Welcome to Northern Arizona University!

Parent and Family Services supports you and your student by providing easy access to information and answering your questions about life as a Lumberjack.

NAU understands the important role families play in their students’ lives and educational success. Continued communication and support from family can help your new Lumberjack succeed at NAU.

This calendar will help you learn about the many offices, academic programs, and resources NAU has to offer, including ways we can work together to support students in reaching their educational and career goals.

Welcome to the Lumberjack family!

Sincerely,

Shannon Clark
Assistant Dean of Students
Your student’s NAU journey begins
Every Lumberjack’s journey to graduation starts with setting foot on campus for the first time. Encourage your student to get involved early and seek out a network of support and resources.

WELCOME WEEK
One of the best ways for new Lumberjacks to plug in to the campus community and find friends with similar interests is to take part in Welcome Week events and activities around the start of each new school year.

nau.edu/welcomeweek

CLUBS AND ORGANIZATIONS
NAU has more than 350 student clubs and organizations, ranging from academic and social clubs to intramural sports and Greek Life.

nau.edu/clubs

RESIDENCE LIFE
Find everything you and your student need to know about housing, dining, move-in, and success with roommates at nau.edu/reslife.
Connections and resources for families
We’re proud to partner with you to ensure a successful first semester for your Lumberjack. Here are some ways you can engage and have a positive impact as your student eases into university life.

### THE BACKPACK NEWSLETTER
Subscribe to our wildly popular, free e-newsletter and become a champion for your student’s progress, with timely information and relevant advice along the way.

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- [tiktok.com/@nausocial](https://tiktok.com/@nausocial)

### WE’RE HERE FOR YOU!
Parent and Family Services
928-523-6267
ParentandFamilyServices@nau.edu

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September 2022

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Finding a rhythm: mid-semester support
By now, your student might be hitting their stride with the nuances of university life, or they could still be adjusting. Homesickness and adapting to a new academic environment are totally normal—now is the perfect time for students to ask for some help!

ACADEMIC SUCCESS CENTERS
The ASCs provide your student with access to free one-on-one tutoring, peer-led review sessions, test and exam reviews, academic mentoring, and workshops on time management, test preparation, and stress relief.

nau.edu/asc

ADVISING
Advisors at Gateway First Year Advising help first-year students select a major, understand degree requirements, navigate campus resources, and stay on track.

nau.edu/gateway

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**Ensuring a healthy NAU**

Maintaining a safe and healthy learning environment is a top priority at NAU. As cold and flu season approaches, you can trust that your student’s health is in good hands. Encourage your student to take advantage of NAU’s Campus Health Services:

### HEALTH PROMOTION

The Health Promotion department provides free preventative programs and education to help students maintain and improve their health, covering topics such as stress management, nutrition, sexual health, relationships, alcohol and drugs, and more.

### COUNSELING

Counseling Services enhances students’ psychological growth, emotional well-being, and learning potential. The first appointment is always free.

Find information on services, fees, immunizations, insurance, and more at nau.edu/chs.

### MEDICAL

As a full-service primary care facility, Campus Health Services provides a wide array of high-quality and affordable medical services, including pre-scheduled and same-day appointments.

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**November 2022**

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Finding focus
Winter break is a great time to engage with your student and help them reflect on their first semester. This is often when students start to make big decisions, such as choosing a major or a career path. As always, we’ve got resources to assist.

DEGREES
With more than 100 degree programs at NAU, your student is sure to find a path that excites and challenges them. Students who have not already declared a major can do so by logging in to their LOUIE account or talking with their advisor, ensuring a clear and proactive path forward.

Jacks Planner provides a “road map” for students to navigate how courses might fit into their degree plan and helps them explore classes and majors while staying on track to graduate.

nau.edu/JacksPlanner

CAREER DEVELOPMENT
Your student can get a career jump-start with résumé reviews, job search strategies, career exploration, internship and student employment resources, and more.

nau.edu/career
## Financing your student’s future

January is an important time in the world of scholarships and financial aid. Be sure to review important dates and payment info at nau.edu/sdas and help your student explore the various ways to pay for college.

- The Office of Scholarships and Financial Aid accepts applications starting in mid-January for new and continuing NAU students. [nau.academicworks.com](http://nau.academicworks.com)

- The NAU Foundation also awards hundreds of scholarships each year. Students can apply in December and January. [naufoundation.academicworks.com](http://naufoundation.academicworks.com)

- The Free Application for Federal Student Aid (FAFSA) must be submitted each year, and both students and parents will need to file one. The FAFSA opens Oct. 1 and NAU’s priority filing date for returning students is Feb. 1.

- View comprehensive financial aid and scholarship information at nau.edu/finaid.

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A commitment to unity
NAU celebrates Black History Month each February with a number of events and initiatives raising awareness and honoring contributions of the African American and Black communities. It’s just one of many ways Lumberjacks embrace diversity and inclusion while promoting a welcoming community for students of all backgrounds.
Play with purpose

March means Spring Break for college students, and Lumberjacks live in one of the best places in the country to get out and enjoy the emerging spring weather. Students can participate in trips through NAU’s Outdoor Adventures, just one of many recreational opportunities available at the Flagstaff campus.

AQUATIC AND TENNIS COMPLEX

Olympic swimmers travel to Flagstaff from all over the world for high-altitude training, but you don’t have to be an elite athlete to take advantage of aqua fitness, swim and diving lessons, free tennis equipment rental, or a relaxing dip in the pool.

CAMPUS RECREATION

We’ve made it easy to enjoy a healthy lifestyle with our innovative recreational facilities, sport clubs, fitness classes, and outdoor adventures.

nau.edu/recreation | nau.edu/fitness

INTRAMURAL AND SPORT CLUBS

Intramural sports include a blend of traditional sports as well as unique offerings such as Quidditch and Canoe Battleship.

nau.edu/imsports

Enrollment for the summer and fall terms generally opens in March.

ST. PATRICK’S DAY

LAST DAY TO WITHDRAW WITH A “W” WITHOUT A PETITION

WOMEN’S HISTORY MONTH

SPRING BREAK

12 TH DAY
April 2023

Finishing strong

April is a busy month—the end of the school year is in sight. Now is a good time to check in with your student and help them get organized before summer arrives.

PREPARING FOR FINALS: In the week before final exams, campus activities and events begin to shut down, allowing students time to study and complete projects. Make sure your student knows when and where their finals take place—they could be at different times and locations than their normal classes.

CLINE LIBRARY: The library is the perfect place to study and provides academic resources so your student can finish strong. It is open 24 hours a day during the week and until midnight on Friday and Saturday. nau.edu/library

MOVING OUT: Be sure to review the move-out dates and policies at nau.edu/reslife.

ENROLLMENT: If your student hasn’t enrolled in their fall classes yet, have them get in touch with their advisor as soon as possible.

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LAST DAY TO WITHDRAW FROM ALL CLASSES IN SPRING SESSION

LAST DAY TO WITHDRAW FROM ALL CLASSES IN FALL SESSION
Looking toward the future

May on the NAU campus is a time of celebration and good vibes— for thousands of students each year, it means graduation and transitioning into the future they’ve worked hard to reach. Even if your student isn’t a graduating senior, seeing their fellow Lumberjacks posing in their caps and gowns for photos in the beautiful North Quad is always inspiring.

**HOW CAN MY STUDENT STAY ON TRACK TO GRADUATE?**

Completing 15 credits each semester will keep your student on track to graduate in four years. For more information on specific degrees and their requirements, visit nau.edu/catalog or encourage your student to speak with their advisor.

NAU students graduate with the **LOWEST AVERAGE DEBT OF ANY ARIZONA UNIVERSITY**—less than the national average.

**#1 UNIVERSITY IN ARIZONA** for return on investment
- LendEDU

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**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
---|---|---|---|---|---|---
1 | 2 | 3 | 4 | 5 | 6 |  
7 | 8 | 9 | 10 | 11 | **12** | 13
**14** | 15 | 16 | 17 | 18 | 19 | 20
21 | 22 | 23 | 24 | 25 | 26 | 27
28 | 29 | 30 | 31 | **MOTHER’S DAY** | **MEMORIAL DAY** | **LAST DAY TO WITHDRAW WITH A “W” (WITHOUT A PETITION)**
28 | 29 | 30 | 31 | **MOTHER’S DAY** | **MEMORIAL DAY** | **LAST DAY TO WITHDRAW WITH A “W” (WITHOUT A PETITION)**
Life in a mountain town
Although many students may leave town for the summer, there’s no better place to be in June than Flagstaff. If your student is staying in town over the break or taking summer classes, it’s a great chance to explore the arts, culture, history, and natural wonders of Flagstaff and the Southwest.

**FLAGSTAFF:** education with altitude
Population: 75,000 | Elevation: 7,000 FEET

**MOST BEAUTIFUL** college town in Arizona
– LoveExploring.com

Among the **TOP 10** college towns for outdoor adventures
– Expedia Viewfinder

**#3 COLLEGE TOWN** in the nation
– MSN Travel Pulse

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**June 2023**

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- **20**th June: Father’s Day
- **19**th June: Juneteenth
- **22**nd June: Independence Day
- **25**th June: Independence Day
A global education
Many students dream of traveling abroad during their summer vacation, but did you know your student can do it during the school year—and earn credit for it? NAU’s award-winning study abroad programs rank among the nation’s elite, and the best part is that most tuition rates and merit scholarships continue to apply, giving your student the experience of a lifetime while staying on track toward their career ambitions.

#10 IN THE NATION for long-term study abroad programs among doctorate-granting institutions
– Institute of International Education

500+ PROGRAMS to choose from
75+ COUNTRIES to study abroad in
200+ US partner universities available through the National Student Exchange
Thinking about sophomore year

If the freshman year of college—especially the first semester—is about easing into university life, sophomore year is about a full commitment from your student toward their education and their future. Here are some things for you and your student to consider as they begin their second year as a Lumberjack:

**HOUSING:** Have questions on NAU’s upper-division housing for non-freshman students? Visit nau.edu/udhousing to see information on housing applications, room selection guides, and room assignment timelines.

**MEAL PLANS:** We offer a wide variety of meal plans, including reduced and flexible meal plans for upper-level students who still want the convenience of eating on campus.

**JOBS:** Getting a job on campus is a great way to help pay for college, and the Handshake website (nau.edu/handshake) is the place to find one. Federal Work-Study positions are available to help eligible students meet their education expenses.
Contact information and websites
(area code 928 unless otherwise indicated)

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<th>North: 523-9524</th>
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<td>nau.edu/police</td>
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Northern Arizona University sits at the base of the San Francisco Peaks, on homelands sacred to Native Americans throughout the region. We honor their past, present, and future generations, who have lived here for millennia and will forever call this place home.