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Outlook program offers tips to freshmen

By **Jeff Samoray**, OU Web Writer

Incoming freshmen sometimes face unexpected challenges when making the transition from high school to college, and parents are not always ready with answers to their son or daughter's questions. To help students succeed academically and socially during their first year of college, Oakland University offers **Freshman Outlook** and **Parent Outlook** – free programs that deliver weekly tips, advice and resource links via e-mail.

"The program had some useful tips and I was able to learn about events that were happening on campus, like a basketball game I attended," said Kathryn VanGorder of Birmingham, who used the service last year. "I think it's helpful to students. If you're unsure of how to approach an issue, you can read over the advice and see if you're on the right path."

Freshman and Parent Outlook participants will receive weekly e-mails during the fall and winter semesters that provide links to their respective Outlook Web sites.

Some of the topics include:

- ways to improve your study skills
- advice on choosing a career
- helpful student support services
- managing your finances
- paying for college
- how to manage stress
- ways to become involved in campus activities
- strategies for effective time management

"This year, both the Freshman and Parent Outlook programs have a new look with updated content," said Outlook Coordinator Paul Carlin. "Parent Outlook provides a way for parents to understand what adjusting to college is like for their son or daughter. We also try to correlate the topics between both groups."

Students will receive invitations via their OU e-mail accounts to register for Freshman Outlook. Once registered, they will begin to benefit from the timely advice and tips the program offers. Students who access all 15 Outlook messages also will be eligible to receive one of two \$250 gift checks at the end of fall and winter semester.

Parents of freshmen currently are being called and invited to register for Parent Outlook. Those who would like to register can contact Paul Carlin at prcarlin@oakland.edu, and they will be sent an e-mail with registration instructions.

For more information about the Outlook programs, contact the **Office of New Student Programs** at (248) 370-3260 or nsp@oakland.edu.

SUMMARY

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