**Chancellor’s Message**

**Aloha!** It is with great pleasure that I introduce this first edition of the University of Hawai‘i at Hilo newsletter for parents and family members. The newsletter is a new initiative by the Office of Student Affairs to reach out to an important part of our community. We realize that parents and families play an important role in facilitating the success of college students, and we see you as partners in our attempts to provide the best educational experience for UH Hilo students.

This once-a-semester newsletter will keep you informed of important news and announcements at UH Hilo, as well as provide some advice, guidance, and suggestions to help you develop a supportive partnership that is responsive to the needs of both you and your family member who is attending UH Hilo. We hope you enjoy this newsletter!

Rose Tseng, Chancellor

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**A Student’s Perspective**

*by Nicolas Los Baños*

Your willingness to build and maintain a supportive relationship can really support and encourage our development and growth. Knowing that you still care is great, but knowing that you respect our individuality and choices is also comforting.

*Expect change.* College is a wonderful time of growth and experience, but also one of frustration and confusion. As college students, we all encounter ups and downs, making both good and bad decisions. Knowing that I have friends and family that will accept me as I change is like having an emotional safety net.

*Encourage growth.* Community activities or service, study abroad programs, internships, athletics and student government, are all opportunities for participation and involvement. Through participation in different school organizations and activities, I experienced a lot of personal growth, and made a bunch of new friends, too!

*As a parent, relative or friend, you all serve as a reassuring connection to the place we call “home”.* Your interest and open-communication can really help boost our confidence and encourage us to grow as college students and as adults.

Nicolas Los Baños is a senior at UH Hilo majoring in Business Administration.

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**Realistic & Practical Advice**

**FOR PARENTS OF COLLEGE-AGE KIDS**

Parents may be interested in a new book called *You’re On Your Own (but I’m Here if You Need Me): Mentoring Your Child During the College Years* by Marjorie Savage (Fireside Press, 2003).

Parents whose kids are away at college have a tough tightrope to walk: they naturally want to stay connected to their children, yet they also need to let go. What’s more, kids often send mixed messages: they crave space, but they rely on their parents’ advice and assistance. Not surprisingly, it’s hard to know when it’s appropriate to get involved in your child’s life and when it’s better to back off.

Based on 10 years of experience working as a liaison between parents and the University of Minnesota, Savage offers sound advice on how parents can balance their continued involvement and their college student’s need for independence. She also offers advice on:

- Dealing with complaints about food on campus
- Monitoring students’ health
- Teaching financial responsibility, including the handling of credit cards and academic expenses

Savage notes that technology has helped to maintain contact between parents and students, but what hasn’t changed are issues of how much autonomy to grant, when to let go, and when and how to help as the parent-child relationship is redefined. Parents with children in college will appreciate Savage’s support and advice.

Vanessa Bush, American Library Association
HELPFUL HINTS FOR A PARENT OF A COLLEGE STUDENT

by Donnalyn Kalei

My son Edward is a freshman at UH Hilo and my daughter Jackie will enter HawCC in Spring 2004. Having children in college can be stressful for both parent(s) and child. I speak from experience. My eldest son Kimo just graduated from UH Hilo with a Bachelor of Science Degree in Nursing. There’s never enough money and motivating your child to stay on track can be tiring. Thinking about that makes me feel overwhelmed. However, when I reflect on how my son Kimo successfully completed his college education, I feel optimistic.

Financing a college education is not as difficult as it appears to be. All you have to do is ask for help. Start at the financial aid office. They can assist you with financial help information. Next, checkout the campus counseling center. The counselors can refer you to other resources that provide financial aid and tuition waivers. Last, go online to seek scholarship opportunities. The UH web site is a good starting point.

Motivating your college student can require a great deal of energy. I always reminded Kimo that college is his ticket to a better life. Fortunately, this was reinforced by the part-time job he had at Taco Bell. Occasionally, Kimo would tell me “Mom, every time I go to work at Taco Bell, I’m reminded that I need to finish college.” A part time job at a fast-food restaurant can be a reality check and great motivator for college student.

Last, encouragement and emotional support goes a long way. Let your child know often how proud you are of them, especially when they are having a hard time. Also, don’t forget to give yourself a pat on the back. You’re doing a great job too.

CHANGE & GROWTH DURING COLLEGE

Going to college is a time of transition for your student and for your family. Your student may be feeling a bit overwhelmed with a new campus, new and unfamiliar services, different policies and procedures, a new roommate and few familiar faces. Changes for the family members who are staying at home can also cause concern for you and the rest of the family. This is a good time to keep communicating with your student. Phone calls, emails, or letters reassuring your student and reinforcing your confidence in them will help everyone in this time of transition.

RESIDENCE HALLS GO ONLINE

On October 24, 2003 Chancellor Rose Tseng connected the UH Hilo Housing ResNet System to the University network. This connection will allow high speed internet connections for housing residents to access the University’s computer network from their residence hall rooms. Construction provided wiring for internet, phone, and cable TV access. Financial constraints, however, have held back cable TV and phone improvements. Academic Computing is still working on additional improvements that are expected to be completed in the near future which will improve services and security. Currently there are no fees to use the network, although a fee may be assessed in the future to maintain the network.
UH Hilo Has New $19 Million University Classroom Building

The first new major building on campus in 20 years, the 85,000 square-foot structure houses numerous state-of-the-art teaching accommodations. These include a 150-seat tiered lecture hall, six multi-media tiered classrooms equipped with distance education control and support facilities, seven special classroom/teaching labs, five computer/electronic classrooms, an information display room and more than 60 offices, conference rooms and support facilities.

Among the offices now located in the building are the Dean of the College of Arts and Sciences and Social Sciences Division, along with the Education, History, Nursing, Political Science, Psychology, and Sociology departments.

“This ultra-modern 21st century piece of architecture reinforces the message that UH Hilo is a quality university poised to meet the bold challenges of the future,” Chancellor Tseng said. “Now we have modern state-of-the-art facilities and teaching tools that will enable us to not only maintain our commitment to excellence, but to take it to the next level.”

UH Hilo Astronomer Helps Discover “Orphan” Star Clusters

Dr. Michael West, a UH Hilo astronomer, is among a group of scientists from the United States and the United Kingdom who have discovered a population of previously unknown star clusters in what was thought to be empty space.

“The new data confirm our discovery, and are providing new insights to the origin of these objects,” said West. The objects West refers to are actually “globular clusters,” systems of up to a million stars compacted together by gravity into dense sphere-shaped groupings. Studies of globular clusters have provided many important insights over the years into the formation of their parent galaxies.

The discovery of this new type of star cluster was made using images obtained last year with the Hubble Space Telescope and the giant 10-meter Keck Telescope atop Mauna Kea on the Big Island of Hawai‘i. West said that the discovery of orphaned globular clusters can help scientists with their understanding of both the origin and nature of the universe.

Staying Safe

The odds of staying safe vs. becoming a victim will fall more in your student’s favor if he or she makes some wise choices. For example:

In the Residence Halls:
- Lock doors (even when in the room). Protect your keys. In the residence halls be sure to keep lounge doors and hall entry doors locked after hours.
- Don’t store valuables in your room.
- Establish guidelines with your roommate regarding friends’ access to your rooms. Be cautious regarding whom you invite to your room.
- Immediately report any questionable situation to the individuals in charge of your housing unit. On-campus report to the Hall Desk, RA, Manager, Housing Office, or Campus Security.

At Social Activities:
- Be on your guard for “date rape” drugs. Never leave your drink unattended or drink a drink you did not see mixed.
- Remember a very large percentage of rapes are committed by acquaintances and that alcohol is often involved in date rapes.
- Take care of yourself and help take care of your friends.
- Don’t give out personal information to people you met online.
- Don’t get into a car with someone under the influence of alcohol or drugs.

On and Off-Campus:
- Arrange to walk with other students after dark.
- Stay in well-lighted areas on main walkways and roads.
- Call campus security 974-7911 or from a campus phone 47911 if you feel the need for an escort.
- Utilize van shuttles or taxis to go downtown or to the malls. Taxi coupons ($2.00) can be purchased from Campus Center.

Share safety tips with your student and encourage him or her to keep his or her wits about him or her. Campuses can be very safe places, as long as students play it smart.
CAREER CENTER OFFERS ON-LINE EMPLOYMENT LISTINGS

The UH Hilo Career Center has made it easier for employers seeking help and students seeking employment to cross paths. The Center now has an online job-listing program enabling employers to list full-time, part-time, and summer positions available on the Center’s Web site. The service, at http://career.uhh.hawaii.edu, is free of charge and available to employers in both the private and public sectors.

WHAT IS FERPA?

The Family Educational Rights and Privacy Act (FERPA) is a federal law designed to protect the privacy of a student’s education records. Once a student turns 18, information from his or her student record cannot be shared with others—including parents or spouses—unless he or she gives written permission. The law does allow an institution to disclose records without consent in some special cases, such as in health and safety emergencies. Look for more specific information about FERPA in our next newsletter.

UH HILO RANKED HIGH ON DIVERSITY BY U.S. NEWS & WORLD REPORT

UH Hilo has been recognized by U.S. News and World Report as one of the most ethnically diverse universities in the country, and for its large percentage of international students.

The 2004 edition of the “America’s Best Colleges” guidebook ranked UH Hilo sixth among national liberal arts colleges in campus diversity. UH Hilo was also tied for fourth in percentage of international students with 12 percent of the school’s total degree-seeking undergraduates. UH Hilo is the only public institution to earn a national ranking in the campus diversity category and is second only to the University of Maine-Presque Isle among public universities in percentage of international students.

Admissions Director James Cromwell says Hawai‘i students benefit from UH Hilo’s diversity because it opens the door to new learning opportunities and experiences without having to leave home. He says the interaction among different cultures also helps students meet the challenges they will face upon graduation in a marketplace that is becoming more global in nature.

MYUH PORTAL OPENS

MyUH is University of Hawaii’s first-ever integrated student information system. Features include a common interface for all students, 100% web based services, and the ability to register at multiple UH campuses.

In its continuing effort to improve services for the University community, the University of Hawai‘i has launched the MyUH Portal for all students, faculty and staff. To login, students use their UH Username and Password.

Through a single door, MyUH Portal conveniently offers an array of essential services, including access to email, web registration and other academic services, student employment, a personal calendar and “to do” list, and important announcements regarding classes and grades. Under “Fun Stuff,” students can access local movie listings, news, events, and weather. Students should visit this site often.
The Doctor is In!

To promote better health and wellness on campus, UH Hilo students now have access to a physician on campus. The services are free of charge, but students with medical insurance are advised to bring their insurance card with them. The physician is currently available two days a week in the Nurse’s Office (Campus Center 212) and no appointments are necessary. Beginning in Spring 2004, students will be assessed a $7 fee per semester to cover the costs of this added service on campus.

Athletics Program Receives National Academic Award

Completing a college degree while participating in athletics is a monumental, if not difficult task. But the UH Hilo athletic program is proving that challenge can be met.

UH Hilo has displayed the uniqueness of its campus environment by receiving top honors in graduation rates for student-athletes from USA Today. The Vulcan athletes finished among the top two in three of the categories used to measure athletes’ success in the classroom for the 1995 freshmen class. The Vulcans were first in graduation rate (100 percent) and in the difference between athletes and the overall student enrollment (plus 70 percent), and second in improvement from 1994 (57 percent increase).

“This award demonstrates our commitment to making sure our student-athletes achieve their educational goals, while competing in intercollegiate athletics,” said Chancellor Rose Tseng. “Although athletics is an important component of this University, our student-athletes must always be students first.”

Athletic Director Kathleen McNally added that it is a combination of factors that has given the University this distinguished honor. “A strong supportive faculty, a quiet and peaceful community as well as an environment that is conducive to learning, the living, learning laboratories that are unique to our University, and wonderful support services throughout the campus are the critical components needed to assist in a student’s academic career,” McNally said. “UH Hilo offers all of this, and more.”

Recent Academic Award Recipients: (L-R) Emily Hutchinson, Tiffany Ollison, Sara Pilgreen

Financial Aid: The Check’s In The Mail

The UH Hilo Financial Aid Office has revised and updated its procedures this year to provide better service to students. Rather than having to stand in line for hours to pick up a financial aid check, financial aid refund checks are now sent directly to a student the week before classes begin (assuming the student has already registered for classes and has been offered and accepted a financial aid award). Thus, it is critical that students keep their mailing addresses up to date. They can do this by going online to the “MyUH” website (http://myuhportal.hawaii.edu). The amount sent to the student is the amount leftover after any charges (tuition, fees, housing) are deducted from their financial aid award.

Tips For Helping Your Student Get The Most Financial Aid

• Students must apply for financial aid each year. Apply by the March 1 priority deadline to have the best chance of being awarded all the aid your student is eligible for.

• Prepare your Federal income tax return early, so that the information required on the FAFSA (Free Application for Federal Student Aid—the financial aid application) is ready and available.

• Encourage your student to apply for scholarships and tuition waivers. Most have deadlines of March 1.


• Note: You may be eligible to take educational income tax credits that can reduce your or your family’s federal taxes. Visit the UH tax credit information webpage: http://www.hawaii.edu/StudentAffairs/index.htm

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Ka Nāhōu No Nā ‘Ohana Kulanui is published by the Office of Student Affairs University of Hawai‘i at Hilo 200 W. Kawili St. Hilo, HI 96720

Please direct any comments, questions, or suggestions to: Office of Student Affairs (808) 974-7334 or e-mail: kanuhou@hawaii.edu
University of Hawai‘i at Hilo Newsletter for Parents & Families
Fall Semester 2003

LOOKING AHEAD

January 4: Residence halls open; meal plan begins with dinner
January 12: First day of instruction, Spring 2004 semester

January 16: Last day to register or add a class

January 17-23: Late add/drop

January 26: Last day to pay for Spring 2004 tuition and fees

January 30: Last day to apply for Spring 2004 graduation

March 19: Meal plan ends for Spring Break

March 22-26: Spring Break

March 28: Meal plan begins again

May 5: Last day of instruction, Spring 2004 semester

May 10-14: Final examinations

May 15: Commencement; residence halls close; meal plan ends

H ave a question about...?

Contact:

Office of Student Affairs
University of Hawai‘i at Hilo
200 W. Kawili Street
Hilo, Hawai‘i 96720

Tuition and Fees
Business Office: (808) 974-7404
Tuition and fees

Disability Support Services
Disability Services: (808) 974-7322

International Student Concerns
International Student Services: (808) 933-0816

Refundable Housing
Residence Halls: 747-7222

Financial Aid & Scholarships
Financial Aid Office: (808) 974-7303

Health Services, Medical Insurance
Student Health Services: (808) 974-7322

Counseling Center
Counseling & Mental Health: (808) 974-7636

Career Center
Career Services: (808) 974-7522

Employment & Job Placement
Employment & Job Placement: (808) 974-7687

Advising Center
Classes to take, degree programs, etc.: (808) 974-7881

Registrar’s Office
Register for classes: (808) 974-7322

Admissions Office
Transfer credits

http://www.uhh.hawaii.edu

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