



University of Idaho

Division of Student Affairs



VANDAL FAMILY NEWS

Vandal Families—

November has arrived and so has winter. We have had snow on the Moscow campus for the last couple of days, with additional winter weather forecasted for the near future. It's not unexpected for this time of year, but it can come as a surprise to students who have enjoyed a wonderfully warm and long Fall.

October and April are the two busiest months of the year at the university and thus when November rolls around, the collective "sigh" from students catching their breath is almost audible. With mid-terms behind them, students are turning their focus toward Thanksgiving break (Nov. 19 thru Nov. 27) and then, shortly after that, finals. This time of the semester seems to fly by for students and they can often feel overwhelmed.

Keep focusing them on the support resources available to help them succeed as they move toward the end of the semester. Our [Tutoring and College Success](#) programs can work with your students to focus on things they may be struggling with. The [Writing Center](#) offers great support for students. If your student is needing some good motivation for studying, encourage them to visit the [Library](#), a wonderful place that has a variety of support options for students, such as the [MILL](#) (Making, Innovating, & Learning Laboratory) or a 24/7 Chat-assistance option that can help your student get started on an assignment.

We also have some fun ways for your student to blow off some steam. Encourage them to check out the [Therapy Dogs](#) who visit campus regularly, or try our new [Laughter Yoga](#) sessions. As someone who has participated in that experience, I guarantee your student will have a good time and feel as though a weight has been lifted from their shoulders.

Thanksgiving break (also known as Fall break) is often the first time a student has returned home since starting the semester and you may be in for some surprises. For families who have been through this before, you may recall some of the changes in your student.

When students return home for a break, they tend to want to do just that — take a break. College can be exhausting, so fall break is a great time to slow down, get some extra sleep and recuperate mentally. I often encourage students to intentionally disconnect for at least a day or two during this time frame: don't work on any studies, check school email or even worry about school. It's been a long semester for some, and thus taking intentional time off from focusing on academics can help students relax.

In addition, it's also an important time for students to reconnect with their friends and people they haven't seen in a while. Don't be offended if your student races through the family meal, drops off the laundry and then wants to go hang out with friends they haven't seen since high school ended.

Your student has been living independently for the last few months and thus house rules before your student left for college may no longer apply in their mind, but they still exist in yours. Mutual respect is key, nothing has changed there, but it might be worth discussing whether a curfew at home

is necessary for your student and making sure expectations around the house are clear and attainable. Family conflicts often arises from the expectations of continued independence from the student and the belief on the part of families that things will be like they were when they left for college. Respecting their new boundaries for personal space and time helps your student feel more like the adult they are working to become. Don't worry, your student is still counting on you for support and guidance.

Lastly, if your student lives in the Residence Halls, we would love for them to join us at the monthly Idaho Eats Food Forum, where they can provide their feedback on their dining experience. It's a great way for students to share their food interests, learn about upcoming changes, and share what is/isn't working for them. Students meet with the head Chef and the team behind the Eatery and campus dining areas who are eager to hear from them. So, please encourage your student to join the next Idaho Eats Food Forum on Tuesday, Nov. 29 at 6 p.m. in the LLC Trout Classroom (in Building #2).

My best to your student and you for a warm, safe, and filling Thanksgiving break.

Go Vandals!

Blaine T. Eckles, Ph.D.

Dean of Students &

Vice Provost for Student Affairs

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Recent Events



BRAVE, BOLD and UNSTOPPABLE Campaign Launch: Oct. 20-21

We see a Brave and Bold future in Idaho’s next generation of Unstoppable leaders. We forge paths for student success and sustainable solutions and will create a thriving Idaho together.

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Parent & Family Weekend - Nov. 4-6

The University of Idaho and Student Alumni Relations Board was excited to have our Vandal families on the university campus. There was shopping at the vandal store, beer testing, Cabaret, Corn Hole Tournament, Vandal football vs. Eastern Washington and Game Day Dinner at the ICCU Arena.

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U of I Wins Back the Little Brown Stein

The Little Brown Stein is a rivalry trophy awarded to the winner of the college football game between the University of Idaho Vandals and the University of Montana Grizzlies. The trophy is, as the name implies, a large stein mug with the results of all the games between the two painted on it.

Since 1938 Idaho and Montana have played for the traveling trophy, the Little Brown Stein. Idaho has been without the Stein since Montana took it back on Sept. 9, 2000, but it came home when the Vandals played the Grizzlies Oct. 15, 2022, with a win of 30-23.

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Featured Events



Annual Outdoor Equipment Sale & Swap

Bring in your new or used equipment to sell or barter. Tons of great gear and screaming deals!

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Veterans Appreciation Dinner

The traditional Veterans Appreciation Dinner will be held at the new ICCU Arena on the Moscow campus on Nov. 11, 2022. Doors open at 5 p.m. The keynote speaker for this year's event is Lieutenant General Erik C. Peterson, a 1986 graduate of the University of Idaho.

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Upcoming Events & Deadlines

- **Nov. 13** - Vandal Men's Basketball at Omaha
- **Nov. 16** - Women's Basketball at University of California
- **Nov. 17** - Concert Band with Wind Ensemble
- **Nov. 21-25** - Fall Recess

[VIEW MORE EVENTS](#)

Student Features



Karina Simplot

Where are you from?
Boise Idaho

What year are you in school?
First Year

What is your Major?

Biological Engineering

If you could give parents/families any thought or advice, what would you say to them?

Your student loves you, and thinks about you, even if they forget to call.

Are you part of any clubs? If so, what are they? What do they do?

I am in SWE and am working on being more involved. SWE is short for the Society of Women Engineers. It is a group that facilitates comradery and provides opportunities for networking and outreach.

Do you play an instrument?

I used to play the viola, since coming to college and living in the dorms, I have started to learn the piano. The piano in every lounge is very convincing.

What does brave and bold mean to you?

I think that being brave and bold means to deviate from what you are comfortable with doing and dare to be more.

What is a unique talent you have?

I can make my eyebrows do the wave.

If you could only take two books on a desert island, which would you take?

On this desert island do I have everything I need to be able to survive? If I do not, I would bring Atlas Shrugged, for a fire starter. I would also bring The SAS Survival Handbook, for practical purposes. Assuming the other possibility of all my needs being met, I would bring War and Peace by Leo Tolstoy since it would take the rest of my life to read, as well as Harry Potter and the Goblet of Fire by J.K. Rowling.

What acquired skill have you always wanted to learn?

I have wanted to be able to juggle my whole life.



Talha Jalal

Where are you from?

I am all the way over from Dhaka, Bangladesh.

What year are you in school?

I am currently a first-year freshman student here in U of I.

What is your Major?

My major is B.S. in Cybersecurity.

If you could give parents/families any thought or advice, what would you say to them?

To always stay positive and move on. We may not know our future, but we surely can shape it as we go.

Are you part of any clubs? If so, what are they? What do they do?

I am currently a Diversity Scholar in the Office of Multicultural Affairs (OMA). OMA aims to promote the diverse community of the university and lets them share their culture with people from different cultural backgrounds and vice-versa.

What is your favorite TV show?

Undoubtedly, it has to be -"F.R.I.E.N.D.S."

What is your favorite movie?

A Beautiful Mind (2001) Directed by Ron Howard. One of the masterpieces of modern films.

What does brave and bold mean to you?

To me, these adjectives are more than words. They remind me to be always courageous and confident. And to be the best version of myself.

What is your biggest dream or goal in life?

My biggest goal in life is to be successful in time while my parents are still there and enjoy it with them. Without them, no matter what I achieve, it is never the same.

What is your most frequently used or favorite emoji?

I think my favorite emoji would be the shaking-hands one 🤝. I can use it to both start a conversation and end one. Also, this emoji is great for disputing arguments too!

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