

LINDENWOOD

LIKE NO OTHER

PARENT PRIDE

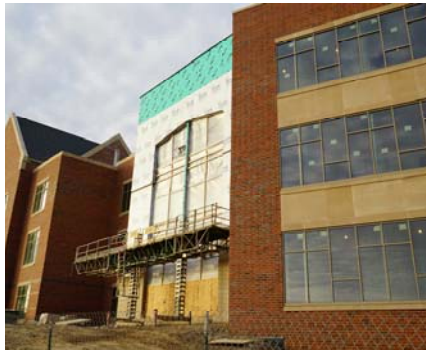
Lindenwood University Parent Newsletter

April 2017

Library & Academic Resource Center

In 2015, Lindenwood University held a groundbreaking ceremony for our new \$21 million dollar *Library & Academic Resource Center*. The three-story 100,000-square-foot facility will combine our traditional library functions with a host of student services. Lindenwood University remains committed to meeting the needs of students. With the new LARC, Lindenwood is bringing the facility up to 21st-century standards.

The new building will offer students access to state-of-the-art study spaces and technology designed to enhance the academic experience. The building will house the Writing Center, Student and Academic Support Services (SASS), First-Year Programs, Career Services, English as a Second Language, the Office of International Students and Scholars, Lindenwood Online, classrooms, and a 24-hour coffee shop. The building is scheduled to open in the fall of 2017.



The W-Curve

A student's first year of college comes with many new experiences, challenges, successes, and emotions. Often, these emotions can seem sporadic and unwarranted. However, research by numerous higher education professionals has led to the creation of the W-Curve. This student development theory identifies five distinct emotional phases experienced by students during their first year of college. These phases are described below and will hopefully better explain the emotional roller-coaster of freshman year.

The **Honeymoon** phase begins prior to the student arriving on campus and builds as the student prepares for the new adventure. In this phase, students experience mixed feelings of excitement, nervousness, and anticipation, with fun and excitement taking center stage. Shortly after (7-10th Week), **Culture Shock** sets in and the student experiences a change in emotions, including inner conflict, anxiety, and a sense of uncomfortableness caused by the changing lifestyle. Between Thanksgiving and Winter Break, a student enters the **Initial Adjustment** phase, characterized by a better understanding of both the University community and one's self. During this phase, the student begins finding success both academically and personally. Upon returning from Winter Break, the student enters the **Mental Isolation** phase and experiences feelings of dissonance and shock. These emotions stem from the recognition that home has changed for both students and families. The last phase, **Acceptance & Integration**, occurs during the last half of spring semester and sees the students finally accepting and integrating into college life. If your student is finding it difficult to adjust to collegiate life, please know there are counseling services available to keep them on track. Counseling services are located on the 3rd floor of the Evans Commons.

Important Dates

April 14: Good Friday— no classes held

April 23: Honors Convocation

April 28: Last Day of Classes

May 1-5: Final Exams

May 5: Graduate Student Commencement

May 6: Undergraduate Commencement

May 6: University Housing Closes

May 9: Final Grades Due

June 10 & July 22: Experience Days

August 23-27: New Student Orientation

September 16: Family Day

October 12-15: Homecoming 2017

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