

A big deal for you and your family

16 Sunday



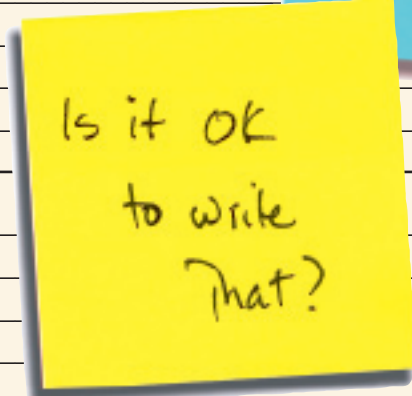
Go to e-campus and provide Emergency Contact information. Deadline for this is July 21.
www.jmu.edu/onebook

17 Monday

Prepare to say goodbye.



18 Tuesday



19 Wednesday

20 Thursday

James Madison's wife, Dolley presided at the first inaugural ball in Washington when her husband became chief executive in 1809.

21 Friday



Provide emergency contact information on e-campus. Due Today!
Dolley Madison sent the first personal message using the Morse telegraph in 1844.

22 Saturday



New England Send-off Picnic, www.jmu.edu/parents

We know that your parents and family members are experiencing their own transition as they prepare to say goodbye to you. That's why we've prepared this page and the next for them. Make no mistake: the One Book is for you, but give your family a hand and share these two pages with them. So if your parents are wearing you down with JMU questions, tell them to read on and also check out the resources on the One Book Web page. We made a hyperlink just for them!

Are you the parent or family member of an incoming JMU student?

Then keep reading. We've written this next section for you.

We expect parents and family members to play an active role in the success of your student. The challenge is how to be involved while ensuring that your student is the one making the decisions, learning the lessons and taking healthy risks. What makes this hard (and for some parents downright scary) is that your student has to learn how to balance newfound freedoms with an immense degree of responsibility.

Family Weekend

One of the most anticipated and exciting events on the JMU calendar is Family Weekend. Make plans now to attend this year's Oct. 6-8 festivities. For information about the schedule of events, lodging options (which fill up fast!) and event reservations, go to www.jmu.edu/parents.



The Parent and Family Member Top 10

Mixed with the joy of seeing your student go off to college is the potential for frustration and fear because you may feel powerless to ensure your student makes good choices. Although your student still needs to be the one making choices, there are some things you can do. Here's your Top 10 (from the home office in Harrisonburg, Va.) to help you prepare for this life-changing experience. Drum roll please...

10. Get ready for move-in day Aug. 23. Expect a range of conflicting emotions for you and your student leading up to that day and on that day.
9. It helps to know when you'll say goodbye. Parents and family members depart campus on Aug. 23 after the University Welcome concludes at 5:30 p.m.
8. How will you stay in touch and how often will you chat? Discuss expectations in advance.
7. The feelings generated from long-distance relationships often contribute to homesickness.
6. Encourage your son/daughter to set his/her own academic goals and use the variety of JMU resources to choose a major.
5. Know what FERPA means. The Family Education Rights and Privacy Act is a federal law that keeps your student's records private including grades, health records, participation in university activities and bills. JMU is not allowed to disclose this information without the written consent of your student. How do I find out my student's grades? It works best if you simply ask.
4. We know that college is a major adjustment. It takes time to make friends, learn how to study differently and discover how to do well here. Convey your confidence in your student's ability to be successful.
3. Discuss with your student how he or she will make good choices about use of alcohol and other substances. Talk instead of lecture.
2. Avoid rushing in and solving the problem. Encourage your student to use the resources at JMU.
1. Draw out the many strengths of your student. Listen with an open mind and be supportive.

The Boston of Birdie's youth

Boston in the 1970s was intense. Watch-dog groups protested that poorly funded schools were populated primarily by African-Americans. Eventually the courts and the city responded by busing children to segregated schools. Violent anti-busing demonstrations ensued and some African-American children were pelted with rocks when they arrived at predominantly white schools. Years later, Kevin White, mayor of Boston during the '70s, would say "the town was having a nervous breakdown." Danzy Senna was born during this turbulent time. Birdie, the lead character in *Caucasia*, was also raised in 1970s Boston.



How would Birdie's life have been different if she was bused to a predominantly white school?

What is the racial history of your hometown(s)?

How have your values, beliefs and ideas been shaped by your history?

What have you learned about differences from your role models?

Check out *The One Book* Web page for links, discussion boards and more information on *Caucasia*.

JMU Fast Fact

Many parents have found *Letting Go: A Parent's Guide to Understanding the College Years* by Karen Levin Coburn and Madge Lawrence Treeger helpful in preparing for and dealing with adjusting to their student's new life in college. Purchase it at: www.jmu.bkstr.com.