UAB Parents’ Association Event
Gang Green Reception & UAB Basketball!

Thanks to all who attended the Parents’ Association Gang Green Reception and the UAB vs. St. Louis basketball game. You helped to make the event a great success! Nearly 125 parents and family members attended this fun and exciting gathering.

We hope you enjoyed meeting other parents as well as UAB administrators. Orientation Leaders and UAB Ambassadors were also on hand helping everyone get in the proper spirit through cheers and singing the UAB Alma Mater.

The Blazers played a great game beating St. Louis by 20 points. Losses by conference rivals Cincinnati and Louisville left the Blazers tied for the conference lead after the evening was finished.

ATTENTION ALL UAB PARENTS:
JOIN US FOR UAB SPRINGFEST 2004!
What: UAB Springfest 2004
Where: UAB Mini Park
When: Saturday, April 3, 2004
Time: 11 a.m. – 4 p.m.

More Information to Follow
Give your student the gift of a lifetime: A Study Abroad Experience through the UAB Study Abroad Program

- Did you know that your son or daughter has the opportunity to travel the world while earning academic credit?
- Did you know that UAB offers a wide variety of options for students wishing to incorporate Study Abroad into their university experience?
- Did you know that Scholarships and Financial Aid are available for Study Abroad programs?

UAB Study Abroad Programs is housed in the Hill University Center, Room 470. Our mission is to promote the benefits of studying in Europe, Australia, Asia, Africa or South America. We exist to provide knowledgeable and friendly assistance to all students wishing to participate in one of our unique study abroad programs. More importantly, we are here to make sure that you and your son or daughter receive pertinent information about academic, health and safety concerns.

We are committed to ensuring that all programs are academically sound. In fact, half of the programs that UAB offers each summer are faculty-led, which means that your son or daughter has the opportunity to learn from some of our outstanding faculty while in a foreign country. These professors are experienced travelers and realize that combining the exhilaration of studying in an international setting with innovative curriculum creates a mind-altering, life-changing experience. Those programs that are not faculty-led are established through partnerships with international universities or through third-party program providers that have a long tradition in providing outstanding academic programs. At every stage, the UAB Study Abroad Program staff demands academic excellence.

Additionally, we want to provide as much information as possible regarding health and safety issues for those students that travel abroad. All students are required to attend mandatory Pre-Departure Orientation Sessions where we discuss health, safety, money, coursework, passports/visas, culture shock, basic travel information, housing, meals, etc. We strongly encourage parents to be involved in this process because, after all, you will want to know exactly what your son or daughter will be experiencing during their program of study. We are here to promote responsibility in our students but we also know that it is comforting to have someone watching over your student while they make their way into the wide world.

If you are interested in learning more about such thrilling educational opportunities for your student, please feel free to contact the UAB Study Abroad Program at (205) 975-6611 or mcarter1@uab.edu.

The world awaits!
What is Stress?!  
Susan L. Hart, M.A. Licensed Professional Counselor, National Certified Counselor  
UAB Counseling & Wellness Center

Stress isn’t always bad. It is designed to give a short-term boost that can provide energy to accomplish important tasks. Even positive events can cause stress. It occurs whenever our lifestyles change or we attempt new behaviors. The initial signs of a stress overload are forgetfulness, inability to concentrate, and fatigue. The encouraging news is that stress can motivate us into action; it can propel a greater awareness or an entirely new perspective on circumstances. Unfortunately, when stress turns into DISTRESS it can generate an array of uncomfortable feelings such as distrust, rejection, anger and depression. These emotions can impair your health by causing headaches, stomach problems, exhaustion, insomnia, ulcers, high blood pressure, heart disease and stroke. Many situations can bring on a certain amount of stress: adapting to a new roommate, changing jobs, a new relationship, or the death of a friend or family member. How you react to it will determine if stress will help or hinder you. If you will take some time to learn more about how stress affects YOU this insight can guide you to a healthier, more satisfying lifestyle.

Good vs. Bad Stress

It’s not necessary to totally eliminate stress in order to have a healthy life. Stress is an essential component of growth. We wouldn’t be able to experience excitement without a certain degree of stress. Even the frustration and sorrow, competition and confrontation caused by many circumstances can enrich us and offer us a deeper understanding of others and ourselves. Without a certain amount of stress in our lives we end up feeling bored and aimless. The best solution is to try to find an optimal level of stress that will help to motivate but will not result in feeling overwhelmed.

What Can You Do?

Finding and maintaining an optimal level of stress can be tricky. What may be best for one person may not be tolerable for another. Also, personal stress requirements and how much it takes to become overwhelmed changes with lifestyle and age. It’s important to find the correct balance because many illnesses are related to unrelieved stress. If you are feeling the uncomfortable symptoms of distress, you have exceeded your optimal stress level. You may need to reduce the pressures you are experiencing or better yet - find ways to increase your ability to handle it. Stress management requires a focused effort toward change. You must work with the source of stress as well as your reactions to it.

BECOME AWARE

Become aware of how stress affects you. Notice the physical and emotional discomfort you feel when stress becomes a problem. Where do you feel it? What are the sensations and emotions? How does your body signal you that stress is growing? Become more aware of various circumstances in your life that causes you to feel uncomfortable. Don’t pretend it isn’t there and don’t ignore it. Determine what events are distressing you and why they cause problems for you. Knowing these things is the most essential step toward relief and improvement.

YOU CAN CHANGE!

Acknowledge that you CAN change. You may not be able to change your circumstances or influence other people to make your life easier, but you CAN change your own behaviors, attitudes, and perspectives. Consider ways you may be able to make the difference:

- Can you change your stressors by avoiding or eliminating them completely?
- Can you reduce their intensity by managing them over a period of time instead of on a daily or weekly basis?
- Can you shorten your exposure to stress by taking a break or by removing yourself from the environment?
- Can you put forth the time and energy necessary to make a change by goal setting, time management techniques, and delayed gratification?

REDEFINE IT

Reduce the intensity of your emotional reactions to stress.

- The stress reaction is triggered by feelings of danger. Step back and look to see if you are viewing your stressors in an exaggerated light.
- Are you trying to please everyone?
- Are you overreacting and viewing things as urgent and critical?
- Do you feel you must prevail in every situation?
- Temper your excess emotions by putting the situation into perspective. Try not to focus on worst-case scenarios and “what-if”

GET CONTROL

Practice reducing your physical reactions to stress.

- By taking a slow, deep breath you can gradually bring your heart rate down and feel more under control and calm.
- Try relaxation exercises to reduce muscle tension throughout your body.
- Notice whenever your muscles are unnecessarily flexed. Concentrate on releasing the stiffness.

REMEMBER THE FOUR STEP PLAN

Stop: Each time you feel you are being pushed into distress, STOP before your thoughts escalate into fretting and then panic.

Breathe: After you stop, BREATHE deeply and release physical tension from your body.

Reflect: Once you have stopped the automatic cycle of worst case thinking and taken a deep breath, you can focus your energy on the problem at hand and REFLECT on the cause of your distress:

- What is the real concern?
- What am I feeling?
- What troubles me most?
- Is the problem really so bad?

Choose: After you have stopped your automatic habit of overreacting, taken a breath to divert your attention from the distress, and reflected on the source of the problem, it’s time to CHOOSE how to deal with it.

- What do I want?
- What is possible?
- What can I do?
- What is my decision?

NOW DO IT!

Some of this information comes from a pamphlet entitled, “Stress Management” developed by the University of Illinois at Urbana-Champaign.
We Want You! Please take a moment and volunteer your time with the UAB Parents’ Association.

UAB Parents’ Association Volunteer Profile

Last Name: ____________________ First Name: ______________________ MI: _______

Home Address: _______________________________________________________________

City: _____________________ State: _______ Zip: _________ County: _______________

Work Phone: (____) __________________       Home Telephone: (____) ______________

E-mail: ______________________________________________________________________

Fax number: __________________________________________________________________

What is the best way to contact you? _______________________________________________

Please indicate in the space provided the area(s) in which you would like to serve.

_____ “Parent to Parent” Panel (panel discussion member during New Student Orientation)

_____ Parent Orientation (membership recruitment table during Parent Orientations)

_____ Fall move-in for incoming freshmen (provide information and refreshments as parents move their students into residence halls)

_____ UAB Days (panel speaker and welcome parents to UAB)

_____ Honor symposium (panel speaker and welcome parents to UAB)

_____ UAB Annual Parents’ Fund

_____ UAB Ambassador selection committee member

_____ Identify prospective students in your area

_____ Committee member

 _____ Fall-Football tailgate and game

 _____ Winter-Basketball and reception

 _____ Spring-Springfest and UAB Day

Please Return to:
UAB Parents’ Association
Hill University Center, Room 531
1400 University Blvd.
Birmingham, AL 35294
Leadership Opportunities for Students

There are many ways you can encourage your student to become more involved and enhance their UAB experience.

Become a UAB International Mentor

Most of the time everything is new for international students… a new country, a new language, a new education system, a new culture! This program helps new international students get accustomed to UAB, Birmingham and the United States! While helping them, you will gain knowledge about UAB and Birmingham and also about yourself and your own culture. You will acquire new leadership skills to enhance your future career. A small stipend is paid. Applications are available at the Smolian International House and in Hill University Center rooms 136, 250, and 440.

Entertainment Committee

The UAB Entertainment Committee is your ticket to concerts, comedy, free movies and more. Each year the committee produces a full schedule of shows, from coffeehouse artists and variety acts to big names in music and the biggest films of the year. See the committee’s site to get a preview of what’s coming soon.

What makes the Entertainment Committee unique is that students run the show—literally. By joining the committee, you can help select the artists, secure contracts, host entertainers, operate technical equipment, and promote and produce the shows.

Springfest Committee

UAB has the perfect cure for spring fever in Springfest, a free all-day celebration featuring bands, barbeque, a carnival plus much more. But before the excitement takes over the Mini Park, you can help plan the fun on the Springfest committee. Members help choose the theme, select the bands, arrange the carnival, and more. You can join the committee at any time during the year. Call 934-8225.

LeaderShape

LeaderShape is an interactive, energizing, and unique leadership experience targeting college students that no other program can match. Students spend six days focusing on various themes. Students who participate in LeaderShape form the executive committee of the Leadership and Service Council, which organizes events such as Into the Streets, the Winter Leadership Retreat, the Emerging Leaders Program, and many others. On June 2-7, 2004, LeaderShape will be held at the new retreat center at Camp Sumatanga in Gallant, Alabama. Applications will be available in HUC 440 starting February 10, 2004, and are due March 17, 2004. If there are any questions regarding the LeaderShape Program, please feel free to contact David Precise at 934-8020.

Financial Aid News

If your student plans to apply for federal financial aid for next year (Fall 2004), it is time to get started. Visit our web site at www.students.uab.edu. Click on the red Services tab and then click on Financing Your Education. There will be a link for the federal form (FAFSA). Select the 2004-05 FAFSA and file electronically. If your student completed a 2003-04 FAFSA, he/she should be able to fill out the shorter Renewal FAFSA. The required 2004-05 UAB forms will be available on our web site in mid-February. They can also be submitted electronically.

A new application must be completed each academic year. Our priority deadline for complete and accurate applications is Apr. 1, 2004.

Go to https://students.uab.edu/StudentAffairs/Access/signin.asp and check the status of the application with UAB on ACCESS beginning in early April. Please don’t delay. Apply now!!

Come Join Your Student For UAB

Springfest 2004

Springfest is UAB’s outdoor celebration filled with barbeque, live music, and a carnival. The party brings current students and their parents together with alumni and the community. The Springfest Committee plans every aspect of this exciting event, from selecting the bands to decorating the UAB Mini Park. It’s the perfect cure for spring fever!

Springfest will take place on Saturday April 3, 2004 in the UAB Mini Park. Come spend a relaxing day enjoying a stress free day with the family. Call 934-8225 for more information.

Career Services Events Spring 2004

Spring Career Fair
Tuesday, February 24
Bartow Arena
9:00 a.m. - 2:00 p.m.

Alabama Jobs 2004 Job and Internship Fair
Thursday, February 26
Embassy Suites Hotel Montgomery, AL
1:00 p.m. - 4:00 p.m.

Education Career Fair
Tuesday, March 30
Hill University Center
10:00 a.m. - 3:00 p.m.

On-Campus Recruiting
February 25 thru April 30
HUC 532 and BEC 303
UAB ACADEMIC CALENDAR
SPRING & SUMMER 2004

Spring Semester 2004

Final Payment Deadline Feb 17
Last Day to Withdraw with a “W” Mar 9
(Undergraduates)
Spring Break Mar 21 - 27
Last Day to Withdraw with a “W” Apr 26
(Graduates)
Classes End Apr 26
Open Days Apr 27 & 28
Final Exams Apr 29 - May 5
Commencement Ceremony May 8
Grades Available on ACCESS May 9

Summer 12-Week Session 2004

Assigned Time Registration Apr 12-16
Phone/Web Registration Apr 12 - May 7
Open Registration Apr 19 - May 7
Classes Begin May 10
Registration After Classes Begin May 10 - 18
Financial Aid Disbursement May 12
Last Day to Drop w/o Paying Tuition and Fees May 17
Last Day to Add a Class May 18
1st Payment Deadline May 19
Memorial Day Holiday May 31
Final Payment Deadline June 11
Final Payment Deadline June 21 (Undergraduate)
Independence Day Holiday July 5
Last Day to Withdraw with a “W” Aug 4
(Graduates)
Classes End Aug 4
Final Exams Aug 5 - 11
Grades Available on ACCESS Aug 15

Summer A Session 2004

Assigned Time Registration April 12 - 16
Phone/Web Registration April 12 - June 1
Open Registration April 19 - June 1
Memorial Day Holiday May 31
Classes Begin June 2
Registration After Classes Begin June 2 - 4
Last Day to Drop w/o Paying Tuition and Fees June 3
Financial Aid Disbursement June 4
Last Day to Add a Class June 4
1st Payment Deadline June 11
Final Payment Deadline June 11
Last Day to Withdraw with a “W” June 18 (Undergraduate)
Classes End July 1
Final Exams July 2
Grades Available on ACCESS August 15

Summer B Session 2004

Assigned Time Registration April 12 - 16
Phone Registration April 12 - July 2
Open Registration April 19 - July 2
Classes Begin July 6
Registration After Classes Begin July 6 - 8
Last Day to Drop w/o Paying Tuition and Fees July 7
Last Day to Add a Class July 8
Financial Aid Disbursement July 8
Independence Day Holiday July 5
1st Payment Deadline July 14
Final Payment Deadline July 14
Last Day to Withdraw with a “W” (Undergraduate)
Classes End August 4
Final Exams August 5
Grades Available on ACCESS August 15

Summer 9-Week Session 2004

Assigned Time Registration April 12 - 16
Phone/Web Registration April 12 - June 1
Open Registration April 19 - June 1
Classes Begin June 2
Registration After Classes Begin June 2 - 10

Summer A Session 2004

Assigned Time Registration April 12 - 16
Phone/Web Registration April 12 - June 1
Open Registration April 19 - June 1
Memorial Day Holiday May 31
Classes Begin June 2
Registration After Classes Begin June 2 - 4
Last Day to Drop w/o Paying Tuition and Fees June 3
Financial Aid Disbursement June 4
Last Day to Add a Class June 4
1st Payment Deadline June 11
Final Payment Deadline June 11
Last Day to Withdraw with a “W” (Undergraduate)
Classes End July 1
Final Exams July 2
Grades Available on ACCESS August 15

Summer B Session 2004

Assigned Time Registration April 12 - 16
Phone Registration April 12 - July 2
Open Registration April 19 - July 2
Classes Begin July 6
Registration After Classes Begin July 6 - 8
Last Day to Drop w/o Paying Tuition and Fees July 7
Last Day to Add a Class July 8
Financial Aid Disbursement July 8
Independence Day Holiday July 5
1st Payment Deadline July 14
Final Payment Deadline July 14
Last Day to Withdraw with a “W” (Undergraduate)
Classes End August 4
Final Exams August 5
Grades Available on ACCESS August 15

Summer 9-Week Session 2004

Assigned Time Registration April 12 - 16
Phone/Web Registration April 12 - June 1
Open Registration April 19 - June 1
Classes Begin June 2
Registration After Classes Begin June 2 - 10

REMAINING SPRING 2004 UAB ATHLETICS HOME DATES

UAB Men's Basketball

Sat 02/14/2004 EAST CAROLINA* 7:30 p.m.
Wed 02/18/2004 CINCINNATI* 7:30 p.m.
Sat 02/21/2004 MURRAY STATE 1:00 PM
Sun 02/22/2004 MARQUETTE* 2 p.m.
Sat 03/06/2004 TCU* Noon

UAB Women's Basketball

Fri 02/20/2004 TULANE* 7:00 PM
Sun 02/22/2004 SOUTHERN MISS* 2:00 PM
Fri 02/27/2004 SOUTH FLORIDA* 7:00 PM

UAB Men's Baseball

Fri 02/20/2004 MURRAY STATE 6:00 PM
Sat 02/21/2004 MURRAY STATE 2:00 PM
Sun 02/22/2004 MURRAY STATE 1:00 PM
Tue 02/24/2004 BIRMINGHAM-SOUTHERN 6:00 PM
Fri 02/27/2004 MARSHALL 6:00 PM
Sat 03/06/2004 MARSHALL 2:00 PM
Sun 02/29/2004 MARSHALL 1:00 PM
Fri 03/17/2004 TOLEDO 6:00 PM
Sat 03/06/2004 TOLEDO 2:00 PM
Sun 03/14/2004 TOLEDO 1:00 PM
Tue 03/16/2004 SAMFORD 6:00 PM
Fri 03/12/2004 PURDUE 6:00 PM
Sat 03/13/2004 PURDUE 2:00 PM
Sun 03/14/2004 PURDUE 1:00 PM
Fri 03/16/2004 JACKSONVILLE STATE 6:00 PM
Mon 04/18/2004 LOUISVILLE* 7:00 PM
Sat 04/20/2004 LOUISVILLE* 2:00 PM
Sun 04/21/2004 LOUISVILLE* 1:00 PM
Tue 04/22/2004 AUBURN 7:00 PM
Fri 04/30/2004 at Mississippi State 6:30 PM
Fri 05/01/2004 HOUSTON* 7:00 PM
Sat 05/02/2004 HOUSTON* 2:00 PM
Sun 05/04/2004 HOUSTON* Noon
Wed 04/14/2004 ALABAMA (at Hoover Met) 7:00 PM
Fri 04/16/2004 TULANE* 7:00 PM
Sat 04/17/2004 TULANE* 2:00 PM
Sun 04/18/2004 TULANE* 1:00 PM
Mon 04/20/2004 ALABAMA STATE 7:00 PM
Thu 04/23/2004 SOUTHERN MISS 7:00 PM
Fri 04/24/2004 SOUTHERN MISS 7:00 PM
Sat 05/01/2004 SOUTHERN MISS 2:00 PM
Sun 05/02/2004 SOUTHERN MISS 1:00 PM
Fri 05/14/2004 USI* 7:00 PM
Sat 05/15/2004 USI* 2:00 PM
Sun 05/16/2004 USI* 1:00 PM
Fri 05/18/2004 at Samford 6:00 PM

UAB Women's Softball

Tue 02/17/2004 AUBURN 6:00 PM
Tue 03/09/2004 CHARLOTTE 7:00 PM
Wed 03/10/2004 CHARLOTTE 2:00 PM
Mon 03/22/2004 MIDDLE TENN ST 3:00 PM
Mon 03/22/2004 MIDDLE TENN ST 5:00 PM
Sat 03/27/2004 LOUISVILLE 1:00 PM
Sat 03/27/2004 LOUISVILLE 3:00 PM
Sun 03/28/2004 LOUISVILLE 1:00 PM
Fri 04/09/2004 HOUSTON 6:00 PM
Sat 04/10/2004 HOUSTON 1:00 PM
Sat 04/10/2004 HOUSTON 2:00 PM
Tue 04/13/2004 CHATTANOOGA 5:00 PM
Tue 04/13/2004 CHATTANOOGA 7:00 PM
Wed 04/21/2004 TENNESSE TECH 2:00 PM
Wed 04/21/2004 TENNESSE TECH 4:00 PM
Thu 04/22/2004 SAMFORD 6:00 PM
Tue 04/27/2004 MISSISSIPPI ST 6:00 PM
Wed 04/28/2004 MISSISSIPPI ST 6:00 PM
Sat 05/01/2004 SAINT LOUIS 1:00 PM
Sat 05/01/2004 SAINT LOUIS 3:00 PM
Sun 05/02/2004 SAINT LOUIS 1:00 PM