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## OUTlook programs provide timely advice for freshmen

By **Jeff Samoray**, *OU Web Writer*

Incoming freshmen and their parents often have questions about issues related to the transition from high school to college, and sometimes aren't sure where to turn for answers. To help freshmen succeed academically and socially during their first year of college, Oakland University offers **Freshman OUTlook** and **Parent OUTlook** – free, interactive, Web-based programs that offer weekly tips, advice and resource links via their e-mail account.

Some of the topics covered by the e-mails are:

- 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

Students will receive invitations through their OU e-mail accounts to register for **Freshman OUTlook**, as they did prior to the fall semester. 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 the winter semester. Last semester's recipients were Colleen Haggerty of Sylvan Lake and Sergey Rozov of West Bloomfield.

"The OUTlook programs are another way of staying informed and up-to-date on what's happening on campus," said OUTlook Coordinator Paul Carlin. "Included in the program are 'Grizzly Tracks,' which are weekly reminders about campus events and important dates, such as registration for classes. Students who are new to the university, especially those who are juggling academics with employment, sometimes find it hard to keep up with important dates. The OUTlook program gives them a quick and easy reminder.

"For parents, the OUTlook program is important because it helps give them an idea of what their freshman is going through on campus. Parents may find that their son or daughter doesn't have as much time to interact as they did when they were in high school, so the program gives them a feel for what their college experience is like."

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](mailto: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](mailto:nsp@oakland.edu).

### SUMMARY

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