

PAWS UP PRESS

Keeping Our Panther Families in the Know!

DATES AND DEADLINES

October 12-18

MIDTERM EXAMS

November 1

**SENIORS REGISTER FOR
SPRING CLASSES**

November 7

**JUNIORS REGISTER FOR
SPRING CLASSES**

November 11

**SOPHOMORES REGISTER FOR
SPRING CLASSES**

November 16

**FIRST-YEARS REGISTER FOR
SPRING CLASSES**

November 24-27

THANKSGIVING RECESS

December 15-21

FINAL EXAMS



Fall Panther Parents Sessions!

Panther Parents: Financial Aid & How to Pay My Bill

Thursday, September 15, 2022, 6:00-7:00 p.m.

Learn about filing next year's FAFSA and gain more insight into the loan process and paying your bill. *NOTE this information is repeated from Parent Orientation, Summer 2022!

Panther Parents: Midterms...Now What?

Wednesday, October 12, 2022, 6:00-7:00 p.m.

Learn more about what's to come, academically, for your student in their first year and resources available to them to help them succeed!

Panther Parents: Career Planning and the 4-Year Checklist

Wednesday, November 16, 2022, 5:30-6:30 p.m.

Did you know career planning begins in your student's first year? Learn more about what they should be doing and their career checklist for the next four years.

*Registration links embedded in title!



The Transition to College and What You Need to Know

Although orientation aids in your student's introduction and transition to the campus community, the first six weeks of a student's college transition are some of their most important weeks on any campus.

While movies may depict the college transition experience as fun and games, during the first six weeks, you can expect your student to feel anxious, distant and even unsettled about their decisions. These emotions are only a few of the most common feelings and they are all to be expected! While the main culprit relates back to developmental theory, there are significant changes that they are beginning to experience, first-hand in these early weeks:

- 1) Learning to navigate the differences between high school and college
- 2) Meeting new people and establishing a new network of friends
- 3) Managing stressors related to a new environment and possible homesickness

Colleges recognize and account for this transition by developing specific programs, targeted toward new students, that help address many of the angst new students feel. SUNY Old Westbury runs a "First Six Weeks" program, out of the Center for Student Leadership and Involvement (CSLI), that drives students to participate in different activities that may interest and help them to connect to the larger campus community.

The role parents/supporters play in this adjustment is critical. While the campus will do plenty of outreach and encouragement, sometimes the nudge from someone you love is the critical first step for a student to challenge their fears and step outside their comfort zones. Here are some ways you can help your student as they adjust:

- 1) Encourage them to check their campus email and act on the communication they receive. The college will communicate on resources, action items and ways to get involved...your student needs to take the next step and act on the information given!
- 2) Remind them to explore [campus support services](#)
- 3) Push them to explore [on-campus events](#) and to eat in the cafeteria; this creates situations where they are more inclined to interact with their peers and make friends
- 4) Suggest they attend office hours. Office hours are the vehicle for getting to know your faculty and opening other doors for academic opportunities!
- 5) Reassure them that this adjustment is to be expected and encourage them to stick it out

Remember that each of our offices are here to help your student and if they do not know where to go, they can start anywhere on campus and we will point them in the right direction!



References:

- <https://www.collegeparentcentral.com/2013/09/the-importance-of-the-first-six-weeks-of-college/>
<https://www.road2college.com/10-pieces-advice-college-freshmen/>

WHAT'S NEW

with dining in 2022



PAPER LANTERN
Sushi, Poke & Boba Tea
Located on the
First Floor Café,
Academic Building

MARKET

OLD WESTBURY

We Proudly Serve Starbucks,
Deli, Bakery, Snacks, Grocery
& More. Located on the
First Floor of the Student Union



Coming Soon
Halal Rice Bowls, Salad Bowls,
Fires Bowls and Naanarito.
Located in the Panther's Den
at the Student Union

boost

Mobile ordering for every
location on campus. Check
out the new Ghost Kitchen
menu at the Food Hall in the
Campus Center



@owdining
owdining@compass-usa.com
dineoncampus.com/OldWestbury

First 6 Weeks

SEPTEMBER 8 TO SEPTEMBER 17

COUNSELING CENTER OPEN HOUSE |
STUDENT UNION SUITE 100 9/8 2PM

FSL INFO NIGHT | STUDENT UNION
MPRS 9/13 7PM

MULTICULTURAL WELCOME FAIR |
STUDENT UNION PANTHERS PAD 9/8
2:30PM

REP THE DEN WEDNESDAY | CAMPUS
CENTER ATRIUM 9/14 2:30PM

9/11 MEMORIAL TRIP | 9/11
MEMORIAL MUSEUM 9/10 11AM

CSLI/SGA OPEN HOUSE | STUDENT
UNION SUITE 309 9/14 2:45PM

COFFEE WITH DREW | CAMPUS
CENTER ATRIUM 9/12 930AM

#OWMADE DISCOVER YOUR PURPOSE
| STUDENT UNION PANTHERS PAD 9/15
2:30PM

FSL WEEK | LOCATIONS ACROSS
CAMPUS 9/12-9/15 VARIOUS TIMES

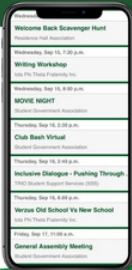
COMMUTER BUS STOP POP UP | BUS
STOPS AROUND CAMPUS 9/15 3PM

MAKE YOUR DEGREE WORK |
STUDENT UNION PANTHERS PAD
9/13 3PM

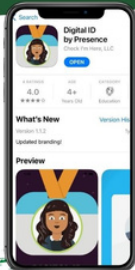
COME FROM AWAY TRIP |
BROADWAY NYC 9/17 CHECK OUT
@SUNYOWCAB FOR MORE INFO

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

Download
Panther
Connect



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



Download
Digital ID



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

