



ParentLink

A newsletter for parents of Indiana State University students and future students

Winter 2011

We're keeping college affordable

There has been much written and debated recently regarding the affordability of a college education—and no one would argue that college is getting more expensive. Private colleges have always been more costly to attend, but that's largely because private institutions depend solely on tuition revenue and donations to stay in

business. Public institutions, on the other hand, have been able to keep costs affordable thanks

on point

in part to state appropriations provided through tax dollars. There was a time, not so long ago, when public universities and college received as much as 60 percent of their revenue from state appropriations, not student tuition. Over time, states have systematically chipped away at their support for higher education. The speed with which appropriations have been cut has accelerated the past few years as states have struggled to stay solvent through the worst recession since the Great Depression. Many years ago, the chancellor of one of our nation's largest universities coined the phrase "the privatization of public education," which is to say public universities are

going to increasingly need to rely upon themselves to pay their bills. Without help from their states, public education has really only two reliable sources of revenue: enrollment growth and tuition increases.

Indiana State University recently took the lead in announcing plans to cut back on an already approved 3.5 percent tuition increase for Fall 2012 to a 1.5 percent increase. While the actual dollar savings for each undergraduate may not be significant, it is a tangible signal to our families that we are determined to not place the growing cost of instruction on the backs of our students.

A college education is still the best personal investment one can make. It provides graduates with a healthier and more productive life, greater career opportunities, increased financial security, the potential for acquiring greater personal wealth and more time to enjoy life. That's really only part of the true value. An educated population is critical to our nation's security and economic well-being, now and for generations to come. Today in China, every 8th grader takes chemistry, physics, and geometry as part of the required curriculum. In the United States, only 18 percent of high school students have had

all three of these courses by graduation. In little more than a decade, China will have reached and surpassed us as a superpower. Ten years ago, the United States led the world in the number of citizens with college degrees. Today, we rank 9th behind countries like South Korea, France, the United Kingdom, and Canada. As a nation we simply can no longer continue to disregard the importance of having an educated population if we expect to compete in this challenging global economy.

Affordability of a college education is certainly on the minds of many of us these days. ISU is working hard to explore new ways to contain costs, so that any qualified student who has the desire and motivation to earn a degree can do so and become a more productive and fulfilled citizen.



John Beacon
Vice President, Enrollment Management,
Marketing, and Communications



FAFSA important for both new and returning students

Net price calculator, e-billing are new features at ISU

The Office of Student Financial Aid reminds families that the Free Application for Federal Student Aid (FAFSA) is important not only for newly admitted students but for returning students as well.

To be eligible for a variety of grants, loans, scholarships, work-study, and other student employment, all students should complete the FAFSA—regardless of family income—as some forms of financial assistance are not based on need. Additionally, because family circumstances and income change from year to year, completing the FAFSA every year is necessary to be considered for all forms of aid.

The best time to complete the FAFSA is as soon after Jan. 1 as possible, regardless of whether federal tax forms have been completed. It is better to file the FAFSA early than it is to wait until taxes are completed. Some state assistance programs require the FAFSA be filed before March 10 to ensure full consideration. Waiting to file until after March 10 may eliminate a student from state assistance for which he or she is qualified and eligible.

“Even if a family has not filed their income taxes, it is important to fill out the FAFSA early, as adjustments can be made later,” said Kim Donat, director of student financial aid.

Staff members in the Office of Student Financial Aid are available throughout the year to help not only enrolled students but also families of prospective students work

through the sometimes-confusing federal and state regulations that are associated with applying for federal and state financial aid.

At ISU, three out of four students receive some form of financial assistance including merit scholarships. ISU awards more than \$5 million each year in merit aid. To ensure full consideration, all students are encouraged to file the FAFSA, as some loans are available to families without need, said Donat.

Income is just one factor in determining aid. Financial assistance for students at Indiana State and all other public colleges and universities uses a uniform method of calculating need that takes several other factors into account. Those factors include family size, the number in college, savings, investments, and even the age of the older parent.

To help families evaluate college costs, ISU has a net price calculator, located at www.indstate.edu, which provides an accurate estimate of the bottom line cost of attending Indiana State, taking into account grants, loans, and scholarships. The net price calculator reflects just how affordable an ISU can be, and it is designed to generate a more realistic family contribution.

Also new at ISU is an option for students to pay tuition and fees online. Electronic statements are now being sent to students along with paper bills with a switch entirely to e-bills scheduled for July 2012.

“Many people are already accustomed to online banking or paying bills online. Students and parents are finding e-billing easy, convenient and secure,” said Domenic Nepote, associate vice president for business affairs and assistant treasurer. “The eventual elimination of paper bills also supports the university’s commitment to environmental sustainability.”

Students can access their accounts and make payments online via the Student Account Suite by going to www.indstate.edu/payisu. Another option is Sycamore Express at www.indstate.edu/express and clicking on “Pay your bill.” Payments may be made via Visa, MasterCard or electronic withdrawal from a checking or savings account.

Students may also allow parents to access their accounts and make payments online by setting up authorized users. While the university is switching entirely to electronic billing, all current payment options will continue to be available.

Students or parents with questions about electronic billing may call 812-237-3511 or send an email to ISU-Bill_Payment_Admin@indstate.edu. For assistance in understanding the financial aid system and help in completing the FAFSA, contact the Office of Student Financial Aid at 812-237-2215. Information is also available at www.indstate.edu/finaid.

things to know

WE WANT TO HEAR FROM YOU!



Participate in the annual survey for ISU parents.

Parents of current students who are under the age of 21 are invited to complete the annual Parent Survey, available online at www.indstate.edu/families.

The Parents and Families Initiative wants to hear from you! The feedback you provide will help us better understand your areas of concern in order to develop material for the Parents and Families website, identify content for the ParentLink newsletter, and evaluate parent and family programming and services.

Last year, 178 people responded to our survey. In response to the feedback provided, we increased our communication related to web4parent (the parent portal), began looking into providing transportation to select communities during breaks, and started work on a parents and families guide to Indiana State University. We also began promoting more university events on both the website and the Parents and Families Facebook page to encourage families to come visit.

It only takes a few minutes to complete the survey. We're looking forward to hearing from you!

Music student named a national champion



Solly Burton, a junior music business major from Graysville, beat 18 contestants from 10 states and Japan to claim the top prize at the 2011 National Mandolin Championships in Winfield, Kansas. This is the second time he has earned the title of national champion—his first title came in 2007 when he was just 16 years old.

Burton picked up the mandolin at age 9 and has been playing ever since. His instructor, Louie Popejoy, has been an inspiration and has taught him most all that he knows. These days, he can be found playing alongside ISU music faculty member Brent McPike

(pictured above).

student success

Something for Sycamores of Any Age

Indiana State has activities that appeal to Sycamores of any age ranging from books, to visits, to learning opportunities.



Sycamore Hoopla



Visit ISU During Sycamore Hoopla

Beat cabin fever by planning a trip to see your student February 10 and 11, which is Sycamore Hoopla weekend.

Hoopla is a winter homecoming, two days filled with fun and basketball. The activities kick off Friday night with Teri Moren's women's team taking on the Bradley Braves beginning at 7:05 p.m.

Prior to each game, families are invited to come early and check out Hulman Center's enormous windows, decorated by campus organizations, residence halls, offices, and departments. Activities for younger siblings are being planned as well as entertainment provided by the Sycamore Basketball Band and the ISU Sparkettes.

Terre Haute will host the fourth annual Polar Plunge on February 11, a fundraiser for Special Olympics Indiana, on Hulman Center's south patio beginning at 9:30 a.m. Participants must raise a "bear" minimum of \$75 to plunge (\$50 minimum for students with a student ID). All proceeds will benefit Special Olympics athletes in Indiana, giving them the opportunity to train locally and compete at the state level in a variety of Olympic-type sports.

Following the plunge, get ready for an afternoon of basketball. The ISU men's team, coached by Greg Lansing, has tip-off scheduled at 1:05 p.m. against the Southern Illinois Salukis.

Watch the Parent and Families website and Facebook page for more information as the weekend gets closer!



Camps for Young Sycamores

Each summer, the university offers a variety of summer camps and programs for children of all ages. Camps will be offered in areas such as music, science, sports, and theater. Details about these opportunities will be available at www.indstate.edu/summer beginning in March 2012.

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Sycamores of Any Age (continued)

Summer Honors Provides a Great Student Experience

Are there high school freshmen, sophomore, and juniors you know who are interested in a college experience? Indiana State has a program specifically designed for them! Summer Honors is a weeklong university program that enables high school students to explore an academic interest, experience campus life, and earn university credit. Seminars encompassing a wide variety of interests will be conducted July 22-28, 2012, on the ISU campus.

Participants select from a variety of seminars conducted under the teaching guidance of the university's most experienced faculty. Benefits include the opportunity to:

- earn university credit;
- earn a scholarship to attend Indiana State University;
- engage in college-level course work;
- experience residence hall and campus life;
- meet, mingle, make new friends; and
- explore an academic interest through challenging seminars in a variety of disciplines.

Details on fees, scholarships, and applying for Summer Honors 2012 will be available at <http://www.indstate.edu/experience/> in early Spring 2012.



Students participating in Indiana State's Summer Honors—Criminology (top) and Cancer Research Seminars (bottom)

Your Student's Wellness

As your student gathers supplies for his or her return to school, be sure to replenish or put together a wellness kit. In addition to those things your student may need and use on a regular basis you might also include over-the-counter medicines such as:

- | | | |
|--|--|--|
| <input type="checkbox"/> Non-aspirin pain reliever and fever reducer | <input type="checkbox"/> Allergy medicine | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Nausea medicine | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Salt (for gargle) |
| <input type="checkbox"/> Diarrhea medicine | <input type="checkbox"/> First Aid kit (adhesive bandages, antiseptic wipes, gauze and tape, etc.) | <input type="checkbox"/> Electrolyte balanced fluids (sports drinks) |
| <input type="checkbox"/> Cough medicine | | <input type="checkbox"/> Tissues |
| <input type="checkbox"/> Cold medicine | Other items to include: | <input type="checkbox"/> Hand cleaner (alcohol based) |
| <input type="checkbox"/> Throat lozenges | <input type="checkbox"/> Thermometer | <input type="checkbox"/> Surface cleaning wipes |
| <input type="checkbox"/> Decongestant medicine | <input type="checkbox"/> Chicken soup | |

Flu shots are available at the UAP Clinic-ISU Health Center Monday through Friday from 8:00 a.m.-11:00 a.m. and from 1:00-4:00 p.m. Cost is \$20 for students. Students should call the Health Center at (812) 237-3883 to setup an appointment.

Career Center names new executive director

Tracy Powers has been named executive director of the Indiana State University Career Center.

Prior to coming to Indiana State, she served as team leader for communications for the South Carolina Enterprise Information System (SAP) and formerly served as the director of employer relations and associate director of the Career Center at the University of South Carolina.

Aside from returning to her roots, Indiana State was a perfect fit, Powers said.

"The campus is the ideal size for working directly with students and for working collaboratively with academic and administrative partners," she said. "The clear focus on university and community progress and partnerships was also very appealing. Our potential for success is so much greater when we all work together toward common goals."

Powers is a firm believer in the roles of technology and outreach to deliver career services to a wide audience - students, alumni and employers.

"Those have been two areas of focus throughout my career in the profession," she said. "Indiana State is a campus that seems to understand the importance of pulling our resources together for the common good. Development, alumni, the academic areas, and many others, have been very welcoming and interested in our future work together which is promising for outreach initiatives."

The center is already heavily involved in outreach and Powers plans to expand those efforts and utilize new technologies to solidify relationships with employers.

"Our campus and community partners can expect to see the implementation of new technologies that will provide greater access to information and 24/7 tools that will help meet their needs," she said. "I think there will also be a noticeable difference in the Career Center presence on and off campus."

Help your student in developing career plans

Career centers have evolved over the years, offering services to all students regardless of their major or year in school. Center professionals help student find part-time employment to fund their education, assist in helping students decide on a major, career exploration, fine tune job search/internship skills, and provide assistance in the search for an internship or professional position.

Parents and family members, in partnership with the Career Center, can play a significant role in helping students chose a career path.

The executive director of Indiana State University's Career Center, Tracy Powers, encourages parents to talk with their students and listen.

"Begin with basic questions—How are things going? How do you like your classes? What are you interested in?" said Powers.

"Be open-minded and supportive. It's a difficult process," Powers said. "Not having an idea of what they want to do professionally is okay. It gives students the opportunity to explore their options."

Completing interest and personality assessments are only part of the process.

"Those assessments provide a list of suggested career fields," Powers said. "Students can then look further into those fields."

Be a networking resource. Help your student develop contacts for information and advice for career planning and internship possibilities. Refer your student to colleagues, friends, neighbors, family and community members that have experiences related to your student's interests. Encourage your students to make connections with faculty members.

Be an advocate. Encourage your student to use the services available to them through the ISU Career Center. Career counselors can assist your student in narrowing down career choices through interest and personality assessments, library resources, and informational interviews. The counselors are also able to assist with interviewing skills, resume and cover letter development, as well as with internships and job search strategies.

Emphasize the importance of getting valuable experience. One way to be competitive in today's job market is to get experience in your chosen career field. A great way to do this is to participate in job shadowing, internships, co-ops, and volunteer experience.

Powers said job shadowing allows for students to experience the work environment and day-to-day workload in fields they're interested in.

"It's important for them to see if they fit into that environment and are willing to do the type of work," she said. "Job shadowing experiences can lead to internships or jobs down the road."

Internships are very important," Powers said. "In today's market, having multiple internships adds to a student's value."

"Internships help students figure out if they are suited for a particular industry, allows them the opportunity to

(Continued next page)



staff leader

network in a professional setting and be more marketable in today's competitive job market."

Employers view this as a time for students to "get their feet wet" and see what life is like in the world of work. Many times, students will also make connections that will benefit them in the future.

Be patient. Students are exposed to a wide variety of opportunities on a college campus. It can be confusing.

"That isn't a bad thing as long as you continue to steer them to resources such as the Career Center for guidance," Powers said.

She assures that students will come to a decision in time.

"It may take three or four majors for them to find a true fit," Powers said. "But the time spent will make them a successful professional."

Find the Career Center's 8 Semester Plan at <http://www.indstate.edu/carcen/parents/resources/semesterPlan/>.

McNair Program prepares students for graduate study

Demarcus Sneed was the first of his family to take on the challenge of earning a college degree.

A McNair Scholar, Sneed is about to complete that challenge. He is set to be a December graduate earning a Bachelor of Science in health and physical education.

"It feels good to be the first person in my family to get a college degree," Sneed said. "Hopefully my accomplishments can inspire others to follow in my footsteps."

Sneed's bachelor's degree will be a hard-earned accomplishment, but the 23-year-old from Hammond isn't going to stop there. He plans to pursue a master's degree and eventually even a doctorate.

None of that surprises Matt Pearcey, director of the McNair Graduate Opportunity Program at Indiana State. McNair Scholars at ISU enjoy a 99 percent graduation rate and 60 percent of all graduates in the program go on to graduate school by the fall following their baccalaureate graduation.

"Students ought to be planning for their graduate education as freshmen in college," said Pearcey. "The McNair program prepares students to be able to put together their applications, take the Graduate Record Examination, and conduct research. We hope the program helps students better understand what research is and how to conduct it. We want them to have more confidence."

Congress established the McNair program in 1986 in memory of Ron McNair, an astronaut and physicist who died in the Challenger space shuttle disaster. The program provides opportunities for first-generation, low-

income and under-represented minority students. It provides students a \$2,800 stipend for eight weeks of summer research with a faculty mentor on a topic of their choice. They present their research to a panel of administrators and have opportunities to present at national conferences.

Sneed presented his research on "The Effectiveness of the CHIP (Coronary Health Improvement Program)" at the Indiana Association for Health, Physical Education, Recreation, and Dance conference in Indianapolis on November 10.

Sneed worked with faculty mentor Matthew Hutchins to examine the correlation between healthy living and the risk of heart disease. He also reviewed the effectiveness of the Wabash Valley CHIP program, a local healthy living initiative. He found that participants active in the CHIP program showed improvements in components linked to heart disease, including body mass index, blood pressure, and cholesterol.

Sneed credits the program with giving him the experience and guidance to be successful.



"I have learned that you have to be a well-rounded individual for graduate school because most programs look for students that can succeed in all aspects of the graduate school experience," he said. "McNair exposes you to different aspects of graduate school that regular college courses do not."

For more information on the program or to see what other McNair scholars are researching, visit www.indstate.edu/mcnairsch.



Editor's note: Britany Dean, a sophomore communication major who is a media relations assistant in the Office of Communications and Marketing, gained experiential learning of her own by writing this article. During the course of the story, she was inspired to apply for the McNair Graduate Opportunity Program and has been selected as a McNair Scholar for 2012.



Indiana State University

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Office of the Vice President for Enrollment Management, Marketing, and Communications
Terre Haute, Indiana 47809

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Visit ISU This Winter

Sycamore Preview Days

Tuesday, January 24, 2012

Monday, February 20, 2012

Hulman Memorial Student Union

9:00 a.m.-3:00 p.m.

Sycamore Preview Day is a special event for high school students, transfer students, and others interested in learning more about Indiana State University and college life. Tour the campus, meet with academic advisors, talk to a financial aid counselor, and learn more about scholarships and other ways to finance your education.



Experience ISU

Saturday, February 4, 2012

University Hall, Bayh College of Education

9:00 a.m.-3:00 p.m.

Experience Indiana State is a special event for newly admitted freshmen and transfer students. Meet with your academic unit, attend and experience a class at Indiana State, take a detailed tour of campus and learn more about financial aid.

There is no cost to attend these events. Admission and parking are free. Parents and families are invited (and encouraged) to attend. Lunch in the residence hall dining facilities will be provided at no cost. There is a small cost for students who opt to eat in the Commons food court. For more information about both of these programs, contact the Office of Admissions at admissions@indstate.edu or 1-800-GO-TO-ISU.

Visiting your Indiana State student soon?

Stop in at Chava's Mexican Grill to receive

\$1.00 OFF

with a purchase of a drink and either a regular or super burrito.



This coupon expires May 13, 2012.

The \$1.00 OFF offers is good for all ISU students who show their current ISU ID card.

Chava's Mexican Grill

669 Wabash Avenue
Terre Haute, IN 47807
812-232-16225

Store Hours

Sunday-Wednesday:

11:00 a.m.-12:00 a.m.

Thursday-Saturday:

11:00 a.m.-4:00 a.m.



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