

# NIPISSING

U N I V E R S I T Y

Supporters Guide for Parents and Families • 2018



NEW STUDENT  
**NSO**  
ORIENTATION



Need NSO  
Accommodations?

**STAY IN  
RESIDENCE!**



Spend a night and get a feel  
for residence life!

Special NSO rate:

**\$39** per person per night  
or **\$99** for four-persons per  
night, including taxes.

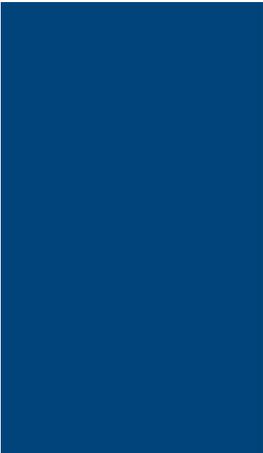
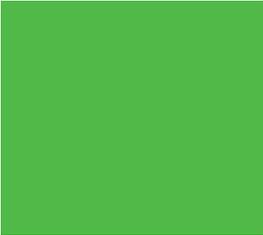
Linens and towels  
are provided.

Book your overnight  
accommodations at  
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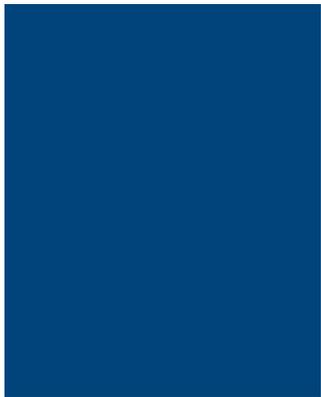
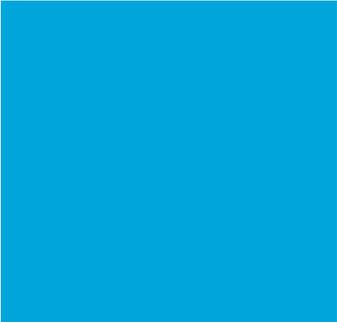
**NIPISSING**  
UNIVERSITY

# WELCOME TO NSO!



## CONTENTS

- What is NSO?..... 3
- Help Your Student Choose the Right NSO Day..... 3
- Register Now for NSO ..... 3
- Welcome! ..... 4
- Nipissing University ..... 4
- Student Privacy ..... 4
- Academic Year: Important Dates at a Glance ..... 5
- Transition to University ..... 7
- Independence and Responsibility ..... 7
- Books and Online Content ..... 7
- Faculty Involvement ..... 7
- Grading and Assessment ..... 7
- Diversity ..... 9
- Adapting to the Transition ..... 9
- Let Them Come to You ..... 9
- Life is About Learning ..... 9
- They Need to Know That You Believe in Them ..... 9
- 10 Ways to Support Your Student ..... 10
- Services and Resources for Student Success..... 12
- Learning Outside the Classroom..... 15
- Worried About Your Student? ..... 17
- Important Contacts ..... 18
- Maps..... 20



# WHAT IS NSO?

New Student Orientation (NSO) is a full-day orientation program designed to introduce students and supporters to the academic expectations of Nipissing University, highlight services and programs available to support student success, and integrate students and their supporters into the Lakers' community.

As a supporter, we encourage you to participate in NSO with your student. By joining us for your student's orientation day, you will:

- Gain a better understanding of the university experience;
- Discuss your student's academic and personal information and your access to it;
- Identify available services and programs to support student success;
- Take a tour of the campus;
- Get answers to any and all of your questions and concerns.

## HELP YOUR STUDENT CHOOSE THE RIGHT NSO DAY

### **Monday, July 9, 2018**

Social Work, Business Administration, Commerce

### **Tuesday, July 10, 2018**

Criminal Justice, Biology, Environmental Biology & Technology, Computer Science, Mathematics

### **Wednesday, July 11, 2018**

Child & Family Studies, Psychology, Anthropology, Social Welfare & Social Development, Social Welfare & Social Development with a Social Service Worker Diploma, Sociology, Environmental Geography, Environmental & Physical Geography, Geography

### **Thursday, July 12, 2018**

English Studies, Gender Equality & Social Justice, Native Studies, Religions & Cultures, Physical Health & Education, Economics, Philosophy, Political Science

### **Friday, July 13, 2018**

Classical Studies, History, Fine Arts, Nursing

Students in Concurrent Education should attend on the NSO day of their subject of study.

Undeclared and Liberal students should attend on the NSO day that best reflects their current interests.

## REGISTER NOW FOR NSO:

Online: [www.nipissingu.ca/nso](http://www.nipissingu.ca/nso)  
Phone: 705.474.3450, ext. 4136  
Email: [nso@nipissingu.ca](mailto:nso@nipissingu.ca)



# WELCOME!

As one of the many people who are involved in and are advocating for the success of your student, we welcome you to Nipissing University. You know your student best, and we can assure you that your continued support and counsel will be vital throughout this new academic journey and the transition from secondary school.

Nipissing University offers numerous resources and support services to students, but your student will also look to you for advice. It is important for you to stay connected with your student through each new academic and social experience. The goal of this guide is to provide you with information and resources that will be useful while supporting your student's transition to university. As you take the time to read each section, remember that the staff and faculty at Nipissing University are committed to a successful transition for your student, too.

## THE NIPISSING UNIVERSITY EXPERIENCE

Experience tells us that as much learning takes place outside the classroom as inside and encompasses much more than simply earning a university degree. Nipissing University offers students a supportive community and engaged professors to ensure that every student has a chance to grow, lead and chart a path to a successful future. Flexible programming allows students to choose a path of study based on their own interests. Undergraduate students have unparalleled opportunities to interact with faculty, take part in a wide range of enriching co-curricular activities, and participate in original research. Students enjoy small classroom environments where professors get to know learners by name, and where students can easily connect with classmates. It's the Nipissing University experience, and our students rave about it.

## STUDENT PRIVACY

The privacy of all student information is paramount to the university, and as a supporter, you should be aware that all matters of communication that relate to the student's academic, financial and personal affairs will be directed to the student only. Except with written authorization by the student, the University cannot disclose information or confirm the attendance/registration of any student to parents, guardians, spouses, etc., (compelling or compassionate circumstances excepted).

If you have concerns or need clarification about any part of your student's interaction with Nipissing University, you may contact us so long as your inquiries comply with your student's right to privacy. Nipissing University complies with provincial legislation as outlined in the Freedom of Information and Protection of Privacy Act (FIPPA), as well as the Personal Information Protection and Electronic Documents Act (PIPEDA). For more information about these policies visit [www.nipissingu.ca/FIPPA](http://www.nipissingu.ca/FIPPA).



## ACADEMIC YEAR: IMPORTANT DATES AT A GLANCE

This information pertains to full-time, first-year students. Not all activities are applicable to students with other registration plans. For a complete list of academic dates for the upcoming academic year, please refer to: [www.nipissingu.ca/admissions](http://www.nipissingu.ca/admissions).

### SUMMER 2018

June 1	Residence application and deposit due
June 25	Course registration opens for students at 9:00am
July 31	Students considering OSAP should apply no later in order to receive assessment information prior to tuition deadlines

### FALL TERM 2018

Aug. 25	Move into residence
Aug. 25-Sept. 7	Lakers Orientation
Aug. 28-Sept. 3	Frosh Week
September	Fall term fees are due. Refer to the Financial Services website for specific date for your program
Sept. 4	Classes Begin
Sept. 17	Last day to register for FA or FW courses. Students withdrawing from FA or FW course after this date but before the respective withdrawal dates will receive a WDR on their academic record
Oct. 8-12	Fall Study Week (no classes)
Nov. 2	Last day to withdraw from a FA course
Dec. 3	Classes end
Dec. 4-19	Exam period

### WINTER TERM 2019

Jan. 7	Classes begin
January	Winter term fees are due. Refer to Financial Services website for specific date for your program
Jan. 18	Last day to register for WI courses. Students withdrawing from WI courses after this date but before the respective withdrawal date will receive a WDR on their academic record
Feb. 8	Last day to withdraw from a FW course
Feb. 18-22	Winter Study Week (no classes)
Mar. 8	Last day to withdraw from a WI course
Apr. 5	Classes end
Apr. 6-26	Exam period

FW = Fall-Winter FA = Fall WI = Winter



# TRANSITION TO UNIVERSITY

The transition to university will bring with it a major shift in teaching styles and student responsibility. It is important for you to be aware of the major differences so that you can be prepared to support your student's successful transition.

## INDEPENDENCE AND RESPONSIBILITY

In this educational environment, students are engaged as adults who are responsible for making independent decisions. Students are given the responsibility to schedule time for attending classes, completing assignments, studying, and planning their own success. Students also assume administrative tasks such as registering for courses and ensuring that degree completion requirements are met.

## BOOKS AND ONLINE CONTENT

Course textbooks and required readings are not provided by the University and must be purchased. In addition to print material, most faculty make use of the online Blackboard learning system to post materials and resources pertinent to their classes. Students are expected to be up to date, and familiar with the library resources in order to locate scholarly articles to supplement their learning.

## FACULTY INVOLVEMENT

At university, much of the learning occurs outside of class through independent study. Professors expect that students are completing required reading and assignments and rarely check to ensure that students are keeping up. Faculty is available for support and advising, but students must take the initiative to seek out these services.

## GRADING AND ASSESSMENT

Students are apt to experience a notable increase in workload, and with this will come the challenge of prioritization, analysis, and critical thinking in order to achieve academic success.

The methods of assessment to award grades are varied, and will depend on the course content and the faculty. All information about the layout and assignment of grades for a particular course is included in the syllabus for that course. Tests and assignments may cover much larger amounts of material. Each assignment may account for a large portion of the course grade. It is important for students to review the course syllabus in order to be aware of the source of their grades and types of assessment used in each course as they create their plan of study.



## DIVERSITY

Students will be attending class and working alongside others from a variety of backgrounds, cultures, ages and experiences. Through readings and lectures students are exposed to a range of opinions and ideas. These experiences enrich the university environment and offer students the opportunity to be challenged and exposed to new ideas within a nurturing environment.

## ADAPTING TO THE TRANSITION

As your student begins a new path at university, their relationships with those who support them will be influenced. While there will definitely be adjustments, this change can be positive as the relationship with your student grows and develops in a new and mature direction. Viewing the transition as an opportunity to spark new conversations, a chance to try new things, and a way to relate to your student on a more adult level will assist your move into this time with anticipation.

As your student embarks on this academic journey, your wisdom, counsel and love will still be required, although the needs may be a little different at this point in time.

## LET THEM COME TO YOU

As your student begins life at university, enjoy looking ahead together to all that the future holds. Recognize that new relationships and priorities will be established, and ensure that your conversations are balanced with news from home as well as news from life on campus. Allow your student the courtesy of time to figure things out independently in order to build strength and confidence, while providing reassurance of your support.

## LIFE IS ABOUT LEARNING

Exploring newfound independence will inevitably involve some opportunities for learning and growth. Supporters who offer unconditional encouragement will foster a student's confidence to take positive risks like trying a new course or joining a committee. This will lead to growth and provide an opportunity for important conversations with those they trust.

## THEY NEED TO KNOW THAT YOU BELIEVE IN THEM

As your student's worldview expands, their perspectives may shift. The freedom to experiment is aided by the knowledge that someone at home believes in them – in their intelligence, initiative and ability to make good decisions. Reaffirm the trust you have in your student.

# 10 WAYS TO SUPPORT YOUR STUDENT

## 1 FIND A BALANCE IN COMMUNICATION

Although students are sometimes eager to be away from home, take the time to let your student know you are thinking of him/her. Call, Skype, email, send a care package, or even arrange a visit. Regular contact can help keep communication open, which is important for both you and your student. Find the balance between giving space and demonstrating that you are thinking of them.

## 2 ASK QUESTIONS THE RIGHT WAY

Try to phrase your questions so that you show interest in what your student is doing without them sounding like interrogative investigations. Inquire about friends, classes, social events, studying, papers, professors, etc. Listen to the answers. Sometimes you can tell a lot about what is going on by what is said or not said.

## 3 HOMESICKNESS

Both you and your student will have a variety of positive and negative emotions about living apart. Homesickness is a common experience for many first-year students. Be prepared for it but try not to ask your student if they are homesick. Of course they are, but they might not think about it until you ask. It's okay to tell them you miss them, but remember the emotions you are both experiencing during this transition are normal and to be expected.

## 4 ENCOURAGE PLANNING AND ORGANIZATION

Discuss study habits and academic planning with your student. Time management is an essential skill for success at university and beyond. Encourage the use of a day planner or wall calendar to plan time for course work and plan ahead for assignments and exam periods.

## 5 TAKE ADVANTAGE OF AVAILABLE SERVICES

Encourage your student to become their own best advocate by learning about the different student services at Nipissing University and making good use of them. Your student's experience can benefit from support services such as academic advising, peer tutoring, residence supports, the Campus Health Centre, counseling services, etc.



**6****GET INVOLVED**

To promote health and prevent the negative impacts of stress, students can benefit from getting involved in extra-curricular activities outside the classroom. Ensure your student is aware of opportunities to participate in school clubs, intermural sports teams, student government, etc.

**7****BE SUPPORTIVE**

Many new responsibilities such as budgeting, cooking, managing school, and making new friends may cause some stress. When experiencing stress, students often turn to the comfort of home. If you receive tearful calls of loneliness and frustration, know that your student is seeking comfort and that you are an invaluable resource. With your support your student will gain greater self-confidence and a deeper sense of understanding.

**8****RESPECT AND ENCOURAGE INDEPENDENCE**

Be prepared to feel nervous about letting go and know that your presence in your student's life is vital as always — it just may not be expressed in the same ways. This is an opportunity for you to encourage your student to gain some independence and make decisions about what shape life will take.

**9****EXPECT CHANGE**

University in particular and young adulthood in general is typically a time of exploration. Expect your student to discover new interests and meet new people. Respect the time and space your student takes to explore new ideas and work on their own identity. Trust that exploration, experimentation, and self-expression are natural stages of development.

**10****TRUST**

Give credit where credit is due and trust that the effort you and your student have put into achieving independence, self-confidence, and personal goals will begin to have positive results.

# SERVICES AND RESOURCES FOR STUDENT SUCCESS

Several departments provide supports for all aspects of student life. Students can utilize these services in many ways from any of the regional campuses. More information on any of the following services can be found on the university website. [www.nipissingu.ca](http://www.nipissingu.ca)

## ACADEMIC ADVISING

Students will receive assistance in making informed decisions regarding academic programs as well as creating and reviewing their course plan. Individual advising sessions are available by appointment or at drop-in times.

## STUDENT FINANCIAL SERVICES

Experienced staff will provide students with financial aid programs and counselling in support of their educational goals. Scholarships and bursaries are awarded to qualified students.

**Ontario Student Assistance Program (OSAP):** Ontario residents who qualify for assistance on the basis of financial need can receive government assistance in order to supplement their financial resources. More information about deadlines and how to apply can be found online: <http://osap.gov.on.ca>

## STUDENT ACCESSIBILITY SERVICES

The team strives to provide an accessible, barrier-free learning environment. Eligible students with diagnosed permanent and temporary disabilities can register to receive learning and testing accommodations based on their needs.

## STUDENT LEARNING & TRANSITIONS

Available to all students are personalized consultations, workshops, peer-to-peer education and tutorials to engage students in applying newly learned academic skills and strategies to their university work. Staff is available to assist with academic writing, math and science and will tailor their assistance to meet the specific needs of each student.

## **COUNSELLING SERVICES**

Personal counselling supports are available for all Nipissing University students. Our Counsellors are qualified professionals who are familiar with a broad range of personal wellness issues that affect academic success and personal growth. All services are free and confidential.

## **OFFICE OF INDIGENOUS INITIATIVES**

The programs and services offered by the Office of Indigenous Initiatives engage with Indigenous students, families, and communities through a range of experiential learning opportunities, volunteer opportunities, and other events that enrich the student experience.

## **CAMPUS HEALTH CENTRE**

A medical team is in attendance and available to all students for regular and emergency health care.

## **OFF CAMPUS LIVING**

The office provides assistance with finding accommodations as well as handling landlord/tenant issues.

## **RESIDENCE LIFE**

Residence Life at Nipissing University provides a safe, comfortable living and learning environment. Programming initiatives are offered to support the academic and social integration of students into the NU Lakers' community.



# LEARNING OUTSIDE THE CLASSROOM

Our students often tell us that beyond earning an education, establishing a sense of self and determining what shape life will take is a priority. Perhaps most surprising is the extent of learning that happens outside of the classroom. By getting involved in extra-curricular activities, social circles are expanded, cultural awareness is heightened, and leadership skills are developed. Encourage your student to participate in all that Nipissing University has to offer.

## **NIPISSING UNIVERSITY STUDENTS UNION (NUSU)**

NUSU represents the Nipissing University student body at both campuses. The primary purpose is to democratically represent its students and advocate for positive change on student issues. NUSU provides a range of services including: health and dental care plan, student food bank, job opportunities and many opportunities for involvement. NUSU recognizes and funds various clubs and societies as well as running awareness campaigns. Encourage your student to stop by and meet their NUSU executives. Their door is always open!

## **NUWork**

NUWork provides part-time, on-campus employment to students who demonstrate financial need. Once students are determined eligible for the program, they may apply for positions posted by the Human Resources Office

## **NIPISSING UNIVERSITY STUDENT ALUMNI (NUSA)**

NUSA is a group of energetic and motivated student volunteers who offer services that promote alumni relations, build school loyalty and generally enrich university life. Through volunteerism NUSA members maintain an active, loyal relationship with prospective and current students, alumni, faculty, and staff are always eager to become involved in a diverse range of university activities. Becoming a NUSA member is a great way to get involved on campus, meet new friends, develop leadership skills, gain some exciting volunteer experience and live their motto "Student now, Lakers forever!"

## **ATHLETICS**

Go Lakers! Our Nipissing University Student Athletics Centre is home to a wide variety of varsity sports teams, intramural activities, fitness classes, cardio studio, weight room, and squash courts. Whether your student is an athlete, gym enthusiast, or a sports fan, getting involved in the activities at the Athletics Centre will encourage activity and provide some much-needed stress relief.

## **RESEARCH OPPORTUNITIES**

Nipissing University actively supports quality research that creates a deeper, clearer understanding of the world. Students have the opportunity to present their research at the annual Undergraduate Research Conference in March. To learn how to get involved in research opportunities, encourage your student to talk to a faculty member or advisor.



## STUDENT BLOG

For students by students [ibelongatnipissingu.ca/blog](http://ibelongatnipissingu.ca/blog)

# WORRIED ABOUT YOUR STUDENT?

Transitioning into university can be a stressful time. Some students feel overwhelmed or isolated. As someone who knows and has insight into your student, you will be able to provide reassurance that seeking help does not imply weakness.

Nipissing University has a variety of services and supports for each student. If you are worried about your student and feel they could benefit from individualized support, please encourage them to reach out to Student Development and Services.

**For more information, or to book an appointment, have your student email:**  
[osds@nipissingu.ca](mailto:osds@nipissingu.ca)

# IMPORTANT CONTACTS

Following is a list of many of the resources and services at the University that are frequently contacted with inquiries related to a student's first year. By being familiar with them, you will be able to encourage your student to connect with the appropriate support for whatever the need may be.

## Nipissing University Main Phone Number: 705-474-3450

Questions about:	Phone/ Extension	Office	Email
Accessibility Accommodations	4362	B210	sas@nipissingu.ca
Admissions	4600	F209	admissions@nipissingu.ca
Campus Health Centre	5261	B205	
Campus Safety Walk	705-494-9192	B203	security@nipissingu.ca
Changing Courses for Program	4358	A207	advising@nipissingu.ca
Course Registration Problems	4600	F209	registrar@nipissingu.ca
Course Selection Assistance	4358	A207	advising@nipissingu.ca
Frosh Week	4409	F205	vpervices@nusu.com
Graduation Requirements	4358	A207	advising@nipissingu.ca
International Opportunities	4321	B210	myinternational@nipissingu.ca
Lost Bus Pass Inquiries	4342	A139	techsrv@nipissingu.ca
Math/Science Help	4459	B210	slt@nipissingu.ca
Off-Campus Housing	4242	Governors House	offcampusliving@nipissingu.ca
OSAP Inquiries	4311	F216	finaid@nipissingu.ca



Questions about:	Phone/ Extension	Office	Email
Overnight Accommodations	4848	Chancellors House	stay@nipissingu.ca
Parking Inquiries	5555	B203	security@nipissingu.ca
Peer Tutoring/Group Tutorials	4459	B210	slt@nipissingu.ca
Research Help	4221	L102	info@eclibrary.ca
Residence	4855		residence@nipissingu.ca
Scholarship & Bursary	4311	F216	finaid@nipissingu.ca
Security Concerns	5555	B203	security@nipissingu.ca
Student Card	4342	A139	techsrv@nipissingu.ca
Student Counselling	4362	B210	counselling@nipissingu.ca
Student Health Insurance	4815	F205	vpcommunications@nusu.com
Textbooks & Campus Shop	5347	B202	nipissingu@bkstr.com
Tuition/Student Fees	4419	F216	finance@nipissingu.ca
Webadvisor Assistance/ Lost Passwords	4342	A139	techsrv@nipissingu.ca
Writing/Academic Skills	4459	B210	slt@nipissingu.ca



# MAPS



## TRAVEL TIMES:

➤ North Bay – Toronto: 3.5 hours ➤  
North Bay – Ottawa: 4 hours ➤





## REGISTER NOW FOR NSO:

Online: [www.nipissingu.ca/nso](http://www.nipissingu.ca/nso)  
Phone: 705.474.3450, ext. 4136  
Email: [nso@nipissingu.ca](mailto:nso@nipissingu.ca)



Student Development and Services  
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**email:** [nso@nipissingu.ca](mailto:nso@nipissingu.ca) • [www.nipissingu.ca](http://www.nipissingu.ca)

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New Student Orientation at (705) 474-3450 ext. 4136.