Duck Transitions: Information for Ducks & Their Partners

Presentation by:
Gretchen Jewett, Director of Nontraditional and Veteran Education and Support
Lindsey Arkfeld, Graduate Student Family Issues GTF
Karen Logvin, Director, Work-Life Resources
By the end of this session…

You will:

- Feel welcomed to the UO community
- Begin to build a support network with other grad students and partners
- Have started a dialogue with your partner about your transition
- Have knowledge of university resources available for you and your partner
Introductions

- Your name
- Student or partner
- Your program
- Two adjectives that describe your present state of mind
The Transition

- The student family member will be taking on a new role and responsibilities that affect the whole family (including new roles and responsibilities for the partner)
- Your family will have new expenses and financial considerations
- The student may be returning to the classroom after a long time away from academia
Lindsey’s Transition Challenge

- Enjoying the Student Experience
- Potential Strategies
  - Managing Stress - not taking it out on my partner
  - Social Interactions
  - Athletic Games
  - Sharing Experiences
Gretchen’s Transition Challenge

- Managing irregular schedules and household responsibilities

- Potential Strategies
  - Create a visible family calendar
  - On Sunday night sit down together and communicate about the coming week
  - Assign household chores to a person and to a day of the week
  - As a partnership, establish time we spend together (and personal time we spend apart)
Spouse and Student Networking

- With other spouses or students discuss the following:
  - What concerns do you have as you face this life transition with your partner?
  - Do you have any strategies for addressing these concerns that you want to share with the others?
- Take notes of how you’re feeling to share later in the session with your partner
Communicating Proactively with Your Partner

- What are your hopes and concerns about present lifestyle changes associated with the return to school? Be specific!
- What do you want your partner to know about what you are going through during this transition?
- What do you need from each other?
- How will this decision impact the way things work in your home right now?
  - How do you see your household renegotiating responsibilities and roles?
- Use the previous handout to help facilitate discussion
Taking Care of Your Relationship: A Plan of Action!

- Both you and your partner are invested in ensuring that your partnership thrives, the student thrives, and the partner thrives...

- As a couple, make an action plan for what each of you will do over the next 7 days to nurture:
  - The relationship
  - The partner experience
  - The student experience
Resources for Partners

- Conflict Resolution Services: Partner Mediation
  - [http://uodos.uoregon.edu/](http://uodos.uoregon.edu/) (Under the Conflict Resolution Services Tab)
  - (541) 346-0617, crs@uoregon.edu

- Center for Family Therapy, College of Education
  - 541-346-0923

- Outdoor Program
  - [http://outdoorprogram.uoregon.edu](http://outdoorprogram.uoregon.edu), facebook.com/outdoorprogram
  - (541) 346-4371

- ASUO spousal equivalent card packet
  - [http://asuo.uoregon.edu/docsmanuals.php?a=191](http://asuo.uoregon.edu/docsmanuals.php?a=191)
  - Athletic tickets for non student partner
  - Discounted partner membership to the Student Recreation Center
UO Family Connections

- Kid Trips: email Suzanne Hanlon at shanlon@uoregon.edu

- Student Rec Center
  - Family Rec: Saturday 10-5 and Sunday 12-5
  - Swimming, rock climbing, gym play, etc
  - [http://uorec.uoregon.edu/rec_programs/family_rec.html](http://uorec.uoregon.edu/rec_programs/family_rec.html)

- Family-Friendly Museums
  - Museum of Natural and Cultural History
  - Jordan Schnitzer Museum of Art
UO Child Care Financial Support

- Child Care Subsidy
  - http://uoregon.orgsync.com/org/childcaresubsidy49646/home

- Women’s Center Child Care Reimbursement
  - http://pages.uoregon.edu/women/resources.html
Campus Resources for Grad Student Partnerships

- Nontraditional Student Programs
  - Gretchen Jewett, gjewett@uoregon.edu or (541) 346-1123
  - http://uodos.uoregon.edu/nontrad.aspx

- Work-Life Resources
  - Lindsey Arkfeld or Karen Logvin, larkfeld@uoregon.edu or klogvin@uoregon.edu, (541) 346-2962
  - http://hr.uoregon.edu/worklife/

- Women’s Center
  - http://pages.uoregon.edu/women/

- Graduate School
  - http://gradschool.uoregon.edu
Opportunities to Connect

- **Nontraditional Student Program Connections**
  - Facebook Page
    - “Like Us” at [www.facebook.com/pages/University-of-Oregon-Nontraditional-Student-Programs](http://www.facebook.com/pages/University-of-Oregon-Nontraditional-Student-Programs)
  - Nontrad Newsletter
    - Email [nontrad@uoregon.edu](mailto:nontrad@uoregon.edu) with “subscribe” in the subject line

- **Work-Life Resources Connections**
  - UO Families Listserv
    - Email [klogvin@uoregon.edu](mailto:klogvin@uoregon.edu) with “subscribe” in the subject line
  - Work-Life Spotlight
    - Information, news, and events to support your full engagement in life, work, and school
    - Follow the blog at [www.worklifespotlight.uoregon.edu](http://www.worklifespotlight.uoregon.edu)
  - Facebook Page
You’re Invited!

Grad Student and Family Fall Welcome Event

- FREE food and beverages
- Guided tour of the Jordan Schnitzer Museum of Art
- Family art activity
- Learn about grad student groups and campus resources

October 8 from 5-7 pm