

# Parents & Families

The parents' and families' portal to everything CSU



**September 2008**

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## Congratulations!

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*You and your students have made it through the first few weeks of the 2008-2009 Academic School Year!*

I truly enjoy receiving your emails, phone calls and visits. Getting to know you, hearing your feedback and ideas, and helping you adjust to your role as a parent or family member of a college student(s) is a great part of my job responsibilities. I'm happy to help brainstorm options, problem-solve, or just listen to your perspectives. If you email or call me, please know I try very hard to get back to you as soon as possible or quickly forward your inquiry to the right resource/office on campus. If you do not hear back from me within a few days, check back because sometimes my inbox "loses" things! (I'm sure it's not "operator error"!)

**We hope to see you at Homecoming & Family Weekend on October 10-12, 2009!** For the first time ever, the Homecoming & Family Weekend Parade will be held on Friday at 5:00 p.m. instead of Saturday morning. The Parade kicks off the Homecoming & Family Weekend Festival, Bonfire, Pep Rally & Lighting of the "A." Please make your travel plans accordingly to arrive in Fort Collins early enough to participate in all of the Friday activities, including the "Student for a Day" (attend classes with your student on Friday), the "Admissions Information Session and Campus Tour," (offered morning & afternoon) and the "Housing Options After the First Year" session that is scheduled for 2:00 - 3:30 p.m. in the Lory Student Center. The Housing Options session is our most highly rated Family Weekend activity as we bring together experts from across campus and in the Fort Collins community to assist you and your student in making informed decisions about housing plans for the entire time your student is enrolled at Colorado State. Check out the entire schedule of events at the Homecoming & Family Weekend website: <http://www.homecoming.colostate.edu/> and register for Homecoming & Family Weekend 2008! There are a number of fun activities throughout the weekend but also free time for families to be together and explore CSU and Fort Collins. **The deadline for the Go Green Package is September 26.** The **GO GREEN package** includes: Friday night's **Homecoming Festival**, including dinner, drinks & dessert, CSUAA **Homecoming & Family Weekend Tailgate** on Saturday, and Saturday's **Homecoming Football Game vs. TCU**, including T-shirt, soft drink and hot dog or pretzel! Cost per person is \$50 (\$45 for CSU Alumni Association Members), prior to September 26, and remember, **It is Easy Being Green!** There are a number of individual events and activities that require registration, so please go to the website to register soon!

**In this September 2008 edition of the Colorado State University Parent & Family E-Newsletter you will find the following articles:**

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- [RAMFAM Meeting Agenda for September 13, 2008 & Minutes from the last RAMFAM meeting on May 10, 2008.](#)
- [Year 2 @ CSU: Sophomore Year Initiatives](#)

- [Involvement Through Engagement](#)
- [Mental Health Safety Briefing](#)
- [Update on the Parents Fund](#)
- [September Calendar of Happenings at CSU](#)
- [Pride & Connections through the Alumni Association](#)
- [CANS Around the Oval](#)

## RAMFAM

**Saturday, September 13, 2008**

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We have over 225 parents and family members interested in participating in Colorado State University's Parent and Family Association - The RAMFAM Association - so welcome! We're excited to have you! We hope you can all either attend or call in to our next Association meeting, to be held on Saturday, September 13, 2008. We will be hosting the meeting on campus, but those who are unable to physically attend will have the option to call in to the meeting. The logistics are as follows:



**Location:** Lory Student Center, Room 208 (Map of campus:

<http://www.map.colostate.edu/parking-streets.aspx> and map of the Lory Student Center: <http://www.fm.colostate.edu/data/maps/0040002.pdf>)

**Date:** Saturday, September 13, 2008

**Time:** 10:00 a.m. - 12:00 p.m.

**Dial-In Number:** 970-491-1238

**Dial-In Instructions:**

1. Call in just before 10:00 on the morning of Saturday, September 13.
2. The first person to call in will experience continual ringing until someone else calls in.
3. Once two people have dialed in to the system, the party line will engage and the first two individuals will be able to speak to one another. As RAMFAM Association members call in, you will hear a click and then will be able to engage in conversation.
4. Please be aware that all members will be able to hear you at any given time and will also be able to hear when any member has ended the call.

**Tentative Topics for Agenda:**

- Introductions
- Comments from Blanche Hughes, Vice President for Student Affairs and Anne Hudgens, Dean of Students
- Start of the school year experiences and feedback
- Preview Parent and Family Social (hosted by RAMFAM) feedback

- Development/Fundraising
- Committee breakouts/brainstorms
- Share breakout results with group

[back to top](#)

## Year 2 @! CSU... A Program For Second Year Students

First year students' arrival to the Colorado State University campus is greeted with Preview Orientation and Ram Welcome (our four day welcome event). For many second year students, starting another year at Colorado State can bring about anxiety, concerns, worries and stress over reconnecting with the campus community, living off campus for the first time, choosing a major or a career path, and more.

With this in mind, Orientation and Transition Programs in the Center for Advising and Student Achievement (CASA) is proud to introduce **Year 2 @ CSU Second Year Program!** Year 2 @ CSU is a comprehensive program for second year students that encourages continued academic and personal achievement through active engagement at CSU! The programs and events that are part of Year 2 @ CSU are campus wide and intentional for the success of second year students.



Each semester, second year students will receive a listing of events/programs that are part of Year 2 @ CSU. To inaugurate the program this fall, programs for second year students include career fairs, involvement fairs, study abroad fairs, getting involved in the community, exploring majors workshops and more!

Official programs and events that are part of Year 2 @ CSU include:

1. Fall 2008 Career Fair- September 16, 17, and 18, 2008
2. The Men's Project- Begins September 16, 2008
3. CSU Study Abroad Fair- September 19, 2008
4. Major Madness Workshops- September 24, 2008 & November 4, 2008
5. Career Road Trip Series
6. Annual Fall Cleanup- November 8, 2008

For a full listing of Year 2 @ CSU programs and descriptions, please visit

<http://www.otp.colostate.edu/SecondYear.cfm>.

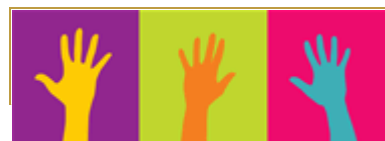
If you have questions, feel free to contact Keith Lopez, Orientation and Transition Programs, (970) 491-6011 or [keith.lopez@colostate.edu](mailto:keith.lopez@colostate.edu).

[back to top](#)

## Involvement Through Engagement

*By Nikki Cristello, SLiCE Public Relations and Marketing Coordinator*

A key for students to unlock a great college experience is involvement in the campus community.



At Colorado State University, the Student Leadership, Involvement and Community Engagement (SLiCE) office offers volunteer and leadership programs in addition to student organizations. Below are just a few options for students to get involved at CSU:



Featured leadership programs include the President's Leadership Program, a year-long experience studying leadership and social change, and REAL (Rams Engaging in Active Leadership), a drop-in opportunity exploring effective leadership.

Outside of the classroom, Alternative Breaks are offered year round and address social and cultural issues, both domestic and international. Additionally, there are more than 330 student organizations ranging from religiously affiliated to club sports to Greek Life.

Volunteering for Cans Around the Oval can be a life changing event, and has been called one of the greatest Colorado State traditions. Cans is the largest one-day food drive in Northern Colorado and provides many volunteer opportunities for students. At the conclusion of the food drive, the historic Oval is lined with the donated food. Last year, cans lined the Oval over 50 times. The Larimer County Food Bank serves over 40,000 people annually and signed up over 500 new clients last month alone. In 2007, over 130,000 pounds of food was collected and donated, and Food Bank representatives have said the food bank could not exist without this program.

Beyond Cans, another volunteer project - Praxis - allows students the unique opportunity to put their passion into action. Grants of \$500 to \$2,000 are awarded to six selected student groups to implement their self-designed program to help improve the Fort Collins community. The Praxis information session is September 11 from 4 p.m. to 5 p.m. in the Lory Student Center, room 213-215. Applications are due September 25 in the SLiCE office.

Urge your students to stop by the SLiCE office, which is located behind the Info Desk in the Lory Student Center or visit the web site at [www.SLiCE.colostate.edu](http://www.SLiCE.colostate.edu) to unlock their unlimited potential success at CSU!

[back to top](#)

## Mental Health Safety Briefing

### Your Personal Safety

**Fort Collins Police Services recently reported two separate sexual assault incidences in Fort Collins. As part of the University and City efforts to educate the community, we offer the following tips on personal safety.**

Self-protection is knowing how to avoid being the victim of an attack. By taking a common sense approach to your daily activities and practicing the crime prevention tips that follow, you can minimize your chances of becoming a victim. **Remember:** You are your first line for protection! You can protect yourself, your loved ones, and your property (But never rate property higher than a human life).

### At Home

- Never open your door to strangers. Use peepholes or look out a window. There is no reason that you have to open the door to anyone. Teach this to everyone in the



household.

- Never let a stranger into your home. If they need to use the phone, tell them that you will make the call for them.
- Install deadbolts on all exterior doors & use them. Be sure that the screws for the strike plate go at least 3 inches into the doorframe.
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- Lock your windows. If you want to have ventilation, then put in secondary locks.
- Install photocells for your porch lights (instead of motion sensors). Your lights will go on at night & off in the morning whether you are home or not. Use inexpensive low watt bulbs.
- If you find that your home has been broken into, don't go inside. Call 911.
- Be cautious when entering building/apartment common areas such as laundry rooms, elevators, parking garages, etc. Report inoperative lights & locks.
- If someone lived in your home before you, have the locks changed.
- Close your window shades at night & be sure that the landscape around them is trimmed short.
- Have a telephone extension in your bedroom.
- List only your first initial & last name on your mailbox, phone book, or door.
- Do not hide keys under the doormat, in flower pots, or mail boxes.
- Carry your house keys in your hand before you get to the door.
- If you receive an obscene and/or threatening phone call, dial \*57 immediately, then call police to report it (221-6540).
- Report any suspicious persons, vehicles, and activities to the police as soon as possible.



**THE BOTTOM LINE IS THAT YOU DON'T WANT TO PROVIDE OPPORTUNITIES TO THOSE WHO MIGHT WANT TO HARM YOU. PAY ATTENTION AND YOU WILL LESSEN THE CHANCES OF BECOMING A VICTIM.**

For further crime prevention information, personal and home safety tips visit the Fort Collins Police Services website at <http://www.fcgov.com/police/personal-safety.php> or contact the Crime Prevention Specialist at 221-6833.

### **Your Personal Well-Being**

We all face different challenges and obstacles, and sometimes the pressure is hard to handle. When we feel overwhelmed or unsure how to meet the demands placed on us, we experience stress. In small doses, stress can be a good thing. It can give you the push you need, motivating you to do your best and to stay focused and alert. Stress is what keeps you on your toes during a presentation or drives you to study for you midterm when you'd rather be watching TV. But when the going gets too tough and life's demands exceed you ability to cope, stress becomes a threat to both your physical and emotional well-being. To get a handle on stress, you first need to learn how to recognize it in yourself.

Feelings such as agitation, restlessness, being on edge or unhappy can be signs of stress as well as memory and concentration problems, worry, and racing thoughts. Headaches, muscle tension, upset stomach, skin breakouts and insomnia can also be signs. Take care of yourself. Try and relax. Eat healthy foods. Avoid drugs and alcohol. Get outside. Take a nap. Practice breathing techniques. Give someone a hug. Listen to music. Call a friend. If the feelings and symptoms feel like they are more than you can handle please contact the University Counseling Center.

### **University Counseling Center (UCC) & Hartshorn Health Services (HHS)**

On July 1st HHS and the UCC integrated to provide students with comprehensive and collaborative services committed to promoting health, wellness and safety. HHS (970) 491-7121 / UCC (970) 491-6053 during office hours; (970) 491-7111 after hours  
Emergency Service: [hartshorn.colostate.edu/](http://hartshorn.colostate.edu/); [counseling.colostate.edu/](http://counseling.colostate.edu/)

### **Other On- Campus Resources:**

If you're a victim of a crime, the following on-campus resources are available to you:

**Colorado State University Police Department:** CSU PD is a full service law enforcement agency devoted to the welfare of the University community. 750 S. Meridian Ave, Green Hall / (970)-491-6425 (non-emergency) / (970) 491-1155 (Safewalk) / [police.colostate.edu/](http://police.colostate.edu/)

**Office of Women's Programs (OWPS) & Studies and the Victim Assistance Team**

If you know that a friend is in an unhealthy relationship, or is a victim of stalking or sexual assault, the OWPS and the VATeam can provide choices and information about medical care, provide emotional support, and are educated in the legal system. 112 Student Services Bldg (970) 491-6384 / [wps.colostate.edu/](http://wps.colostate.edu/)

**Student Legal Services**

SLS allows full time students access to affordable legal assistance. The office is totally student fee funded and is staffed by three licensed attorneys. Lory Student Center (rm 182) (970) 491-1482 / [sls.colostate.edu/](http://sls.colostate.edu/)

[back to top](#)

## Update on the Parents Fund

*By Kacee Collard, Graduate Assistant*

The Parents Fund at CSU is available to student organizations for programs or events with the following criteria: to create or enhance the Division of Student Affairs programs that lead to the academic and personal success of Colorado State students; to provide financial assistance to the Division of Student Affairs programs that expands the sense of community at Colorado State, where all students feel welcome and important; and to support University-wide programs and projects that enrich educational opportunities for Colorado State students.



This program is 100 percent funded through parents, families and friends of CSU. Thank you for your support! Here are a few of the events supported by the Parents Fund during the 07-08 school year:

Organization	Event/Program	Dollar Amount Funded
Apartment Life	World Fest	\$600.00
Outreach and Prevention Services	Balance: Your Life, Your Future	\$1,500.00
ESA at Fort Collins	Treasurers of Egyptian Folklore Troupe	\$156.00
CSUPD	Citizen's Police Academy	\$2,000.00
Off-Campus Student Services/Resources for Adult Learners	RAM Wheels	\$1,253.00
Hartshorn Health Services & Residence Life	Liquid Soap Making	\$185.00
Outreach and Prevention Services	Celebrate EveryBody	\$1,500.00

Global Community	Transnational Identities in the 21st Century	\$150.00
Lambda Theta Nu Sorority, Inc.	Latina Youth Leadership Conference	\$1,000.00
Center for Advising and Student Achievement	10th Annual Easter Egg Hunt for Individuals with Disabilities	\$350.00
United Men of Color	Human Race Machine	\$2,000.00
University Village	India Night	\$1,000.00
Off-Campus Student Services/Resources for Adult Learners	Guide for Families of Commuter Students	\$766.08

[back to top](#)

## September Calendar of Happenings at CSU

Here are just a few of the diverse involvement opportunities available at Colorado State University for the month of September. When your student says "there's nothing to do here," you'll be ready to suggest some really interesting and fun events! For more ideas, or to visit the entire calendar, visit What's Up @ CSU at <http://www.whatsup.colostate.edu/>. For additional parent and family dates, you'll find the most up-to-date information on our Parent and Family website at <http://www.parentsandfamily.colostate.edu/>.

September 3, 2008 - [Involvement Expo 10:00am](#)

September 3, 2008 - [Shakti Butler Documentary 12:00pm](#)

September 6, 2008 - [27th Annual Ag Day BBQ 11:00am](#)

September 8, 2008 - [Eric Hollenbeck, Percussion 7:30pm](#)

September 9, 2008 - [Study Abroad in a French-Speaking Country 12:30pm](#)

September 10, 2008 - [Fall 2008 Course Add/Drop Period Ends](#)

September 11, 2008 - [President's Fall Address & University Picnic 11:30am](#)

September 11, 2008 - [Climate Change: Past, Present, and Future 7:00pm](#)

September 16, 2008 - [Career Fair 10:00am](#)

September 18, 2008 - [Biomedical Engineering Seminar 12:00pm](#)

September 19, 2008 - [Undergraduate Graduation Contract Due](#)

September 20, 2008 - [Ram Football vs. Houston](#)

September 21, 2008 - [Sustainable Living Fair 10:00am](#)

September 23-25, 2008 - [8th Annual Diversity Conference 9:00am](#)



September 28, 2008 - [Spring 2009 class schedule available on the web](#)

September 29, 2008 - [Michelle Stanley, Flute 7:30pm](#)

[back to top](#)

## Pride and Connections

*By Tanida Ruampant, Alumni Relations*

Becoming an alumnus/alumna may be the furthest thing from a student's mind while on campus, but the Alumni Association has many services and programs that are beneficial before commencement approaches. We realize the connection an alumnus/alumna has to the university may only be as strong as the type of experience while enrolled as a student.



**Share the pride** - there is so much value in a Colorado State University degree. Making connections and establishing mentor relationships with CSU alumni is just one way students and their parents and families can learn about what makes being a graduate from CSU so special. Programs such as the Etiquette Dinner, Dinner with 12 Strangers and Somos CSU are just some of the opportunities students have to connect with alumni and learn valuable lifelong skills. Purchasing a CSU license plate or vanity plate is another way to show pride for the University. It also benefits students as a portion of the proceeds goes toward scholarship funding.

**Stay connected** - The Alumni Association values relationships and connections, not just between graduates and the University, but also between parents/families and students. Each semester, our student branch, The Student Alumni Connection (SAC), sponsors the SAC Pack (finals week care package) program for freshmen living in the residence halls. SAC packs are a great way for parents/families to support students at an especially crucial time in the academic calendar.

An upcoming opportunity to both share in the pride and stay connected is **Homecoming and Family Weekend, October 5-12, 2008**. Several events are available for Ram fans, families, and alumni of all ages. We encourage you to come and share in the pride and festivities, meet new people and enhance your connections to your student and the University! There are several more programs and services the Alumni Association offers that promote pride and connections and are designed to ease the transition from student to graduate. For more information about all of our events and programs, and the ones mentioned in this article, please visit [www.csualum.com](http://www.csualum.com). For more information specifically about Homecoming and Family Weekend, please visit [www.homecoming.colostate.edu](http://www.homecoming.colostate.edu)

GO RAMS!

[back to top](#)

## Cans Around the Oval: You "Can" Play Too!

Cans Around the Oval is northern Colorado's largest single-day food drive and one of Colorado State's greatest traditions. In its 21 year history, Cans Around the Oval has grown from a single-day food drive to a month-long awareness campaign addressing the





issues of hunger and poverty in Larimer County, along with raising over 300,000 pounds of food in just the past two years alone!



As parents and family members of current Colorado State students, you can get involved along with your student in this great Ram tradition. During Homecoming and Family Weekend, stop by the Canstruction event on October 10, or the SLiCE office in the Lory Student Center to donate non-perishable food items or monetary donations. Help fight hunger, and show the community that green and gold are colors of compassion!

[back to top](#)

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201 Administration Bldg., Colorado State University, Fort Collins, CO 80523 USA | (970) 491-5312  
E-mail Jody Donovan, Director