Welcome to the Ram Family

Transitions Presentation

Office of Parent and Family Programs
- Dr. Kerry Nakasone Wenzler | Associate Executive Director (She/Her)
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Today’s Discussion Topics

1. Parent and Family Programs
2. What you need to know from us
3. Important conversations with your student
Joys and Concerns

Please share your joys and concerns with us 😊
Transition Model

William Bridges
Managing Transitions: Making the most of change (2nd ed.) 2003
Parent & Family Programs
Supporting Transitions: Partners in student success

Contact Us:
Parent and Family Programs
Phone: 970-491-6680
Email:
vpsa_parentfamilyprograms@mail.colostate.edu
Website: https://parentsandfamily.colostate.edu
What you need to know from us

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PRINCIPLES of COMMUNITY

THE PRINCIPLES OF COMMUNITY SUPPORT THE COLORADO STATE UNIVERSITY MISSION AND VISION OF ACCESS, RESEARCH, TEACHING, SERVICE AND ENGAGEMENT. A COLLABORATIVE AND VIBRANT COMMUNITY IS A FOUNDATION FOR LEARNING, CRITICAL INQUIRY, AND DISCOVERY. THEREFORE, EACH MEMBER OF THE CSU COMMUNITY HAS A RESPONSIBILITY TO UPHOLD THESE PRINCIPLES WHEN ENGAGING WITH ONE ANOTHER AND ACTING ON BEHALF OF THE UNIVERSITY.

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.
What we do:
Explaining | Referring | Coaching
Why you might follow up with us…

• Roommate Conflict
• Change of Major/Questioning Major
• Homesickness
• Mental Health/Anxiety/Stress/Depression
• Study Skills
• Finding Community/Making Friends
• Navigating/Exploring Identities
• Significant Events/Unexpected Events
Resources for Families: Monthly Newsletters

Join our email list at parentsandfamily.colostate.edu
Connect with Parent & Family Programs!

Facebook
- Colorado State Parents & Families (PRIVATE Group/You must answer security questions to join)
- Colorado State Parent & Family Programs (PUBLIC Page)
Important Conversations with your Student

Now | Before Move-in/Ram Welcome | Ram Welcome
To-Do Checklist

https://otp.colostate.edu/orientation/parents-families-and-guests/
FAMweb: Access to Student Records

www.famweb.colostate.edu

- Family Educational Rights and Privacy Act (FERPA)
- FAMweb (student granted access)
  - Unofficial Transcripts
  - Billing Information
  - End of Term Grades
  - Financial Aid & Scholarships
  - Weekly Class Schedule
  - Tax Forms
Health Insurance Requirement

• Colorado State University requires all full-time domestic students and all international students to carry health insurance as a way of protecting the student’s educational investment.

• **All CSU students have full access** to the wide range of medical, counseling, and health education and prevention services within the CSU Health Network, **regardless of their insurance plan**.

• **Your student can access their account** (at health.colostate.edu/insurancerequirement) 3-4 business days after registering for 6 or more credits. Students will also receive emails to their CSU email account throughout the summer prompting them to complete the requirement.

• **Complete Health Insurance Waiver by September 7 (opens mid-June)**.
Student Learning Accommodations

- Student Disability Center
- Located in TILT, room 121
- Resource for:
  - Testing Accommodations
  - Learning Accommodations
  - Other forms of accommodations for different disabilities

https://disabilitycenter.colostate.edu/
Transportation Options

- 2/3 of our incoming first-year students DON’T bring a car to campus.
- Of all students (not just first-year), 57% use something other than a personal vehicle as their primary mode of transportation.
- CSU is the first institution to receive a STARS Platinum rating (we’ve done it three times!)
- On Campus Parking Permits: https://pts.colostate.edu/students/parking/
Transportation Options Cont.

On Campus Transportation

Rides for CSU to Ski and Snowboard

Transport System

Rides to/from Denver International Airport

Parking and Transportation Services
https://pts.colostate.edu/

Regional Routes (Flex to Boulder and Poudre Express to Greeley)

RAMS Route from CSU to Denver
Important Conversations: Before Move-In and Ram Welcome

- **Student Health and Well-Being** (Health Network checklist
  [https://health.colostate.edu/new-student-checklist/](https://health.colostate.edu/new-student-checklist/))
  - Submit Immunization Records and Complete Health Forms (By August 22)
  - Complete Health History Forms (By August 22)
  - Online Modules: Alcohol Edu, Sexual Assault Prevention, Canvas Financial Wellness (By August 22)
  - Consider RamCare Supplement Program (By September 7)

- **Review the Move-In Guide**
  ([https://housing.colostate.edu/halls/what-to-bring/](https://housing.colostate.edu/halls/what-to-bring/))
Covid-19 Updates & Impacts

www.covid.colostate.edu
Ram Welcome

www.ramwelcome.colostate.edu

• Builds upon the Orientation Experience during Move-In Week before courses begin
• Showcases Ram Traditions
• Builds Community & Connection
• Introduces Academic Support

**On your student’s move-in day, there will be a chance to interact with University leadership, attend interest sessions designed for parents and families, and interact with campus resources such as Financial Aid, the Health Network, Housing & Dining Services (and more) at a Resource Fair. August 15th, 16th, and 17th!**
Homecoming & Family Weekend Fall 2022
October 13-15

Check [http://homecoming.colostate.edu](http://homecoming.colostate.edu) to confirm activities that are taking place.
Connect with us in the future!

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