M.

Located on the corner of 13th & Agate

Appointment or After-Hours Nurse Advice Line, call 541-346-2770.

Flu information line, call 541-346-4444.

Please see <http://healthcenter.uoregon.edu> for After-Hours Care Options during Health Center closures.

[facebook.com/HealthyUO](https://www.facebook.com/HealthyUO)



UNIVERSITY OF OREGON

What If Your Party Gets Too Crazy!?!

1. Call the police first! If your party gets out of hand, call. They will come out and help you regain control.
2. Respond positively and comply if a police officer comes to your house.
3. Interfering with a police officer makes a bad situation worse.
4. If a police officer asks you to clear an area, leave right away.

A Citation Could Cost You Up To...

\$360 - Minor in Possession

\$500 (jailable) - Open Container/Consumption in Public or Minor Falsely Representing Age

\$1,500 - Special Response Fee Charged to the Individuals Responsible for a Disorderly Party

\$2,500 (jailable) - Giving False information to a Police Officer Issuing a Citation

\$6,250 (jailable) - Furnishing Alcohol to a Minor

\$125,000 (jailable) - Rioting

EUGENE POLICE DEPARTMENT

NON-EMERGENCY NUMBER:

541-682-5111

DESIGNATED
DRIVER
SHUTTLE
346-RIDE



Oregon Daily Emerald. New media, with a history.
dailyemerald.com | facebook.com/dailyemerald | twitter @dailyemerald



UO Office of the Dean of Students

FALL TERM CALENDAR 2011

December 5-9

- Final examinations

December 13 (Tuesday, noon)

- Deadline for instructors to submit Fall 2011 grades

January 1

- 1st tuition installment due
(1/3 of assessed tuition, plus current and past-due balance)

January 6

- Financial aid disbursement begins

January 8

Last day to:

- Process a complete drop and receive a 100% tuition refund (no 'W' recorded)

January 9

- Winter classes begin

January 15

Last day to:

- Process a complete drop to receive a 90% tuition refund (no 'W' recorded)
- Reduce credits and receive 100% tuition refund (no 'W' recorded)

January 16

Last day to:

- Process a complete drop or reduce credits and receive 75% tuition refund (no 'W' recorded; after this date, 'W's' are recorded for partial and complete withdrawals)
- Martin Luther King Jr. Day; classes not in session

January 18

Last day to:

- Add a class/process initial registration
- Change from audit to credit or credit to audit

January 20

Last Day to:

- Apply for Winter 2012 graduate degrees (apply on the web at <http://gradschool.uoregon.edu/?page=graduation>)

January 22

Last day to:

- Process a complete withdrawal or reduce credits and receive a 75% tuition refund (mark of 'W' is recorded)

January 29

Last day to:

- Process a complete withdrawal or reduce credits and receive a 50% tuition refund (mark of 'W' is recorded)

February 5

Last day to:

- Process a complete withdrawal or reduce credits and receive a 25% tuition refund (mark of 'W' is recorded)
- Apply for Winter 2012 undergraduate degrees in DuckWeb

February 1

- 2nd tuition installment due
(1/3 of assessed tuition, plus current and past-due balance)

February 10

- Last day to submit doctoral final oral defense application to the Graduate School
- Course offerings for Spring 2012 available

February 17

- Deadline to apply for spring re-enrollment in order to register during the February 27-March 7 initial registration period

February 26

Last day to:

- Drop a class (mark of 'W' recorded)
- Change grade options (Graded or P/N)
- Change variable credits

February 27-March 7

- Initial registration for Spring 2012

March 1

- 3rd tuition installment due
(1/3 of assessed tuition, plus current and past-due balance)

March 2

Last day to:

- Submit Masters Statement of Completion to the Graduate School
- Hold final oral defense of doctoral dissertations

March 9 – March 19

- Online Course Evaluations for Winter 2012 open on DuckWeb

March 9

- Course offerings for Summer 2012 available

March 14

Last day to:

- Submit Doctoral/Masters theses and dissertations to the Graduate School
- Submit Doctoral Certificates of Completion to the Graduate School

March 18

Last day to:

- Process a complete withdrawal from all courses

March 19-23

- Final examinations

March 24-April 1

- Spring break

March 26 (Monday, noon)

- Deadline for instructors to submit Winter 2012 grades

April 2

- Spring 2012 classes begin

Updated March 31, 2011

ZIMRIDE



Student doesn't have a car?

Tell them to check out ZIMRIDE at zimride.uoregon.edu

What is UO Zimride?

Zimride is a fun and easy way to share the seats in your car or catch a ride. With Zimride, you can find UO friends, classmates, and coworkers going the same way you are to offer or request rides for commutes, road trips, and popular events.

If you have a car, split costs by offering rides. If you don't have a car, find rides where you need to go!

UO Zimride requires a Duck ID to gain access.



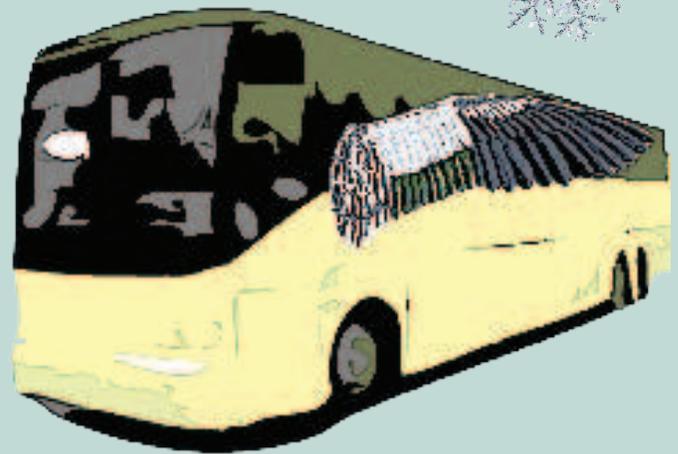
DUCK BUS



Don't have time to drive your student back to school after the holidays?

If you live in the San Francisco Bay area consider signing your student up for the Duck Bus. If enough students are signed up there will be a bus from the Bay Area to the UO following Thanksgiving, Winter Break and Spring Break.

The bus will depart from Lafayette, CA, with a pick up at Saint Mary's College High School in Berkeley. If there are enough interested students, there will an added stop near the I-5 / 505 interchange.



The bus leaves on Sunday morning, arriving in Eugene in the evening. For more information e-mail Bonnie Brookhart at eugene2bayandback@gmail.com. Include your student's name and their graduation year in your e-mail.

GETTING TO AND FROM EUGENE

Planes, Trains and Automobiles

- **Airlines Out of Eugene:** Allegiant, Delta, Horizon, United
- **Airlines Out of Portland:** Alaska/Horizon, Air Canada, American, Continental, Delta, Frontier, Hawaiian, Jet Blue, Southwest, US Airways, United
- **Amtrak:** amtrak.com
- **Greyhound:** www.greyhound.com

How can I (or my student) get to or from the Eugene Airport?

1) The OmniShuttle provides transportation to and from the Eugene Airport. For rates and other additional information please visit them online at www.omnishuttle.com or call

1-800-741-5097.

2) Taxi cabs in Eugene will transport students to and from the Eugene Airport.

3) Students often find rides from friends they have made to and from the airport. Sometimes they need a reminder to make arrangements for their ride after they return from home.

How can I (or my student) get to or from the Portland Airport?

1. Airport Shuttles to Portland:

Visit HUT Shuttle online at www.portlandairportshuttle.com or call (541) 334-6488.

- City 2 City Shuttle provides non-stop shuttle service from Eugene to Portland Airport <http://www.city2cityshuttle.com/> or call 1-866-999-8001.

Price is approximately \$60 each way.

2. You can take the Amtrak train or Greyhound Bus from Eugene or Portland.

- **Amtrak:** amtrak.com
- **Greyhound:** www.greyhound.com

Price is approximately \$25 each way.

3. You can rent a car in Eugene to drive to the Portland Airport.

4. Students often find rides to and from the airport from friends they have made. Be sure to remind them to secure a pick up from the airport upon their return.

Alternative Modes of Transportation

SomeregionalgroupsoftheParentandFamilyAssociationhaveorganizedwaystogettheir students home for breaks. If you are a member of the Parent and Family Association, check out the regional updates in the newsletters and on the Parent and Family Association website for more information.