Welcome!

Your presenters today:

Tim Dohmen, Program Director
Ashley Metz, Program Adviser
Maria Mantey, Intercultural & Virtual Learning Manager

Please introduce yourself in the Q&A

- Your name
- Program your student is participating on
Purpose of Parent Orientation

- Address parents’ concerns
- Define roles of LAC, partner organization staff, parents, and students
- Communicating with & supporting students
- Onsite support
What we will cover:

- Student Parent relationship
- Data Privacy
- LAC Philosophy
- Communication
- Covid 19
- Mental Health
- Health & Safety
- Visiting your student
- Billing & Financial Aid
- Parent Resources

What we will not cover:

- Program Specific Details
  - Accommodations
  - Airport arrival
  - Program schedule
  - In-country cell phone
  - Vaccinations
  - Visas
- Please ask your student to reach out to the program team for this information
Top FAQs from parents

- Why does my student have a $50 or $400 charge on their student account?
- How does the billing cycle function for my student’s program fees?
- How do I access the program pages and my students’ specific page program?
- How will housing be handled on my student’s program? When does housing typically get assigned?
Students and Parents Today

Students
- Detailed Advising (academic, personal & professional goals)
- Multiple orientations
- Support upon arrival
- Connected through phone, email, text, Skype, blogs, Facebook, etc.

Parents
- Often close parent-child relationship
- Increased parent involvement
- Many ways to communicate Regular and ongoing communication
Understanding FERPA
(Family Educational Rights and Privacy Act)

Data Privacy Law - College students are considered adults, able to determine who will receive information about them

- **What can be shared?** General or public information about the program (dates, fees, overview of program)
- **What cannot be shared?** Any personal information about a students’ participation in the program (forms, their bill, cell phone number, homestay address)
- When would we contact parents
- What if parents contact the LAC?
Learning Abroad Center Philosophy & Student Development Theory

Student-centered advising & learning

Fostering independence/self directedness

Studying abroad starts before a student boards a plane

Self advocacy
Pre-Departure: Communication

- Create a communication plan
  - Communication methods
  - Appropriate amount of communication
  - Expect limited contact during first few days
  - If an issue arises, use in-country resources first
Pre-Departure: Health and Safety

- Pre-departure vaccinations
- COVID
  - Follow CDC recommendations
- Health information form
- Online Health & Safety orientation (mandatory)
- CISI International Insurance – do not cancel US insurance
Study Abroad + COVID (what we advise students)

- Vaccinations are required and UMN exemptions might not work in many international settings (boosters recommended prior to departure if eligible)
- Passport and visa processing times delayed
- Cancellation policies (in light of COVID)
- Masks may be required, even if you are vaccinated
- Quarantine period may be necessary
- COVID tests may be required upon entry
- Independent travel restricted to level 1 and 2 countries and regions within countries - check as needed
- Abide by local regulations, affiliate requirements and UMN policies
- Virtual class considerations
- Health and safety support throughout
- We monitor the impact of new variants
Pre-Departure: Mental Health

- Workshops being offered this year
- You know your student & their history
- Anxiety/depression can relapse abroad
- Discuss plans to study abroad in advance
  - With family, therapist
- Develop coping strategies
Health & Safety Resources Abroad

- Required cell phone to receive local calls/texts
- Comprehensive orientation upon arrival
- 24-hour emergency line - 612.301.2255
- STEP registration (Smart Traveler Enrollment Program)
  - Students enrolled with U.S. embassies
- Strong lines of communication between in-country staff and LAC
Sex, Drugs, & Alcohol Abroad

- Drugs
  - Not a time to experiment
- Alcohol
  - Responsible drinking behavior encouraged
  - Go out in groups; no one left behind
  - Take cabs at night
- Good judgment and responsible choices
  - Difference in cultural context
- Sex & dating
  - Differences in the concept of consent
- Students managing risk and advocating for their own safety
Parents: What to do Prior to Departure

- Review all program materials your student shared with you
- Ask questions your student questions about the program
- Talk about responsible alcohol use
- Reinforce prohibition of student driving abroad
- Create a Study Abroad Folder (one for parents, one for student)
- Discuss when and how you will communicate
- Do YOU have a passport?
How You Can Help from Afar

When your student calls you from abroad...

- Evaluate whether it is a true crisis
- Understanding theory of cultural adjustment
- Be supportive and positive
- Encourage student to contact on-site staff *(illness, homestay challenges, lost passport)*
- Give them 24 hours, then re-evaluate
How You Can Hinder

- Increasing anxiety
- Letting your student become too dependent
- Visiting during inconvenient times
  - Student will be distracted from academics
  - Missing class for personal travel is not permitted
Visiting your student abroad

Before, during or after?

- Different considerations for each:
  - Before: onsite staff cannot help
  - During: students still have class; aren’t on vacation
  - After: give them space to say goodbye
- Have some conversations before student departs
Billing & Financial Aid

- Students are billed through their UofM student account
- Billing follows UofM dates & deadlines (see OneStop homepage)
- Students must submit a SACE (Study Abroad Cost Estimate) in order to access & modify their financial aid package
- A Financial Aid Preview meeting is strongly encouraged
Parent Resources

- Parent section on Learning Abroad Center website
  - Roles
  - Cost & Billing Info
  - Health & Safety
  - Pre-Departure List
  - Re-entry List
- Books—travel guides
- UofM Parent & Family Program
- Information on Power of Attorney

https://umabroad.umn.edu/resources/parents/resources
Questions?
Contact us:

Phone: 612.626.9000 or 888.700.UOFM
Email: UMabroad@umn.edu

LEARNING ABROAD CENTER

UNIVERSITY OF MINNESOTA

UMabroad.umn.edu