



UNIVERSITY
OF ALBERTA



2025-26

Parent Orientation

AUGUST 23, 2025



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Welcome Parents and Families of First-Year Students!



WELCOME Letter
from the Manager, Student Life

Welcome to the University of Alberta, Augustana Campus! We are very excited to have you join us this year.

Augustana's Student Life team is ready to welcome students to campus this fall. There are many opportunities for students to get involved, learn in and out of the classroom, and connect with others.

Augustana educates the whole person and provides a wide range of recreation, wellness, counselling and support services. Please review the information in this booklet and on the website for more information.

Randal Nickel, M Ed
Manager, Student Life

Just Like Clockwork: The Rhythm of University Life

SEPTEMBER	OCTOBER
<ul style="list-style-type: none"> • Adjustment to university environment • Fears around not fitting in, not having what it takes to succeed in university • Being away from family and close friends • Excitement; meeting new people • Testing freedom • Frequent calls and visits home • Homesickness and loneliness • Anxiety about roommates, instructors, classes • First exams and projects 	<ul style="list-style-type: none"> • Midterm exams and first test grades returned • Consequences of poor time-management and study skills may start to show • Roommate problems may begin to arise • Students' question: "Do I fit in here?" • Romantic relationships from home remain strong • Consequences of decision-making experienced • Excitement and/or anxiety regarding Thanksgiving holiday; for students living away this may be the first visit home
NOVEMBER	DECEMBER
<ul style="list-style-type: none"> • Midterm grades returned • The novelty of being in a new environment begins to wear off • Roommate challenges may become more pronounced • Many exams and papers due before Remembrance Day break • Stress-related illnesses (e.g., cold, flu, etc.) increase • Financial strains begin to develop; consequences of poor budgeting are felt 	<ul style="list-style-type: none"> • Anxiety over preparation for final exams/projects • Excitement and/or anxiety regarding going home for holidays • Sadness about leaving new friendships and/or love relationships • Roommate challenges may continue
JANUARY	FEBRUARY
<ul style="list-style-type: none"> • "Fresh Start" mentality sets in with new term • Satisfaction and/or disappointment with Fall Term grades • Homesickness • Loneliness for love relationships back home • Relief at being away from home and back at school • Seasonal changes start to impact studies; fewer hours of sunlight, cold temperatures and lack of outdoor activities may lead to feelings of depression, isolation and lethargy 	<ul style="list-style-type: none"> • Feelings of claustrophobia and depression continue to set in with winter as students likely are not as active • Potential increase in alcohol and other substance abuse • Challenges with love relationships back home • Valentine's Day may bring out loneliness and isolation • Excitement and/or disappointment regarding Reading Week plans
MARCH	APRIL
<ul style="list-style-type: none"> • Social activities increase • Planning for next year begins • Concerns over summer employment • Anxiety regarding finding a roommate for next year • Concerns over winter weight gain • Once again, consequences of procrastination and difficulty with coursework show 	<ul style="list-style-type: none"> • Final exam anxieties and end-of-semester pressures • Excitement with the arrival of spring • Concerns over planning program of studies for next year • Apprehension about returning home for the summer • Sadness over leaving new friendships and/or love relationships at school • Academic probation and required to withdraw issues

Major Differences Between High School and University

HIGH SCHOOL	UNIVERSITY
TEACHER / STUDENT CONTACT	
Contact closer and more frequent, five days a week.	Faculty are available to students during office hours a few hours a week and by appointment to address students' concerns. Contact initiated by students.
COMPETITION AND GRADES	
Academic competition is not as strong; good grades can often be obtained with minimum effort.	Academic competition is much stronger; minimum effort may produce poor grades.
COUNSELLING / DEPENDENCE	
Students can rely on parents, teachers and counsellors to help make decisions and give advice. Students typically abide by parents' boundaries and restrictions.	Students rely on themselves; they see the results of making their own decisions. It is their responsibility to seek advice as needed. Students set their own restrictions.
MOTIVATION	
Students get stimulation to achieve or participate from parents, teachers and counsellors.	Students apply their own motivation to their work and activities.
FREEDOM	
Students' freedom is limited. Parents will often help students out of a crisis should one arise.	Students have much more freedom and need to accept responsibility for their own actions.
DISTRACTIONS	
There are distractions from school, but these are partially controlled by school and home.	The opportunity for more distractions exists. Time management for students will become more important.
VALUE JUDGMENTS	
Students often make value judgments based on parental values; thus, many of their value judgments are made for them.	Students have the opportunity to see the world through their own eyes and develop their own opinions and values.

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Important Dates and Deadlines

DATE	IMPORTANT BECAUSE...
August 25	Welcome Day for all new Augustana students
August 26	First-Year Seminar (AUIDS 101) class start date
August 28	Fall Term 3-week classes begin
August 29	Registration (Add/Delete) deadline for Fall Term 3-week classes; students withdrawing after this date will be assessed 50% fees
September 1	Labour Day; University buildings closed
September 3	Fall Term 3-week classes Refund Deadline; students withdrawing after this date will be assessed full fees
September 11	Last day to withdraw from Fall Term 3-week classes
September 16	Last day of Fall Term 3-week classes
September 22	Fall Term 11-week and Fall/Winter two-term 11-week classes begin
September 30	National Day for Truth and Reconciliation; University buildings closed
October 1	Registration (Add/Delete) deadline for Fall Term 11-week classes and Fall/Winter two-term 11-week registration; students withdrawing after this date will be assessed 50% fees
October 13	Thanksgiving Day; University buildings closed
October 17	Fall Term 11-week classes Refund Deadline; students withdrawing after this date will be assessed full fees
November 10	Fall Term Reading Week
November 11	Remembrance Day; University buildings closed
November 12-14	Fall Term Reading Week
December 3	Last day to withdraw from Fall Term 11-week classes
December 11	Last day of Fall Term 11-week classes
December 16-22	Final exam period for Augustana Faculty

A complete listing of important dates and deadlines can be found at <https://www.ualberta.ca/en/augustana/student-life/academic/important-dates-and-exam-schedule.html>.

Important Contact Information

Augustana Campus

General Inquiries (Switchboard)	780.679.1100
Augustana Students' Association (ASA)	780.679.1541
Chaplaincy	780.679.1535
Counselling Services	780.679.1511
Food Services	780.679.1128
Indigenous Student Services.	780.679.1562
International Student Services	780.679.1639
Proctoring, Accessibility & Student Success	780.679.1649
Residence & Parking Services.	780.679.1163
Student Academic Services (SAS)	780.679.1132
Technology & Learning Services (TLS).	780.679.1600
University of Alberta Protective Services.	780.608.2905

Scholarships, Awards and Financial Support

The Office of the Registrar administers over \$40 million each year in scholarships, awards and financial support to undergraduate students. Additional funding and support are also available from external sources.

If you're not sure what type of financial support you need or are eligible for, check out the [Financial Support Timeline Guide](#), or contact the [Student Service Centre](#) to speak to an advisor.

If you have a permanent disability and need accessibility support to complete your application, [learn more and apply early for applicant accommodations](#), or contact dosdean@ualberta.ca for assistance.

Scholarships, Awards and Financial Support information can be found at <https://www.ualberta.ca/registrar/scholarships-awards-financial-support/index.html>.

Campus Map



**UNIVERSITY
OF ALBERTA**

Augustana Campus

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