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# Parents & Families

The parents' and families' portal to everything CSU



## December 2008

Volume 3 | Issue 4

### Dear CSU Parents and Families:

As we near the end of fall semester, and as many of you prepare to welcome your student home for the holidays, I want to thank you for being a part of the Colorado State University family-and for the support and guidance you provide throughout the year.



In November, I was honored to take on the responsibilities of Interim President of Colorado State. I accepted this new challenge because of my deep affection for this campus-the same sense of pride and possibility I felt when I came here 16 years ago as a faculty member in pathology, made stronger by time and experience. Colorado State is a land-grant University, which means it was founded on the belief that people from all walks of life should have the opportunity to earn a higher education. People like Abraham Lincoln fought to create land-grant universities nearly 140 years ago because they knew that educated citizens were essential to our democracy, and that improving the lives of individuals through knowledge, skill, and understanding improves our society as a whole. I consider it a privilege to help uphold this mission and to serve the students, faculty, staff, alumni, and families of this great University.

I also want to let you know that Colorado State is in excellent shape as we undergo only our second leadership transition in nearly two decades. Our University has made great improvements in that time, but the stature of CSU has less to do with who occupies the president's office than with the quality of students we admit and the faculty and staff we hire. And thanks to the efforts and commitment of many good people across our campus and community, Colorado State today is fiscally sound, academically respected, and well-positioned for continued success. We also know that we can always do a better job of communicating with families about critical issues such as tuition costs, campus safety, policy decisions, and more. As a parent myself, I know how much families invest in a college education-not just monetarily, but also in the form of

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### What's Happening at CSU?

#### December 1, 2008

- [World AIDS Day Candlelight Vigil](#) - 3:30 pm

#### December 2, 2008

- [Keeping Kitty Comfy and Safe](#) - 6:00 pm

#### December 3, 2008

expectations. We take that investment seriously at Colorado State, and we've made an institutional commitment to openness and transparency in decision making. As Interim President, I will do my best to help keep you informed about new developments at CSU, particularly when they'll affect your family's bottom line and ability to plan for the future.

Best wishes to you and your family as we enter the holiday season. We look forward to welcoming students back to campus in January after a well-deserved and restful winter break.

Dr. Anthony A. Frank  
Interim President

## A message from Jody Donovan...

Last week was a great reminder that we have much for which to be thankful including family, friends, health and happiness. I hope you had an opportunity to take a break from the craziness to rest and reflect on all the good things in life.

This is an important message for students as they return to campus for a hectic three weeks of exams, papers and semester culmination activities. Send your student a bit of loving in the form of a care package, phone call, letter, email, or even a quick text message (H&K = hugs & kisses; ILU = I love you; SUP? = What's up?). Your positive messages of belief in your student goes a long way as he or she copes with the end of the semester challenges. Include messages of encouragement to do the best he or she can, to access campus resources for assistance, to speak directly with professors and faculty, and to take care of him or herself physically by sleeping, eating and exercising. Keeping open lines of communication allows you to provide support and guidance when your student needs it most. Students are often afraid to speak with their parents/family members when struggling academically or personally. This fear can be paralyzing, causing students to avoid studying or caring for themselves in times of stress. Your willingness to convey your love and support is crucial. Help them understand that you may not be happy with their performance but you are there to listen and help them problem solve. The bottom line is that you will always love them.

Also, a quick note from Athletics: The Rams are bowl eligible! Coach Steve Fairchild and the Rams football team had an exciting season and we're on the verge of going to a bowl game. Go to CSURAMS.com for ticket and event information regarding CSU's bowl appearance. More information will be displayed in the coming days. Coach Fairchild and the Rams want your support at the bowl game! Premium ticket locations are available through CSU for a bowl game, either online or by calling 1-800-491-RAMS. We hope you make plans to join the Rams at a bowl game!

**If your student is living in the residence halls, please note they are closed and locked over the Winter Break. Students must remember to take their plane tickets, medicine, and other important items because they will not be allowed back into**

- [Communicating Effectively in a Diverse Society](#) - 4:00 pm

**December 4, 2008**

- [Skeller Trivia](#) - 4:30 pm

**December 5, 2008**

- [All-Choral Holiday Concert](#) - 7:30 pm

**December 6, 2008**

- [Women's Basketball vs. Northern Colorado](#) - 2:00 pm

**December 7, 2008**

- [A Midsummer's Night's Dream](#) - 7:00 pm

**December 8, 2008**

- [Mickey Mouse Monopoly](#) - 7:00 pm

**December 10, 2008**

- [Men's Basketball at Colorado](#) - 8:00 pm

**December 11, 2008**

- [Theatre: The Caucasian Chalk Circle](#) - 8:00 pm

**December 12, 2008**

- [Last Day to Process a University Withdrawal for Fall 2008](#)

**December 13, 2008**

- [NCAA Volleyball Regional Matches](#)

**December 14, 2008**

- [Men's Basketball vs. Stanford](#) - 5:00 pm

**December 15-19, 2008**

- [Final Exams](#)

**December 19-20, 2008**

- [Commencement](#)

**December 24-26, 2008**

**their room over break. Halls close on Friday, December 19 at 10:00 p.m. Students are expected to leave within 24 hours after their last final. If your student has traveling conflicts, he or she must speak with the Front Desk Office Manager by December 17 to make arrangements. The residence halls open again on Thursday, January 15 at 8:00 a.m.**

Lastly, many of you may be planning elaborate Winter Break family celebrations including your student. As I warned you prior to Thanksgiving/Fall Break, your student will be tired when he or she returns home for the holidays. Begin conversations now about your expectations for attendance at family outings and events, helping around the house, and other behaviors while in your home. Returning home after living on one's own can be a challenge for the whole family. It is good to have discussions and negotiations prior to your student's arrival. Showing mutual respect, acknowledging their independence over the past four months, and reminding them they are a part of a family can head off difficulties over the break. It is not uncommon for everyone to long for the beginning of the second semester after a few short days/weeks!

Take care, happy holidays, and for your information, grades will be posted on students' RamWeb accounts on December 25!

### Jody

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## Campus Housing Update

*By Tonie Miyamoto*

Many exciting construction projects are currently underway or scheduled to begin soon on the Colorado State University campus. Keeping in mind recent changes in the bond market and an uncertain financial sector, we are paying close attention to market analysis to best meet students' needs..



### Building D at the Academic Village

- [University Holiday](#)

December 25, 2008

- [Fall Grades Available on RAMweb](#)

December 30, 2008

- [Women's Basketball vs. Prairie View A&M](#) - 5:00 pm

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A new five story residence hall at the Academic Village, Building D, will be home to just over 200 students next fall. Funding for this building was secured before the bond market was impacted by the economic crisis and we are on schedule. Building D will be available to students in any major, including some space for upperclass students in singles.

### **Plans for Newsom Hall**

Last year, plans were made to begin demolishing Newsom Hall in early 2009 to further expand the Academic Village. Over the summer, plans for Newsom were put on hold in response to a weak bond market and interest in exploring other renovation projects, including adding a fourth floor to some existing halls. Newsom Hall will remain open for Fall 2009/Spring 2010. The first floor will house upperclass and transfer students in single rooms and the remainder of the building will be available for open assignments. The Honors program is moving to Edwards Hall to accommodate overflow housing from the Academic Village.

### **Braiden Hall Renovation and Dining Center Expansion**

A feasibility study is currently being conducted to explore the possibility of adding a fourth floor to Braiden Hall and Parmelee Hall to increase bed space on campus in lieu of assuming the full cost of building new halls. If proven viable, this project could move forward in the next one to three years. In the meantime, Braiden Hall will be taken offline this summer to add fire suppression sprinklers, new carpeting, interior paint and new student room furniture. Preview orientation will move to Parmelee Hall for summer 2009 and summer school students will be housed in Corbett Hall.

A dining center expansion project at Braiden Hall will move forward in March 2009 and is targeted for completion in October. The dining center will remain open during the renovation. More seating and new venues including a EuroKitchen, a burrito line, and a late-night pick-up will be added to the dining center.

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## **Why CSU Students Should Study Abroad**

*By Seth Webb,  
Senior Advisor, Study Abroad*

A study abroad experience provides great opportunities for students to learn about the world, gain new perspectives on their academics, and obtain skills for the global workforce. Whether studying art,



sciences, business, or engineering, upon graduation students

may be required to work abroad, work in a multi-national corporation or organization, or work in multicultural teams. Globalization is a reality and our graduates must be prepared to function in a global society. Gaining international skills and knowledge through studying abroad helps students prepare to participate in an increasingly global business environment.

### Parents & Family of CSU Students

The CSU Study Abroad Office recognizes the important role parents and family play in a student's study abroad experience. Our goal is to provide resources to help families learn how to best support and encourage their student before, during, and after the international experience.

Our office works with students to examine the options available for studying abroad, paying attention to their academic, financial, and personal needs. Once students select a program and are accepted, we work to prepare them for the academic and intercultural experiences they may encounter abroad. Our orientation program discusses travel, health, safety, and culture abroad. In addition, we pay careful attention to world events with respect to the safety and security of students abroad.

All students interested in studying abroad should attend a general information session prior to meeting with a study abroad advisor. These sessions occur once a day during our walk-in advising hours, Monday-Thursday 9-12 and 1-4 in the International Resource Center (IRC, lower level of Laurel Hall). Walk-in advising for 10-15 minutes is available without an appointment on a first-come, first served basis. The center is staffed by peer advisors and a professional study abroad advisor, but it is closed on Fridays.

If you would like to explore opportunities for study abroad at Colorado State, we encourage you to talk with your student and review the resources available on our website. If you have questions or would like to meet with an advisor in person, we invite you to contact us.

(970) 491-5917

[www.studyabroad.colostate.edu](http://www.studyabroad.colostate.edu)

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## Mother or Career Counselor: Which one should I be?

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*By Judy Brobst  
Assistant Director, Career Center*

I'm a mother of two



college students: a first year graduate student and a sophomore. I am also a career counselor for CSU. An interesting combination that is sometimes difficult for me to separate. When do I offer "mother



advice" and when do I offer "career counselor" advice? Sometimes my children have told me to stop being their career counselor and just be their mother - ouch! At other times I can "work" the career counseling piece to create teachable moments together.

As parents we often want to "do" for our children. We want to do their schedule; to do their major; to do their clubs and extracurricular activities. As a career counselor I tell students; "get involved in student clubs and organizations, make a 4-year plan so you will know how to fit everything in that you want to accomplish, including internships and experiential learning opportunities to help you understand how your major relates to your career." As a mother, I need to step back and offer encouragement for my children's self exploration, which may not be what I would choose for them to do. This can be difficult for us as parents as we have been so involved in our student's lives from sports to extracurricular activities not mention daily phone calls and text messages! When we step back, we allow our students the exploration that leads to discovery and sometimes what I see in Career Counseling as the "ah ha" moment. You know - when it all clicks and its all good! They smile, nod their head and find a new direction and purpose in their lives. Let them run with it. Maybe it's not our direction and purpose in life but it's theirs and ownership leads to success. Thoreau said "Go confidently in the direction of your dreams! Live the life you imagined." Walt Disney said "If you can dream it; you can do it!"

As our students come home for this semester break, ask some simple questions; "How is it going? What has been the hardest part? What has been the best part?" You will hear about the roommate issues, the "dumb professors who give homework over break - can you believe it!" Ask about what they do for fun on campus. Do they like their major or maybe they still need to pick one? Be there to encourage and support their discovery and encourage them to seek help on campus from people like me, career counselors, who might also be a mom. We are here to support your student and you.

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## Accessing the University Counseling Center & Hartshorn Health Service

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University Counseling Center



Dear Ram Families and Friends:

As many holiday are vast approaching and you are likely feeling the pressure to get everything finished, students are in the same mode with their final exams just around the corner. As we know, stress and related psychological issues have been increasing in number and severity over the past ten years on university campuses.

Because of this trend, making visits to the Colorado State University Counseling Center is a common practice for students. Each year we serve 10% of the student body in traditional counseling services. In addition to working with these students in individual, group, couples counseling and a wide range of outreach presentations within multiple programs, we provide support for faculty and staff seeking assistance for students living in residence halls, taking classes, and participating in other activities.

We are proud to share that our ability to serve students at CSU far surpasses many schools of comparable size and resources. Many schools report at this time of the semester that wait lists for spring semester have been implemented and many students are turned away for services due to the capacity related to staffing. Our statistics demonstrate that we have not exceeded a wait of longer than two weeks for an assessment after the initial triage consultation. Not only do these statistics surpass wait times for other universities, we are well ahead of the curve with community mental health resources.

Every student who seeks our services receives recommendations about what type(s) of resources are most beneficial. During the busy times of the year, recommendations may include services within the University Counseling Center or referrals to private insurance, other campus agencies, and/or mental health providers in the community. Given the proclivity of students toward technology, we offer a wide variety of help topics on our website at [www.counseling.colostate.edu](http://www.counseling.colostate.edu) and we have been highly praised for the many podcasts that provide information ranging from stress management to study skills.

All clinical and referral decisions are based on availability of services on campus, critical need, and the best match of services for the issues presented by the student. In any case, when students are in crisis or feeling at risk of hurting themselves or others, we strongly encourage a visit to the Mental Health Triage service located at the Hartshorn Health Service. Please be an advocate for your student to visit us to determine what types of assistance may be most beneficial. Please know we are making the best decisions with our current availability and increased student visits.

Have a happy and healthy holiday season,  
Danielle Oakley, PhD  
Director of Clinical Services  
University Counseling Center

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## RAMFAM Meeting Updates

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We hope you can all either attend or call in to the last RAMFAM Association meeting of the semester, to be held Saturday, December 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:** Campus Recreation Center, Horsetooth Lounge

**Date:** Saturday, December 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, December 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.

Directions to the meeting location:

- [Map of campus](#)
- See our [highlighted map of the Student Recreation Center](#) for marked building and parking options
- The Student Recreation Center is positioned behind Moby Arena
- Parking can be found in the lot west of Moby Arena, off of Shields and Elizabeth
- Head east on the foot trail past Moby Arena until you see the Student Recreation Center on the left side of the walkway
- Map of the [Student Recreation Center building](#)
- See our [map of Horsetooth Lounge](#) for room location
- Enter through the sliding glass doors and take the staircase immediately in front of you (elevators can be found to the right in front of the Information Desk by the pool)



- Take a left at the top of the staircase and follow the hallway back and to the right to get to the Horsetooth Lounge.

Tentative Topics for Agenda:

- Introductions
- Associated Students of CSU update and conversation
- Fundraising conversation with Sarah Morgan, University Development

If you need to catch up on what happened during the last RAMFAM Association meeting, minutes can be found [online](#) on the RAMFAM Association website!

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## CSU Day at the National Western Stock Show

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Lasso up your friends and family for this year's CSU Day at the National Western Stock Show on January 17! Your \$14 or \$15 ticket (depending how close you'd like to sit) includes grounds entry, the ProRodeo and all of the other fun that comes along with the stock show including a petting zoo, mutton bustin' competitions, shopping, entertainment and much more. Make sure to wear your favorite CSU gear and stop by and get your picture with Cam the Ram! Space is limited, for more information or to purchase tickets [click here](#) ([www.csualum.com/registration](http://www.csualum.com/registration)), or contact Tiana at [tnelson@ar.colostate.edu](mailto:tnelson@ar.colostate.edu) or 303-376-2613. This is a great opportunity to support Colorado State University and explore the western culture of Colorado.

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