

LIVING ON

PARENT & FAMILY NEWSLETTER

CAMPUS

Contract Renewal

Begins Soon

Room selection for the 2026-27 academic year begins in late January. As a benefit of the **Live 2 Succeed program**, your student will be one of the first to select their room. This benefit of priority room selection carries with your student as they continue to live on campus through to graduation.

ROOM SELECTION TIMELINE

- JANUARY 28** Start setting up Roommate Groups
- FEBRUARY 2** Same Room Reservations
- FEBRUARY 4** Same Space Roommate Placement
- FEBRUARY 9** Timeslots Begin

As you and your student consider the living options available for next year, what might not be as evident on the list of must-haves is how on-campus living can maximize your college investment and advance your student's success. Campus housing provides an optimal return to the students who choose to live in the dorms, particularly those who live on campus for multiple years.

Students who live on campus for at least two years are more likely to continue their studies and graduate in four years or less.



The number of students living on campus this fall is the highest percentage since the 1999-2000 academic year.

STUDENTS CAN AMPLIFY THEIR TIME SPENT ON CAMPUS

by having high-quality interactions with other students, faculty and support staff. Ways to do this may include:

- / Participating in dorm activities
- / Joining student clubs
- / Forming study groups with other residents
- / Connecting with faculty members
- / Taking advantage of campus resources
- / Continuing to live on campus beyond year one

WINTER BREAK

Encourage your student
to take a course
during the winter term

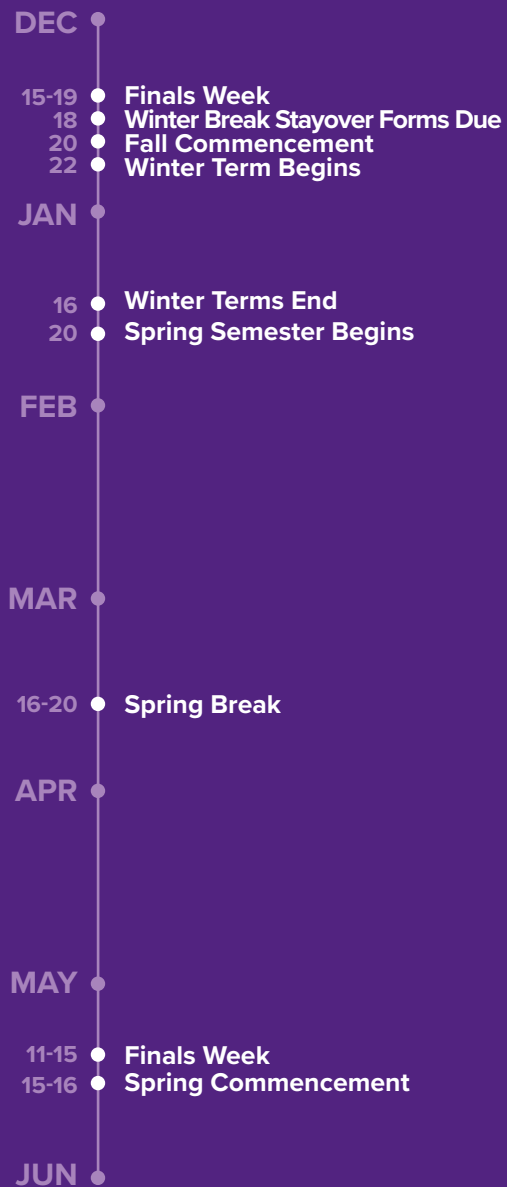
Winter break is a great opportunity for students to make progress toward their degree! This winter, UNI is offering online courses from December 22 - January 16, allowing students to complete general education or elective requirements from anywhere.

Learn more at: winter.uni.edu

Dorms remain open during winter break

Students are able to live on campus continuously through winter break in their current space. There is no additional cost, however we ask that students submit a Stayover Form to let us know they'll be here. This will help notify dorm staff of their intent to stay during break, or portions of break. This form, along with other important information, was sent to students via email. (Students leaving over break do not need to check out or hand in their keys.)

IMPORTANT UPCOMING DATES



For a complete listing of upcoming events, see the UNI Calendar:
unicalendar.uni.edu

DINING HALLS

Have you had the privilege of joining your student for a meal in the dining center? If not, you're missing out! But if you have, you know all about the vast selection and variety that is offered. So much so, you may need to remind them that they shouldn't expect as much variety when they come home to visit!

While the dining centers offer a great mix of options that change from meal to meal and day to day, food fatigue - eating the same thing every day - may still occur. It's easy to find favorites. Encourage your student to

look beyond pizza and fries. You might browse through the dining center menus yourself to help guide choices and bolster creativity in selections. There's always more to explore!

Ask your student to take you for a meal in their "dining room away from home" the next time you stop for a visit. They can use one of their guest passes (if they have the all-access meal plan) or treat you using their Dining Dollars.

**CHECK OUT
OUR DAILY
MENUS:**



5 WAYS TO ENCOURAGE MORE VARIETY IN THE DINING HALLS:

1 *Suggest checking the menus ahead of time.*

Encourage your student to take a quick look at the dining hall menus before heading over. They might discover dishes they wouldn't normally think to try.

2 *Mix it up from different stations.*

Remind your student that they don't have to stick to one venue—taking foods from a few different venues can make a meal more balanced and interesting.

3 *Challenge them to try something new.*

Encourage your student to sample at least one new food each week. It's an easy way to expand their palate and keep meals exciting.

4 *Make meals colorful.*

Suggest aiming for at least five different colors on their plate—fruits, vegetables, grains, and proteins. More color usually means more nutrients and a better mix of flavors.

5 *Explore different dining locations.*

If your student tends to eat at the same dining hall every day, remind them to visit the other campus dining centers once in a while. Each one often has its own specialties and atmosphere.



SUPPORT

THE STUDENT LIFE SUCCESS FUND

At the University of Northern Iowa, the Division of Student Life’s mission is very clear: **We help students succeed.**

We live out this mission daily through a wide range of dedicated departments and services, including:

- / Career Services
- / Counseling Center
- / Dean of Students
- / Military and Veteran Student Services
- / Recreation Services
- / Student Accessibility Services
- / Student Employment
- / Student Health Clinic
- / Student Involvement & Event Services
- / Student Wellness Services
- / University Housing & Dining



Together, these departments form a comprehensive support network that empowers students to thrive academically, personally & professionally throughout their Panther journey.

And now, there’s a meaningful way for you to be part of Helping Students Succeed: [the Student Life Success Fund.](#)

The Student Life Fund empowers our teams to remove barriers and create opportunities that shape students’ lives while at UNI and beyond. Every contribution is a direct investment in the success of UNI students — helping them grow, lead and make a lasting impact on the world. Additionally, 100% of your funding support goes directly to students.

One current example of how we are using the funding is our Paws and Reset boxes. When students are feeling a little overwhelmed, needing help relaxing or needing some coping skills, they can request our “Paws and Reset” box. Inside, there is a list of items that are meant to help students including:

- / TIPP Skill Sheet to help de-escalate from an intense feeling
- / Grounding Exercises
- / 20 Ways to Find Happiness at UNI
- / Information on our UNI resources including: Telus, Panther Care & Wellness Coaching
- / 988 Magnets
- / Stress Balls
- / Fidgets
- / Journaling Materials

If you would like to be a part of a supporting students on their journey through UNI, please consider donating to [the Student Life Success Fund.](#)



Learn more and join us at: foundation.uni.edu/gt-slsf

Tradition meets Today

Has your student considered becoming an RA?

A resident assistant (RA) is a student leader who lives and works as a peer and resource for our residential students. RAs are hired for an academic year (about nine months). Benefits include private living space, meal plan and stipend.

Responsibilities include:

- / Create open communities where students get to know their neighbors
- / Connect residents to the UNI community
- / Encourage involvement in social and educational activities
- / Help residents resolve concerns
- / Respond to emergencies
- / Attend training, workshops, conferences and weekly meetings

The deadline to apply to be an RA for the 2026-27 academic year is January 26. For a complete listing of RA responsibilities, qualifications and timeline, along with the online application, scan the QR code.

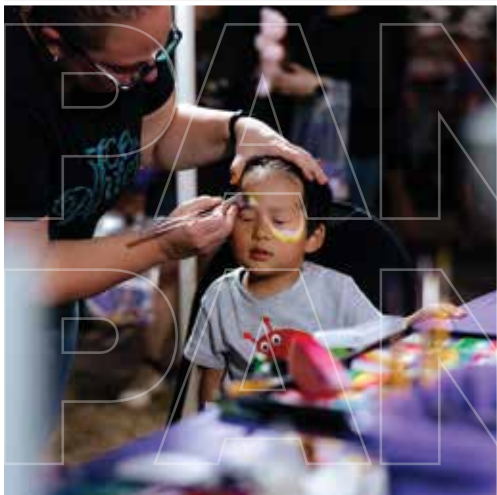
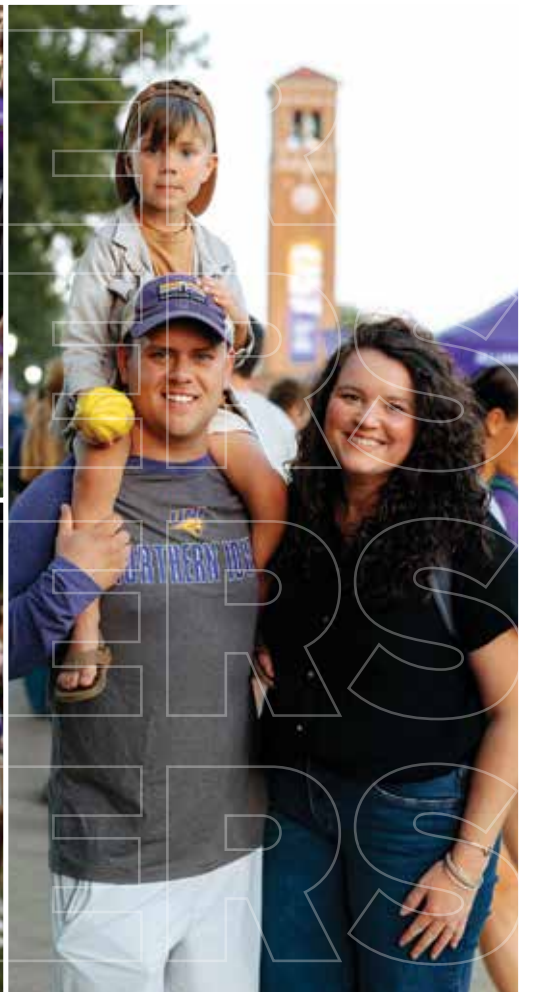
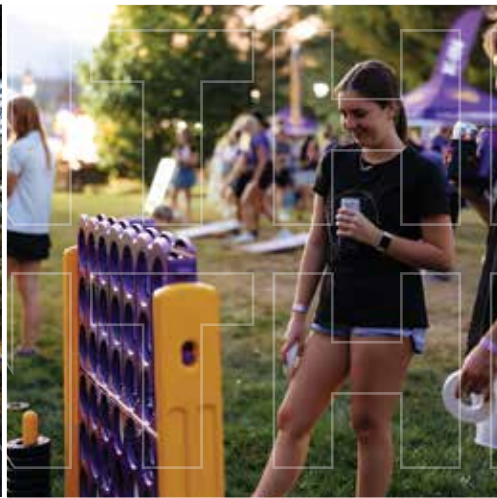
Apply to be an

RA





FAMILY WEEKEND & HOMECOMING WEEK



HUGS FROM HOME

HAPPY BIRTHDAY - \$40

Includes a personalized birthday cake (chocolate, white or marble), bag of popcorn, a 2-liter bottle of pop, five paper plates, five cups, 10 napkins, five forks, a knife and a \$5 Dining gift card.

FEEL GOOD GOODIES - \$36

Includes chicken noodle soup, Easy Mac, Goldfish, fresh fruit, three cookies, cough drops, tissues, orange juice, Sprite and a bottle of water.

FUEL UP FOR FINALS - \$45

The perfect pick-me-up to get your special student through finals week! Packed with writing utensils and note cards, as well as high-protein snacks and energy drinks - a treat for those late-night study sessions!

HAPPY & HEALTHY - \$31

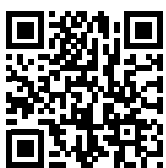
Includes pretzels, sunflower seeds, Twizzlers, trail mix, Nutrigrain bar, granola bar, Goldfish, popcorn, fresh fruit, gum and a bottle of juice.

JUST BECAUSE - \$31

Includes a half-dozen cookies, banana or pumpkin bread, Starburst, two candy bars, microwave popcorn, granola bar, crackers, Chex Mix, gum and Peace Tea.

SNACK ATTACK - \$31

Includes Chex Mix, Pringles, Doritos, Cheez-Its, Sour Patch Kids, gummies, a candy bar, cookies, sucker and 2-liter of pop.



For a complete listing of our Hugs from Home care packages, and to place an order, visit uhd.uni.edu/services/hugs-home.



University of Northern Iowa

Housing & Dining

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STAY CONNECTED

 UNI Housing
UNI Dining

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