

January 2010

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Dear CSU Parents and Families:

To returning families, welcome back! To the parents and family members of spring start students, welcome to Colorado State University! We hope you enjoyed some time with your students over the Winter Break and your students are preparing to come to campus rested and relaxed from their time off. Some of you may be holding on to the last few days you have to spend with your student before he or she comes to campus and others ...well... let's hope for constructive growth and development this spring semester! On a related note, parents and families most often report the greatest positive growth and development occurs during the summer between the first and second year of college.

Over break we received a number of phone calls and emails regarding disappointment over the fall semester grades and concern about this spring semester. Enclosed in this newsletter are a few articles focused on academic and personal success (Getting to Year 2@CSU Conference, Tips for Academic Success, and Assertive Communication). Colorado State University has numerous resources available to help students – the hardest part is getting the students to connect with (and take advantage of!) these services. Your encouragement, and setting expectations and then holding students accountable for making and keeping appointments with academic advisors, faculty (before & after class as well as during office hours), counselors, staff members, and mentors are key to your student's success. We know holding your student accountable is incredibly hard when you are not physically present on campus, but, the level of their self-discipline and self-advocacy provides a pretty accurate gauge on whether your student is ready to be in college. Students enrolled in college need to learn to take responsibility for advocating for themselves and seeking assistance by utilizing available resources.

This knowledge makes our partnership essential. We do our best to make services accessible and available for your students, but can always use help identifying students who are struggling. If your student runs into a snag, chances are great there is someone on campus to help problem solve with your student. Students are not left on their own...it's just a matter of connecting them to the right person(s)/office(s)/resource(s). Together, we can be more successful than when we go it alone!

As a reminder, classes begin on Tuesday, January 19. We have an amazing Martin Luther King Jr. Day celebration on Monday, January 18 that includes the campus and Fort Collins communities. Here's a [link](http://www.today.colostate.edu/story.aspx?id=2826) (<http://www.today.colostate.edu/story.aspx?id=2826>) for the schedule of events if you and your student want to take part in the march and programs.

Best wishes for a successful beginning of the spring semester!

Sincerely,

Jody & Kacee

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Tips for Academic Success

By Christopher Bryson, Academic Coach, Center for Advising & Student Achievement & Kacee Collard Jarnot, Assistant Director of Parent & Family Programs



The academic challenges for first year students are potentially the hardest to overcome. Students' academic responsibilities in higher education are much different than those faced in high school. A simple explanation that outlines the differences between high school and college can be found at this Southern Methodist University [website \(http://smu.edu/alec/transition.asp\)](http://smu.edu/alec/transition.asp). The biggest difference is that college students must take the initiative to be successful, whereas, there are more safety nets (ie. living at home, more structured class day, smaller class sizes, more frequent assignments, strict attendance policies, online grade portals, etc.) in place at the high school level.

Here are a few CSU resources to get your student off to the right start this spring semester:

- [The Institute for Learning & Teaching \(http://tilt.colostate.edu/learning/\)](http://tilt.colostate.edu/learning/)
 - Workshops, seminars, tutoring, and more
- [Career Center \(http://career.stuser.colostate.edu/\)](http://career.stuser.colostate.edu/)
 - Ideas for compatible majors and discovering strengths
- [Understanding Academic Probation \(http://www.catalog.colostate.edu/FrontPDF/I2_SCHOLASTIC_STND_0910f.pdf\)](http://www.catalog.colostate.edu/FrontPDF/I2_SCHOLASTIC_STND_0910f.pdf)
- [Learning Assistance Center \(http://health.colostate.edu/LearningAssistancePrograms/index.cfm\)](http://health.colostate.edu/LearningAssistancePrograms/index.cfm) at CSU Health Network
 - Works with students to identify learning disorders; website offers tips on time management, study skills, test-taking, note-taking, and more
- [Getting to Year 2 @ CSU Conference \(http://www.otp.colostate.edu/fy/gty2/families.aspx\)](http://www.otp.colostate.edu/fy/gty2/families.aspx)
 - Helps first year students in their second semester successfully transition into Year 2 @ CSU with topics such as research opportunities, living off-campus, academic success tips, money/sleep/time management, and more!
- [Academic Resources \(http://www.casa.colostate.edu/Advising/academic_Resources/ar_academicsupport.cfm\)](http://www.casa.colostate.edu/Advising/academic_Resources/ar_academicsupport.cfm) from the Center for Advising and Student Achievement
 - Academic policies such as repeat/delete, a GPA calculator, and more
- [Academic Advising \(http://catalog.colostate.edu/front/advising-and-registration.aspx\)](http://catalog.colostate.edu/front/advising-and-registration.aspx)
 - Advisor and Advisee responsibilities and roles

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Developing Assertiveness From Within

As we mentioned in our opening letter, we received many phone calls and emails from students' parents and family members over the Winter Break. Many of the conversations centered on helping students become more assertive in their education. We found a few resources from peer institutions and have adapted them for you, our CSU parents and families. First, you'll need to work with your student to identify his or her assertiveness level. Ask your student the following questions (from the [University of Texas](http://cmhc.utexas.edu/booklets/assert/assertive.html) (<http://cmhc.utexas.edu/booklets/assert/assertive.html>)):



- Do you ask for help if you need it?
- Do you express anger and annoyance appropriately?
- Do you ask questions when you are confused?
- Do you volunteer your opinions when you think or feel differently from others?
- Do you speak up in class fairly frequently?
- Are you able to say "no" when you don't want to do something?
- Do you speak with a generally confident manner, communicating caring and strength?
- Do you look at people when talking to them?

You may be able to evaluate their level of assessment while they respond to these questions, however, if your student answered no to any of these questions, he or she may not be assertively communicating with professors and staff members on campus. Here are a few tips from the University of Florida [Counseling Center](http://www.counsel.ufl.edu/selfHelpInformation/personalPower/self_assertion.aspx) (http://www.counsel.ufl.edu/selfHelpInformation/personalPower/self_assertion.aspx) to help your student develop assertiveness.

- Help your student determine areas that challenge him or her and work together to proactively address them.
 - Is confrontation a challenge? What is he or she most concerned about – losing the person's respect, physical altercations, etc.? If your student tends to avoid confrontations and represses his or her feelings, he or she foregoes an opportunity to shed some light, wisdom, or experience when he or she remains silent. Confrontation may not feel comfortable for your student, but it is healthy when done appropriately. It conveys the message that your student cares enough to work this out. By helping your student work through the initial discomfort of a confrontation, he or she will begin building skills, confidence, and self-awareness.
- Encourage your student to practice his/her message.
 - Reinforce the idea of using "I" messages to have his/her point heard without the interference of defensiveness. For example, the statement "I am most upset when you turn on your stereo while I am studying" provides a clear behavior that can be addressed. Conversely, "you make me mad every time I try to study and you turn on the stereo" has a different effect on the listener. Role-play the conversation with your student ahead of time to anticipate reactions.
- Aid your student in remaining calm.
 - It is hard to be anxious and assertive at the same time. See if it helps your student to control his or her breathing. This may help maintain emotional and physical control as your student shares his or her thoughts.
- Assist your student in learning about his or her body language.
 - Help your student recognize tone of voice, physical appearance, facial expression, eye contact, and physical gestures as he or she speaks. These non-verbal aspects impact one's ability to hear the message. One could perceive the same message in an aggressive, assertive, or passive manner based on the various non-verbal factors.
- Remind students that physical appearance can influence the impact of the message.
 - How one is dressed is important since impressions are based on both internal and external data. One's clothes and accessories can paint a picture of credibility or the lack of it. An example would be going to see a professor during office hours in pajamas.

Assertiveness is an important life skill, one that needs to be practiced regularly. These tips may be helpful with other members of your household, creating an environment that leads to increased support for your

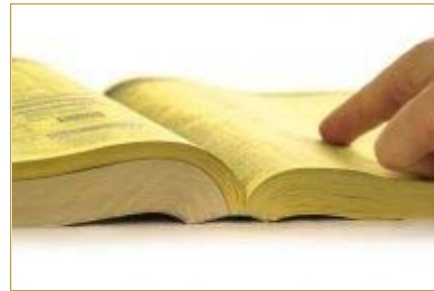
student's assertiveness skill development.

As a parent or family member, be aware of how you may unintentionally thwart your student's assertiveness skill development, through taking care of matters because "it's easier," or "my student is too busy to handle this matter," or "he or she doesn't know how to deal with bureaucracy/politics/difficult situations, etc." Certainly many students appreciate having parents or family members handle their challenging issues, this may prolong their dependence or inhibit their development into a responsible citizen, capable of resolving life's circumstances.

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RAMFAM Association Business Directory

Parents and families, we have fantastic news! We get phone calls and emails every day asking for recommendations on different local services (everything from automobile services to storage facilities over the summer months). With active members of the RAMFAM Association, we thought, "Wouldn't it be great to have a directory of local businesses recommended *by* parents and families *for* parents and families of CSU students?" We asked you for recommendations and you delivered! Our first annual RAMFAM Association Business Directory has been posted on the Parent and Family [website](#) (<http://www.parentsandfamily.colostate.edu/>) (see tab at the top titled RAMFAM Business Directory)!



Have you had a great interaction with a local business? Let us know! 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>) with the name of the business and their contact information and we'll work with the active RAMFAM Association members to contact the business to include them in the directory.

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FAMweb

What an exciting time to be a parent or family member of a Colorado State University student! We are creating "FAMweb" the parent and family version of RAMweb... (RAMweb is the tool students use to manage their academic and financial responsibilities at CSU).

FAMweb will allow students' designees the opportunity to manage their own contact information (mailing address, email address and current telephone numbers) with the University and will connect the designee's account with their student's account. This will help us keep a current listing of parents and families for RAMFAM Association updates, monthly e-newsletters, and other important University notices. Students will also select the areas to which their designees will have access, including billing, schedules, transcripts, and other RAMweb links.

In the beginning phases of this project, we are testing our parent and family listserv against University data. If your current email matches the email address you provided on your student's admission application to CSU, you will not need to take additional steps. For the email addresses that have changed since the student completed his/her admission application, we'll send a message asking for the student's CSUID number and most updated email address to update the University's records.

Because FAMweb has to be built into our existing data management system, it is anticipated it will not 'go live' until after December 2010. However, updating the records we have now will expedite the process.

We will keep you updated on our progress as we move along, and appreciate your assistance in getting this project off the ground!

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Registration is Open!

Parents and family members of first year students in their second semester: encourage your students to register for the Getting to Year 2 @ CSU Conference! The all-day drop-in conference will be held on February 11, 2010 in the Lory Student Center on campus and is intended to 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!

For a schedule of available sessions, click [here \(http://www.parents.colostate.edu/newsletter/2009/12/index.html#link5\)](http://www.parents.colostate.edu/newsletter/2009/12/index.html#link5). Students can register [online \(http://www.otp.colostate.edu/fy/GTY2/register.aspx\)](http://www.otp.colostate.edu/fy/GTY2/register.aspx) now!

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January RAMFAM Association Meeting

Hey, RAMFAM members! Just a quick reminder that our first meeting of the semester will be held on Saturday, January 23, 2010, on the CSU campus. Event details are as follows:

What: RAMFAM Association Meeting
Who: All Parents and Families of CSU Students
When: Saturday, January 23, 2010
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 \(http://parentsandfamily.colostate.edu/blog.aspx\)](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/January Meeting (the link will go live on Saturday, January 23, 2010). 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 Business Directory Update
- Review Academic & Personal Resources for Student Success
- Inspiring First Year Students to Get to Year 2 @ CSU
 - Keith Lopez, Coordinator of First and Second Year Programs & Jordan King, Graduate Assistant for First and Second Year Programs
- Housing Options After the First Year
 - Mari Strombom, Associate Executive Director, Housing & Dining Services & Jeannie Ortega, Director, Off-Campus Life

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CSU Day at the National Western Stock Show - Join the Fun!

Colorado State's Alumni Association is offering \$14 and \$15 rodeo tickets to Colorado State University students, faculty, staff, family, and friends on CSU Day at the National Western Stock Show on Saturday, January 16. Tickets include entry to the Stock Show grounds, the 11 a.m. Pro Rodeo, mutton bustin' competitions, entertainment, and more! For additional information, including our partnership with the National Western Stock Show and how to purchase tickets online, view the article on [Today @ Colorado State \(http://www.today.colostate.edu/story.aspx?id=2871\)](http://www.today.colostate.edu/story.aspx?id=2871).



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CSU Ram Network Professional Mixer

The annual Denver Ram Network Professional Mixer will be held on Tuesday, February 16, 2010. This event brings together CSU alumni business professionals with soon-to-be CSU graduates, recent CSU graduates and parents and families of CSU students. The Mixer allows alumni professionals and parents and families to network with each other and also to share advice with CSU students who are about to graduate or have recently graduated. [Register \(http://events.colostate.edu/event_view.asp?EID=28676&ID=10&cTYPE=1&month=2&year=2010&cate=\)](http://events.colostate.edu/event_view.asp?EID=28676&ID=10&cTYPE=1&month=2&year=2010&cate=) now!



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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/).

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