We have much to be thankful for as we begin the month of November at Colorado State University. Mid-terms are over and now students are scurrying to pull things together for the end of the semester. Mornings are brisk, afternoons are sunny, and the days are growing shorter with the sun setting earlier and earlier each evening. Around campus, the leaves are turning beautiful shades of yellow and orange and blanketing the ground as they fall. I may be biased, but autumn in Colorado is absolutely gorgeous!

We give thanks to those of you who responded positively to the Call-A-Ram phonation for the Parents Fund. The student callers enjoyed speaking with parents and families and were eager to share their experiences made possible by the additional monies donated by families to the Parents Fund.

In this newsletter, you will find the following:

- **A letter from Jeff Wood, a current parent involved in the newly formed CSU Parent & Family Council, inviting you to participate and share your gifts to make CSU an even better educational institution**
- **An article about helping students resolve conflicts through Conflict Resolution**
- **A letter from Jered Lish, a Resident Assistant leading the efforts for health education in the residence halls**
- **Information about Resident Assistant Selection—please encourage your student to attend an informational meeting to learn more about the process!**
- **A perspective from an academic advisor about students taking time off from school**
- **November Calendar of Important Dates & Events**

In closing, thank you for sharing your students with us. We appreciate the trust you have placed in your students and in us to work together to graduate educated citizens of character who will serve their communities and the world.

With sincere thanks,

*Jody*
Hello CSU parents! My name is Jeff Wood and I am a CSU graduate of the class of ’86 and a parent of a son who is a junior in the Journalism and Technical Communication department at CSU. I am excited to tell you that we are developing the first Parent and Family Council at the University in an effort to improve services for parents and families of CSU students.

My wife Debra and I are third generation natives of Fort Collins. Our families have seen many changes since the days of the old Colorado A&M School. We have dedicated our lives to raising our four children in this city and have participated in activities from the PTA and Site Based Councils to coaching athletics as well as scouting leadership. I am sure we are much like you in your involvement in your children’s lives. You would think now that our children are grown and off to college, it would be time for us to kick back and relax (after paying the tuition bills!). But NO – now we have an opportunity to stay involved in the greater university environment with the Parent and Family Council at CSU!

Our daughter attended the University of Colorado and graduated in May of 2006 from the School of Economics. My wife and I joined the CU Parents Association (CUPA) during her freshman year. This became a very rewarding experience as we worked closely with the University officials and gave us an opportunity to participate in the “behind the scenes” activities of the University. I would say the most rewarding activity was helping entering freshman parents understand the ins/outs of college life. During the four years on the board, my wife served on various committees and held several offices including board president for the 2005/2006 school year. We hope our experiences will provide value to the development of the CSU Parent and Family Council.

We are in the early phases of creating the charter for our council. Now is the perfect time to get involved and help us shape the definition of our council and stay involved in
your son/daughter’s college career.

Please join us as we meet the first Saturday of every month. Our next meeting will be held at the following location:

Location: 201 Administration Building
Date: November 3, 2007
Time: 10:00 a.m. - 12:00 p.m.

I sincerely hope you will consider joining our team. I am confident it will be a rewarding experience for you and your family.

Jeff Wood, ‘86
CSU Dad

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Send Your Students and their Conflicts to Us!

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, located within the office of Conflict Resolution and Student Conduct Services, is funded by student fees. The office has trained staff that can assist students with various conflicts. Students can make an appointment to meet with our staff by calling (970) 491-7165.

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, 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/her contact the Counseling Center, Women’s Programs and Studies, Student Legal Services, or personnel at Hartshorn Health Center.

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**Health Education in the Halls**

Early in the semester, a concerned parent expressed concerns about proper hygiene techniques in the residence halls and what was being done to prevent the spread of illnesses amongst the residents. Jody passed along this inquiry and, in response, most of our educational techniques had to do with passive programming such as table cards (in dining centers), bulletin boards (lobbies and floors), and various floor meetings throughout the year. These educational techniques definitely brought awareness to the issues but the Resident Assistant community felt as though we could bring hygiene education to the next level! We decided to create a Health Education Council that included two RA liaisons from every hall, members from SHAC (Student Health Advisory Council), and Health Promotions staff from Hartshorn Health Services. These partnerships enabled us to brainstorm programming ideas to educate our residents on a plethora of health issues.
One of the programs we planned will promote proper hygiene techniques in the residence halls. On Oct. 31 we are hosting a “create your own soap and scent” program. This event will provide the materials to make an anti-bacterial liquid soap product that students will be able to use in their rooms. We will also have a machine at the event for students to place their hands under to view the different bacteria that cause illnesses. Lastly, we will show a funny video on how to effectively cough and sneeze, which will allow us to transition into an educational conversation about proper hygiene techniques. To wrap up, we are very excited about the Health Education Council and look forward to educating our peers, our friends, and our residents on issues pertaining to health. If you have any suggestions on topics that you would like to see brought up in our programming efforts, please feel pass them along to Jody Donovan and she will forward them to us.

Thank you parents and families for all of your support for us here at CSU, we truly do appreciate it!

Sincerely,

Jered Lish
Resident Assistant for Academic Village
Junior, Liberal Arts/Speech Communication major

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**RA Selection Information**

By Heath Martin
Assistant Residence Director, Summit Hall

The Office of Residence Life is gearing up for the annual Resident Assistant (RA) selection process for the 2008-2009 academic year! During this process, we will place over 120 students in leadership positions in the residence halls. Students hired as RAs have the opportunity to serve as positive role models, work with diverse groups, and experience vast personal growth. In addition to great experience, RAs receive compensation of room and board for the academic year.

This is an excellent opportunity for students to become involved on the CSU campus and impact the experience of other students. Interested students must attend one of the
upcoming information meetings (Students are required to attend one of these meetings in order to receive an application). Please note all locations are accessible and an interpreter is available upon request.

<table>
<thead>
<tr>
<th>Meeting Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, November 1</td>
<td>7:00 p.m.</td>
<td>Academic Village, Honors B110</td>
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<td>Thursday, November 1</td>
<td>8:30 p.m.</td>
<td>Parmalee Hall Lobby</td>
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<td>Friday, November 2</td>
<td>12:00 p.m.</td>
<td>Lory Student Center, Room 208</td>
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<td>Sunday, November 4</td>
<td>8:00 p.m.</td>
<td>Summit Hall Conference Room</td>
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<td>Monday, November 5</td>
<td>6:00 p.m.</td>
<td>Newsom Hall T.V. Lounge</td>
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<tr>
<td>Monday, November 5</td>
<td>8:30 p.m.</td>
<td>Durward Hall T.V. Lounge</td>
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<tr>
<td>Tuesday, November 6</td>
<td>7:00 p.m.</td>
<td>Ingersoll Hall T.V. Lounge</td>
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<tr>
<td>Tuesday, November 6</td>
<td>9:00 p.m.</td>
<td>Corbett Hall Lobby</td>
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<tr>
<td>Wednesday, November 7</td>
<td>7:00 p.m.</td>
<td>Allison Hall Lobby</td>
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<tr>
<td>Wednesday, November 7</td>
<td>9:00 p.m.</td>
<td>Braiden Hall Lobby</td>
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<tr>
<td>Thursday, November 8</td>
<td>12:00 p.m.</td>
<td>Lory Student Center, Room 208</td>
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<tr>
<td>Monday, November 12</td>
<td>5:00 p.m.</td>
<td>Westfall Hall T.V. Lounge</td>
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<tr>
<td>Tuesday, November 13</td>
<td>7:00 p.m.</td>
<td>Edwards Hall T.V. Lounge</td>
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Applications are due to the Palmer Center no later than November 16, 2007 at 4:00 p.m. For additional information on RA Selections and more information on the organizations and leadership opportunities within Residence Life, please visit the website at: [http://www.housing.colostate.edu/halls/leadership.htm#ra](http://www.housing.colostate.edu/halls/leadership.htm#ra). Just click the link or cut and paste into your web browser.

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**Taking Time Off from Academics**

By Angela Gwynne, Academic Advisor

“Mom/Dad, I need to take some time off from school.” Your stomach drops. Your mouth goes dry. What do you do if you student drops this bomb?

Before you panic, let’s look at the positives. As an academic advisor, I’m delighted your student has invited you to have a conversation about the future. I’ve seen many students who don’t talk with their families about this option. These students are often torn and frustrated with their situations and tend to expect the worst reaction from their parents and family. To avoid what students perceive to be the worst, they’ll continue in this unhappy situation, and typically not do well, until it isn’t their decision to take time off. Instead, thanks to scholastic standards, the decision is made for them through University dismissal. Kudos to you for creating a safe environment to discuss this idea together.

There may be a good reason to take time off, such as:
1. Academics are not a priority at this time in their life.
2. They are not in college for their own reasons, but because they are fulfilling others’ expectations.
3. They are burned out and have lost their academic “mojo” (motivation).

Granted, as parents and family members, you too have your concerns:

1. What if they don’t return to school and finish their degree?
2. What if they “waste” their time off?
3. What will they do if they are not in school?
4. Will they live in your house forever, eating your food, using your car, never taking responsibility and remaining dependent children forever?

My experience with students who “stop out” is that many do return. When they return, they are more motivated and focused because they’ve had the time to formulate goals for themselves and think about areas of interest. Never underestimate the value of maturity. Students are like fruit: it takes time to ripen. You can yell and plead with a green banana all day, but that’s not going to make it turn yellow any faster.

Help your student develop a plan with clear guidelines for their time off. Frequently, students feel they need a “break” and that magically, during that break things will come together. Taking time off from school should be an active process that allows them to think about being in school, their future goals, and dreams. Encourage them to do something productive. If nothing else, students taking time off from school should work full-time, pay rent and insurance, do chores, and be responsible for their own lives. The more comfortable you make them, the longer this “time off” will extend.

Overall, taking time off can be a scary proposition. If you’d like to discuss how taking time off could affect your student, please contact the Center for Advising and Student Achievement (CASA). The advisors are happy to talk with you about this issue.

What’s happening at CSU?
By Kacee Collard, VPSA Graduate Assistant

Here are just a few of the diverse involvement opportunities available at Colorado State University for the month of November. When your student says “there’s nothing to do
here,” you’ll be ready to suggest some really interesting and fun events!

November 1, 2007 – The Ghost Dance and the Making of Modern America
http://events.colostate.edu/event_view.asp?EID=20659&ID=7&cTYPE=1&month=11&year=2007&cate=

November 1-3, 2007 – Studio Dance Performances
http://events.colostate.edu/event_view.asp?EID=20429&ID=7&cTYPE=1&month=11&year=2007&cate=

November 3, 2007 – CSU Logging Sports – Chop Competition
http://events.colostate.edu/event_view.asp?EID=20558&ID=7&cTYPE=1&month=11&year=2007&cate=

November 5-11 2007 – National Non-Traditional Student Week
http://events.colostate.edu/event_view.asp?EID=20681&ID=7&cTYPE=1&month=11&year=2007&cate=

November 7, 2007 – Study Abroad Welcomes Semester at Sea
http://events.colostate.edu/event_view.asp?EID=20712&ID=7&cTYPE=1&month=11&year=2007&cate=

November 8, 2007 – RePresentation of Asian Americans in American Media
http://events.colostate.edu/event_view.asp?EID=20362&ID=7&cTYPE=1&month=11&year=2007&cate=

November 8, 2007 – Flu Shot Clinic
http://events.colostate.edu/event_view.asp?EID=20485&ID=7&cTYPE=1&month=11&year=2007&cate=

November 9, 2007 – Hip Hop Comedy Show
http://events.colostate.edu/event_view.asp?EID=20428&ID=7&cTYPE=1&month=11&year=2007&cate=

November 10, 2007 – The 54th Annual International Fest World Unity Fair
http://events.colostate.edu/event_view.asp?ID=7&EID=20024

November 17-25, 2007 – Fall Break!
http://events.colostate.edu/event_view.asp?EID=10393&ID=7&cTYPE=1&month=11&year=2007&cate=

November 27, 2007 – Roommate Round-Up
http://events.colostate.edu/event_view.asp?EID=11521&ID=7&cTYPE=1&month=11&year=2007&cate=