

PARENT ORIENTATION

Aug. 27, 2026

Authors

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Manager Student Life



**UNIVERSITY
OF ALBERTA**

Statement of Acknowledgement of the Traditional Territory

We acknowledge that the land on which we gather, traditionally known as asiniskaw sipisis (Stoney Creek), is Treaty 6 territory and a traditional meeting ground for many Indigenous peoples. The land on which the Augustana Campus of the University of Alberta is located provided a travelling route and home to the Maskwacis Nêhiyawak, Niitsitapi, Nakoda, and Tsuut'ina Nations, the Métis, and other Indigenous peoples. Their spiritual and practical relationships to the land create a rich heritage for our learning and our life as a community.

Welcome to Augustana

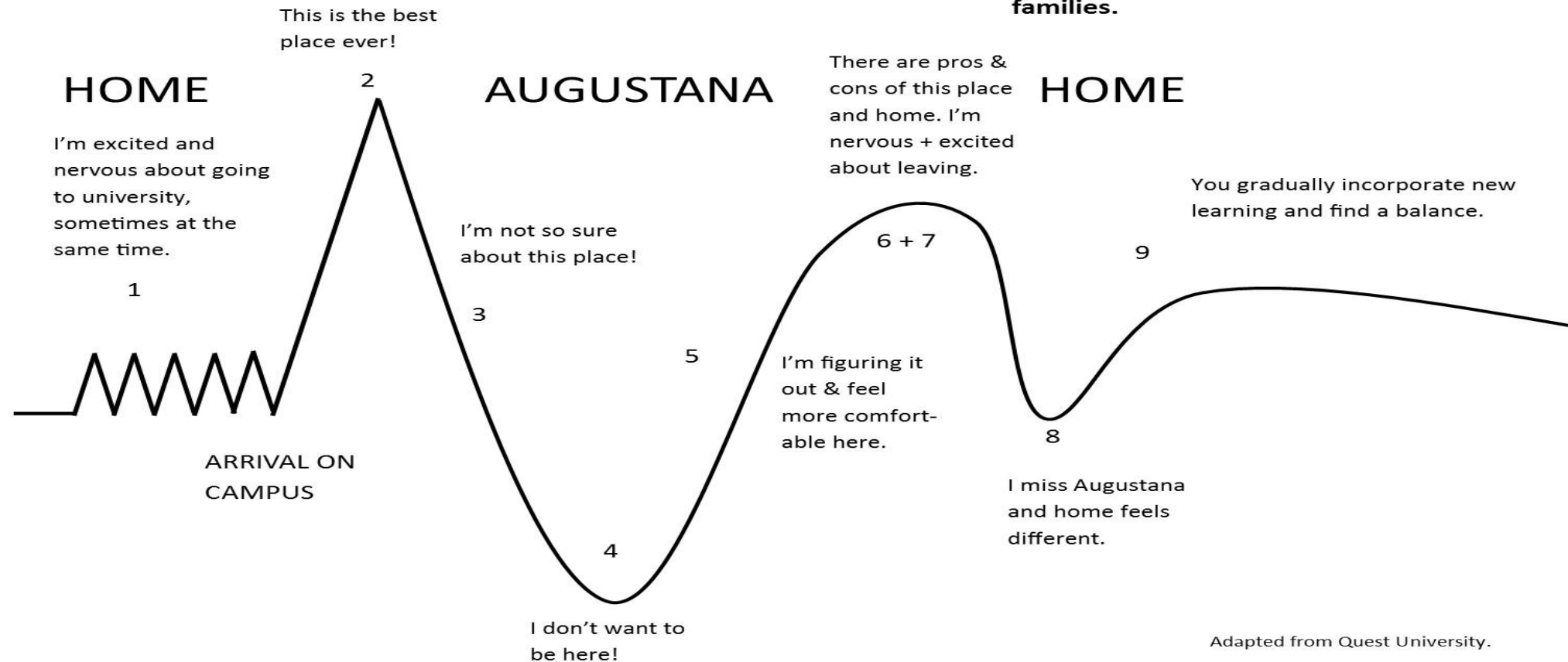


2026 Augustana Move In Day

- Parents' Orientation Session
- Free parking
- Meet the residence staff and see the campus
- Ask questions
- Cafe and Dining Hall are open
- Other university offices are open

ADJUSTING TO A NEW PLACE

Adjustment to university is an ongoing process that includes a range of peaks and valleys. Knowing these phases can be helpful for students and families.



Adapted from Quest University.

Adjusting to your new role as a parent

- You still are important to them, but it might be in a different way
- Talk about finances, social life, communication expectations...with your students:
How often would you like to talk with them? How comfortable/experienced are they in managing a budget?...
- Be intentional about letting go - they probably won't get everything right
- Enjoy the new relationship that you can develop with your student as they adjust socially and academically to university life
- Access to less information about your student - the university is bound by privacy laws

Orientation Principles

Key principles include:

- Orientation is a process and not a single event.
- Provide a manageable amount of information to students: a garden hose instead of firehose if possible
- Provide a range of large group and small cohort sized activities
- Introduce students to important conversations and meaningful interactions in and out of class early in their time on campus

Orientation Passport

A series of activities that are embedded into the First Year Seminar classes:

- Aug. 28 - Welcome Day (tours, bellringing...) and Creating a Culture of Consent workshop
- Aug. 31 - All4U (orientation festival)
- Sept. 1 - First day of FYS classes
- Sept. 11 - Neighbourhood Fair
- Sept. 28 - Walk Through Colonization workshop
- TBD - series of wellness messages linked with the student lifecycle

For more info:

<https://www.ualberta.ca/en/augustana/programs/admissions/incoming/index.html>



Student Support Services

Your student's safety and wellbeing is our top priority.

- Student Assistance Program - Inkblot and Maple (online counselling, life coaching...accessible only with their ualberta email)
- On campus counselling and chaplaincy services
- Robust recreation program, on campus fitness centre + climbing wall
- Student Academic Services - advising, experiential learning, accommodations...
- University of Alberta Protective Services (UAPS)
- Student Life staff - available for support
- Augustana Students' Association (ASA) - Student Union Health and Dental Plan - opt out possible
- Vikings Athletics bball, vball, xcountry run/ski, soccer, hockey, curling, biathlon
- Food Services - cafe, dining hall, various events, weekly soup supper...

For more information about Life@Augustana - ualberta.ca/en/augustana/student-life

Augustana Shuttle

A transportation link (7 passenger van) that runs M, W, F between Augustana and North Campus.

Two return routes per day.

\$12.50/trip

[More information.](#)

<https://www.ualberta.ca/en/augustana/campus-info/campus-shuttle.html>



Health and Dental Plan

Students are automatically registered in a Comprehensive Health & Dental Plan. Coverage from Sept 1, 2026 - Aug 31, 2027

Change of Coverage Period:
Sept 1 - 22, 2026

Arlo Grundberg - Augustana Students' Association
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studentcare.ca

Questions?

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Augustana website - ualberta.ca/augustana

Leading with Purpose.