Dear Colorado State University Parents and Families,

It’s windy in Fort Collins, but the sun is shining like always! Can you believe it’s March already and Spring Break is around the corner? Students are busy preparing for their mid-terms as well as completing papers and assignments prior to taking a much-needed break from school. Whether students are staying on campus, working to earn money for the rest of the semester, traveling to a warmer climate, participating in an Alternative Spring Break experience or coming home, every student needs support and encouragement to get through this challenging week.

Included in this newsletter are the following articles:

- Safer Spring Breaks
- Inside the CSU Police Department
- Resolving Conflicts through Mediation
- Important Spring and Fall 2007 Dates
- Education is about Enchantment (an article reprinted from the Fort Collins Coloradoan)
- Recommended Reading
- Parent and Family Advisory Council flier
- February Parent & Family Website Poll Results

Due to several requests, we now offer a printer-friendly version of this newsletter, as well as access to previous newsletters at http://www.parents.colostate.edu/newsletter/.

My goal is to continually improve our programs and services for Colorado State University parents and families. We are in the process of reviewing the Parent and Family Advisory Council. Admittedly, I have not focused on this initiative this year and it has not been as successful as we would like. Please check out the attached flier and give us feedback to help jumpstart this program.

As always, thank you so much for entrusting your students with us. We are committed to partnering with families and students to help students become educated, productive citizens of our global society. Many thanks also to those who responded to our Parents Fund calls and letters. We recognize that you already give so much to Colorado State University and your additional gift to enrich students’ out of classroom experiences is truly appreciated.

Sincerely,

Jody

Jody Donovan, Ph.D.
Director, Student Transitions & Parent and Family Programs
Office of the Vice President for Student Affairs
Spring Break and Your Student

Keith Lopez, Graduate Assistant, Student Transitions and Parent & Family Programs
Karlen Suga, Practicum Student, Parent & Family Programs

It is hard to believe that Spring Break is approaching so quickly and will be here next week! For some students, the break brings trips home and time to catch up on sleep. For several, it includes staying on campus and catching up on school work or taking time for themselves. For approximately 100 students, it brings an opportunity to do the “alternative,” spending their break doing service work within the larger community. Lastly, many students have saved their pennies to celebrate the break by taking fun excursions to exotic locales or visits with friends in various parts of the country. Regardless if students are traveling to a “resort” destination, it is important to encourage them to make healthy choices on their spring break trip.

Most traveled spring break destinations for college students
- Acapulco
- Cancun
- Negril, Jamaica
- Panama City, FL
- Lake Havasu, AZ
- Daytona Beach, FL
- South Padre Island, TX
- Nassau, Bahamas
- Las Vegas, NV
- Colorado Ski Resorts
  (travelweb.com)

Alcohol
Student Health 101 reports the vast majority of students, (70% of men and 75% of women) plan to consume alcohol during spring break. Please take this opportunity to have a conversation with your student encouraging him or her to make healthy choices regarding alcohol consumption during the trip, and encouraging the use of logic and common sense while keeping friends in check as well. This conversation can be facilitated by openly discussing this topic. Try hard not to tell your student what to do, but encourage making healthy choices when it comes to decisions around alcohol use.

Sun
Student Health 101 (February 2007) recommends that students:
- Take sunscreen with them if they are planning to be out in the sun for more than a few hours.
- Use nothing less than SPF 15. Sunscreen is important even if it is overcast.
- Choose water resistant sunscreens that will not wash off as easily.
- Wear UV-Ray blocking sunglasses.

These tips serve as important reminders for students to protect themselves and their skin from those irritating and possibly skin-damaging sun burns. Beyond alcohol and issues with the sun, encourage your students to take overall safety precautions throughout their trip. Let them know you trust them and you want them to have a good time, while still encouraging them to make wise choices and maintain a healthy lifestyle even though it is a “break”. Talk about plans to communicate with one another over the break so you are assured they arrived at their destination and then again upon their return to campus.

**Alternative Spring Break**

For a special group of students at Colorado State University, this break brings an opportunity to explore another part of the country or world while making a difference in the community. This opportunity at CSU is called the Alternative Breaks program and it is run through the Office of Student Leadership and Civic Engagement.

This year, more than 100 students participating in the Alternative Breaks program will take trips to destinations across the nation and world including Catalina, Texas, Washington, D.C., and Panama. Each trip works with a specific issue area such as the environment, HIV/AIDS prevention, and homelessness, conducting service projects relating to that issue. Student participants are accompanied by faculty and staff members, along with trained student leaders who lead the group in reflection on their experiences. Some of the student participants have described these experiences as life-changing and a great way to get involved in the causes most important to them.

The Alternative Breaks program at CSU is a growing program, and has recently extended opportunities to both the winter and summer breaks. This January, the Alternative Breaks program facilitated its first set of winter break trips to New Orleans, Louisiana, and Kenya. This summer, the program is set to take students to West Virginia, Louisiana, and California. Although it is too late for your student to sign up for an Alternative Break for the upcoming spring and summer breaks, you might encourage them to look into this opportunity for future breaks next year.

Whatever students may do next week, as always, let them know you trust them and want them to enjoy their break. It is the students’ (and faculty & staff!) time to unwind (or get organized!) before they return to campus to finish out the year!

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**Inside the CSU Police Department**

By Jackie Swaro, Assistant to Chief Yarborough/Public Information Officer

A police K-9 and a motorcycle traffic unit are just a peek of what’s behind the doors at Green Hall. The Colorado State University Police Department (CSUPD) is a fully functional law enforcement agency with 35 sworn officers dedicated to the safety and welfare of the CSU community.

The physical boundaries of CSU do not accurately represent the jurisdiction of the CSUPD. Each police officer is armed and has full police authority on all property owned or controlled by Colorado State
University and the State of Colorado. Officers also have police authority within the City of Fort Collins and throughout Larimer County.

The CSUPD consists of five divisions: investigations, management and budgets, patrol, special activities and parking services. Implementing innovative programs and units has been a commitment of Chief Dexter Yarbrough since arriving three and a half years ago. Chief Yarbrough has supported the growth and advancement of the CSUPD by approving the creation of a K-9 and motorcycle traffic unit in the Patrol Division as well as other programs.

The Investigations Division has a number of detectives, a crime lab and a background investigator. The Special Activities Division manages athletic events, concerts, dignitary protection and the 911 Emergency Communications Center. The CSUPD 911 Center is one of five dispatch centers in Northern Colorado. In addition, the CSUPD 911 Center monitors a number of surveillance cameras strategically located around campus. The CSUPD also oversees the Parking Services Division, which is responsible for parking regulations and enforcement.

The CSUPD is eager to meet new faces within the CSU community and encourages you to stop in for a tour. It is natural to be concerned with your student’s safety, so we make every effort to ensure that they are our main priority. We strive to make sure your student is safe at their home away from home.

If you would like more information on the Colorado State University Police Department, please visit our website at http://police.colostate.edu or contact us at 970-491-6425.

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Resolving Conflict through Mediation
By Cori Shaff, Graduate Assistant
Shay Bright, Assistant Director, Conflict Resolution & Student Conduct Services

Conflict Resolution Services at Colorado State University is a service for your college student. Conflict Resolution Services, located within the office of Conflict Resolution and Student Conduct Services, is funded by student fees. 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 by visiting our office located in 200 Lory Student Center.

College students, especially during their first year, face a variety of situations and may find themselves in the middle of a conflict. 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 questions. Additionally, we can 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 one party or another, or the university. We listen and consider all sides of an issue in an objective and impartial manner and empower participants 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
- Facilitating communication
- Group conflict resolution
- Referrals to other university personnel or university and community resources

Lastly, college students can be assured that in most circumstances their visits will be kept confidential. Exceptions under the law include a court order, imminent danger to self and others, child abuse, 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 are 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/her contact the Counseling Center, Women’s Programs and Studies, Student Legal Services, or personnel at Hartshorn Health Center.

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**Important Spring and Fall 2007 Dates**

I’ve received numerous calls and email requesting information about important dates for the rest of this spring and next fall. Unfortunately I do not have one of the most important dates: Family Weekend/Homecoming. It has not been set yet, but as soon as I hear, I will pass it along to you!

**SPRING 2007**

**March 10 – 18:** Spring Recess – No classes  
**March 19:** Course withdrawal period ends (please note that University withdrawal ends May 4, 2007)  
**April 2:** Registration begins for continuing students  
**May 4:** Classes end & final day for University Withdrawal  
**May 7:** Final examinations week begins  
**May 11 – 12:** Commencement ceremonies - please click on the following website to see
Education is about enchantment, not vocation

Natalie Costanza-Chavez
Grace-Notes, The Coloradoan
grace-notes@comcast.net

Ian.
The first image I can’t shake: A boy-man. He’s bright and thin and tall and wonderfully peculiar – that is, in the real sense of the word – special, distinctive, sui generis.

He’s a kick, eighteen, and can write like a dream. His hair is colored black or purple or magenta-brown, low over one eye. Long coat, tight pants. Wry smile. Sweet. Distinctive.

He doesn’t know what he wants to be when he grows up.
The second image I can’t shake: What my 10 year old son said to me just nights ago, after pausing and testing the words in his head to see if they fit, after letting them settle on his tongue almost tasting them and then deciding that, yes, these are indeed the words. He said “Mama, I think I’m overwhelmed.”

I saw him listen to the sound of his sentence, and grow satisfied that he had used exactly the right words. “Shouldn’t I have a goal yet? Shouldn’t I know what I want to be? I might want to design toys, or build a time-travel machine, or cure cancer. But, I might want to be a bugler in the army. And what about global warming?”

The third image I can’t shake: the flyer I picked up in a local junior high. It said “What do you want to be when you grow up? The sky’s the limit if you start exploring now.”

Now, there are all sorts of good things about such a flyer. Exposing children, and their parents, to sources of funding and to mentoring programs are just two of them. But, this column is not about those things.

Nor is it about the kids who know, from a young age, exactly what they want to “be.”

It is about all the rest of us.

This is for every freshman I ever taught at CSU who quit after the first semester because they were worried that they didn’t know what they wanted to be and thought they needed to figure it out first.

This is for every high school senior who thinks he or she is the only one who doesn’t have it all planned out.

This is for ten year olds who think they need a “goal”, right now, for fear of falling hopeless.

Education is not vocation. Education is about enchantment.

It takes time to become enchanted. Sometimes it takes half a lifetime of small discoveries. Sometimes, it happens suddenly, like a small nudge of delight and you think “wow – I’m captured”. If you are lucky, enchantment happens over and over again. Always, it can’t be rushed. Always, it can’t be planned.

Enchantment happens when you make connections between seemingly disconnected things. You may think you are aimlessly wandering from subject to subject – like a toddler trying to choose a cookie from a loaded tray, your hand hovers over each: Which one? Which one? But, in fact, you are firing neurons and laying trails and paths for the first, or the second, or the third of your enchantments. You are sifting for clues to the enchantments that will unfold all your life long.

And that is why you will be happy.

A job will come. And then others – probably many. Your work right now is learning. Just keep moving into the effort, keep sifting, keep pausing and gazing when you see something wondrous. Then
move on. You are doing the hard work. It’s happening.

It’s like this: You hitch the beach sieve your grandfather made out of 2’ by 4’s and screen-mesh over one shoulder and a shovel over the other. You walk down to the beach. It takes awhile. You note the feather ferns and the poppies. You go slowly.

When you finally get down the hill, past the pines and eucalyptus, out onto the open beach, you set your sieve on two drift logs, and begin to shovel sand and small stones through the mesh.

What you may find in the sieve is a mystery. You will poke about in the pebbles, finger-shift the pieces, until you find a stone, or a shell that enchants you. And then you will be lucky. You will pocket the prize and keep digging.

The dig is important. Enchantment lies deep down. Walk, breathe, learn, read, play, dig. This is your hard work. The rest will come when you least expect it, and then again.

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**Recommended Reading for Parents & Families of College Students**

I recently reviewed a parent and family newsletter from another institution that included a monthly article reviewing books focused on parenting college students. I thought this added feature would greatly benefit parents and families of Colorado State University students. If you come across a great resource to share with other parents and families, please forward the title and author (and a brief review if you’d like!) and we’ll include it in future newsletters.

The first book I recommend to all parents and families of college students is: *You’re on your own (but I’m here if you need me): Mentoring your child during the college years* by Marjorie Savage (ISBN: 0-7432-2912-6) published in 2003. Marjorie Savage developed the Parent Program at the University of Minnesota and currently consults and assists colleges and universities across the nation to create and improve parent and family programs. She is also the parent of two college graduates.

Written for parents and families, each chapter in this book concludes with a list of “Quick Tips for Students,” designed for parents to share with their students. Acknowledging that most parents know their students best, and many students frequently seek advice and information from their parents, Savage encourages parents to learn new parenting and communication skills appropriate for mentoring and coaching their college students. Marcia Burch from Simon & Schuster shares, “Filled with practical advice for parents of today’s 14.5 million college and university students, *YOU’RE ON YOUR OWN (but I’m here if you need me)* sets invaluable guidelines for combining essential involvement with a healthy, helpful respect for a child’s independence.”
Also included in this book is “The Four-Year College Calendar” of common issues many students experience while earning their college degree. As you review this list, on which issues has your student consulted with you or sought your advice?

**FRESHMEN ISSUES**

**Time management & setting limits** – First year students struggle to balance studying, socializing, and personal time. Students need to master academics, but also to make time for friendships and for personal time. Many are tempted to stay up too late or sleep too much, eat too much or skip meals entirely, socialize excessively or even study too hard. Balance is critical.

**Study skills** – The read-and-review or memorization methods that worked in high school are not enough to succeed in college classes, which require analysis and critical thinking. Study skills workshops are available at most colleges, and they are not just for borderline students.

**SOPHOMORE ISSUES**

**Personal and financial risk** – This is the year when financial problems can become compounded, and relationships can get out of control. They may have signed up for three credit cards as freshmen, but this year they start using them…too much.

**Changing interests and goals** – After a year of introductory classes, sophomores are ripe for identifying their passion in life, and they still have time to change their minds.

**JUNIOR ISSUES**

**Disillusionment and regrets** – Students who have been waiting to take classes in their major might be disappointed to find that some of the courses they’ve been looking forward to are not as exciting as they expected. As juniors, many come to realize the consequences of earlier failures, and try to raise their grades.

**Intimate relationships** – As they consider the future, students realize that they will leave family and friends behind when they move into a career and go on to graduate school. Although they know rationally that they have plenty of time to find a life partner, it is still common for students to make commitments for the future or to feel devastated when a relationship ends.

**SENIOR ISSUES**

**Racing against time** – When fall semester begins, seniors already feel as if they’re behind schedule. If they’re planning to attend graduate school, they should already have narrowed down their selections. Students who will be looking for a job need to have a resume. All seniors need to find professors (and staff) who will write letters of recommendation.

**Facing the unknown** – With the end of school in sight, students begin to fear the future. Even if they are staying in the same town, life will change. Friends will be leaving. They will not be part of the same community. It’s time to accept more responsibility.
The Colorado State University Parent & Family Advisory Council is made up of volunteer parents and families who serve as liaisons to Colorado State University representing parents and families members of the undergraduate population. The Advisory Council will meet two times during the academic year to discuss issues, learn more about University developments affecting students, and plan programs and events that involve parents and families at Colorado State University. The parents who sit on the Colorado State University Parent and Family Advisory Council can participate in one of the four proposed involvement opportunities:

1. **Parent & Student Support:**
   This opportunity for involvement will work to develop ways in which parents can support other parents. This will include participation in the parent online discussion board. Also, this opportunity will allow for parents to organize a group of in-state families that are willing to help house out of state students during residence hall closing times.

2. **Programming**
   This opportunity for involvement allows for parents to offer ideas and suggestions for events such as RAM Welcome, Family Weekend, and Parent and Family Orientation Sessions during Preview. Also, this opportunity allows for parents to be involved in the creation of ideas for fundraising for parent and family programs.

3. **Admissions Involvement:**
   This opportunity allows for parents to volunteer to sit on panels for the Admissions Office to discuss their experiences with prospective parents looking at Colorado State University as an option for their student.

4. **Suggestions and Feedback:**
   This opportunity allows for parents to give feedback regarding policies and other aspects of Colorado State University. This will allow parents to offer suggestions to the Director of Student Transitions and Parent and Family Programs as well as other members of the university community.
If you are interested in participating in one of the following opportunities, please fill out the following:

**Name:** ______________________________________________________

**Address:** ___________________________________________________

**Phone:** __________________________  **E-mail:** ___________________

I would be interested in the following opportunities (Please mark with an “x”):

___ Parent & Student Support  ___ Admissions Involvement  ___ Programming  ___ Suggestions/Feedback

Return to Jody Donovan – jody.donovan@colostate.edu or mail: 201 Admin. Bldg, Fort Collins, CO 80523

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**February poll for parents and families**

When asked “What do you love most about your student?” 48% of the parents and families selected, “Their inquisitive nature.” This was quite a surprise because we had anticipated that more respondents would select “Everything…what’s not to love?” Of course, this was the second most frequently chosen option at 29%, and distantly followed by “Their drive and motivation to succeed in life” with just 9%.

Please check out the newest poll on the parent and family website homepage (http://parentsandfamily.colostate.edu/) and tell us what your student is planning to do for Spring Break:

- Traveling somewhere fun with friends!
- Going on an Alternative Spring Break.
- Coming home!
- Staying in the Fort with friends
- Ski/Snowboard
- Catch up on sleep/missed TV shows
- Study
- I’m not sure.

You can also check out the archived newsletters at: http://www.parents.colostate.edu/newsletter