

# December 2009

Volume 4 | Issue 5

## Dear CSU Parents and Families:

---

If your student returned home over the Fall Break, we hope you had a good opportunity to reconnect as a family last week. There is much to be thankful for and we hope you were able to take a break from the craziness to rest and reflect on all the good things in life.

As your student returns for the end of the semester to a hectic few weeks of exams, papers and semester culmination activities, he or she will need your support. Send your student a bit of loving in the form of a care package, phone call, letter, email, or even a quick text message (remember Dr. Hughes's LOL message during Ram Welcome?). Your positive messages of belief in your student will be a great boost of support as he or she copes with the end of the semester challenges. A few other tips for students at this point in the semester include:

- To do the best he or she can
- Access campus resources for assistance,
- Speak directly with professors and faculty, and
- Take care of him or herself physically by sleeping, eating and exercising.

Also, begin to think about ways to keep open lines of communication during this stressful time. It can be hard for students to 'fess up to less than stellar academic performance when they are aware of the expectations. 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.

**If your student is living in the residence halls, please note all halls 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 their room over break. Halls close on Friday, December 18 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](http://www.housing.colostate.edu/audience/parents_index.htm) ([http://www.housing.colostate.edu/audience/parents\\_index.htm](http://www.housing.colostate.edu/audience/parents_index.htm)) by December 16 to make arrangements. The residence halls open again on Saturday, January 16 at 8:00 a.m. for returning students.**

Lastly, many of you may be planning elaborate Winter Break family celebrations including your student. Please remember that finals are stressful and 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. Adjusting to having your student live in your home again can be a challenge for the whole family (perhaps you experienced a taste of that last week!). 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 23!

Sincerely,

**Jody and Kacee**

Jody Donovan, Ph.D.  
Associate Dean of Students/  
Executive Director of Parent and Family Programs  
Office of the Vice President for Student Affairs  
Colorado State University  
201 Administration Building  
Fort Collins, CO 80523  
(970) 491-5312  
[jody.donovan@colostate.edu](mailto:jody.donovan@colostate.edu) (<mailto:jody.donovan@colostate.edu>)

Kacee Collard Jarnot  
Assistant Director of Parent and Family Programs  
Office of the Vice President for Student Affairs  
Colorado State University  
201 Administration Building  
Fort Collins, CO 80523  
(970) 491-5312  
[kacee.collard@colostate.edu](mailto:kacee.collard@colostate.edu) (<mailto:kacee.collard@colostate.edu>)

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

## 2-1-10 Residence Hall Room Selection

---

*By Tonie Miyamoto, Director of Communications in Housing & Dining Services*

Sophomore and upper-division students who return to the residence halls for Fall 2010 will enjoy several benefits:

- First choice of rooms during room selection in February (limited number of spaces available),
- 2009-2010 rates frozen for 2010-2011,
- New upper-division dining plan,
- Designated upper-division housing in Aspen Hall, Newsom Hall, and Durward Hall, and
- Double-as-single rooms in Newsom Hall, Ingersoll Hall, and Edwards Hall.

Students who live on campus for a second, third or fourth year have higher GPAs than students who move off campus. In addition, the residence halls offer 24/7 security, access to student jobs in the halls and dining centers, and close proximity to classes and academic resources. All utilities, including cable and high speed Internet, are included in room and board rates. Students who live on campus can enjoy an ideal location, well-balanced meals, and designated upper-division housing options and do not have to worry about leases, splitting bills with roommates, or maintenance issues.

The U Plan, a new dining plan for sophomore and upper-division students who live in the halls, offers returning students maximum flexibility with \$200 RamCash and an average of just six meals per week in the dining centers. This less expensive plan has been designed around student feedback to give returning students more dining options and flexibility. The traditional A, B, and C meal plans are also available for returning students.



Residence hall room selection is online and begins at 12 a.m. on Monday, February 1, 2010:

- February 1-6: Students can reserve their same room for next fall,
- February 7-13: Displaced students can select any available room on campus (i.e. students in first year buildings or programs), and
- February 14-28: All returning students can reserve any available room on campus.

For more information on room selection visit [www.housing.colostate.edu/halls/renew](http://www.housing.colostate.edu/halls/renew) (<http://www.housing.colostate.edu/halls/renew>).

The Intercultural Connections Community in the University Apartments is also an option for returning students who are interested in living on campus. For more information visit [www.housing.colostate.edu/apartments](http://www.housing.colostate.edu/apartments) (<http://www.housing.colostate.edu/apartments>).

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

## December RAMFAM Meeting

The December RAMFAM Association meeting will be held on Saturday, December 12, 2009 on the CSU campus. Event details are as follows:

**What:** RAMFAM Association Meeting

**Who:** All Parents and Families of CSU Students

**When:** Saturday, December 12, 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/ramfam/09-10%20LSC%20Map%20for%20Meeting%20Locations.pdf) (<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) (<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, December 12, 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 Update
- Parent and Family Programs Communication with Parents & Families
- Study Abroad Information with Kara Bingham, Study Abroad Director

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

## Students and Conflict: A Resource!

*By Shay Bright, Assistant Director,  
Conflict Resolution & Student Conduct Services*

Conflict Resolution Services at Colorado State University is a resource for your college student. [Conflict Resolution Services](http://www.conflictresolution.colostate.edu/conflict-resolution.aspx) (<http://www.conflictresolution.colostate.edu/conflict-resolution.aspx>), located within the office of [Conflict Resolution and Student Conduct Services](http://www.conflictresolution.colostate.edu/) (<http://www.conflictresolution.colostate.edu/>), is funded by student fees (meaning your student has already paid to access this service). The office has trained staff to assist students with various conflicts.

Students can make an appointment to meet with our staff by calling 970-491-7165 or stopping by our office at [200 Lory Student Center](http://www.fm.colostate.edu/data/maps/0040002.pdf) (<http://www.fm.colostate.edu/data/maps/0040002.pdf>).



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 college 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. Additionally, we explain university policies and procedures, provide information and advice, suggest appropriate referrals, provide information and advice, and assist in pursuing a resolution at the lowest level possible.

The role of Conflict Resolution Services is to assist all visitors in receiving fair and equitable treatment within the University system and to act as an advocate for a fair process, not as an advocate for the visitors or the University. 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 college 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. Please note that if your college student would like to talk to someone with full confidentiality privileges, please have him or her contact [CSU Health](#)

<http://health.colostate.edu/>), [Women's Programs and Studies](http://www.wps.colostate.edu/home.aspx) (<http://www.wps.colostate.edu/home.aspx>) or [Student Legal Services](http://sls.colostate.edu/default.cfm?menu=home&lvl1=1) (<http://sls.colostate.edu/default.cfm?menu=home&lvl1=1>).

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

## Getting to Year 2 @ CSU Conference Schedule

The schedule of sessions for the Getting to Year 2 @ CSU Conference has been finalized! 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. This year, the conference will be held on Thursday, February 11, 2010. Students can register for the conference online at: [www.otp.colostate.edu/fy/gty2.aspx](http://www.otp.colostate.edu/fy/gty2.aspx) (<http://www.otp.colostate.edu/fy/gty2.aspx>). Take a look at the schedule below and encourage your students to register now!



**8:00- 3:30 pm:** Check-in and Registration

**9:00- 9:50 am:** Student Breakfast and Welcome (LSC 220-222)

### Session Block #1: 10:00 - 10:50 (or 11:15) am

1. (10:00-10:50am) Room 210: *Paying for College*
2. (10:00-10:50am) Room 211E: *Research Opportunities in the Natural Sciences*
3. (10:00-10:50am) Room 224-226: *Question, Persuade and Refer Suicide Prevention Training*
4. (10:00-11:15am) Room 203-205: *Different Ways to Get Straight A's*
5. (10:00-11:15am) Room 213-215: *Manage Your Stress!*

### Session Block #2: 11:00- 11:50 am

1. Room 210: *Undergraduate Research: Getting Involved In Your Discipline*
2. Room 211E: *Academic Success: Why it Does (and Doesn't) Matter*
3. Room 220-222: *Off-Campus Jeopardy - Parties, Leases, Neighbors, Oh My!*
4. Room 224-226: *How to Be Successful in Science Courses*
5. Room 228: *Study Abroad: Explore, Engage, & Discover!*

**12:00- 1:00 pm:** Lunch and Keynote Speaker (Cherokee Park Ballroom)

### Session Block #3: 1:00- 1:50 (or 2:15) pm

1. (1:00-1:50pm) Room 211E: *Money: You Can Handle It!*
2. (1:00-1:50pm) Room 220-222: *Find the Career that Best Fits You!*
3. (1:00-2:15pm) Room 203-205: *Different Ways to Get Straight A's*
4. (1:00-2:15pm) Room 213-215: *Scrapes with Landlords and Police Can Seriously Hurt Your Grades and Finances - Find Out How To Be Smart*

### Session Block #4: 2:00 - 2:50 pm

1. Room 210: *Making Year 2 @ CSU an Adventure!*
2. Room 211E: *Housing Options After the First Year*
3. Room 220-222: *Charge it! Using Credit Wisely*
4. Room 224-226: *Sleep Management*

5. Room 228: *Health Profession Advising*

**Session Block #5: 3:00 - 3:50 pm**

1. Room 203-205: *Study Abroad: Explore, Engage, & Discover!*
2. Room 210: *The Ten Essentials for "Thriving" as an Adult Learner*
3. Room 213-215: *"I Know What I Need To Do, But I Can't Seem To Get It Done" Motivation, Goal Setting, & Balance*
4. Room 220-222: *Off-Campus Jeopardy - Parties, Leases, Neighbors, Oh My!*

**4:00 pm:** Conference Intermission

**Session Block #6: 5:00 - 5:50 pm**

1. Room 210: *Spirituality*
2. Room 211E: *How to Get Healthy & Stay That Way When You Have No Time*
3. Room 224-226: *I Should Be Thinking about Graduate School Already? Graduate Student Panel*
4. Room 228: *Do You Know What Type of Person You Are? Do You Know What You Want?*

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

## Take a SLiCE...and Give One, Too!

*By Kayla Huddleston, SLiCE Marketing*

It is that time of year again when students begin to study for finals, make travel plans and begin their holiday shopping. It is also during this time when people start to think about those in need and how to lend a helping hand. The Student Leadership, Involvement and Community Engagement (SLiCE) office has opportunities available for students looking to give back this holiday season.

The Hat and Glove Drive, co-sponsored by the SLiCE office and Lory Student Center, will be collecting new and gently used winter weather items through December. All donated items will benefit Homeless Gear, a local non-profit organization helping the residents of Northern Colorado who are currently experiencing homelessness.



According to the homeless survey conducted by The Colorado Statewide Homeless Count, 15,934 men, women and children were homeless in Colorado on January 29, 2007. Due to a struggling economy and limited employment opportunities this number is continually rising.

In addition to hat and gloves, Homeless Gear is also accepting donations of personal hygiene items including soap, shampoo, conditioner, lotion, deodorant, shaving cream and disposable razors. With the help of 25 homeless facilities or programs across Colorado, the collected items will be distributed to those in need.

Students can drop off items in the SLiCE office, located in the Lory Student Center behind the information desk. Additional information about the drive and Homeless Gear can be found at [www.slice.colostate.edu](http://www.slice.colostate.edu) or by calling 970-491-1682.

"If each of us tries to help the homeless and those in poverty in one small way, eventually we can end homelessness," Sister Mary Alice Murphy wrote on the Homeless Gear website.



"Homeless Gear helps those who endure the elements to survive not for the challenge of mountain and the outdoors, but to make it through the night."

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

.....

If you wish to unsubscribe from the Parent/Family newsletter, click [here \(http://wsnet.colostate.edu/cwis463/list-serv/\)](http://wsnet.colostate.edu/cwis463/list-serv/) .

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