

# Roosevelt Parents

Newsletter for Parents of Roosevelt University Students

ROOSEVELT UNIVERSITY  
CHICAGO • SCHAMBURG • ONLINE  
www.roosevelt.edu

FALL 2004

## Greetings from President Middleton



Dear Roosevelt Parent:

On behalf of the Roosevelt University community, I am pleased to send you this first issue of our new parent and family newsletter. This newsletter has been designed to provide you with information on the University in order to enhance your experience as a parent and to update you on current events.

The college experience is filled with challenges, new life experiences, and remarkable learning opportunities. As a parent, you assume a crucial role in your student's success. Please know that the faculty and staff members at Roosevelt are your allies in fostering and

working to assure your student's success, so please don't hesitate to contact us when we may be of assistance. A list of administrative telephone numbers is on the mailing panel.

We are excited that your student has chosen to pursue a degree at Roosevelt. I look forward to meeting you in the future and seeing your student walk across the stage during commencement in the historic Auditorium Theatre.

Sincerely,

Charles R. Middleton  
President

## Adjusting to College Life

By Patricia Dore, Ph.D, Director of the Counseling Center

Having a young adult in college and away from home creates a time of adjustment for the entire family. All family members may experience a host of emotions: joy, excitement, relief, sadness, anxiety, disappointment, or loneliness. However, some of those feelings, moods, and behaviors may have a darker side.

If a student begins college and has had mental health issues as a pre-teen or teenager, such concerns may surface when they begin college or perhaps any time thereafter. For some students depression may occur or suicidal thoughts and feelings may arise. This is frightening to both the individual and concerned family. What is important is the response that is made. It is known that therapy or a combination of therapy and medication alleviates both depression and thoughts of suicide. What

is dangerous, if not deadly, is denial. It's dangerous to assume that the person will get over it if they exert some will power or stop being self-indulgent. Dismissing suicidal statements as merely an attempt for attention is a very serious mistake.

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## Helping Your Student Plan for Tomorrow's Success

The Office of Career Services at Roosevelt University is designed to ensure that students meet their educational and career goals. From the first steps of selecting a major to building a solid foundation for their career, Career Services offers students comprehensive support. Our extensive resource library includes key information such as career counseling and assessment, information on co-operative education, full- and part-time job listings, resume referral program, and e-recruiting. In addition, the staff members meet with students one-on-one, as well as conduct workshops on a variety of topics. Because of the variety of career development and job search opportunities, RU students are well prepared for their careers.

The following is a suggested timetable of activities and actions your student may want to take to better plan his or her education.

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## Planning for Success *continued from page 1*

### FIRST YEAR

It is never too early to explore career interests and options. Here are a few ways your son or daughter may begin planning their education and clarifying their career goals:

- Take a career assessment and interest inventory before choosing a major
- Discuss their education plans with an academic advisor
- Explore possible majors through general education courses.
- Develop tentative short- and long-range personal goals
- Research different occupations through the Career Services library
- Become involved in student organizations and leadership development programs

### SECOND YEAR

In their second year, we recommend a few steps that your child can take:

- Begin informational interviews with staff members in the department of her or his intended major. This process will assist your student in further research of career opportunities.
- Become involved in a co-operative education program or non-credit internship. This is beneficial if your child is interested in pursuing a structured work-related activity.

- Meet with one of our career counselors to get information about employment trends and become familiar with online resources and informational websites.
- Attend career fairs and workshops sponsored by the Office of Career Services
- Begin looking for mentors in the professional and academic worlds
- Obtain a personal access code for e-recruiting from a career counselor

### THIRD YEAR

By now your child will have had the opportunity to develop a good relationship with a career counselor as well as faculty members in his or her chosen field. The planning should now become more focused to make the most out of the final two years of college. A few suggestions to further meet your student's goals are:

- Take a comprehensive inventory of their skills and abilities
- Pursue internships/part-time work in his or her field of interest
- Revise his or her resume with the assistance of Career Services
- Obtain letters of recommendation from internship and/or summer job supervisors

### FOURTH YEAR

It is recommended that your son or daughter begin his or her job search

early. This will be a busy year and she or he will want to be prepared to make the transition from college student to working adult. A few ways to make that progression a successful one include:

- Meet with an academic advisor and career counselor to finalize plans
- Obtain letters of recommendation from former and/or current professors
- Finalize a resume and prepare cover letters
- Submit resumes for positions of interest and follow up on those contacts

When your child is committed to setting career goals, he or she is making optimal use of their Roosevelt University education, not only now but also in the future. Roosevelt University takes pride in providing a quality education to its students and assisting students as they make their way in the working world.

For more information on the resources offered through the Office of Career Services, call (847) 619-7921 in Schaumburg and (312) 341-3560 in Chicago, or log onto the website at [www.roosevelt.edu/ocs/default.htm](http://www.roosevelt.edu/ocs/default.htm).



## Roosevelt University Turns 60!

A year-long birthday party for Roosevelt University is underway. Launched last spring, the University will continue to host several special events leading toward the 60th anniversary of Roosevelt's founding on April 17, 1945. The theme for the celebration, "Sixty Years of the American Dream," reflects Roosevelt's historic commitment to providing a quality, urban education based on principles of social justice.

A planning committee of alumni, faculty, staff, and students have orchestrated several events to mark this important milestone. Activities include exhibits, publication of a "festschrift" (a collection of articles, essays, and photos about Roosevelt), several distinguished alumni lectures, a community service day, and alumni gatherings.

Specific details about the celebration and upcoming events are available at [www.roosevelt.edu/60thanniversary/default.htm](http://www.roosevelt.edu/60thanniversary/default.htm).

## College Life *continued from page 1*

Whether an old pattern is repeating itself or this is a first-time experience, the person needs to resume or initiate therapy either with the Counseling Center or another mental health provider, sooner rather than later. Keep in mind if a family member had a broken leg you wouldn't wait around for weeks or months to get it taken care of. Depression or suicidal feelings need to be responded to with the same immediacy, concern, and support.

We all might feel "blue" from time to time. If these feelings persist for more than two weeks, it is possible that a clinical depression may be the cause. The person need not feel guilty or ashamed. The symptoms of depression differ for each person.

For some, the experience will include changes in appetite, altered sleep patterns, or a loss of interest in life and activities usually enjoyed. Other people will be distressed by fatigue, feelings of worthlessness, guilt, or hopelessness. Others may not be able to concentrate, or have persistent thoughts of suicide or death, overwhelming feelings of grief or sadness, and disturbed thinking. Significant changes in attitude can occur or there may be an attempt to soothe oneself with drugs and/or alcohol.

Don't hesitate in talking about your concerns with your adult child. Initial irritation with you about bringing these matters up is a small price to pay for assisting a person you care about. More frequently the child will experience relief that their needs have been noticed and addressed whether or not they acknowledge it to you.

Check the Counseling Center web site for additional information and resources. If your adult child becomes involved with the Center, in order to protect confidentiality, we can only speak about their participation to you with their specific written consent. The Counseling Center staff hopes that you and your adult child are adjusting well and if problems should arise that you will seek out the support you deserve.

For more information, call (312) 341-3548, or log onto the website at [www.roosevelt.edu/counseling/default.htm](http://www.roosevelt.edu/counseling/default.htm).

## New RU Ad Campaign Wants You to "Just Watch Me!"

On July 1, Roosevelt University launched a new comprehensive advertising campaign with the headline, "Just Watch Me."

The ads that comprise the campaign take an untraditional approach: they feature the *backs* of students' heads. Created by Lipman Hearne/Chicago, the University's advertising agency, this campaign and the concept at its foundation reflect the characteristics most often associated with Roosevelt University: an institution respected for its independent thinkers and motivated students, determined to achieve their goals. Seen from behind, our students are going places—ahead of the crowd. The series of ads, 16 in all, also celebrates the student diversity by that Roosevelt is known for, conveyed through our student models and expressed through their hairstyles and wardrobes.

Rather than featuring panoramic shots of rolling, green quadrangles or intense, studious faces that adorn most university viewbooks and catalogues, Roosevelt chooses to depict the individuality, diversity, and can-do attitude of its student population.

While the design and photography are visually captivating, the ad copy is bold and inspiring. One ad reads, "give me the tools to succeed, I'll launch my career." Another says, "give me the right direction, I'll take the lead." This written component also boosts the University's reputation for self-starters.

The multi-media campaign will utilize a wide range of print ads. Look for ads on CTA buses, CTA and Metra platforms, and in malls.

And while this ad campaign is new, the Roosevelt spirit is apparent in our graduates for 60 years now: a significant number of our students are first-generation college graduates and throughout all aspects of society, you'll find RU grads engaged in worthwhile careers and pursuits, demonstrating their commitment to social justice, making their world a better place. You'll never have to look very far in order to 'just watch them.'



## Campus Visit Days

Don't let RU be a "best-kept" secret in quality education. Maybe you have a high school student in your life who is getting ready to set his or her college goals. Or perhaps you know a neighbor and child who are looking for the right university. Spread the word! Roosevelt University is hosting Campus Visit Days this spring for any interested high school juniors or seniors.

Let us show you what Roosevelt has to offer! The next opportunities for high school students and their guests to visit are:

- Monday, February 21, 2005
- Saturday, March 12, 2005

Students can choose to visit the Chicago Campus on Michigan Avenue or our Schaumburg Campus in the northwest suburbs. For more information contact:

### CHICAGO CAMPUS

Marlena Avalos-Thompson  
(312) 341-2107 or [mthompso@roosevelt.edu](mailto:mthompso@roosevelt.edu)

Jeffery Cooks  
(312) 341-2101 or [jcooks@roosevelt.edu](mailto:jcooks@roosevelt.edu)

### SCHAUMBURG CAMPUS

Rio Almaria  
(847) 619-8629 or [ralmaria@roosevelt.edu](mailto:ralmaria@roosevelt.edu)

## Our Mission

Roosevelt University aspires to be a national leader in educating socially conscious citizens for active and dedicated lives as leaders in their professions and their communities.

The University's student-centered faculty and staff inspire academically qualified students from diverse backgrounds and all ages to benefit from rigorous higher education and professional development opportunities in the dynamic Chicago metropolitan environment.

Deeply rooted in practical scholarship and principles of social justice expressed as ethical awareness, leadership development, economic progress and civic engagement, Roosevelt University encourages community partnerships and prepares its diverse graduates for responsible citizenship in a global society.

*Adopted April 24, 2003*

Administrative Offices	Chicago	Schaumburg
Academic Success Center	(312) 341-3818	(847) 619-7920
Admission	(312) 341-3515	(847) 619-8600
Advising & Assessment	(312) 341-4340	(847) 619-7930
Career Services	(312) 341-3560	(847) 619-7921
Cashier	(312) 341-3572	(847) 619-7970
Counseling Center	(312) 341-3548	(847) 619-7929
Financial Aid	(312) 341-3565	(847) 619-8655
Information Desk	(312) 341-3555	(847) 619-7300
Library	(312) 341-3643	(847) 619-7980
Registrar	(312) 341-3535	(847) 619-7977
Residence Life	(312) 341-2005	
Student Accounts	(312) 341-3570	(847) 619-7970
Student Activities	(312) 341-2015	(847) 619-7940
Student Services	(312) 341-2004	(847) 619-7920

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