

Parents & Families

The parents' and families' portal to everything CSU



October 2008

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Homecoming & Family Weekend is Here!

Fall is absolutely gorgeous on the Colorado State University campus. I hope many of you will visit this week for Homecoming and Family Weekend to experience CSU's Green and Gold! If you have not yet registered, please go to the website: www.familyweekend.colostate.edu to check out the schedule (click on "Full Schedule"). There are many special events planned just for you (including special event seating on the Plaza for the Homecoming Parade on Friday afternoon before the big Festival, Pep Rally and Bonfire!). I have received a number of inquiries about the Housing Options After the First Year session that is scheduled for Friday, October 10 at 2:00 - 3:30 p.m. in the Cherokee Park Room of the Lory Student Center. This session offers so much great information and I encourage all of you to attend (and/or send your student!). If you are unable to attend this weekend, never fear: we will post all handouts on the Parent and Family website: www.parentsandfamily.colostate.edu as well as attach them in the November e-newsletter.

This month's RAMFAM Association meets on Sunday, October 12 (to take advantage of the Family Weekend!) at 10:00 a.m. - Noon, in Rm 224 in the Lory Student Center. Unfortunately, we are not able to have phone capabilities this month, however, we have established a new location for future meetings to provide the opportunity for non-local parents and families to call in and participate by telephone. Now in our second year, we have outgrown our smaller conference room (with a telephone!) and are seeking a new permanent home for our meetings. Stay tuned for the November meeting location! This month's e-newsletter includes a letter from Jeff Wood, one of the charter members of the RAMFAM, explaining the purpose of the association.

In this e-newsletter you will find the following articles:

- [RAMFAM Association](#)
- [Mental Health Resources on Campus](#)
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- [Community Welcome-Off Campus Living](#)
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- [Turning Green to Gold-Alumni Association Scholarships](#)

I do hope you enjoy receiving and reading this monthly e-newsletter with helpful information for Colorado State's parents & families. Sometime in the next two months, you may receive a call from a current Colorado State University Student. This is our "Call-A-Ram" program. Their part-time employment involves calling parents and families, alumni, staff and faculty, donors, and friends to reach out and talk about what a great place Colorado State is for our students and to ask for additional support. When the Call-A-Ram students call parents and families, they will be asking for donations for the Parents Fund and/or scholarships. The Parents Fund was created a number of years ago for the following purposes:

- To create or enhance the Division of Student Affairs programs that lead to the academic and personal success of Colorado State University students.
- To provide financial assistance to the Division of Student Affairs programs that expands the sense of community at Colorado State University, where all students feel welcome and important.
- To support University-wide programs and projects outside of the classroom.
- To enrich educational opportunities for Colorado State University students.
- To support Parent and Family Programs and Services.

Many of the out-of-class experiences at Colorado State University as well as all of the Parent and Family Programs and Services are funded through the Parents Fund. If you have questions or would like more information about the Parents Fund, please don't hesitate to contact me. In closing, Happy Homecoming & Family Weekend!

Sincerely,

Jody

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RAMFAM - Sunday, October 12, 2008

Hello CSU parents! My name is Jeff Wood and I am a CSU graduate of the class of '86 and a parent of a son who is a senior in the Journalism and Technical Communication department at CSU. I am excited to tell you that we have started the second year with the RAMFAM association! Our association is comprised of parents and families who volunteer their time to be involved as liaisons to the University and be a part of the community participating in decisions for our student's education.



We are in the early phases building our committees for this year. They include...

- Development and Fundraising: Assist in fundraising for the Parents Fund and Scholarships to support and enrich the lives of CSU Students
- Student Issues: Discuss important issues facing today's college students, offer ideas and opinions about working with students dealing with these issues.
- Recruitment and Retention: Assist Admissions with parent panels, college fairs, student send offs, and phone calling to share your experiences with prospective CSU students' families in your area.
- Programs and Services: Offer ideas and suggestions for programs and services specifically

for CSU parents and families, and serve as hosts at campus events for parents and families, help develop hometown parent & family groups.

Now is the perfect time to get involved and help us shape the definition of our council and stay involved in your son/daughter's college career.

Please join us as we meet the second Saturday of every month. I sincerely hope you will consider joining our team. I am confident it will be a rewarding experience for you and your family.

Sincerely,

Jeff Wood

Next Meeting: Sunday, October 12, 10:00 - Noon, 224-226 Lory Student Center

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Mental Health Resources Made Easier for Students

*Dr. Michael Daine, Associate Executive Director
Hartshorn Health Service and University Counseling Center
&
Pam McCracken, MSW, Director, Communications
University Counseling Center*

This year the University Counseling Center and Hartshorn Health Service have integrated into one comprehensive, nationally accredited, health care service. The goal of this integration is to create seamless, full-service, care and improve ease of access. To further improve service, the University Counseling Center recently moved from the basement of Clark Hall to a much more visible location in Aylesworth Hall, across the street from the Hartshorn Health Service and near the residence halls.

Students have full access to individual and group counseling, sport performance programs, stress management, learning assistance, prevention and outreach resources and alcohol and other drug treatment simply by walking into the Hartshorn Health Center and checking in at the front desk. No appointment is necessary to meet with a mental health professional for a brief assessment appointment designed to assist students as soon as possible and to make sure students get their appropriate services.

Having initial walk-in appointments makes perfect sense to student Courtney Stone, a UCC Student Ambassador and President of the student advisory committee. Courtney says, "This is great for students. We can come into a safe environment and talk directly to a person and get pointed in the right direction. No one knows if I am at the health center for an allergy shot or to see a counselor. I think this really helps students when they are anxious about getting help. "

Students can also get questions answered Monday -Thursday in the Wellness Zone located in the Lory Student Center. From 12 -2, students can drop in and talk to one of UCC's mental health professionals. Topics covered include study skills, stress reduction, general mental wellness and relationships. In addition the UCC website has a wide variety of information related to college life and mental health issues. The University Counseling Center also has 24



hours emergency services available after hours and on weekends

Parents and family members often wonder why or when their student might need counseling services and UCC's Clinical Director, Dr. Danielle Oakley, believes, "it's best for students to get help for small problems, long before the problems become big, overwhelming, or become a crisis." Talk to your student about what they are feeling and let them know about the resources available at CSU. Important phone numbers include UCC's main reception 970.491-6053, after hour's emergency 970.491.7111 and Wellness Zone 491. 2634. Information via the web can be accessed at www.counseling.colostate.edu

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What's Happening at CSU

Here are just a few of the diverse involvement opportunities available at Colorado State University for the month of October. 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/>.

October 3, 2008 - [Last day for University Withdrawal with 25% refund on tuition/fees](#)

October 4, 2008 - [CSU Volleyball vs. Arizona 7:00pm](#)

October 5, 2008 - [ASAP Presents Homecoming Concert 7:00pm](#)

October 6, 2008 - [Chili Challenge](#)

October 7, 2008 - [Journey to a Hate Free Millenium 7:00pm](#)

October 8, 2008 - [College of Ag Sciences Career & Internship Fair 10:00am](#)

October 8, 2008 - [Students: Workplace Professionalism 3:00pm](#)

October 10-12, 2008 - [Homecoming and Family Weekend](#)

October 11, 2008 - [Alumni Homecoming & Family Weekend Tailgate 11:00am](#)

October 11, 2008 - [Ram Football vs. TCU 10:30am](#)

October 12, 2008 - RAMFAM Association Meeting, 10:00am in the Lory Student Center

October 12, 2008 - [Women's Rugby vs University of New Mexico 11:00am](#)

October 13, 2008 - [International Service: Benefits and Drawbacks 12:00pm](#)

October 14, 2008 - [Alternative Spring Break Session 7:00pm](#)

October 15, 2008 - [Enhancing Relationships 5:45pm](#)

October 17, 2008 - [Cans Around the Oval](#)

October 20, 2008 - [Fall 2008 Course Withdrawal and Repeat/Delete Deadline](#)



October 22, 2008 - [Green Market Vendor Fair and Conference 10:00am](#)

October 24, 2008 - [Contemporary Printmakers Exhibit 4:00pm](#)

October 28, 2008 - [Spring 2009 Web Registration Begins for Seniors](#)

October 30, 2008 - [International Tea 3:30pm](#)

October 31, 2008 - [Halloween in the Lory Student Center 3:00pm](#)

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Send Your Students and their Conflicts to Us!

By Shay Bright, Assistant Director

Conflict Resolution Services at Colorado State University is a resource for your student. Conflict Resolution Services, located within the office of Conflict Resolution and



Student Conduct Services, is funded by student fees; making it accessible to all fee-paying students. The office staff is trained to assist students with various conflicts. Students can make an appointment by calling 970-491-7165 or stopping by 200 Lory Student Center.

College students, especially during their first year, face a variety of situations and may find themselves in the middle of a conflict. We have found typical issues include: roommate disputes, academic matters and appeals, disciplinary matters and appeals, University policies and procedures, interpersonal difficulties, faculty/student issues, staff/student issues, supervisor/employee conflicts, and co-worker disputes.

If your student is involved in a conflict, whether it is personal or academic, encourage him or her to make an appointment. We provide a safe place for students to share concerns as we engage in conversation and answer students' questions. We aim to assist in pursuing a resolution at the lowest level possible. We listen and consider all sides of an issue in an objective and impartial manner and empower visitors to solve conflicts on their own.

Conflict Resolution Services provides the following services:

- Consultation regarding options for resolution of conflicts
- Coaching on how to solve conflicts
- Information regarding campus resources, policies, and procedures
- Mediation between willing parties
- Facilitate communication
- Group conflict resolution
- Referrals to other University personnel or University and community resources

Lastly, your student can be assured that in most circumstances his or her visit will be kept confidential. Exceptions under the law include a court order, imminent danger to self and others, child abuse, harassment, and discrimination. These must be reported to the Office of Equal Opportunity and Diversity and/or another appropriate authority. If the situation does not involve any of these circumstances, then all contacts, records, and communications will be kept confidential at Conflict Resolution Services.

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A Warm Welcome to Students Living Off Campus

By Melissa Emerson, Community Liaison Assistant Director, Off-Campus Student Services

More than 2000 households were visited by the police the first week of school! Now you may be wondering, "Was my son/daughter contacted?" Well, if your student lives close to campus, then the answer is probably "yes!" Don't be alarmed however, because this visit is part of a tradition at Colorado State University called the *Community Welcome*. Each year, teams of police officers, students and staff visit households close to campus to welcome students and provide information to assist them in having a successful off-campus living experience.



The information distributed contains information on noise, trash, public nuisance and snow ordinances, as well as addresses off-campus parties, nuisance gatherings, the riot law, and the importance of forming positive relationships with neighbors.

As a parent or family member, now is a great time to have a conversation about "good neighboring" practices with your CSU student.

You might begin by asking your student how many neighbors they know. Encourage them to meet the neighbors on all four sides of their residence and explain that a first meeting should be a friendly one, not related to a complaint. Having a good relationship with neighbors can reduce crime and improve overall quality of life.

Advise your student to keep their neighbors informed. When leaving town for a long weekend or vacation, it is wise to notify neighbors in advance so they can keep an eye out for suspicious activity around the house. Another good practice is to contact neighbors prior to undertaking something that might affect them...like a party.

With the warm weather this fall, there's been an increase of noise complaints, as well as continued conflicts over barking dogs and frustrations surrounding lawn maintenance. Being aware of local codes/ordinances, HOA covenants, and general expectations of the neighborhood can help reduce potential conflict. Students will benefit by understanding the following codes/ordinances unique to Fort Collins:

- **Yard Maintenance:** Weeds and grass cannot exceed a height of 6 inches in yards.
- **Trash:** Trash cannot be set out longer than 12 hours before the scheduled pick-up or stay out more than 12 hours after pick-up.
- **Furniture:** Furniture designed for indoor use cannot be placed in your yard or on an unenclosed porch.
- **Noise:** Fort Collins Police Officers respond to noise/parties on a complaint basis. This means someone in your neighborhood has been disturbed enough to call police. The responding officer has the discretion to decide if the noise is unreasonable. If the noise is determined unreasonable, they can issue a ticket with a fine up to \$1000 per resident for the first offense. A noise violation is a criminal misdemeanor.
- **Pets:** All dogs and cats within City limits must be licensed yearly through the Larimer Humane Society. These licenses can be picked up at Off-Campus Student Services in the Lory Student Center.
- **Snow:** Whether you own or rent, you are responsible for clearing snow and ice off your

sidewalks within 24 hours of a snowfall. Students are responsible for their sidewalks even when they are away on winter break.

Lifestyle differences have also been a cause for neighborhood conflicts. It is important to be conscientious of the differences between you and your neighbors.

There are times when neighbors simply cannot work out their disputes and must find some way to live together despite their differences. Students should consider utilizing the Community Mediation program which is a free service to all persons living within the city limits. With the guidance of professionally trained mediators, neighbors can come together in a neutral setting to resolve their dispute in a way that fosters creativity, communication and compromise. Mediation is also a great option for students who are having roommate disputes and/or conflicts with their landlord. For more information about the Community Mediation program, go to: <http://fcgov.com/neighborhoodservices/>

We want your student to feel connected to the neighborhood in which they reside. Help them remember that neighborly gestures go a long way!

If you are interested in reviewing the material provided to your student during *Community Welcome*, please visit our website at: <http://ocssral.colostate.edu/parents-and-families.aspx>.

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Correcting Misinformation about the RAVE text emergency alerts

Inaccurate information was inadvertently shared during RamWelcome regarding parents' ability to register for emergency text alerts from campus via the RAVE text alert system. Students with an EID assigned by the university can register, but parents cannot for several reasons:

- The text alert system is an emergency notification system designed to serve the university students, employees and constituents who may be in immediate danger. It is not designed as a communication tool to also alert others outside of the university about issues.
- Additional cell phones registered on the system exacerbate the congestion that the university has observed at times when using the system.
- The university's Emergency Management Team's priority is to communicate with students and staff quickly in an emergency and it is not in the best interest of rapid communication to students and employees and to overall safety on campus to allow additional registrations not tied to the university.
- Finally, the university incurs a \$0.06 fee per emergency message per phone that could add a noticeable increase in the cost for sending a message.

Parents concerned about any potential emergency can check the university's home page at www.colostate.edu for information and updates.

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Involved October for SLiCE

By Jake Blumberg, SLiCE program coordinator

October is one of the busiest months of the year for the Student Leadership, Involvement, and Community Engagement Office (SLiCE). Along with



the conclusion of the Cans Around the Oval food drive on October 17th, the Student of Color Leadership Retreat (SoCLR) takes place on October 18th.

SoCLR gives students an opportunity to strengthen cross-cultural communication skills and build relationships with a diverse set of student leaders from across the campus. Participants come from a variety of backgrounds, and there are no requirements for students to partake in the retreat outside of a willingness to learn and honestly dialogue about social justice issues and prevalent "isms" in today's society.



Additionally this month, students will be applying for Winter and Spring Alternative Breaks. Alternative Breaks take students throughout the United States and the world to work with local community members on service projects in their area. This month, students will be able to apply to participate in projects in Atlanta, GA, New York City, NY, and Eustis, FL for Winter Break experiences. 99% of past Alternative Break participants have said their experiences were positively life-changing. With both international and domestic projects this year, we believe this trend will continue.

And for anyone attending Homecoming and Family Weekend, please come have a SLICE of involvement in Cans Around the Oval on October 10th, when student organizations compete against hunger at CANstruction. CANstruction will be held during the Homecoming Carnival Celebration in the Morgan Library parking lot. See the creative designs and structures made entirely out of canned goods, and vote for a winner with your pocketbook—the structure with the most donations will win this year's title, with all proceeds directly benefiting the Food Bank of Larimer County!

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Turning Green to Gold: How the Alumni Association Can Help Your Student's Wallet

By Tanida Ruampant, Director of Alumni & Student Programs

Tune in to the news today and you will likely find endless coverage on the economic crisis. As parents and family members of CSU students, simply being aware of some of the funding opportunities that exist at Colorado State University is a way to help and support your student when it comes to financial matters.

The Alumni Association offers scholarships for incoming and current students. For example, the Morgan County Alumni Scholarship was created by CSU alumni in Morgan County, Colorado. The scholarship is awarded to incoming CSU students who have graduated from one of the four Morgan County area high schools. Another example, the Metro Denver Alumni Scholarship, was established through proceeds from the Green and Gold Celebration (formerly the Green and Gold Gala) a premier event that showcases and celebrates the university.



On a more global scale, the CSU Alumni Association Legacy Scholarship recognizes generations of Rams. This scholarship is available for students who have a parent, grandparent,

or step-parent that is a graduate of CSU. Funding for this scholarship is generated through the sale of the CSU license plates (within the state of Colorado) and vanity plates. Not only do the plates promote school pride, but a portion of each license plate purchase directly supports the mission to promote higher education through the Legacy Scholarship.

Applications for most scholarships, including the scholarships offered through the Alumni Association, can be submitted through CSU's Student Financial Services website at <http://sfs.colostate.edu/j21000.cfm>. Students are encouraged to apply early; the application system will be available on December 1, 2008.

If you'd like to learn more about scholarships available through the Alumni Association, please contact us directly at (970) 491-6533 or (800) 286-2586 or csualumni@ar.colostate.edu. To learn more about the CSU license plates and vanity plates, please visit www.csualum.com.

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