

# Moms & Dads Illini

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A publication of the Moms and Dads Associations at the University of Illinois at Urbana-Champaign

## GET INVOLVED!

by Denise Poindexter  
Program Advisor  
*Illini Union Student Programs*  
& *Activities*

Student involvement outside of the classroom is essential for your student to make a successful adjustment to college life.

The benefits of the “out-of-classroom” experience are endless. Getting involved at the University of Illinois allows students to develop their leadership and organizational skills and

improves other aspects of personal and professional development. Involvement will help a student become well-rounded, which will be beneficial after the student’s collegiate career. Active students are more likely to be exposed to professionals in their field and make connections for future positions.

There are a wide variety of opportunities for your student to get involved outside of the class-

room, from clubs to intramurals. The Illini Union Board (IUB) is just one of the many ways your student can get active at the University of Illinois. It offers countless learning experiences for students. IUB is the largest student programming board on campus and has planned many programs and services such as Illinites (which

provides free entertainment in an alcohol-free environment), large scale lectures, entertainment such as comedians and concerts, cultural programs, events promoting campus tradition, and much more.

No matter what your student’s interests are, there is a group for them! The Office of Volunteer Programs (OVP) helps coordinate volunteering opportunities for students, and there are over 1,000 Registered Student Organizations (RSOs) which cover a huge array of activities and interests.

The college experience is life changing for both students and parents. Your student will never forget their time at the University of Illinois, and

often some of the fondest memories include the organizations they were a part of and the fun and friends they made along the way.

This is a time for you to assist with building self-esteem and help shape your student’s identity. While academics are a main focus of a college education, your student’s out-of-classroom activities are integral to the college experience. Attending college is about more than getting a degree; it is also about your student learning who they are and what they want to become, and how you can support them along the way.

“...your student’s out-of-classroom activities are integral to the college experience.”



Encourage your student to take charge of their college education by seeking opportunities, both academic and extra-curricular, to learn and grow. ■

## IMPORTANT DATES:

### Fall 2010

Move-In Day.....	Aug. 19
Instruction Begins.....	Aug. 23
Labor Day.....	Sept. 6
Deadline to change Meal Plan.....	Sept. 22
Illini Parents 101 Workshop.....	Sept. 25
Fall 2010 Tuition Due.....	Sept. 28
Dads Weekend.....	Nov. 12-14
Thanksgiving Break Begins.....	Nov. 20
Instruction resumes.....	Nov. 29
Instruction Ends.....	Dec. 8
Reading Day.....	Dec. 9
Final Exams.....	Dec. 10 - 17

### Spring 2011

Moms/Dads Board Meeting.....	Jan. 16
Martin Luther King Jr. Day.....	Jan. 17
Instruction Begins.....	Jan. 18
Spring 2010 Tuition Due.....	Feb. 28
Spring Break Begins.....	Mar. 19
Instruction Resumes.....	Mar. 28
Moms Weekend.....	Apr. 8 - 10
Instruction Ends.....	May 4
Reading Day.....	May 5
Final Exams.....	May 6 - 13
Commencement.....	May 15

### Summer 2011

Term 1 Instruction Begins.....	May 16
Memorial Day (no class).....	May 30
Term 1 Final Exams.....	Jun. 11
Term 2 Instruction Begins.....	Jun. 13
Independence Day (no class).....	Jul. 4
Term 2 Final Exams.....	Aug. 5 - 6



## Finding a Home With University Housing

by Kirsten Ruby  
Marketing Director  
University of Illinois Housing

Living on campus is so much more than the four walls of a residence hall room. While students have the rest of their lives to live in apartments and houses, cooking and cleaning for themselves, the college years are usually a once-in-a-lifetime opportunity to live in a vibrant, inclusive community of individuals pursuing academic goals. Living off campus can be a useful transition for seniors, but for the first two or three years of college, living on campus is key to success.

Students begin receiving pressure from local landlords as early as September to begin making housing choices for next fall. High-pressure tactics and alarming campaigns (“Sign a lease now before all the apartments are gone!”) only serve to add stress to a student’s first weeks at college.

University Housing’s residence halls offer relief. While students can begin selecting their halls and rooms for next fall in October, they have until March to refine their selections. This gives them time to explore their options, make friends, and make an informed decision.

Convinced an apartment is cheaper? Consider the costs. At an apartment, your student will have to...

- pay extra for high-speed internet, cable TV, electricity, gas, sewer, water, trash, recycling (included in University Housing rates)
- pay first and last months’ rent plus a security deposit (It’s only \$150 to hold your student’s chosen room in University Housing)
- take the extra time to commute or wait for an off campus bus. (Buses



from residence halls run every 10 minutes. Buses from off-campus require longer wait times, and not always with shelter nearby.)

- purchase furniture, kitchen utensils and small appliances, cleaning supplies and equipment. (University Housing rooms are fully furnished, and our building services staff take great pride in our clean, well-maintained halls.)
- sign a 12-month lease – If your child is expecting to return home for the summer, he or she will need to spend time away

*(continued on page 3)*

from academics during spring semester serving as his or her own leasing agent, finding and securing a subletter. (University Housing contracts follow the academic year.)



- consider their credit rating—if your student’s co-tenant fails to pay that misplaced electric, gas, cable, or phone bill, the missed payment could stay on your child’s credit rating for 7 years.

- take care of meal planning, shopping, hauling groceries, prep, cooking, and cleanup—hours a week and money. (A University Housing meal plan means a fresh, hot, nutritious meal is available from 7 am to midnight or later. Students have access to our on-staff nutritionist, and online nutrition information for every item we serve is included.)

- deal with maintenance issues. Is the apartment leasing office staff trained in conflict resolution and community-building? What is their response to a student in crisis? If you have a question as a parent, whom would you contact? Does the apartment offer a peer student on every floor whose job it is to help your child access campus resources and find their place at a large university? (University Housing offers 24-hour live-in professional staff and 24-hour maintenance services. Students can turn to our staff for advice and assistance with living away from home, balancing academics and extracurricular activities, and managing interpersonal relationships.)

# Illini Parent: 101

## FREE WORKSHOPS



**SATURDAY, SEPTEMBER 25TH - ILLINI UNION BALLROOM**  
*Co-sponsored by the Moms and Dads Associations and the Illini Union Parent Programs Office*

**SPEAKERS:**  
UI Police Department, Study Abroad Office, the Counseling Center, the Tenant Union, and the Career Center

**AUDIENCE:**  
Parents and families of freshman and transfer students  
(All parents are welcome)

**POST-WORKSHOP TOURS:**  
Altgeld Chime Tower Tours - 1:30 and 2:30 pm  
Must register for tours online prior to workshops.

Seating will be limited, so register early at our website,  
[www.uofiparents.illinois.edu](http://www.uofiparents.illinois.edu). You may also make a reservation  
for the Southwest Fiesta buffet lunch on the online  
registration form.  
(Buffet reservations must be placed before September 17.)

University Housing simply offers great value, safety, security, and community. With extensive leadership opportunities, educational and recreational programming, and access and connections to every University resource, it’s the home for the Illinois experience. Living on campus means students can focus not on shopping, cooking, cleaning, and maintenance, but on academics and activities they love. Learn more about University Housing at [www.housing.illinois.edu](http://www.housing.illinois.edu). ■

### Update Your Address

If you have had a change in your contact information, please notify the Parent Programs Office at [uofiparents@illinois.edu](mailto:uofiparents@illinois.edu) or by phone at 217-333-7063. You do not want to miss our bi-weekly E-Updates or newsletters!

## Web Addresses

### Illini Union

[www.union.illinois.edu](http://www.union.illinois.edu)

- Illini Union Board  
<http://www.iuboard.illinois.edu/>
- Illini Union Office of Volunteer Programs  
[www.union.illinois.edu/ovp/index.html](http://www.union.illinois.edu/ovp/index.html)
- Volunteer Illini Projects  
[www.volunteerilliniprojects.org](http://www.volunteerilliniprojects.org)
- Illini Union Hotel  
[www.union.illinois.edu/services/hotel/Default.aspx](http://www.union.illinois.edu/services/hotel/Default.aspx)

### Illini Union Bookstore

[www.uofibookstore.illinois.edu](http://www.uofibookstore.illinois.edu)

### Campus Recreation

[www.campusrec.uiuc.edu](http://www.campusrec.uiuc.edu)

### Counseling Center

[www.counselingcenter.illinois.edu/](http://www.counselingcenter.illinois.edu/)

### Cultural Centers & Programs

- Asian American Cultural Center  
<http://studentaffairs.illinois.edu/diversity/aacc/index.html>
- African American Cultural Center  
<http://www.bnaacc.illinois.edu/>
- La Casa Cultural Latina  
<http://studentaffairs.illinois.edu/diversity/lacasa/index.html>
- Lesbian, Gay, Bisexual & Transgender Resources  
<http://studentaffairs.illinois.edu/diversity/lgbt/>
- Native American House  
<http://www.nah.illinois.edu/>
- Women's Resources Center  
<http://studentaffairs.illinois.edu/diversity/women/index.html>

### Dean of Students

[www.odos.illinois.edu](http://www.odos.illinois.edu)

### Division of Public Safety-UI Police

[www.dps.illinois.edu](http://www.dps.illinois.edu)

### Disability Resources & Educational Services

[www.disability.uiuc.edu](http://www.disability.uiuc.edu)

### Financial Aid

[www.osfa.illinois.edu](http://www.osfa.illinois.edu)

### Housing

[www.housing.illinois.edu](http://www.housing.illinois.edu)

### McKinley Health Center

[www.mckinley.uiuc.edu](http://www.mckinley.uiuc.edu)

### Parent Programs

[www.uofiparentprograms.illinois.edu](http://www.uofiparentprograms.illinois.edu)

### Study Abroad Office

[www.studyabroad.uiuc.edu](http://www.studyabroad.uiuc.edu)

### Tenant Union

[www.tenantunion.illinois.edu](http://www.tenantunion.illinois.edu)

## Nap Attack!

Paperclip Communications

There's nothing like a comfy bed, beckoning you to nap. And that may not be such a bad thing! In a society where we often tend to be sleep-deprived, short naps are one tool to help improve mood, alertness and performance while reducing mistakes and accidents. They give us a way to relax and rejuvenate.

As your student establishes their sleep patterns at school, jumping in bed for a brief nap could be useful, especially when late night studying (or socializing) is unavoidable.

To get the most out of napping, the National Sleep Foundation offers the following tips:



- Naps should be the right length, about 20-30 minutes, to maximize short-term alertness. This way, nappers won't get groggy or have a difficult time going to sleep that night.

- Naps should be in the right environment, where the temperature is comfortable, noise is limited and little light is filtering in.

- Naps shouldn't be too late in the day, when they could affect your nighttime sleep, or too early in the day, when your body might not be ready for more sleep.

Getting good, consistent sleep at school is important for all students, as being overtired can cause moodiness, a lack of energy, stress, anger and a higher susceptibility to illness. Plus, it can result in difficulty retaining new information and a lack of concentration, two very essential skills that will help your student succeed academically.

Just remember, there can be too much of a good thing. Excessive napping, or napping for too long at a time, can lead to lethargy and grogginess. It's also important to remember that napping is not a replacement for a good night's sleep. You should still avoid "all-nighters" by not procrastinating on assignments or for exams. But when you do have the occasional late night exam crunch, a nap the next day may be just the thing to keep your student healthy and alert. ■

## Dads Weekend 2010 Annual Banquet and Tent Party

**Banquet:** Friday, November 12, 2010, at the Illini Union, Reception: 5 pm, Dinner: 5:30 pm

**Tent Party:** Saturday, November 13, 2010, 2 hours prior to Kick-off in the Activities & Recreation Center

### Reservations due **OCTOBER 15, 2010**

You may reserve your tickets for the Dads Weekend Banquet or Tent Party  
with the registration form provided below and mail to:

DADS ASSOCIATION, 227 Illini Union, MC-384, 1401 W. Green Street, Urbana, IL 61801

Tickets are available through this form for the Banquet and Tent Party. **Dads Association football tickets must be ordered online.** Football tickets must be picked up at the Tent Party check-in table at the Activities and Recreation Center (ARC) and will be available until half time of the game. **Note:** Banquet, Tent Party, and football tickets need to be purchased for all expected attendees, including U of I students.

Name (please print) \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Email \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## Dads Weekend tickets are **SOLD OUT**

TOTAL DUE: \$ \_\_\_\_\_

Banquet guest names, if applicable:

\_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_

Visa or MasterCard only. (circle appropriate choice)

Mail completed order form and payment (checks payable to 'Dads Association') to the address above by October 15, 2010. **(DO NOT USE ENCLOSED ENVELOPE.)**

## Associations' Events

### Illini Parents 101

Scheduled for Saturday, Sept. 25, 2010, these workshops offer parents and families the opportunity to learn more about a variety of services and resources available across campus from faculty, administrators and experienced Illinois families. This program is helpful for both new and returning Illinois families. Register on our Web site by September 17.

### Dads Weekend

Scheduled for Nov. 12 - 14, 2010. Families are invited to attend all of the events and programs scheduled on this special weekend. Dads weekend kicks off with the Annual Dads Association Banquet on Friday evening. The weekend continues with the Dads Annual Tent Party at the ARC before the Illinois vs Minnesota football game. The Tent Party will include a meal and entertainment. There are many more events scheduled across campus, so there's certain to be something for everyone. Look for a Calendar of Events on our Web site later this fall!

### Moms Weekend

Scheduled for April 8 - 10, 2011. Bring the whole family to campus for this fun-filled weekend celebrating Mom! Join us for the 3rd Annual Explore Illinois on Friday evening, and choose from several tours throughout the weekend. A Calendar of Events will be published on our Web site this spring, so be on the lookout for more information! And don't forget - book your hotel room today!

## Moms and Dads Associations Special Events

As an Illinois parent, we do not want you to miss out on the exciting opportunities that are available through the Moms and Dads Associations! If you are interested in learning more about being involved, visit <http://www.uofiparentprograms.illinois.edu> or email [uofiparents@illinois.edu](mailto:uofiparents@illinois.edu).

We hold events for Illinois parents throughout the school year. Our events are popular, which makes it difficult to reserve hotel rooms and make plans on event weekends close to the event date. We recommend reserving a hotel room up to a year in advance of Moms Weekend and Dads Weekend. The dates of future weekends are listed on our Web site.

The Champaign County Convention and Visitors Bureau is a good resource when looking for accommodations during the Moms and Dads Associations' events. Their website is [www.visitchampaigncounty.org](http://www.visitchampaigncounty.org). If you have questions regarding our events, please contact the Illini Union Parent Programs Office at (217) 333-7063 or by email at [uofiparents@illinois.edu](mailto:uofiparents@illinois.edu). ■

## Connecting with Community Resources

Paperclip Communications

The resources available to students and their families around Champaign-Urbana are numerous! The beginning of the academic year is just around the corner, and there are some resources within the community that you and your student may want to get familiar with right away.

- **A Bank.** Where will your student do her banking when she's at school? Getting this situated now will make things easier throughout the year. There are several banks located close to campus, which provides convenience for your student.

- **A Hotel for Moms and Dads Weekends.** These weekends are popular, so it's important to book your accommodations now. Hotel rooms can sell out up to a year in advance, so go ahead and make those reservations for Moms Weekend (April 8-10, 2011) and Dads Weekend (November 4-6, 2011). If you have NOT made a reservation for 2010 Dads Weekend (November 12-14), ask to get your name put on a waiting list at several hotels. It's fairly common for folks to cancel 2 weeks before the event! Check out [www.visitchampaigncounty.org](http://www.visitchampaigncounty.org) for a list of hotels in the Champaign-Urbana area.

- **A Mechanic.** If your student has a car on campus, urge him or her to ask around to see who local folks use as their mechanic. Asking people like Residence Hall house-keeping and support staff is a great idea—they know Champaign-Urbana!

- **A Place of Worship.** If your student is inclined to attend services, there are a ton of options. This can be a great place for your student to meet people from the community and build another support group.

- **A Spot of Nature.** It's good for students to have a little campus getaway, whether it's a city park, a hiking trail or a lake. Both Champaign and Urbana have outstanding Parks Districts. Search them online for maps of some of the local attractions.

- **Health Care Options.** If your student needs mental or physical health care while away at school, don't hesitate to connect with the McKinley Health Center for help and referrals. It will provide great peace of mind to have these resources in place.

Connecting with these campus and community resources will increase your student's comfort level in their new town. We're looking forward to welcome your student to our campus and community! ■

## Moms & Dads Associations donate to UI Police Department

Emily Lyons

Parent Programs Specialist

*Illini Union Parent Programs Office*

Promoting the safety of University of Illinois students has always been a top priority of the Moms and Dads Associations. This March, the Moms Board of Directors and Dads Board of Directors each voted to give a donation to the University Police Department in the combined amount of \$10,000.



The Moms Association's \$5,000 donation went toward the purchase of a new server for the campus security system, while the Dads Association's \$5,000 gift contributed to a new I-Touch application for the campus security system.

The Moms and Dads are proud to be supporting a safe environment for the campus community. If you would like to be part of the Moms and Dads Association's efforts to support our students and the University, the University of Illinois Parents Fund supports gifts like these. Your support can help enhance the campus experience and enrich the lives of students attending Illinois. Contact [uofiparents@illinois.edu](mailto:uofiparents@illinois.edu) for more information. ■

## Merchandise

### Dads Association Rugby and Polo Shirts

Official Dads Association Rugby and Polo shirts are available exclusively through the Dads Association.

RUGBY: Orange & Blue	
Med-XL	\$49.00
XXL	\$52.00
XXXL	\$55.00

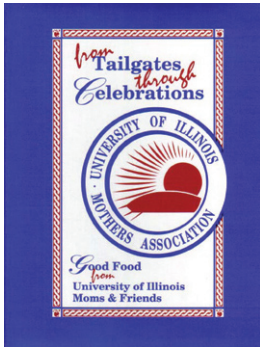


POLO: Gray & Black	
Med-XL	\$39.00
XXL	\$42.00
XXXL	\$45.00



### Moms Association Cookbook

"From Tailgates through Celebrations" contains great recipes. It is available through the Illini Union Bookstore and the Moms Association for \$15.50.



The proceeds from the sale of all merchandise helps support programs and services provided on behalf of the Moms and Dads Associations. Tax, shipping & handling fees are added to all orders.

Order all of your official Moms & Dads Associations merchandise through the Parent Programs Web site at [www.uofparentprograms.illinois.edu](http://www.uofparentprograms.illinois.edu) and click on the Merchandise link.

### Emergency Dean Service

A unique service of the Office of the Dean of Students at the University of Illinois is the **Emergency Dean** who can be reached 24-hours a day, 7 days a week by calling (217) 333-0050. Professional staff rotate serving as on-call Emergency Dean who you can contact in case of emergency or for urgent questions. The Emergency Dean exists to serve you and your student!

## Phone Numbers

(area code 217)

Asian American Cultural Center .....	333-9300
Bruce D Nesbitt African	
American Cultural Center .....	333-2092
Billing.....	333-2184
Career Center.....	333-0820
CITES Help Desk .....	244-7000
.....	(800) 531-2531
Counseling Center.....	333-3704
Dial-A-Nurse.....	333-2700
Disability Resources & Educ. Serv. ....	333-1970
Emergency Dean.....	333-0050
Financial Aid .....	333-0100
Health Insurance, Student .....	333-0165
Housing--Residence Halls .....	333-7111
Private Certified Housing .....	333-1420
University Apartments .....	333-5656
Illini Union .....	333-4666
Illini Union Hotel .....	333-1241
La Casa Cultural Latina .....	333-4950
LGBT .....	244-8863
Library .....	333-2290
McKinley Health Center.....	333-2700
MTD Safe Rides.....	265-7433
Parent Programs .....	333-7063
Police .....	333-1216
Records Service Center.....	333-0210
Registration assistance .....	333-6565
Student Employment .....	333-0600
Student Patrol .....	333-1216
Student Programs & Activities.....	333-3660
Study Abroad.....	333-6322
Tenant Union .....	333-0112
Women's Programs.....	333-3137
University Directory Assistance .....	333-1000

UNIVERSITY of ILLINOIS  
URBANA - CHAMPAIGN



## Discover Krannert Center for the Performing Arts

by Bridget Lee-Calfas

Public Information Director

*Krannert Center for the Performing Arts*

Nestled on two city blocks in the east-central corridor of campus just steps from the Quad is a unique cultural crossroads. Krannert Center for the Performing Arts was a gift to the region from Herman and Ellnora Krannert and was designed by Max Abromovitz, the architect of Assembly Hall. Herman was a 1912 Illinois graduate, and his wife was a passionate arts enthusiast. Together, they envisioned an unprecedented facility that combines the functionality of four theatres, an outdoor amphitheatre, a flexible lobby space, and numerous accompanying resources to serve the simultaneous roles of classroom, laboratory, and public square.



The Center presents 300-400 events each season through a professional series that includes artists such as Itzhak Perlman, Wynton Marsalis, Hubbard Street Dance Chicago, and Cirque Éloize alongside performances by students and faculty from the Department of Theatre, Dance at Illinois, and the School of Music. New for the 2010-11 season and thanks to the Krannert Center fee, University of Illinois students will never pay more than \$10 for any performance. Imagine seeing the Chicago Symphony Orchestra or the Mark Morris Dance Group for just \$10! Students can enjoy the lobby as a welcoming and casual spot for studying or meeting with friends, the free wifi, the

mix of healthful and decadent options at the Intermezzo cafe, the cards and jewelry at The Promenade gift shop, and the free events and activities presented throughout the year. The Center is also the perfect stop for visiting parents—check out The Baseball Music Project on Dads Weekend or the always popular UI Women's Glee Club and UI Black Chorus concerts during Moms Weekend.



For students who crave a deeper involvement with the Center (and even cheaper tickets), the Krannert Center Student Association (KCSA) is an ideal way to build a connection to the arts no matter their major. Amid their busy class schedules, KCSA members plan their own events, and when they volunteer as ushers and tour guides for performances, they receive free tickets. Find out more about what we offer by visiting [www.krannert-center.com](http://www.krannert-center.com). ■

### Illini Union Parent Programs

Illini Union Director: Ed Slazinik  
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Parent Programs Specialist: Emily Lyons  
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[www.uofiparentprograms.illinois.edu](http://www.uofiparentprograms.illinois.edu)