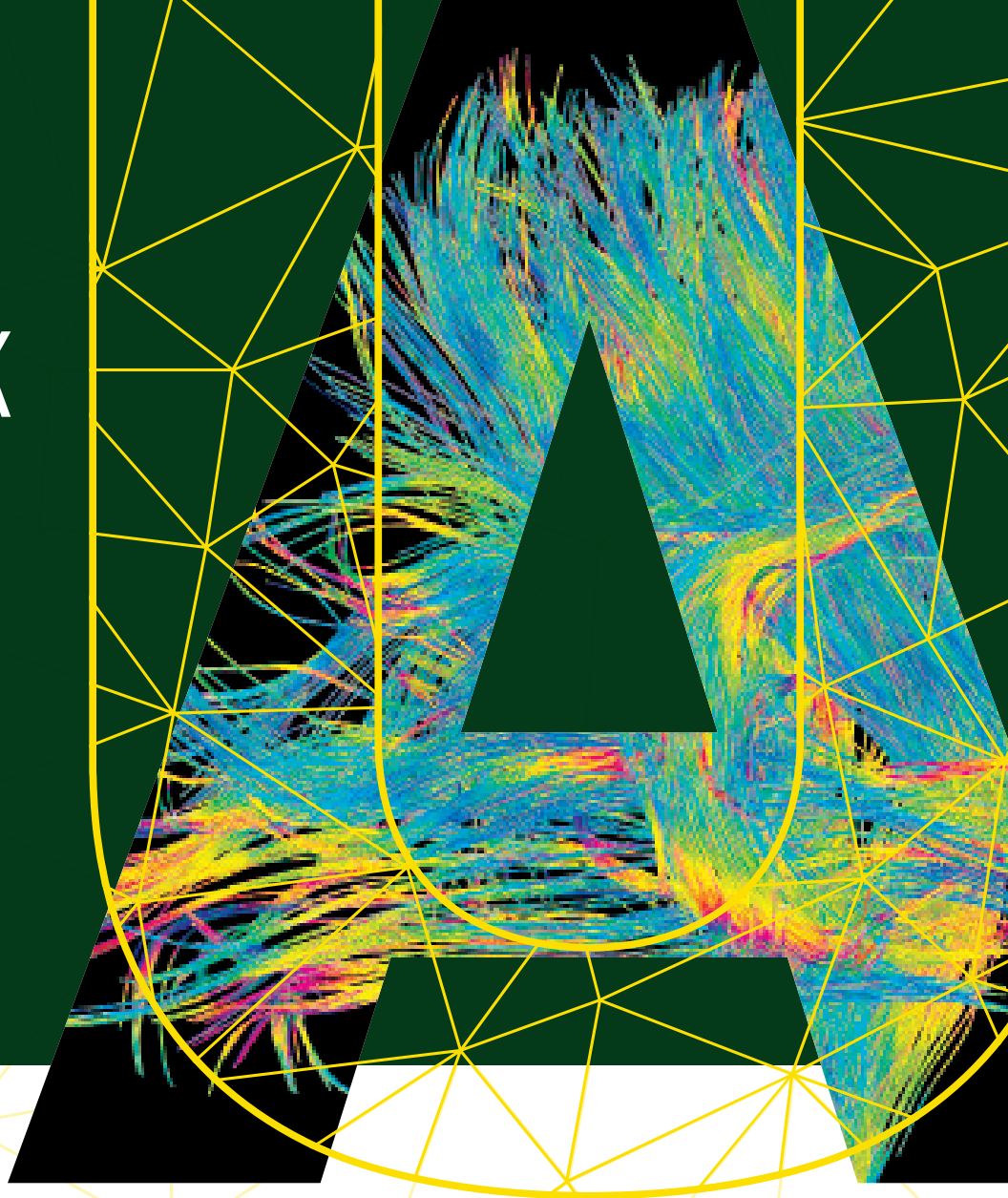




UNIVERSITY
OF ALBERTA



2026-27

Parent Orientation

AUGUST 27, 2026



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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.

A handwritten signature in dark ink, appearing to read "R Nickel".

Randal Nickel, M Ed
Manager, Student Life

Just Like Clockwork: The Rhythm of University Life

SEPTEMBER	OCTOBER
• 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	• 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
• 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	• 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
• "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	• 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
• 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	• 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 Contact Information

Augustana Campus

General Inquiries (Switchboard)	780.679.1100
Augustana Students' Association (ASA)	780.679.1141
Chaplaincy	780.679.1101
Food Services	780.679.1128
Indigenous Student Services.	780.679.1132
International Student Services	780.679.1139
Proctoring, Accessibility & Student Success	780.679.1132
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 (UAPS)	780.492.5050

Important Dates and Deadlines

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>.

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 accommodations](#), or contact augpass@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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ualberta.ca/augustana