SUPPORTING TRANSITIONS

2021-2022 CALENDAR FOR CSU PARENTS AND FAMILIES
Se habla español | (970) 491-6680
Welcome to the Ram Family!

Dear Colorado State University Parents and Family Members,

As a member of the Ram Family, Parent and Family Programs is here to support you throughout your student’s journey at Colorado State University. Parent and Family Programs, along with our campus partners, are all part of a larger team dedicated to supporting student learning in and out of the classroom. We are partners with you – ultimately focused on your student’s success, academic achievement, and graduation.

As a parent or family member of a CSU student, you are automatically a part of the Ram Family: made up of all CSU parents and family members, past, present, and future. Parent and Family Programs offers resources and information to help support you; you are a valued member of our family! Some of the resources and services provided by Parent and Family Programs are: emails sharing important information, campus resources and events, updates from our monthly electronic newsletter (you can receive this by joining our listserv at parentandfamily.colostate.edu/list-serve), emails from President Joyce McConnell and other important University messages, invitations to unique Homecoming & Family Weekend events, opportunities to engage with other members of the Ram Family by participating in RamFam Ambassador events that take place where you live, and more!

RamFam Ambassadors are fellow parents and family members that seek to engage with and support parent and family members of CSU students. If you are interested, you can volunteer through our RamFam Ambassador program by writing articles for our newsletter, connecting with parent and family members of potential CSU students, volunteering on campus, and being involved in other meaningful opportunities! Share your interest on our website (https://parentandfamily.colostate.edu/ramfamambassador-volunteering).

This calendar includes helpful information regarding deadlines, programs, and strategies to support students throughout their CSU experience. Please know that some of the information specific to dates may have changed due to impacts from COVID-19 (see the CSU online university events calendar here https://calendar.colostate.edu and academic calendar here https://calendar.colostate.edu/academic). Each page also includes suggestions for conversations to have with your student.

In closing, Parent & Family Programs serves as your direct liaison with the University. We are available by phone, (970) 491-6680, email (vpsa_parentfamilyprograms@mail.colostate.edu), or in person. We can answer questions or connect you to others who can provide additional assistance regarding your specific questions or concerns. Thank you for supporting your student to be a member of the CSU community and we look forward to interacting with you during your student’s academic career.

Sincerely,

BLANCHE HUGHES

Your #1 Source for all Headlines & Happenings

Subscribe Today!

Your #1 Source for all Headlines & Happenings

CSU’s Principles of Community

The Principles of Community support the Colorado State University mission and vision of access, research, teaching, service, and engagement.

- Inclusion: We create and nurture inclusive environments and welcome, value, and affirm all members of our community, including their various identities, skills, ideas, talents, and contributions.

- Integrity: We are accountable for our actions and will act ethically and honestly in all our interactions.

- Respect: We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.

- Service: We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.

- Social Justice: We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies, and procedures that promote justice in all respects.

JULY 2021

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CSU EVENTS

Given the COVID pandemic and the potential to impact campus events and programming, please check the following web sites for the most up-to-date event information.

Events: calendar.colostate.edu
Academics: calendar.colostate.edu/academic
CONVERSATION STARTERS
Beginning a New Semester
• Reassure your student that adjustment challenges are common and expected for both first-year and continuing students. Brainstorm ways your student can trouble-shoot challenges while being aware of the emotional ups and downs that accompany any college transition.
• If your student is living in the residence halls, encourage them to get to know the Resident Assistant (RA). If your student is living off campus, encourage them to get to know their neighbors and visit the Office of Off-Campus Life for tips on how to be a good neighbor.
• Encourage your student to look into getting involved by joining an organization or club by visiting Student Leadership, Involvement and Community Engagement (SLiCE) office, one of the seven Student Diversity Programs and Services (SDPS) offices, or the Office of Fraternity and Sorority Life in the Lory Student Center.

TRACKING THE TRANSITION
Navigating Choices and Decisions
• All years of college are a time of transition for students and families. Your student may be feeling a bit overwhelmed with campus, classes, community services, different procedures, and roommate(s). Returning to campus, or arriving for the first time, brings about choices and decisions regarding new relationships, new academic classes, and social challenges with friends (old and new). There are many offices at CSU to support these transitions. Please don’t hesitate to reach out to Parent and Family Programs early to learn more and consult about the best options for your student.

Dear Students,
You can get confidential advice from a campus attorney for no charge. Stuff happens. You’re not alone! Request an appointment at sis.colostate.edu

Legal counseling paid for by your student fees. We’re here for you from orientation to graduation.

The Colorado State University Oval
The CSU Color Guard performs for the Rams Football Team in Canvas Stadium.

### SUN MON TUE WED THUR FRI SAT

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5 6

**University Holiday: Labor Day**

No Classes

7 8

**Rosh Hashana**

9 10

**World Suicide Prevention Day**

Ganesh Chaturthi

11

**Patriot Day**

Samvatsari Parva

12

**National Grandparents Day**

13 14 15

**National Hispanic Heritage Month Begins**

16

**Yom Kippur**

17

**Constitution Citizenship Day**

18

**Native American Day**

19 20 21

21

**Kshamavani**

22

**Fall Equinox**

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**Shemini Atzeret**

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**Simchat Torah**

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### CSU EVENTS

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### CONVERSATION STARTERS

**Safety**

- Rams take care of Rams, Rams take Action. Have conversations with your student to encourage personal responsibility in promoting safety and wellness of themselves and others both on and off campus.
- We encourage students and families to consider purchasing renter’s insurance if living in the residence halls or off campus to protect belongings against incidents, fires, floods or additional damage.
- Encourage students to use the CSU Police Department Safewalk program (970-491-1155) if they are out late at night on campus so they do not have to walk alone.
- It can be important for students to know what it means to have consent when having intimate interactions. Learning the legal definition of consent might help your student to support themselves and others to not cross over another person’s boundaries without consent. Resources: http://www.wgac.colostate.edu/consent, CSU Police Department (970) 491-6425; Victim Assistance Team (970) 492-4242

### TRACKING THE TRANSITION

**Finances**

Unfortunately, college students can sometimes be seen as targets for scams around common student concerns like housing information and personal records. Encourage your student to check with the CSU Police Department or Student Legal Services to verify a request is legitimate if they are ever solicited for money or information they wouldn’t normally provide. Finances are a good topic to discuss with students to assist in their transition and development while at CSU.

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**Newton’s Plaza**

celebrating Sir Isaac Newton’s observations on time, space, and motion from planetary movement to the law of gravity.
October 2021

Conversations Starters
Checking-in on Well-being
- Now is a good time to discuss plans, noting that some residence halls will close during Fall Break.
- Now is also a good time to check in on students about how their semester is progressing so far, including academics, connecting to campus, friends, roommates, and their overall wellness (physical, emotional, and psychological wellbeing).
- Resources to utilize now could be the Institute for Learning and Teaching for tutoring and study skills or CSU Health Network for well-being consultations.

Tracking the Transition
Connecting with Campus
Research indicates that students who are involved on campus are more invested in their college experience, have higher grades, and are better prepared post-graduation. A tremendous amount of learning and development takes place outside of the classroom! Examples of getting involved on campus can include student organizations, volunteering, student employment, fraternity and sorority life, intramural sports, academic clubs, and research. If your student hasn’t become involved yet now is the time! The Lory Student Center website is a great place to start finding involvement opportunities (lsc.colostate.edu).

CSU Events
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November 2021

CONVERSATION STARTERS
Checking-in on Well-Being
- Fall Break is right around the corner! Now is a good time to discuss plans, noting that some residence halls will close during Fall Break.
- Now is also a good time to check in on students about how their semester is progressing so far, including academics, connecting to campus, friends, roommates, and their overall wellness (physical, emotional, and psychological wellbeing).
- Resources to utilize now could be the Institute for Learning and Teaching for tutoring and study skills or CSU Health Network for well-being consultations.

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The CSU Marching Band performing at Canvas Stadium during halftime festivities.
### Converse Starters

**Addressing Semester Challenges**

- November can be a challenging month as the semester ends and as the weather changes. This is a good month to encourage students to take care of themselves by eating well, sleeping, and exercising.
- As a parent or family member, if you are concerned for your student you can call Parent and Family Programs at (970) 491-6680 for help locating resources and referrals for your student.
- Call Student Case Management at (970) 491-8051 for student support, such as crisis prevention and intervention services in difficult situations. Call the CSU Tell Someone line (970) 491-1350 if you are concerned about your student’s mental health and safety.
- As a reminder, some residence halls close over Winter Break. Please check the University Housing website for details on closures and break procedures.

### Tracking the Transition

**Communication and Family Connection**

As your student encounters more adult responsibilities and choices, maintaining effective communication will help you continue to advise and support your student. Listening without judgment, taking notice of your own and your student's verbal and nonverbal behavior, and asking open-ended questions will encourage dialogue. If you think your student might benefit from more connections on campus, suggest that they reach out to a faculty member, advisor, resident assistant, or other staff member for additional support. Remember – Parent and Family Programs is here to help!

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### CSU Events

- **CSU’s Printing Headquarters**
  - Online Ordering
  - Large and small format printing
  - Wide range of finishing options
  - Student and walk-up services available

- **We Print Banners!**
  - Contact us for pricing or visit...
  - fastprint.colostate.edu

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### Holiday Calendar

#### November 2021

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- [Events Calendar](colostate.edu)
- [Academics Calendar](colostate.edu/academic)
CONVERSATION STARTERS

Finishing Strong
- Have conversations of support and encouragement with your student in regard to academic performance as the semester ends with final exams. Be available to troubleshoot through questions, success, concerns, or goals your student may have as they finish the semester and prepare for Winter Break.
- Exercise is a great stress reliever for many students! As final exams begin and the winter weather continues, encourage your student to visit the Campus Recreation Center for daily workouts and classes.

TRACKING THE TRANSITION

Coming Home for Winter Break
December is a hectic month for many students. When final exams are finished, many students leave campus for the Winter Break. Students may have concerns about re-joining their families and how they will adjust after being gone for several months. It is important to discuss expectations with your student before winter break begins, keeping in mind your student has experienced a lot that may have changed their perspectives. Also note that some students choose to remain in Fort Collins for all or a portion of Winter Break, which can be a good time for them to rest as well. Dialogue and planning can greatly help in the Winter Break transition many students face.

DECEMBER 2021

INVEST IN A PLACE YOUR STUDENT CAN CALL HOME
LANCE T. VOLMER & DANA GOODE || RE/MAX ADVANCED, INC
970-218-3016 • lancev26@gmail.com || 970-231-6507 • dana@danagoode.com
1018 Centre Avenue, Fort Collins, CO 80526
**CONVERSATION STARTERS**

A Fresh Start

- This month is a good time to have conversations with your student about their goals for the upcoming semester, whether it be academically, socially, or career wise!
- Encourage your student to take a renewed look at upcoming classes and potential classmates as opportunities to make new connections and improved academic performance.
- If your student is seeking resources regarding an aspect of their identity, have them utilize student diversity programs and services offices on campus: El Centro; Black/African American Cultural Center; Asian/Pacific American Cultural Center; Native American Cultural Center; Women and Gender Advocacy Center (including Men in the Movement); Pride Resource Center; and the Student Disability Center.
- Discuss academic and tutoring services available on campus to create a plan to achieve scholastic expectations. We also highly encourage students to make an early appointment with their academic advisor to discuss academic success strategies.

**TRACKING THE TRANSITION**

Changing Majors and Possible Internships

With fall semester courses completed, changing majors may be top of mind for some students. This can be a good opportunity for your student to explore interests and determine what they want to study. National studies estimate that students change their majors several times during their college years. The best way to prepare for a career is to get a thorough education and gain career-related experience through internships, community service, part-time jobs, and campus involvement. Encourage your student to contact an academic advisor and the Career Center to explore the variety of available options.

### January 2022

**Conversations Starters**

• This month is a good time to have conversations with your student about their goals for the upcoming semester, whether it be academically, socially, or career wise!

• Encourage your student to take a renewed look at upcoming classes and potential classmates as opportunities to make new connections and improved academic performance.

• If your student is seeking resources regarding an aspect of their identity, have them utilize student diversity programs and services offices on campus: El Centro; Black/African American Cultural Center; Asian/Pacific American Cultural Center; Native American Cultural Center; Women and Gender Advocacy Center (including Men in the Movement); Pride Resource Center; and the Student Disability Center.

• Discuss academic and tutoring services available on campus to create a plan to achieve scholastic expectations. We also highly encourage students to make an early appointment with their academic advisor to discuss academic success strategies.

**Tracking the Transition**

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**CSU Parents and Students**

**DOOR TO DOOR: Summer storage and shipping services for on and off campus students!**

Boxes and tape delivered ahead of time. We can store ANYTHING, including furniture & cars. Locally owned and operated for 22 years!

970.482.1777 | csstorage.com

**COLLEGE STUDENT STORAGE**

**EARLY SIGN UP FOR SUMMER NOW THRU MARCH 1ST**

$40 OFF!
### Conversation Starters

#### Planning Ahead

- A wide variety of events will be offered to help your student plan for their future. Encourage your student to attend the Career and Internship Fairs, the Education Abroad Fair, and the Housing Fair to plan for the summer and fall.
- If your student is looking to live off campus in the fall, encourage them to talk with Student Legal Services for tips in evaluating leases before signing. We highly encourage students and families to take your time in evaluating housing options. Students have plenty of time to secure housing for the fall, don’t sign too early!
- This is the month to make final reservations and decisions about living on campus for next year. The live-on options can be a great option for student success. Information about on-campus apartments or residence halls can be found through University Housing.

#### Tracking the Transition

**Education Abroad Opportunities**

Did you know there are financial resources available to students interested in Education Abroad? Education Abroad experiences are remembered by students as one of the most positive aspects of their education. CSU offers students plenty of ways to supplement their educational experience by going abroad for short- or long-term increments of time. Options include: education abroad (semesters or summers), service-learning and volunteer abroad, Alternative Break service trips, and Semester at Sea (semesteratsea.org). Students can continue to make progress toward their degree while participating in education abroad programs. Check www.studyabroad.colostate.edu to get started.

### Calendar

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**CSU Events**

Given the COVID pandemic and the potential to impact campus events/programming, please check the following Web sites for the most up-to-date event information.

- Events: calendar.colostate.edu
- Academics: calendar.colostate.edu/academic
CONVERSATION STARTERS

Time for Spring Break

• Students will be looking forward to taking some time off from academics during the upcoming Spring Break. Keep in mind, some residence halls close over Spring Break. It can be a good time to check-in with your student regarding their housing plans for residence hall closures or for travel away from Fort Collins during the Spring Break week.

• This is also a good time to continue to plan for summer options. Students can take classes during Summer Session to help boost a GPA, recover credits, or get ahead in their academic major. Students might also want to reorient with the Career Center this month to make final plans for summer employment and internships.

TRACKING THE TRANSITION

Spring Break Expectations

As winter fades and the end of the semester comes into view, students can become very excited about the upcoming prospect of spending a week away during Spring Break. Sometimes students experience a sense of disappointment if they are “just going home.” Many students make plans with their friends during this time. Some also choose to participate in an Alternative Spring Break through the CSU SLICE office which is a week of immersion into different cultural, environmental, and socioeconomic communities across the nation and world. We encourage all students to be safe and healthy during the Spring Break week especially when travelling or making plans with friends.

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CSU EVENTS

Given the COVID-19 pandemic and the potential to impact campus events/gathering, please check the following web-sites for the most up-to-date event information.

Events: calendar.colostate.edu
Academics: calendar.colostate.edu/academic
### APRIL 2022

#### CONVERSATION STARTERS

**Burnout and Fatigue**
- Academic fatigue often impacts students this month as they have been working hard all semester! Encourage your student to ask for help to prevent burnout before the end of the semester. We have many resources and Parent and Family Programs can help you determine the best resources for each student.
- Stress is reported to be one of students’ main challenges. The CSU Health Network has mindfulness workshops to increase your student’s ability to be present and reduce stress. The CSU Recreation Center is also a good place to relieve stress with a free workout class.

#### TRACKING THE TRANSITION: Resilience and a Growth Mindset

Resilience, the ability to bounce back and recover, is something we develop as we face and learn from life’s challenges. Receiving support helps your student build the strength, flexibility, and resilience to flourish. We want to recognize the efforts students are making as they build their life on campus, whether in their courses, campus involvement, finding a job or a career path, making friends, or taking care of their overall health. Let’s celebrate those steps, including when students seek support as they face difficulty.

#### EVENTS

- **April Fools’ Day**: Sexual Assault Awareness Month Begins
- **Burmese/Cambodia/Lao New Year**
- **Theravada New Year**
- **Passover Begins**
- **May Day**
- **Cinco de Mayo**
- **Laylat al Qadr**
- **Lent Begins**

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#### CSU EVENTS

**Given the COVID pandemic and the potential to impact campus events/programming, please check the following web sites for the most up-to-date event information.**

- [Events Calendar](calendar.colostate.edu)
- [Academics Calendar](calendar.colostate.edu/academic)

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**Aggie Village apartments**

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**CSS Parents and Students**

**SIGN UP BY APRIL 15TH FOR $25 OFF!**

**DOOR TO DOOR: Summer storage and shipping services for on and off campus students! Boxes and tape delivered ahead of time.**

**We can store ANYTHING, including furniture and cars Locally owned and operated for 25 years!**

**COLLEGE STORAGE | 970.482.1777 | cssstorage.com**
### MAY 2022

#### CONVERSATION STARTERS
**Semester’s End and Summer’s Beginning**
- Look back at the academic year as a whole and celebrate the completion of your student’s college year! We also congratulate all of our graduating students and their families!
- Many students will be leaving CSU for the summer months. We encourage families to understand that your student has operated in an independent environment, establishing their own routines and behaviors. Discuss ways you and your student can celebrate their independence while also re-connecting with one another. Be aware your student may be experiencing sadness over leaving new friendships and/or significant relationships at school.

#### TRACKING THE TRANSITION: Re-Entry Observations
May is another month of high pressure and stress for many students. While final exams are taking place, so is the thought of the school year ending and leaving new found friends or perhaps remaining in Fort Collins and missing family members. Your student may be concerned that relationships may not survive the summer break. Some students are concerned about not being able to maintain their independence. This is a good time to increase communication with your student. Encourage your student through finals and discuss making some fun plans for the summer.

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#### CSU EVENTS

Given the COVID-19 pandemic and the potential to impact campus event programming, please check the following Web sites for the most up-to-date event information.
- Campus Calendar: campus.colostate.edu
- University Calendar: ucalendar.colostate.edu
- Academic Calendar: academic.colostate.edu

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A CSU student receives their diploma during spring Commencement Ceremonies and joins the CSU Alumni family.
CONVERSATION STARTERS
Assessing Changes for the Fall Semester
• Begin preparing for the upcoming school year. Review financial expenses, discuss how summer activities connect with academics or career goals, and ways your student can maximize their experience next year.
• Review the past year to identify any problem areas and encourage your student to consider possible solutions. Call Parent and Family Programs to brainstorm!

TRACKING THE TRANSITION
Continued Support
Be prepared to support your student through these issues they may experience when returning to campus for the new school year:
• Intensified curriculum: academic courses will increase in difficulty each year and students might need to adjust for this rigor.
• Choosing a major or degree path: students might feel a time pressure to choose a major OR they are wanting to change their major.
• Feelings of a lack of connection to campus: students might not feel as connected to CSU as they did prior to the summer. Students should take time to adjust back to campus after the summer.
• Peer and friendship challenges: Many student friendships might have shifted over the summer. Students might desire to make more new friends in a new academic year. This is ok!
• Identity exploration: Students might be learning more about how they identify and their identities. This is a great way for students to grow and develop throughout college.
• Remember, Parent and Family Programs is here to help through any question or concern!
The Parent and Family Programs Office would like to recognize the tremendous financial support we receive from the following business partners. These businesses support CSU students and their families by providing financial support to the RamFam fund. Through this support, Parent and Family Programs can host events at Ram Welcome, Homecoming & Family Weekend, support campus programming, and build community through additional family programs. We encourage parents and families to utilize and support these businesses as they are recommended by previous families and provide additional discounts to you!

**RAMFAM PREFERRED PARTNERS**

- **Candlewood Suites**
  314 Pavilion Lane
  (970) 223-0200
  candlewoodsuites.com/fortcollins

- **College Student Storage**
  (303) 545-9525
  csssstorage.com

- **CSU Bookstore**
  Lory Student Center
  (970) 491-0546
  bookstore.colostate.edu

- **Interstate Batteries**
  300 Willow Street
  (970) 484-1307
  interstatebatteries.com

- **Fairfield Inn and Suites**
  3520 Timberwood Drive
  (970) 226-6656
  fairfield.marriott.com

- **RE/MAX Advanced Inc.**
  1018 Centre Avenue
  Dana Goode (970) 231-6507
  Lance Volmer (970) 218-3016
  fortcollinsnative.com

**YOUR GENEROUS SUPPORT ALLOWS STUDENTS TO SUCCEED.**

GIVING.COLOSTATE.EDU