I am so very thankful we made it through October!

October tends to be a very challenging month for students for a number of reasons:

- It remains dark longer in the mornings and gets dark earlier in the evenings;
- It is colder and thus, outdoor activities become limited;
- Mid-term exams and many major writing assignments fall in October;
- Students are tired due to keeping odd hours from studying, socializing & adjusting;
- Colorado State University does not have a fall break until Thanksgiving to allow for a full week for traveling during the week of Thanksgiving.

If your student has mentioned dropping out of school, transferring at semester, fighting with roommates, or arguing with faculty recently...rest assured, your student is not alone and this too shall pass!

Over the next few weeks, send positive messages to your student. Share how much you love him or her and how much you believe in his or her success and persistence. Please also remind your student this is a difficult time of year, and there are only 3 more weeks before Thanksgiving Break when he or she can sleep for a full week, relax, take a break from school, and perhaps get some loving kindness from friends and family.

We all experience ups & downs as a natural part of life and it is important for your student to get through this challenging time in a healthy manner. We encourage students to visit the Counseling Center (just head to Hartshorn Health Service for a quick "intake" interview and an appointment will be made to the appropriate counselor/health professional), go to the Campus Recreation Center (exercise creates more energy!), try to get a full 8 hours of sleep each night (sleep disruption is a huge factor for other, more serious health issues!) and visit with a trusted mentor or role model on campus to learn helpful strategies for success. Nothing is worse than sitting around, not succeeding, feeling anxious and not accessing the numerous resources (already paid for!) on this campus.

In addition to our monthly calendar of Campus Happenings, we have just one other article focused on the great opportunities for involvement through the Student Leadership, Involvement, and Community Engagement Office, including the deadlines for signing up for an Alternative Break experience. I also want to direct your attention to the Parent & Family website because we have all of the handouts provided during the "Housing Options after the First Year" during Homecoming & Family Weekend as well as additional articles about living on campus, off campus, in University Apartments, off-campus meal plans, and what to do if your student's landlord is in Foreclosure. These great resources are available (and many more!) on the Parent & Family website: parentsandfamily.colostate.edu.
Also on the website is information about SAC Packs (Finals Week care packages). Support your students by providing them with brain food to help get them through Finals Week! SAC Packs are available to students living in a residence hall or in a Greek house. Each pack contains more than 25 snack items plus a CSU travel mug! Please note that orders are being taken until November 14th. For more information and to place an order, please visit www.csualum.com/sacpacks

While you're on the website, check out this month's poll focused on helping students resolve their conflicts. It should come as no surprise that 73% of the respondents report their students utilizing avoidance-type methods when dealing with conflict. We've noticed this generation of students seems to be challenged regarding assertive communication skills. Conflict Resolution and Student Conduct Services is a great resource to help students problem-solve through their conflicts with roommates, friends, relationships, faculty, and even family dynamics! I found having “practice conversations” with students during which we role-play the situation and find the words to be appropriately assertive is also helpful. Students feel much more prepared for the conversation after they've developed a "script" or have several phrases ready.

Lastly, just a word of advice for those of you whose students will return home over Thanksgiving Break: begin talking about expectations for this time. Most students just want to sleep, eat, and rest. Be careful about planning big family events or activities involving your student without talking first about his or her plans. Warn siblings that students may be extremely tired, grouchy, and distracted during the first few days of the vacation. In addition, an advanced discussion regarding house rules (ie. curfew, utilizing the family vehicle, chores, etc.) is important. Your student has lived outside of these rules for the past semester and may believe he or she does not need to be held to these rules when returning home. Be clear about your expectations and listen to their perspectives as well. Having adult-adult conversations helps your student assume adult characteristics, whereas treating students like children keeps them childlike.

Best wishes for a wonderful November. The campus is absolutely beautiful with the trees turning brilliant shades of yellow and gold. We have much to be thankful for, including your unwavering support for your students and Colorado State University!

Sincerely,

Jody

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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 November. 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
November 1, 2008 - 26th Annual Pow Wow - 10:30 am

November 2, 2008 - Fall Track Races at the Oval - 12:00 pm

November 3, 2008 - Interdisciplinary Water Resources Seminar - 4:00 pm

November 4, 2008 - El Dia de Los Muertos - 11:30 am

November 4, 2008 - Party After the Polls - 6:00 pm

November 6, 2008 - The Economics of Climate Change - 7:00 pm

November 7, 2008 - Spring 2009 Web Registration Begins for Sophomores

November 8, 2008 - World Unity Fair - 3:00 pm

November 10, 2008 - Harpsichord Concert with Joel Bacon - 7:30 pm

November 12, 2008 - Student Organizations Officer Orientation - 12:00 pm

November 13, 2008 - Patsy Boyer Scholarship Reception - 4:00 pm

November 14, 2008 - Spring 2009 Web Registration Begins for Freshmen

November 14, 2008 - Street Scene - An American Opera - 7:30 pm

November 15, 2008 - Ram Football vs. New Mexico - 9:00 am

November 19, 2008 - Honors Professor Lecture - 6:00 pm

November 19, 2008 - GIS Day - 9:00 am

November 22-30, 2008 - Fall Break!

November 22, 2008 - CSU Volleyball vs. Utah - 1:00 pm

November 24, 2008 - Spring 2009 Web Registration Begins for New Students

November 26, 2008 - Men's Basketball vs. New Orleans - 7:00 pm

November 29, 2008 - Women's Basketball - Coors Rocky Mountain Invitational - 7:00 pm

A SLiCE of an Involved Fall

By Nikki Cristell, Public Relations and Marketing Coordinator, SLiCE

October was a busy month in the SLiCE Office. Not only were applications for alternative winter and spring breaks due, but also Cans Around the Oval came to a spectacular conclusion.

Jen Johnson, assistant director of volunteer programs at
SLICE is passionate about both programs.

"Alternative Breaks are based on a relatively simple idea: Students give their time during their winter, spring, or summer break to volunteer in and learn about another community in the United States or world. Each of the trips is focused on a different issue area such as homelessness, AIDS/HIV, the environment or economic sustainability," Johnson wrote in a guest column in the Colorado State University daily newspaper, the Rocky Mountain Collegian.

This year students will have a variety of places to travel to for winter trips including New Orleans, Louisiana, Juarez, Mexico, Achiote, Panama and Washington D.C. Spring trip locations are undecided.

Applications for alternative winter and spring break were due this month but are still being accepted; students can apply for summer 2009 trips during the spring semester.

Cans Around the Oval, one of CSU's greatest traditions, celebrated its 21st year by incorporating a new tradition: A giant CANStruction.

During the final days of the food drive, SLICE and The Neenan Co., a local design and construction company, built the construction in front of Morgan Library.

The structure represented the ripple effect. A giant hollow footprint in the center allowed students to stand in the midst of thousands of cans. The cans demonstrated the waves someone makes when donating to the community.

Sam Bowersox-Daly a key student coordinator for Cans Around the Oval, said approximately 105,000 pounds of food - or nearly as much as nine male African elephants-was collected during this year's drive, making it the biggest in Northern Colorado.

"The shelves in the warehouse [at the food bank] go from fairly empty to overflowing," Bowersox-Daly said to the Rocky Mountain Collegian.

"CANS is the largest food drive we have, by far," said Amy Pezzani, executive director of the Food Bank of Larimer County, in an interview with the Rocky Mountain Collegian. "By the time the big day rolls around each year we are getting very low on food drive food so it helps tremendously to restock our inventory."

For a full list of alternative break destinations, to read more about Cans Around the Oval or to learn more about programs brought to you by the Student Leadership, Involvement and Community Engagement Office, please visit www.Slice.Colostate.edu.