

PAWS UP PRESS

Keeping Our Panther Families in the Know!

DATES AND DEADLINES

October 1

- **FAFSA APPLICATIONS FOR 2022-2023 OPEN**
- **ADVISING OPENS FOR SPRING 2022**

October 16-21

MIDTERM EXAMS

November 1

SENIORS REGISTER FOR SPRING CLASSES

November 5

JUNIORS REGISTER FOR SPRING CLASSES

November 11

SOPHOMORES REGISTER FOR SPRING CLASSES

November 15

FIRST-YEARS REGISTER FOR SPRING CLASSES

November 25-26

THANKSGIVING RECESS

December 16-22

FINAL EXAMS



Orientation Recap:

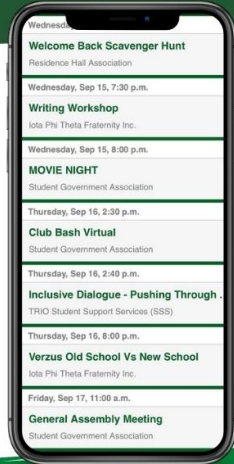
This summer we welcomed 436 members of the Class of 2025 and 412 transfer students through our virtual orientation program! Welcome to Old Westbury! #OWMade



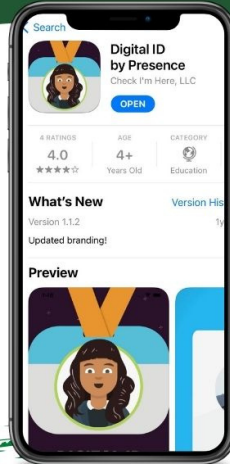
SOFTWARE SPOTLIGHT

Learn about events happening on campus and check into events - right from your phone!


Download Panther Connect



Download Digital ID



Questions? Email CSLI@oldwestbury.edu
Check out Panther Connect on the web at:
oldwestbury.presence.io

 [sunyowcsli](https://www.instagram.com/sunyowcsli)

 [SUNY Old Westbury Center for Student Leadership & Involvement](https://www.facebook.com/SUNYOldWestburyCenterforStudentLeadership&Involvement)

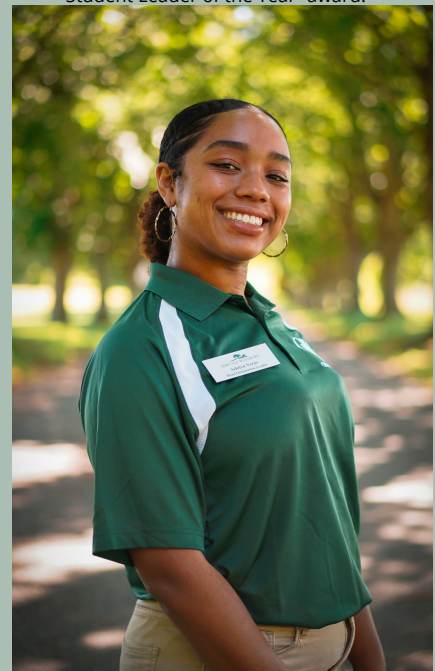


Five Tips for Supporting Your College Student

- 1) Stay Connected:** Whether it be by sending a text or email, or leaving a voicemail; hearing from you means a lot to your student...even if you don't always hear back!
- 2) Act as a Referral:** Sometimes transitions require your student to seek help in places that they are not accustomed to looking. Help point them in the right direction, whether it is visiting a professor's office hours, or utilizing a campus resource. This helps them to also become self-sufficient!
- 3) Continue the Tough Conversations:** Although you are not in control the way you once were, you can still share your values and beliefs when it comes to the tough life-topics. Keep an open line of communication!
- 4) Expect Change:** College is a time of transformation, changing viewpoints and even challenging belief systems. Know this is normal and welcome it from your student!
- 5) Allow Your Student to Make Mistakes:** Just like when they were young, they would fall and get back up and try again. Mistakes teach us valuable lessons, so when they happen, support your student and help them to realize that mistakes help us to learn!

STUDENT SPOTLIGHT

Adelyn is a Senior, Psychology major, from Hicksville, NY. In addition to being a commuter, Addy has been on the Orientation staff for 3 years. This summer she was the Head Orientation Leader, where she helped to hire and train the 2021 Orientation Leaders. Adelyn was also on the Women's Swim team and a College Conduct Hearing Board Member and the recipient of the 2021 Division of Student Affairs' "Student Leader of the Year" award.



Adelyn Veras