

# November 2009

Volume 4 | Issue 4

## Dear CSU Parents and Families:

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Welcome, November! We often breathe a small sigh of relief when we reach this point in the semester. October can be a hard month for students for many reasons:

- Daylight savings messes with our senses and limits the amount of light students see;
- The cold weather ensures outdoor activities become limited;
- Mid-term exams and many major writing assignments fall in October;
- Students' bodies are reaching their limits due to keeping odd hours from studying, socializing & adjusting; and
- Colorado State University does not have a fall break until the end of November to allow for traveling during the week of Thanksgiving.

Please know that if your student has recently mentioned dropping out of school, transferring at semester, fighting with roommates, or arguing with faculty, he or she is not alone – transition issues can surface mid-semester and cause some unbalance in your student's life. This too, shall pass!

We encourage you to send positive messages to your student over the next few weeks – mid-semester care packages or letters can make a world of difference for your student. Please 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. In the meantime, encourage healthy habits to help your students get through mid-semester blues. The [Student Recreation Center](http://campusrec.colostate.edu/) (<http://campusrec.colostate.edu/>) and [CSU Health Network](http://www.health.colostate.edu/) (<http://www.health.colostate.edu/>) can help students work through stress in a healthy way. Nothing is worse than sitting around, not succeeding, feeling anxious and not accessing the numerous resources (already paid for!) on this campus.

In this edition of the newsletter, we focus on student success and engagement. In addition to information about campus events, we have an article focused on the President's Leadership Program, a co-curricular opportunity for students to gain leadership experience through the Student Leadership, Involvement & Community Engagement Office (SLiCE). We also want to be sure you know about our upcoming **Getting to Year 2 @ CSU Conference** designed to help students in their second semester of their first year successfully transition to their second year.

We also want to let you know the "Housing Options After the First Year" handouts have been posted on the Parent & Family website in case you missed the session during Homecoming & Family Weekend. Also on the website is information about SAC Packs (finals week care packages). Support your students by providing them with treats and goodies to help get them through finals week! SAC Packs, sponsored by the Student Alumni Connection, 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 16th.** For more information and to place an order, please visit [www.alumni.colostate.edu](http://www.alumni.colostate.edu) (<http://www.alumni.colostate.edu>).

Lastly, a quick suggestion for those of you whose students will return home over Thanksgiving Break: begin talking about expectations for this time. Students are so looking forward to a break from academics - most 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 (i.e. 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.

Take care this month and enjoy the fall. 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 CSU!

Sincerely,

### **Jody & Kacee**

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[back to top \(#top\)](#)

## **RAMFAM Association Meeting**

Just a quick reminder that our November RAMFAM Association meeting will be held this Saturday, November 14, 2009 on the CSU campus. Event details are as follows:

**What:** RAMFAM Association Meeting  
**Who:** All Parents and Families of CSU Students  
**When:** Saturday, November 14, 2009  
**Time:** 10:00 am – 12:00 pm Mountain Standard Time  
**Where:** Lory Student Center Room 228 on campus or online via the RAMFAM Blog  
**Cost:** FREE!!



### **Logistics:**

- *On-Campus:*
  - Lory Student Center, [Room 228](http://parentsandfamily.colostate.edu/Data/Sites/1/documents) (<http://parentsandfamily.colostate.edu/Data/Sites/1/documents>)

[/ramfam/09-10%20LSC%20Map%20for%20Meeting%20Locations.pdf](#))

- Parking (<http://parking.colostate.edu/files/maps/mapside.pdf>) is available north of the Lory Student Center, in Lot 310 at no cost on the weekend

- **Webcast:**

- Just before the meeting, please click on this link: <http://parentsandfamily.colostate.edu/blog.aspx> (<http://parentsandfamily.colostate.edu/blog.aspx>) and it should take you directly to the streaming video with the blog capabilities below the screen. If you run into trouble with this link, just go to the live video to participate: <http://cope.colostate.edu/ramfam> (<http://cope.colostate.edu/ramfam>) (without the blog capabilities). Internet Explorer is the ideal browser for this system.

- **Blog:**

- If you are participating via webcast, we'd love your participation, questions, and comments! To participate, click on [this link](http://parentsandfamily.colostate.edu/blog.aspx) (<http://parentsandfamily.colostate.edu/blog.aspx>) and scroll down to where it says RAMFAM Blog/November Meeting (the link will go live on Saturday, November 14, 2009). Click on the small blue link on the right that says "Feedback" and type your questions or comments into the white text box! We'll do our best to weave your comments and questions into the live conversation, and if we are not able to include the comments, we will post the comments and Q&A online after the meeting.

**Agenda:**

- Welcome & Introductions
- RAMFAM Association Directory businesses
  - Business Recommendations
  - Script
  - Donation & Gift Definitions
  - Next Steps
- CSU Health Network Update with Anne Hudgens, Dean of Students

[back to top \(#top\)](#)

## Homecoming & Family Weekend Feedback!

Thank you for attending CSU's 2009 Homecoming & Family Weekend: *Celebrating the Past. Building the Future!*!! We appreciate your support and dedication to your students. We had a fabulous turnout over the weekend – especially with the cold weather looming overhead! – and we hope you enjoyed yourselves as much as we did.



If you attended any of the events over the weekend, we need your feedback!! It is the key to improving Parent and Family Programs. We are asking for a few minutes of your time to complete a quick survey on Homecoming & Family Weekend events through the attached survey. Just click on this link (or copy & paste it into your browser): <http://studentvoice.com/colostate/2009familyweekend> (<http://studentvoice.com/colostate/2009familyweekend>) to complete the survey. It is only 14 questions and is designed to give us maximum information with minimal time from you.

Also, just in case you missed our most popular session of the weekend - Housing Options After the First Year – we've posted all of the handout material on our website. Just click the Housing Options silver 'button' on the right side of the Parent and Family website for all of the updated information. If you have additional questions, please contact [Jeannie Ortega](mailto:jean.ortega@colostate.edu?subject=Housing%20Options%20After%20the%20First%20Year) (<mailto:jean.ortega@colostate.edu?subject=Housing%20Options%20After%20the%20First%20Year>), Director of Off-Campus Life at 970-491-2248.

[back to top \(#top\)](#)

## Recommendations Wanted

Have you had a good experience with a business in Fort Collins or northern Colorado? Nominate that business to be a part of the RAMFAM Friendly Business Directory!! Every day we receive phone calls and emails from parents and families asking for recommendations on different services (everything from automobile services to storage facilities over the summer months). The RAMFAM Association is interested in compiling these resources for parents and families, so if you have a recommendation, please send an email to [Kacee Collard Jarnot](mailto:kacee.collard@colostate.edu)



[\(mailto:kacee.collard@colostate.edu?subject=RAMFAM%20Association%20Business%20Recommendation&body=Name%20of%20Business%3A%0D%0AAddress%3A%0D%0ACity%2C%20State%2C%20Zip%3A%0D%0APhone%20Number%3A%0D%0AWebsite%3A\)](mailto:kacee.collard@colostate.edu?subject=RAMFAM%20Association%20Business%20Recommendation&body=Name%20of%20Business%3A%0D%0AAddress%3A%0D%0ACity%2C%20State%2C%20Zip%3A%0D%0APhone%20Number%3A%0D%0AWebsite%3A) with the name of the business and any contact information you can find: address, telephone number and website, if applicable!

[back to top \(#top\)](#)

## Want to Help Your Student Get to Year 2 @ CSU?

*By Jordan King, Orientation & Transitions Programs*



Orientation & Transition Programs in the Center for Advising and Student Achievement (CASA) is dedicated to assisting first year and second year students as they transition at CSU. We strive to create quality and impactful programs including Orientation, Ram Welcome, The First Year Mentoring Program, and the Getting to Year 2 @ CSU Conference.

This spring (February 11, 2010) the 3<sup>rd</sup> Annual Getting to Year 2 @ CSU Conference will be held in the Lory Student Center. Getting to Year 2 @ CSU is a one day conference for first year students (in the second semester), that provides an opportunity to attend breakout sessions throughout the day. Sessions provide students with information and resources to assist with their transition to a second year at CSU.

These breakout sessions focus on topics such as:

- Off Campus Living
- Finding Internship Opportunities
- How to work with Your Professors
- Motivation, Goal Setting & Balance
- Financial Management
- And Much More!

Students who attend the Getting to Year 2 @ CSU Conference will feel prepared to begin a second year at CSU, and are more likely to return for a second year ready to achieve their academic and personal goals. Of the students who attended the conference in spring 2008, 93% returned for a second year at Colorado State University. This conference helps students gain tools, knowledge and skills to make their second year the best it can be.

As parents and family members who are engaged in your student's academic success, this is a

way in which you can provide support and encouragement .**Registration for students begins Monday, November 30, 2009** at <http://otp.colostate.edu> (<http://otp.colostate.edu>) . Make sure you encourage your students to register!

For more information Contact Orientation and Transition Programs in the Center for Advising and Student Achievement (CASA) at (970) 491-6011 or e-mail Keith Lopez, Coordinator, First & Second Year Programs at [keith.lopez@colostate.edu](mailto:keith.lopez@colostate.edu) (<mailto:keith.lopez@colostate.edu>) .

For more information, visit: [www.otp.colostate/](http://www.otp.colostate/) (<http://www.otp.colostate/>)

[back to top \(#top\)](#)

## Take a SLiCE - Campus Leadership

By Kayla Huddleston, SLiCE Marketing

*"Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal or any goal." ~ Vince Lombardi*

Developing leadership skills is a critical part of a well-rounded college career. The Student Leadership, Involvement and Community Engagement (SLiCE) office offers programs for students to enhance their skills and build resumes.



The President's Leadership Program (PLP) is a three year program where students can earn 14 credits for the development experience. Students participate in classroom learning, retreats, service projects and internships that provide numerous outlets to apply knowledge and training.

"I wish PLP could be part of every student's education," Alexis Kanda-Olmstead, Assistant Director of SLiCE said. She continued, "The concepts we teach through PLP – working in teams, leading change, communicating effectively, living with integrity, serving the common good – are skills every person who graduates with a college education should have in their tool box."

Each year students express PLP's profound impact on their ability to communicate effectively, problem solve, work collaboratively and understand personal strengths and weaknesses.

"PLP redefined my perception of serving the community as a leader," Mehdi Mehrpartou, former PLP participant said. "Not only has PLP helped me discover my leader within, but it has also empowered me to help others around me do the same thing. Now that I have graduated, it is so great to realize that my family, friends, and coworkers notice how much I have changed over the course of the last year that I was involved in capstone section of PLP."

The SLiCE office also offers the REAL (Rams Engaging in Active Leadership) Experience to students committed to positively impacting society. The REAL co-curricular certificate program prepares students to be productive thinkers and become more civically engaged.

"Students who are involved in the REAL Experience will have a clearer understanding of who they are and how they may impact our community," said Tisa Kunklee, SLiCE co-curricular leadership event coordinator. "They will take an active role engaging in our community through workshops, volunteer hours, taking on leadership roles and getting involved in participatory experiences."

Students interested in enhancing leadership skills can contact the SLiCE office at 970- 491-1682,

visit the office in the Lory Student Center, or go online at [www.slice.colostate.edu](http://www.slice.colostate.edu) (<http://www.slice.colostate.edu/>).

[back to top \(#top\)](#)

## Wise Words - Generations of Study Tips

*By Tanida Ruampant,  
Director of Alumni & Student Programs and  
E-Communications with CSU's Alumni Association*

Finals week is approaching! Students all over campus are gearing up to bring their semester to a close.

Preparing for finals week can be stressful and sometimes the best advice or support comes from parents or family members. Student leaders in the Student Alumni Connection (SAC) received the following tips from their close friends and family and offered to share them with you:



- "My parents always told me to get plenty of rest and to not feel obligated to stay up late when I'm feeling tired."
- "My older brother taught me not to be afraid to ask for help from tutors or from my teacher."
- "I have learned to map out my readings and assignments on a calendar so I know I won't forget or miss anything."
- "Proofread everything."
- "Sleep. Sleep is important."
- "My mom told me to remember that working hard to earn some fun always makes the pay-off bigger."
- "Even though my mom insists I eat well, sometimes a big bag of chips and a candy bar are the two things that get me through my text books."
- "My sister suggested I spread things out and not wait until the last minute."
- "My grandma insists that a big cup of hot tea will help relax me. It works every time."
- "I scope out a quiet, comfortable corner in the library and designate that as my study zone for the week."
- "My brother taught me to work on the most difficult assignments first, when you have the most energy and motivation. Then, when you start to run out of energy, all you have left to do are the tasks that you either enjoy or that require the least amount of effort."
- "I took a cue from my dad, who reads all the time. I bring books with me to the gym, to the coffee shop, everywhere – just in case I find myself with extra time to study."
- "I have found that studying in groups helps me more than studying alone. Sometimes group members teach me something new or help me see things a different way."

Since students in SAC are no strangers to the stress associated with preparing for finals week, they offer SAC Packs (finals week care packages) as a way for parents/families to show their student support. SAC students know how good it feels to know someone from home is thinking about them and wishing them well. They also appreciate how a bag of goodies can sustain them through long hours and days of studying.

SAC Packs are organized, packaged, and distributed by members of the Student Alumni Connection and are available for students living in residence halls or in a Greek chapter house. Each SAC Pack contains more than 25 food items and includes a CSU travel mug. All proceeds benefit SAC and their student programming initiatives such as the Best Teacher Awards, Etiquette Dinner, Distinguished Alumni Brunch, Painting the A, and more.

For more information, or to order a SAC Pack for your student, visit [www.alumni.colostate.edu](http://www.alumni.colostate.edu)

<http://www.alumni.colostate.edu> or call (800) 286-2586. Orders are due by November 16, 2009.

[back to top \(#top\)](#)

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