

# Family Connections



The Jackson Library



*Family Connections is UNCG's monthly e-newsletter sent to members of the Parent & Family Association during the academic year*

## Financial Aid at UNCG

The UNCG Financial Aid Office administers federal, state, institutional, and outside financial aid in the form of grants, scholarships, work programs, and loans. Some aid programs require that you demonstrate financial need, while others do not. For detailed information about the types of aid available, please visit UNCG's financial aid Web site at <http://fia.uncg.edu/>. The basic types of financial aid are described below:

- **Grants** – Gift funds that are not repaid. Usually based on financial need.
- **Scholarships** – Gift funds that are not repaid. Usually based on merit and/or financial need.
- **Work Programs** – Funds that are “earned” through service during the academic period. Based on financial need.
- **Loans** – Funds that must be repaid.

In order to be considered for most types of aid, you must complete the **Free Application for Federal Student Aid (FAFSA)**. The 2009-2010 academic year is coming soon and now is the time to begin preparing to apply for financial aid! You can begin filing your FAFSA for the 2009-2010 academic year on January 1, 2009. You should file your FAFSA before March 1, or as soon as possible thereafter. If the federal processor receives your FAFSA by March 1, your application becomes a “Priority Application,” and you will have a better chance of receiving funds that are awarded on a first-come, first-serve basis.

UNCG prefers that all students complete the application process on the web, which is available at no cost. The web address for completing the FAFSA online is [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The advantages of filing your FAFSA on the web, as compared to mailing a paper FAFSA, include a faster processing time and interactive editing of your answers, which can lessen the chance of your application being rejected.

...Continued on page 2

### *In this Issue:*

- *Financial Aid at UNCG*
- *Student Coping Strategies*
- *A Note from Career Services*
- *Teacher Education Connection Events*

### Academic Calendar

January 15 – Undergraduate academic appeals deadline

January 19 - Dr. Martin Luther King Jr. holiday. Offices closed

January 20 -Classes begin

January 20–26 - Late registration and schedule adjustment

January 26 - Financial Aid satisfactory academic progress appeals deadline

January 26 - Last day to change course or course section without special permission

January 26 - Last day to drop a course for tuition and fees refund

...Continued from page 1

FAFSA filers will automatically be considered for many UNCG grants and scholarships that are based on need and/or merit. To receive full consideration for UNCG grants and scholarships, the FAFSA must be filed by the priority filing date of March 1, 2009. There are no separate applications required in order to apply for general grants and institutional scholarships.

## Helpful Hints!

- File your FAFSA in time for the federal processor to receive it **by March 1, 2009**.
- Be sure that you list UNCG on the FAFSA. **UNCG's federal school code is 002976**. The Financial Aid Office cannot award aid to your student unless UNCG is listed as a school to receive your information.
- Be sure your student's name and student ID number are on every document submitted to Financial Aid on his or her behalf.
- Be sure that UNCG has your student's current address and e-mail address information.
- Respond to requests for information promptly.

For more information about UNCG's Office of Financial Aid please visit <http://fia.uncg.edu>.

## Student Coping Strategies

Imagine that the holidays are over, it's January second, and you need to catch an early flight for an important business meeting. Because it's an early flight, you have made sure that you're packed, you're ready, and you have time to get there. You go to the car, and notice a scary pool of fluid. You look under the hood and confirm that it has originated from your car. That car is not going anywhere. If you miss the flight, you'll miss your presentation and in today's economy, this could be disastrous. You go to the phone and notice there is a message, your credit card company has phoned you with an automated "friendly reminder" that your credit card bill is overdue. This is the same credit card company whose bill never arrived on time so you switched to an electric payment. For the past two months you have had to call them because a message about a due bill never showed up. Now they are claiming you are late. Paying a bill late could negatively impact your credit score and in today's economy, this could be disastrous.

There are many possible stress evoking scenarios we all live with. When we are faced with real-life stressful situations, how we cope determines how we deal with them. While the focus of this article is how university students cope, this information can apply to anyone.

The coping strategies discussed in this article can deal effectively with stress; however, only some of them deal effectively with the causes of the stress. Not everything that causes stress can be changed. For example, you may not be able to change things such as deadlines, your coworkers, or family members. However, some causes of stress can be changed.

Broadly, coping can be divided into strategies that focus on solving the problem and those that do not.

Coping strategies that do not focus on solving the problem can be very effective at relieving the stress caused by the problem on a short-term basis. For example, retreating into television provides a way for one to redirect focus from a problem to entertainment; starting conflicts with others redirects focus to the conflict; withdrawing and doing nothing can provide the illusion of relaxation. This type of coping is called negative coping because, although it provides a way to escape stress in the here and now, nothing has changed the cause of the stress and, if used over time, problems tend to get worse. Some examples of negative copers are excessive television watching, ignoring or denying stress symptoms, criticizing, smoking, alcoholic beverages, overeating, under eating, sleep to avoid problems, fights with family or friends, angry outbursts, illegal drugs, withdrawing from others, ridiculing or blaming others, and creating conflicted personal or sexual relationships.

...Continued on Page 3





...Continued from page 2

People use these strategies because they often work in the short-term and, like everything else, the more someone does it, the better they get at it. University students are at an age where they may be dealing with more stress than they are accustomed to, so they may gravitate to negative coping because it has worked for them in the past. If it is a short term problem perhaps this is OK; however, if it is not short term, it is likely not to lead to negative consequences.

Individuals who cope in ways that are more likely to resolve the cause of stress are using positive coping. For students, these coping strategies may represent new behavior that has not yet been learned. When positive coping is new and unpracticed, people generally aren't good at it at first. Some positive coping strategies include problem solving efforts, seeking information, social support, prioritizing and scheduling time wisely, accepting and letting go, decision making, healthy eating, getting enough sleep, exercising, practicing relaxation techniques, getting support from and giving support to others, artistic projects, taking a walk, and scheduling something enjoyable. All of these strategies can be used to address stress and if used over time, they provide people with ways to deal with life's stresses.

Students get stressed, and learning how to deal with it is one of the developmental processes they go through as they become adults. The UNCG Counseling and Testing Center provides a wide range of counseling and psychological services to help

UNCG students build skills for managing a variety of stressful situations they may encounter. Encourage your student to call or stop by our office, located on the second floor of the Gove Student Health Center. We hope your family has an excellent experience at UNCG, and please let us know if we can be of assistance!

~ Dr. Roy Hamilton, Staff  
Psychologist, Counseling & Test  
Center, a unit of Student Health  
Services

### Counseling and Testing Center

Hours  
Monday-Friday  
8:00 AM to 6:00 PM

Telephone  
(336)334-5874

For further information  
please visit  
[www.uncg.edu/shs/ctc](http://www.uncg.edu/shs/ctc)

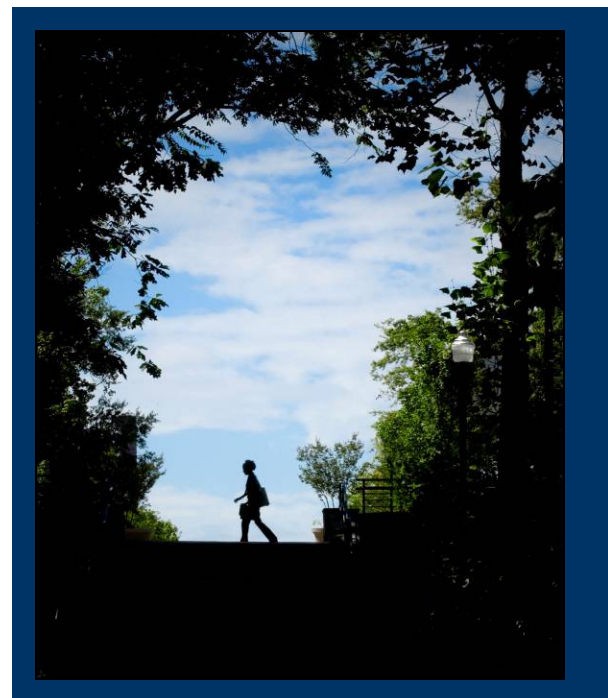
## A Note from Career Services

In the current job market, students who are nearing graduation will want to be especially prepared and competitive as they enter the job market. Career Services can assist students with planning for a job search, creating a professional resume, and practicing interview skills in a mock interview. Students can schedule appointments by calling (336)334-5454.

Career Services offers a wide range of events throughout the year and events scheduled early in the spring semester include:

- Career Expo** (Full-time job and internship fair) – February 11
- Part-time and Summer Job Fair** – February 23
- Resume Workshops** – January 22, 26, & 28
- "How to Navigate a Career Fair" Workshops** – February 2, 5, & 9
- Employer Mock Interviews** – January 27, 28, & 29
- Workshops on Federal Employment** – February 16, 18, 24, 25, & 26

For more information about upcoming events or services, please visit the Career Services website at <http://csc.dept.uncg.edu>.



# Teacher Education Connection Events

Thank you for joining the  
UNCG Parent & Family  
Association!

UNCG Orientation & Family  
Programs ADDRESS:  
245 EUC, P.O. Box 26170  
Greensboro, NC 27402-6170

PHONE:  
(336) 334-5231

E-MAIL:  
[families@uncg.edu](mailto:families@uncg.edu)

WEBSITE:  
[www.uncg.edu/ori](http://www.uncg.edu/ori)



## **January 26<sup>th</sup> – Meet Your Major – 5-7pm / EUC Cone Ballroom A**

This is an informal chili dinner for freshman, sophomores, and transfer students. Learn from fellow students in the Teachers Academy so you can “meet your major” with greater confidence. Email [masuitt@uncg.edu](mailto:masuitt@uncg.edu) to reserve a dinner ticket and put “Meet Your Major Reservation” in the subject line.

## **February 6<sup>th</sup> – First Friday Mix and Mingle - 6:30–8:30pm / EUC Alexander**

Join us for MIX and MINGLE. Expand your campus network by getting to know others interested in teaching. See you there!

## **March 17<sup>th</sup> – Diversity Talk with Dr. Jose Villalba – 6–7:15pm / EUC Kirkland**

Preparation to teach includes embracing and understanding diverse learners in the classroom. Join Dr. Jose Villalba, a Teaching Excellence Professor in the Department of Counseling and Educational Development, as he leads an informal discussion on the very important topic of “who are the students in today’s classroom.”

## **March 24<sup>th</sup> – Teacher Education Information Station - 11:30am–1:30pm / EUC Commons**

Stop by and talk with a School of Education representative to get information on teacher education programs, teacher licensure, university contacts, scholarships/loans, PRAXIS, the Teachers Academy, volunteer opportunities, and special events for teacher education students.

## **March 28<sup>th</sup> – 2009 Shades of Color Conference – 8am–5pm / EUC**

This conference is presented by the Office of Multicultural Affairs in partnership with the Conference on African American Culture and Experience sponsored by African American Studies. There will be featured speakers and workshops. This multicultural event will be informative, interactive, and thought provoking!

## **April 3<sup>rd</sup> – First Friday Film Night – 6:30-8:30pm / Grogan Residence Hall**

FILM NIGHT will feature a favorite Hollywood “teacher” movie along with movie night munchies. Join us as we kick back and relax!

## **April 8<sup>th</sup> – School of Education Town Meeting – 11:30am-1:30pm / EUC Kirkland**

The spring session will focus on what worked, what didn't, and what else you need to know to be successful on your UNCG journey to becoming a teacher. Take ACTION and come to this very important meeting.

## About this Newsletter

If you do not wish to receive further issues of this e-newsletter, please send us an email at [families@uncg.edu](mailto:families@uncg.edu) that includes unsubscribe in the subject line and your name and email address in the body of the email.

### *Suggestion Box*

*We are here to serve you, the parents and family members of UNCG students.*

*If you have ideas for future articles in Family Connections or any general suggestions, comments, or concerns, please email us at [families@uncg.edu](mailto:families@uncg.edu).*

*We look forward to hearing from you!*



THE UNIVERSITY of NORTH CAROLINA  
**GREENSBORO**