



Welcome to the Backpack

Welcome, Lumberjack families, to the Backpack, an informational resource at Northern Arizona University. The Backpack provides information about exciting opportunities for you and your student, featured events on campus and in Flagstaff, and information about typical challenges and transitions your student might face.

We rely on you to serve as our partners in educating your student. I'm here to answer your questions or connect you with someone who can. Please contact me if I can be of service to you, your student or your family. You'll find Parent and Family Services in the Office of the Dean of Students on the first floor on the University Union, (building 30 on campus). Give me a call at (928) 523-6267 or send me an email if I may be of service.

The Backpack is published in English via email every other Tuesday during the fall and spring semesters.

Sincerely,

Shannon W. Clark
Assistant Dean of Students
Shannon.Clark@nau.edu

IMPORTANT DATES

Fall 2020

Aug. 5 – Residence Halls Open
Aug. 10 – The Lumberjack Experience begins
Aug. 12 – First day of fall 16 week session
Sept. 7 – Labor Day
Oct. 2-3 – Family Weekend
Nov. 7 – Homecoming
Nov. 11 – Veteran's Day Observed
Nov. 22 – Commencement
Nov. 25 – Last day of Fall session
Nov. 25 – Residence Halls close*

Spring 2021 (subject to change)

Jan. 9 – Residence Halls open 9 a.m.
Jan. 11 – First day of spring classes
Jan. 18 – Martin Luther King, Jr. Day
March 15-19 – Spring Break
May 7 – Residence Halls close
May 7, 8 – Commencement

* Most residence halls close during Winter Break and reopen on Jan. 9. Continuing residents may leave their belongings in their rooms over break.

Parents as Partners: Supporting Student Health and Safety

by Melissa Griffin, Health Promotion Director

With all the topics that come up around your student's college journey, there's one that's easy to overlook: alcohol and drugs. Yes, it can feel awkward to broach this topic but parents have a big impact on the choices their students make while at the university.

The first six weeks of the fall semester are considered a "high-risk" period, so take the time to talk with your student about alcohol and drug use. While NAU has a myriad of resources dedicated to student safety and wellness, ***we need your help***. Start the conversation now and keep it going by checking in with them weekly, especially on the weekends.

Here are some suggestions for addressing alcohol and drug use with your student:

- Be honest and respectful. If they ask you about your own use, don't lie. But don't glamorize it. Think in terms of, "If I only knew then what I know now." Avoid sharing your old college "war stories."
- Share that many students choose not to drink alcohol or use marijuana. It doesn't have to be a rite of passage.
- Let them know you care about their well-being and that they can always come to you for help.
- Ask open-ended questions. Find out what their expectations are around the college "party scene."
- Clearly state your expectations that they abide by laws and policies that prohibit marijuana use and underage drinking.
- Remind them that **all forms of marijuana, including for medical use, are prohibited on campus**. Recreational marijuana is also currently illegal in the state of Arizona.
- Avoid any temptations to furnish alcohol or drugs to your student.



ACADEMIC RESOURCES

The Academic Success Centers (ASCs) on campus assist students and empower them to excel academically while being engaged with the university. The centers provide personalized peer support and resources that build confidence, cultivate independent learning, and foster collaborative connections within the community.

nau.edu/asc

FAMILY WEEKEND OCTOBER 2-3, 2020

IMPORTANT UPDATE

Thank you for your interest in Northern Arizona University's Family Weekend. We are committed to providing current and future Lumberjack families with the information they need to support their students, while also protecting the safety of our community in light of the situation with COVID-19. For more information and updates following the current events regarding COVID-19 and NAU



Finding a Home Away from Home

by Ivy K. Banks, J.D., Dean of Students and
Assistant Vice President of Student Affairs

When students arrive on our very large campus and begin to take in the volume of new students and environments, the reality of beginning their new chapter in life can be exciting and overwhelming. In the first few weeks, we inevitably run into students seeking to find their fit or sense of belonging. Many were comfortable with their high school environment surrounded by friends that have grown with them for many years and now they are faced with new surroundings and the prospect of developing new circles of support or finding their sense of belonging on campus.

Our campus takes pride in having a place for every student – whether a student organization, program, or staff support– to excel outside of the classroom. In IMQ, we provide the physical space, student support staff and resources to help Lumberjacks pursue opportunities for leadership and excellence. Our monthly cultural celebrations highlight the diversity of our students as we share food, stories as well as dances and cultural traditions. Students learn about the rich history that each student brings to campus and how it will impact the professional lives of our students in the future.

As your students make the transition to college life, talk to them about the importance of finding their fit – the places on campus where they thrive by just being themselves. Data shows that students that engage early and find their community of support are more likely to excel academically and graduate timely. Our goal is to help your student find their fit – their sense of home! IMQ becomes home as students come to the Center daily to socialize, study together, share lunch and even print homework. All students are encouraged to experience the laughter, the deep conversations and engagement that occurs inside our space. As your student embarks on this journey of self-exploration and prepares to enter the diversity of the global marketplace, challenge them to get to know themselves by finding their home away from home in IMQ.

WELCOME TO OUR NEW INDIGE-LUMBERJACKS

by Sharon S. Doctor (Diné)
Director, Office of Indigenous Student Success

Yá'át'ééh! We extend a warm welcome to you and your student as they begin their journey as a Lumberjack at NAU. Your student has chosen a university that has a goal to serve Native American people. Our beautiful mountain campus is by a sacred mountain revered by many Indigenous nations, and we are on the land of our Indigenous ancestors who have inhabited this region since time immemorial. We have an Indigenous student population of over 1,900 from 100+ tribal nations and communities.

Your student will be meeting others from diverse backgrounds and unique worldviews, and we encourage them to attend our events to learn about Indigenous cultures, traditions, and values. We are located inside the beautiful Native American Cultural Center, which opened in October 2011 as a NAU building serving students from all backgrounds.

We look forward to meeting you and helping your student become a part of the NAU community. We are committed to supporting your student's success and wish them a productive first year. 'Ahéhee'! Thank you!

issnatives@nau.edu • (928) 523-8086

please visit: COVID-19 Updates
and Information Please continue to
check back to this page for Family
Weekend updates. We appreciate
your patience and understanding,
and we look forward to seeing you
and your students back on campus
in the near future.

Parents and Families Love the Backpack!

"Thank you for 4+ years of keeping us informed and up to date with what has been going on at NAU. Our daughter will graduate in May and the Backpack has kept us all informed and helped out in more ways than you know! As an alum, NAU is a great place and the Backpack is one of the many things that make it so. Keep it going."

– Kristen and Tom

"Everyone conveys the message that NAU cares about my child's overwhelming success and I believe speaks from the heart that represents NAU. There is no other college that I would rather see my daughter attend. Thank you!"

– Peggy F.

"Each time I read your email message in The Backpack, I think to myself, "This is exactly what I want to know and what I think my child needs to hear as well!"

– Petra C.

SPANISH VERSION

Northern Arizona University is exploring offering a Spanish language limited-edition parent newsletter. Please add your name and email at the following link if you are interested:

nau.edu/SpanishBackpack

NAUgo

Make sure your Lumberjack downloads NAUgo, a one-stop mobile app for all things NAU that includes events, advising, transit, email, dining, and more.

f We're on Facebook!
Like us at NAU Parent and Family Services

Subscribe to the Backpack at the Parent and Family Services website. It's easy!

nau.edu/backpack



First Generation College Students Thrive at NAU

by Mark Despain, Director, First-Generation Programs

Being the first in the family to go to college and earn a degree is an exciting challenge and can be overwhelming. Please know that your student is not alone! NAU has plenty of resources to guide them every step of the way: encourage them to reach out and ask for help.

If you or your student doesn't know where to start, just wants to hear a friendly voice or is ready to jump right in and begin making connections, contact the Office of First-Generation Programs at 928-523-6980 or visit us at nau.edu/firstgen to learn about our programs and services. We truly care about your student's success, so let us know how we can help!

IMPORTANT CONTACTS

Parent and Family Services

ParentandFamilyServices@nau.edu • (928) 523-6267

Scholarships and Financial Aid

Financial.Aid@nau.edu • (855) 628-6333

Campus Health Services

CampusHealth@nau.edu • (928) 523-2131

Counseling Services • (928) 523-2261

NAU Police Department (non-emergency)

(928) 523-3611

University Housing

University.Housing@nau.edu • (928) 523-3978

Residential Life

Residence.Life@nau.edu • (928) 523-3978

Student and Departmental Account Services

SDAS@nau.edu • (866) 234-6153

Office of the Dean of Students

DeanofStudents@nau.edu • (928) 523-5181

Student Service Center

servicecenter@nau.edu • (855) 628-6333 • nau.edu/servicecenter

University Admissions

Admissions@nau.edu • (888) 628-2968