2015-2016
A Calendar for UW Families
CAN ONE
Student
MAKE AN
IMPACT?

YOU CAN.

CAN ONE
Parent
MAKE AN
IMPACT?

University of Wyoming
Welcome to the University of Wyoming! Cowboy Parents is designed to recognize the essential role that you play in the success of your student. Its programs and efforts assist you in encouraging your university student to be successful at UW. This calendar/handbook is one of the many services provided by Cowboy Parents to support you and strengthen your role as the parent of a college student. It contains important information you will need to better advise your son or daughter as he or she reaches crossroads in university life.

Embarking on a college career is a big step for both students and their families. The Division of Student Affairs and Cowboy Parents are committed to helping students with this transition and to achieve their academic goals. We continually devote our time and effort to involving you in the UW experience, and we strive to successfully assist with your questions and concerns.

I am pleased to have you and your student as part of the University of Wyoming community. Best wishes to your student for a successful year!

Warmest regards,

Sara Axelson
Greetings from Cowboy Parents! We welcome you to the University of Wyoming and all it has to offer!

What an exciting time for your student! The University's commitment to providing the very best to your student in the way of services and facilities is apparent as our council tours all the new facilities. We encourage you to explore all the possibilities with your student.

Cowboy Parents offers you a “link” to your student’s university experience and is committed to assisting families during this exciting transition. We provide a direct voice to the University on issues that directly affect the education of our students. To facilitate your experience, we are providing this calendar as a resource for parents. You will find important dates, activities, helpful tips, campus resources/services, and of course, the lyrics to Ragtime Cowboy Joe!

As parents, we are no longer a part of our student’s day to day choices and activities and through Cowboy Parents you can continue to be involved. We encourage you to enroll in UW’s Parent program by visiting the Cowboy Parent website at www.uwyo.edu/cowboyparents. On our website, you can sign up for parent news, become a member of our council, volunteer, etc. Our most exciting new feature is the addition of career planning webinars that are available for parents to view on various topics that pertain to your student’s educational experience.

We encourage and support your efforts to stay connected and informed! With two UW graduates and one to go, we know, first hand, the importance of staying involved. Our very best to you and your student for a successful, fulfilling year!

With regards,

Stan and Pat Horton
Riverton, Wyoming
2014-2015 Cowboy Parents Council Co-Chairs
Residence Halls Open
Classes Begin
Tuition/Fees Due
Family Weekend
Homecoming
Advising Week for Spring 2016
Registration Begins for Spring 2016 (Continuing Students)
Registration Begins for Spring 2016 (New Students)
Last Day of Classes
Fall Commencement
Finals Week
Residence Halls Close
Winter Break (No Classes)

August 27
August 31
September 18
September 25-27
October 10 – 17
November 2 – 6
November 4
December 7
December 11
December 11 – 12
December 14 – 18
December 19
December 21 – January 22

Martin Luther King/Wyoming Equality Day (UW Offices Closed)
Classes Begin
Tuition/Fees Due
Spring Break (No Classes)
Advising Week for Fall 2016
Registration Begins for Fall 2016 (Continuing Students)
Last Day of Classes
Finals Week
Residence Halls Close
Spring Commencement

January 18
January 25
February 12
March 14 – 18
March 28 – April 1
March 30
May 6
May 9 – 13
May 14
May 14

Events and deadlines are subject to change. For additional dates and deadlines, visit www.uwyo.edu/uw/calendar.
### WYOMING AREA CODE (307)
- UW Laramie Information: 766-1121
- Wyoming Road and Travel Report: (888) 996-7623 or 511 - [www.wyoroad.info](http://www.wyoroad.info)

### EMERGENCY CONTACTS
- University Police Department (UWPD): 766-5179 or 911 - [www.uwyo.edu/uwpd](http://www.uwyo.edu/uwpd)
- University Counseling Center: 766-2187 - [www.uwyo.edu/ucc](http://www.uwyo.edu/ucc)
- Dean of Students Office: 766-3296 - [www.uwyo.edu/dos](http://www.uwyo.edu/dos)
- Student Health Service: 766-2130 - [www.uwyo.edu/shser](http://www.uwyo.edu/shser)
- Ivinson Memorial Hospital: 742-2141 - [www.ivinsonhospital.org](http://www.ivinsonhospital.org)

### ADMINISTRATIVE OFFICES
- Accounts Receivable: 766-6232 - [www.uwyo.edu/fsbo/accounts-receivable](http://www.uwyo.edu/fsbo/accounts-receivable)
- Admissions Office: 766-5160 - [www.uwyo.edu/admissions](http://www.uwyo.edu/admissions)
- Cashier’s Office: 766-2313 - [www.uwyo.edu/fsbo/cashiers-office](http://www.uwyo.edu/fsbo/cashiers-office)
- Center for Advising and Career Services: 766-2398 - [www.uwyo.edu/cacs](http://www.uwyo.edu/cacs)

### COLLEGES
- Agriculture and Natural Resources: 766-4133 - [www.uwyo.edu/uwag](http://www.uwyo.edu/uwag)
- Arts & Sciences: 766-4106 - [www.uwyo.edu/as](http://www.uwyo.edu/as)
- Business: 766-4194 - [www.uwyo.edu/business](http://www.uwyo.edu/business)
- Education: 766-3145 - [www.uwyo.edu/education](http://www.uwyo.edu/education)
- Engineering and Applied Science: 766-4253 - [www.uwyo.edu/ceas](http://www.uwyo.edu/ceas)
- Health Sciences: 766-6556 - [www.uwyo.edu/hs](http://www.uwyo.edu/hs)
- Law: 766-6416 - [www.uwyo.edu/law](http://www.uwyo.edu/law)
- Cowboy Parents: 766-4166 - [www.uwyo.edu/cowboyparents](http://www.uwyo.edu/cowboyparents)
- Disability Support Services: 766-6189 - [www.uwyo.edu/udss](http://www.uwyo.edu/udss)
- Financial Services: 766-3214 - [www.uwyo.edu/adminfiscal](http://www.uwyo.edu/adminfiscal)
- International Programs: 766-3677 - [www.uwyo.edu/intprograms](http://www.uwyo.edu/intprograms)
- International Student Services: 766-5193 - [www.uwyo.edu/iss](http://www.uwyo.edu/iss)
- Multicultural Affairs: 766-6193 - [www.uwyo.edu/oma](http://www.uwyo.edu/oma)
- Office of Registrar: 766-5272 - [www.uwyo.edu/registrar](http://www.uwyo.edu/registrar)
- Residence Life & Dining Services: 766-3175 - [www.uwyo.edu/reslife-dining](http://www.uwyo.edu/reslife-dining)
- SafeRide: 766-RIDE (7433) - [www.uwyo.edu/safeRide](http://www.uwyo.edu/safeRide)
- Student Financial Aid: 766-2116 - [www.uwyo.edu/sfa](http://www.uwyo.edu/sfa)
- Student Medical Insurance: 766-3025 - [www.uwyo.edu/safety](http://www.uwyo.edu/safety)
- University of Wyoming Alumni Association (UWAA): 766-4166 - [www.uwyo.edu/alumni](http://www.uwyo.edu/alumni)
- Wyoming Union: 766-3765 - [www.uwyo.edu/union](http://www.uwyo.edu/union)
- WyoOne ID: 766-5267 - [www.uwyo.edu/idoffice](http://www.uwyo.edu/idoffice)

### TICKET INFORMATION
- Fine Arts Center Box Office: 766-6666 - [www.uwyo.edu/finearts](http://www.uwyo.edu/finearts)
- Wyoming Union Ticket Office: 766-3160 - [www.uwyo.edu/union](http://www.uwyo.edu/union)
### Did You Know?
Beginning Thursday, August 27th, prior to classes, incoming UW students will have the opportunity to integrate with the UW campus, gain important knowledge about their transition to college, and have fun while interacting with their peers during Cowboy Connect. For a schedule visit [www.uwyo.edu/cowboyconnect/](http://www.uwyo.edu/cowboyconnect/)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It's that time of year again to tip your hats off to another summer and get your student into the swing of college life. Whether your student is a new incoming freshman or a returning student, make sure you talk to your student about the changes and issues he or she may face, but also share in their excitement and give them positive encouragement to start the year off with courage!
Did You Know?
Many students tend to get homesick about three to six weeks into their first semester. That is why Family Weekend is scheduled accordingly in the fall semester.

Your student has settled in at college and has gotten a glimpse of what college life is all about. Now is the right time for you to recommend that your student gets involved whether it be a club, organization, intramural sport team, etc. Make sure you keep encouraging them to explore this new chapter in their life and to dream.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Rendezvous Tour&lt;br&gt;Women’s UW Soccer vs. Colorado College (away)</td>
</tr>
<tr>
<td>5</td>
<td>Rendezvous Tour&lt;br&gt;UW VB vs. San Diego State (away)</td>
</tr>
<tr>
<td>6</td>
<td>UW VB vs. Air Force (home)</td>
</tr>
<tr>
<td>7</td>
<td>UW VB vs. Air Force (home)</td>
</tr>
<tr>
<td>8</td>
<td>CUWL VB vs. San Diego State (away)</td>
</tr>
<tr>
<td>9</td>
<td>Rendezvous Tour&lt;br&gt;Women’s UW Soccer vs. New Mexico (home)</td>
</tr>
<tr>
<td>10</td>
<td>Rendezvous Tour&lt;br&gt;Women’s UW Soccer vs. New Mexico (home)</td>
</tr>
<tr>
<td>11</td>
<td>Women’s UW Soccer vs. San Diego State (home)</td>
</tr>
<tr>
<td>12</td>
<td>UW Board of Trustees Conference Call</td>
</tr>
<tr>
<td>13</td>
<td>UWSP VB vs. Colorado State (away)</td>
</tr>
<tr>
<td>14</td>
<td>50-Year Homecoming Registration&lt;br&gt;UW VB vs. San Jose State (away)</td>
</tr>
<tr>
<td>15</td>
<td>50-Year Homecoming Registration&lt;br&gt;UW VB vs. San Jose State (away)</td>
</tr>
<tr>
<td>16</td>
<td>Cowboy Joe Club Auction Homecoming Registration&lt;br&gt;Women’s UW Soccer</td>
</tr>
<tr>
<td>17</td>
<td>Cowboys vs. Nevada (home)</td>
</tr>
<tr>
<td>18</td>
<td>Women’s UW Soccer vs. Boise State (home)</td>
</tr>
<tr>
<td>19</td>
<td>Women’s UW Soccer vs. Boise State (home)</td>
</tr>
<tr>
<td>20</td>
<td>Women’s UW Soccer vs. Boise State (home)</td>
</tr>
<tr>
<td>21</td>
<td>Women’s UW Soccer vs. Boise State (home)</td>
</tr>
<tr>
<td>22</td>
<td>Women’s UW Soccer vs. Boise State (home)</td>
</tr>
<tr>
<td>23</td>
<td>Mid Semester&lt;br&gt;Boise, ID Alumni &amp; Friends Legends&lt;br&gt;UW VB vs. Boise State (home)</td>
</tr>
<tr>
<td>24</td>
<td>UW VB vs. Boise State (away)</td>
</tr>
<tr>
<td>25</td>
<td>Salt Lake City, UT Alumni &amp; Friends&lt;br&gt;UW VB vs. Nevada (home)</td>
</tr>
<tr>
<td>26</td>
<td>Salt Lake City, UT Alumni &amp; Friends&lt;br&gt;UW VB vs. Nevada (home)</td>
</tr>
<tr>
<td>27</td>
<td>Salt Lake City, UT Alumni &amp; Friends&lt;br&gt;UW VB vs. Nevada (home)</td>
</tr>
<tr>
<td>28</td>
<td>Salt Lake City, UT Alumni &amp; Friends&lt;br&gt;UW VB vs. Nevada (home)</td>
</tr>
<tr>
<td>29</td>
<td>Cowboys vs. Utah State (away)</td>
</tr>
<tr>
<td>30</td>
<td>Cowboys vs. Utah State (away)</td>
</tr>
<tr>
<td>31</td>
<td>UW VB vs. San Diego State (home)</td>
</tr>
</tbody>
</table>
**Did You Know?**

The Family Education Rights and Privacy Act (FERPA) prevents institutions from sharing students' records with families. Students are allowed to determine who will receive information about them and may submit written consent to grant individuals access to their information. We encourage you to consult with your student if academic information is needed.

---

The end of the semester is just around the corner and students are anxious for Thanksgiving and Winter break. Although a big break is up ahead for your student, they have a lot of pressure on them as they begin preparation for long final papers, projects, and exams. Now is a great time to give your student words of wisdom and the motivation they may need to get through these tough last weeks of the semester. Help your student remember to take time to relax, spend time with friends and to explore new things as this may help relieve some of the stress.
### Did You Know?

Students have a unique opportunity where they can address local and global issues through direct service and education. Alternative breaks for the winter term are typically international service trips.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Men’s B-Ball vs. Denver (away)
2. Women’s B-Ball vs. Gonzaga (away)
3. Men’s B-Ball vs. Southern (home)
4. Last Day of Classes
5. Fall Commencement
6. Women’s B-Ball vs. Montana (home)

---

### Holidays

- **Pearl Harbor Day**
- **Winter Closure**
- **UW Offices Closed**
- **Christmas Eve**
- **UW Offices Closed**
- **Christmas Day**
- **UW Offices Closed**
- **New Year’s Eve**
- **UW Offices Closed**

### Finals Week

Finals week is this month, and your student may be feeling overwhelmed. Sending your student a care package could help them get through the last few weeks of the semester. Sending home made packages filled with baked goods or gift cards to restaurants or coffee shops would be a perfect package for your student to get through those late nights of studying. Along with a care package, make sure you talk to your student about any issues they may be facing and help them manage their stress with words of encouragement and inspiration.

### Did You Know? (Continued)

These trips are a way for students to develop leadership skills and a commitment to service. To find out more information, travel requirements, and much more visit [www.uwyo.edu/union/sloe/service/ab.html](http://www.uwyo.edu/union/sloe/service/ab.html)
BELIEVE
### Did You Know?

Students must complete the Free Application for Federal Student Aid (FAFSA) each year and may do so beginning January 1 for the next academic year. University of Wyoming’s priority date for the FAFSA is March 1. The form is available on-line at www.fafsa.ed.gov.

### Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women's B-Ball vs. Air Force (away)</td>
<td>Men's B-Ball vs. Air Force (home)</td>
<td>New Year's Day</td>
<td>UW Offices Closed</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men's B-Ball vs. UNLV (home)</td>
<td>Women's B-Ball vs. UNLV (away)</td>
<td>Women's B-Ball vs. San Jose State (home)</td>
<td>Men's B-Ball vs. San Jose State (away)</td>
<td>15</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men's B-Ball vs. New Mexico (away)</td>
<td>Women's B-Ball vs. New Mexico (home)</td>
<td>UW Board of Trustees Meeting</td>
<td>Women's B-Ball vs. Nevada (away)</td>
<td>Men's B-Ball vs. Boise State (home)</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Classes Begin for Spring 2016</td>
<td>Women's B-Ball vs. Fresno State (home)</td>
<td>Men's B-Ball vs. Fresno State (away)</td>
<td>Men's B-Ball vs. Colorado State (home)</td>
<td>Women's B-Ball vs. Colorado State (away)</td>
</tr>
</tbody>
</table>

After a nice long winter break, it’s time to tip your hats to a new year and another semester. Your student will have a better grasp on what to expect during the semester as well as have an easier time adjusting to being back in school. Encourage your student to stay on top of any deadlines they may face during the school year because it will help them be more successful in their classes and daily tasks. Let your student know at the beginning of the semester that you believe in them, because they will then believe in themselves as well.
Many students participate in the Alternative Spring Break Programs, which offer the opportunity for students to work on community-based service projects both nationally and internationally during their spring break. For more information visit www.uwyo.edu/slce/alternativebreaks.
### 2016

#### MARCH

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women’s B-Ball vs. San Jose State (away)</td>
<td>Men’s B-Ball vs. San Jose State (home)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women’s B-Ball First Round MW (Vegas)</td>
<td>Women’s B-Ball Semifinals MW (Vegas)</td>
<td>Men’s B-Ball Quarterfinals MW (Vegas)</td>
<td>Mid-Semester Women’s B-Ball MW Championship (Vegas)</td>
<td>Men’s B-Ball MW Championship (Vegas)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daylight Savings Time Starts</td>
<td>Spring Break No Classes UW Offices Open</td>
<td>Spring Break No Classes UW Offices Open</td>
<td>Spring Break No Classes UW Offices Open</td>
<td>Spring Break No Classes UW Offices Open</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Palm Sunday</td>
<td>UW Board of Trustees Meeting</td>
<td>UW Board of Trustees Meeting</td>
<td>UW Board of Trustees Meeting</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Easter Sunday</td>
<td>Advising Days</td>
<td>Advising Days Registration Begins for Summer/Fall 2016</td>
<td>Advising Days</td>
<td></td>
</tr>
</tbody>
</table>

**Did You Know?**
The ultimate purpose of academic advising is to help students make rational, informed, and independent choices about their academic goals.

**Did You Know? (Continued)**
To that end, the academic advisor provides support and guidance to students and acts as a link to other resources in the academic community.

Because Spring Break is this month, your student may focus more on their week off from school rather than their academic demands. This may result in loss of concentration, which can lead to your student’s grades slowly starting to decline. Make sure your student is taking advantage of the services that campus provides, such as academic advising and tutoring to keep them on the right track. This month is a vital time for your student to stay dedicated to the tasks that matter most. Explore the UW’s tutoring opportunities at www.uwyo.edu/STEP.
Did You Know?
Students can catch up or get ahead by taking summer coursework. Summer session is a great way to stay on track to graduate and offers numerous opportunities for students. Summer coursework is available May 23-August 12.

Finals are quickly approaching next month, so this month is the time where your student may be preparing himself or herself for this vital and stressful time. Students may feel that the school year is beginning to drag on, so begin discussing their arrangements for summer break to give them something to look forward to. This is also a great time for you to review with your student all they have accomplished thus far and how much they can still achieve in these last few months of school.
### Did You Know?

With the Residence Halls closing on May 14th students may be looking to store their belongings in Laramie. If so, they can view a listing of local storage facilities at storagelocations.com.

Whether this was your student’s first school year or last your student has finally completed the school year and deserves praise and celebration. Some students are looking forward to graduation while others may be looking forward to beginning a summer job or other activity. Let your student know how proud you are of them for all they have accomplished and how much you look forward to all the success they will come across from here on out. Employment opportunities at the university can be discovered at www.uwyo.edu/
Did You Know?
Laramie's historic downtown is filled with boutiques, art galleries, antique shops, and more! To view a full listing of events, accommodations, restaurants, shopping and more, visit the Albany County Tourism Board website at www.visitlaramie.org.

While many students will go home for the summer, others will take this time to live away from home to begin learning responsibility and find their own independence. Allow your student to grow as a person and explore their individuality. This is hard for some parents to do, but your student is transitioning from being considered a child to an adult. Remind them that you will be there for them every step of the way and to imagine this summer away from home as a preview to what lies ahead in their life after college.
### Did You Know?
Laramie Jubilee Days marks Wyoming’s birthday as the 44th state. The celebration offers entertainment, a parade, and more! Visit www.laramiejubileedays.net for more information.

This is a time of the year to relax and enjoy the rest of summer. Although your student will soon have to prepare for a new schedule and consider new plans for the next upcoming semester. Figuring out living arrangements may be in order towards the end of this month.

Does your student need to find a new apartment or new roommates? If so, does he or she need help moving furniture? These questions can help August seem less hectic and prepare your student for the next school year, which will be full of courage, dreams, pride, exploration, inspiration, believing, discovery, dedication, achievement, success, imagination, and lastly, honor.
ACADEMIC AND CAREER SERVICES


WELLNESS AND SAFETY AT UW

Student Health Service: 766-2130; email: studenthealth@uwyo.edu; web: www.uwyo.edu/shser | University Counseling Center: 766-2187; email: uccstaff@uwyo.edu; web: www.uwyo.edu/ucc | Alcohol, Wellness Alternatives, Research, and Education (AWARE) Program: 766-2187; email: uccstaff@uwyo.edu; web: www.uwyo.edu/uss/aware | Dean of Students Office: 766-3296; email: dos@uwyo.edu; web: www.uwyo.edu/dos | Campus Recreation: 766-2402; email: rec@uwyo.edu; web: www.uwyo.edu/rec | UW Police: 766-5179; email: uwpd@uwyo.edu; web: www.uwyo.edu/uwpd | UW Alert: www.uwyo.edu/uwalret | Road and Weather Information: www.wyoroad.info

ENROLLMENT AND FINANCES

Cost of Attendance: www.uwyo.edu/sfa/coa | Tuition Payments: (800) 370-3188; email: accttec@uwyo.edu; web: www.uwyo.edu/fsbo | Cashier's Office: 766-2313; email: cashiers@uwyo.edu; web: www.uwyo.edu/fsbo/cashiers-office | Resident Tuition Policy: www.uwyo.edu/admissions/residency | Office of the Registrar: 766-5272; email: registrar@uwyo.edu; web: www.uwyo.edu/registrar | Office of Student Financial Aid: 766-2116; email: finaid@uwyo.edu; web: www.uwyo.edu/sfa | Student Veteran Services: www.uwyo.edu/studentaff/veteranservices | VA Verifying Officer: 766-2525; email: vafinaid@uwyo.edu; Veterans Services Center: 766-6908; email: uv-vets@uwyo.edu | WyoOne ID Card: 766-6583; web: www.uwyo.edu/idoffice | Cowboy Connect: 766-3448; web: www.uwyo.edu/cowboyconnect | Residence Halls: 766-3175; email: relife-dining@uwyo.edu; web: www.uwyo.edu/reslife-dining/halls | University Apartments: 766-3175; email: relife-dining@uwyo.edu; web: www.uwyo.edu/apartments | Dining Services: 766-3175; email: relife-dining@uwyo.edu; web: www.uwyo.edu/dining

TRAVEL AND PARKING

Student Parking: 766-9800; email: tps@uwyo.edu; web: www.uwyo.edu/tap | Visitor Parking: 766-9800; email: tps@uwyo.edu; web: www.uwyo.edu/tap | Transit Services: On Call Services: 766-7433; web: www.uwyo.edu/saferide | Paratransit Services: 766-6686; email: tps@uwyo.edu; web: www.uwyo.edu/paratransit | Shuttle to/from Denver International Airport: www.greenrideco.com or www.uwyo.edu/roundup

LEARNING OUTSIDE THE CLASSROOM

Service, Leadership & Community Engagement Office (SLCE): 766-2117; email: slce@uwyo.edu; web: www.uwyo.edu/slce | Student Employement: 766-2215; web: www.uwyo.edu/hr

ADDITIONAL RESOURCES

International Students and Scholars Office: 766-5193; email: uwglobal@uwyo.edu; web: www.uwyo.edu/iss | Admissions Office: 766-5160; email: admissions@uwyo.edu; web: www.uwyo.edu/admissions | Non-Traditional Student Center: 766-6258; email: nontrad@uwyo.edu; web: www.uwyo.edu/ntscenter | Rainbow Resource Center: 766-3478; email: rrcenter@uwyo.edu; web: www.uwyo.edu/rrc | Women’s Resource Center: 766-6797; email: womenscenter@uwyo.edu; web: www.uwyo.edu/womenscenter | Multicultural Affairs (MA) & Multicultural Resource Center (MRC): 766-6913; email: diversity@uwyo.edu; web: www.uwyo.edu/oma | Veterans Services Center: 766-6908; email: uv-vets@uwyo.edu; web: www.uwyo.edu/studentaff/veteranservices | Wyoming Athletics: 766-4850; web: www.gowyo.com | Wyoming Union: 766-3160; web: www.uwyo.edu/union | Office of the Alumni Relations: 766-4166; web: www.uwyo.edu/alumni | Cowboy Parents: 766-4166; web: www.uwyo.edu/cowboyparents
MAKING THE TRANSITION

There will be a lot of ups and downs for both you and your student – transition and change are exciting and difficult for everyone involved. Most parents experience a mix of emotions including pride, sadness, fear, loneliness, loss, and confusion when their child goes to college. It is important to allow these feelings to happen and know that they will eventually develop into acceptance and clarity.

Remember that you have laid a terrific groundwork of values and support the past 18 years. Now you need to let your student practice these so that they experience and build their own identity and independence. Trust your student to make the right choices as he or she finds his or her path in life.

FIRST-YEAR ADJUSTMENTS

Your son or daughter has made an excellent decision to attend the University of Wyoming. The first year at UW will be a year of excitement but one of trepidation, too – there will be many new adventures and challenges, not just academically, but also personally. Your student will face some major life changes during the next few years. Even though they may not show it, they will need to persevere in defining who they are (identity), how to confront life’s issues (independence), and how to connect and work with others (intimacy and interdependence). During these important developmental processes, they will experience setbacks, failures, successes, and quandaries; it is crucial that they feel supported in their journey but not necessarily “taken care of”. Allowing your son or daughter to pilot his or her own vessel, even though it may be a new and awkward experience, will ensure that they are gathering the necessary tools to navigate life’s terrain and inevitable stormy seas.

HOMESICKNESS

Students typically begin to feel homesick about three to six weeks into their first semester in college. This is normal! You can help deter this feeling by following the suggested tips.

• Attend Family Weekend and share in your student’s college experience
• Encourage your student to get involved with organizations, this will help him or her to make friends and build connections
• Assure him or her that the feeling of homesickness is normal and will pass
• Be there to listen and to offer encouragement

WHAT YOU CAN DO TO SUPPORT YOUR STUDENT

It’s a good idea to remind your student that you are there emotionally for them. Send cards and little gifts (cookies, or other treats, stamps, laundry change, pictures, etc.) to remind them that you are there. Also, ask open-ended questions of your son or daughter: How are classes going? How’s campus life? But be careful not to be too solicitous as they may see this as your concern that they can’t handle the new challenges they are facing. Words and actions of support will comfort them in the knowledge that you are “there, but that you trust and respect their ability to handle the tough adjustment. It is very important that they learn how to do it for themselves. College is an ideal supportive middle ground between the comforts of home and the real world.
He always sings raggy music to the cattle as he swings back and forth in the saddle, on a horse - a pretty good horse! He’s got a syncopated gaiter, and you ought to hear the meter to the roar of his repeater; how they run - yes run! - when they hear him ‘a-comin’, cause the western folks all know, he’s a high falootin’, rootin’, tootin’, son of a gun from ol’ Wyoming, Ragtime Cowboy, Talk about your Cowboy, Ragtime Cowboy Joe.