I’ve been thinking a lot about my message in this month’s newsletter. I received a great number of emails from the February newsletter, both positive and negative. Some families thanked me for helping them learn how to adjust their approach to parenting their college student, others shared they “were just plain tired of being told what my role is as a parent.”

I respect the challenging responsibility of parenting, as I just experienced taking my eldest son, Matthew, to the insurance company for “the talk” prior to obtaining his driver’s license in six months. I appreciated the way my insurance agent addressed Matthew, explaining that if he was old enough to drive a car, he was old enough to make his own appointment to bring in his new driver’s license, proof of good grades, and special driving log to reduce our insurance rates. At first I was taken aback, thinking that I should probably accompany him to this meeting in six months, but, I realized that Matthew was taking that initial step into adulthood, and it takes a village, so to speak, to help my son become a productive, responsible adult citizen.

So, if you’re tired of me telling you how to parent your college student, please realize I’m trying to be a member in your village, a CSU resource to provide you with additional information to help your student become a productive, responsible adult citizen. In this newsletter, you’ll find articles on a wide variety of topics, including:

- Campus Preparedness: Avoiding a Campus Tragedy
- Freshmen Student Assessment Data
- Transitioning to Living Off Campus
- Culture Care Health Program
- How the SLiCE Office Changed a Student’s Life
- Safe Spring Break Planning
- Involvement Opportunities in March
- Googling Your Student-FaceBook, MySpace, etc.
- Minutes from the RAMFAM Association February Meeting
- Student’s Grades Not Up To Par?

In closing, I so appreciate hearing from parents & families. I value your perspectives and actively seek input regarding how we can best meet your needs. The RAMFAM Association meets again on Saturday, April 12 from 10-Noon in 201 Administration
Bldg on the CSU campus. This is a great way to get involved and help shape the programs and services for CSU Parents & Families, as well as enrich the educational experience for your students.

Take care and have a wonderful spring break!

Jody

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Campus Preparedness: Preventing a Crisis

By Michael J. Daine, Ph.D.
Associate Executive Director, Hartshorn & University Counseling Center

After the tragic events of Virginia Tech and Northern Illinois University, the first question many students, parents, staff, faculty, and administrators ask is, “Are we prepared to respond to such an event?” We logically move to identify practical strategies for safety like mass text notification systems, quick police response times, and general campus security. These initiatives are critical for the immediate response to potentially deadly situations. However, many people have begun to ask a second question, “How can we prevent these things from happening on our campus?”

Seven of the top 10 health issues impeding academic performance (reported by students in a national survey of the American College Health Association- ACHA), are mental health related. Below is the graph showing the percentage of students reporting health issues negatively impacting academic performance. The top issue appears to be stress. It can be argued the other general health issues are greatly impacted by students’ mental health including sleep, depression/anxiety, and alcohol use.
These data suggest that for today’s student, mental health issues, more than physical health, have a significant impact on academic performance. Colorado State University has created many new services to better address these issues on our campus and, hopefully, decrease the possibility of such tragic event occurring on our campus. These are only a sampling of the many new initiatives.

**Prevention**
Along with a wide range of mental health treatment services, CSU’s University Counseling Center has a newly created program designed to help students develop the skills to cope with the pressures of modern college life. The Outreach and Prevention Program (OPP) provides health education services focused on helping CSU students manage stress, improve relationships, reduce or abstain from substance use, and handle symptoms of depression and anxiety. The program’s goals are to give students the tools they need to live happy, healthy lives as well as achieve academic success. Research shows effective preventive programs save money and help students eliminate the need for more intensive treatment services.

**Integrated Treatment and Access to Services**
Students experiencing stress and other issues often come to the health center with physical symptoms before seeking out a mental health professional. Despite the fact that the University Counseling Center (UCC) works closely with the providers at Hartshorn Health Service (HHS), both agencies have long felt the separation of mental and physical health into two separate locations impedes the ability for holistic health care. We are excited to announce plans to join Hartshorn Health Service and the University Counseling Center into one integrated treatment service by July 1, 2008. Essentially, we aim to create a “one-stop-shop” designed to provide the highest quality care for students and to make CSU a national leader in innovative student health care.
To improve access, the University Counseling Center has established a new intake procedure that allows counselors to meet with students without waiting for an appointment. Students can walk-in, Monday through Friday, 10:00 am – 3:00 pm, and meet briefly with a counselor usually within 20 minutes. Counselors can help the student figure out what services he or she may need, make appointments, and help with referrals. This new procedure is very well utilized and overwhelmingly viewed positively by the campus community. This new intake program will be utilized by both HHS and the UCC after they integrate at the end of this academic year.

**Creating Community**

Having a strong community that cares for one another and reaches out to people in need is critical for preventing the occurrence of crises and campus tragedies. Sometimes people, even if they care, don’t know how to reach out.

According to national data, suicide is the number two cause of death for traditional aged college students, with accidents being number one. Many mental health professionals see the recent events at Virginia Tech and Northern Illinois as motivated primarily by suicidal intent. In response to this health problem, The University Counseling Center has implemented a suicide prevention program: Question – Persuade – Refer (QPR). This is a simple program designed to help lay persons reach-out to students who may be at risk and help them get the services they need. Our goal is to train as many people on campus as possible with the hope of minimizing the chance that a critical event happens here at CSU. So far we have trained hundreds of faculty, staff and students. Now members of our community can learn how to reach out to help one another. These are but a few initiatives that CSU has in place to address the mental health needs of students on our campus. Working together in community, joining all of our resources, and collaborating on key initiatives, are only a few ways we can create a supportive environment that keeps our students living productive lives.

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**Student Assessment Data**

By David McKelfresh, Ph.D.
Executive Director of Research & Assessment

Throughout students’ undergraduate experience at Colorado State University they have an opportunity to complete numerous surveys and assessment to help us evaluate programs, services, and better meet their needs. More than 270,000 freshmen at four-year institutions completed UCLA’s comprehensive survey this past fall, answering hundreds of questions on their values, habits and finances. The 2007 CSU freshman norms are based on the responses of 2,414 first-time, full-time freshman students. Students were surveyed the day before the first day of classes in fall semester 2007.

**CSU Freshmen concerned about Quality and Cost**
Freshmen are more concerned about academic quality and affordability than they have been in decades, according to the annual survey of freshmen conducted by the Higher Education Research Institute at the University of California at Los Angeles (Chronicle, 2008). Freshmen at Colorado State University show a similar pattern of concern.

Fifty-one percent of freshman students at Colorado State University said academic reputation was a very important factor in the decision to attend CSU, an increase of 7.0 percentage points from Fall 2004. Almost 24% cited financial-aid offers as key to their selection, a rise of almost 4% since Fall 2004. And 40.8 percent list “graduates get good jobs” as a top reason for choosing CSU, up from 33.8 percent in Fall 2004.

Below are the percentages of freshmen at Colorado State University over the past four years indicating which reasons were “very important” in deciding to attend CSU.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Fa’04</th>
<th>Fa’05</th>
<th>Fa’06</th>
<th>Fa’07</th>
</tr>
</thead>
<tbody>
<tr>
<td>This college has a very good academic reputation</td>
<td>45.0</td>
<td>46.4</td>
<td>53.0</td>
<td>52.1</td>
</tr>
<tr>
<td>This college’s graduates get good jobs</td>
<td>33.8</td>
<td>38.1</td>
<td>39.3</td>
<td>40.8</td>
</tr>
<tr>
<td>This college has a good reputation for its social activities</td>
<td>26.9</td>
<td>29.8</td>
<td>35.2</td>
<td>37.3</td>
</tr>
<tr>
<td>A visit to the campus</td>
<td>36.4</td>
<td>37.8</td>
<td>36.0</td>
<td>37.0</td>
</tr>
<tr>
<td>The cost of attending this college</td>
<td>24.5</td>
<td>24.1</td>
<td>25.6</td>
<td>29.2</td>
</tr>
<tr>
<td>I wanted to go to a school about the size of this college</td>
<td>25.3</td>
<td>26.3</td>
<td>27.7</td>
<td>26.1</td>
</tr>
<tr>
<td>I was offered financial assistance</td>
<td>20.8</td>
<td>18.4</td>
<td>18.9</td>
<td>23.5</td>
</tr>
<tr>
<td>This college’s graduates gain admission to top graduate/professional schools</td>
<td>19.4</td>
<td>19.6</td>
<td>22.1</td>
<td>23.2</td>
</tr>
<tr>
<td>I wanted to live near home</td>
<td>15.8</td>
<td>19.0</td>
<td>17.4</td>
<td>21.1</td>
</tr>
<tr>
<td>Rankings in national magazines</td>
<td>12.1</td>
<td>11.9</td>
<td>16.4</td>
<td>15.0</td>
</tr>
<tr>
<td>Information from a website</td>
<td>10.8</td>
<td>12.5</td>
<td>15.5</td>
<td>14.7</td>
</tr>
<tr>
<td>My parents wanted me to come here</td>
<td>9.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My relatives wanted me to come here</td>
<td>6.4</td>
<td>7.9</td>
<td>9.9</td>
<td>3.7</td>
</tr>
<tr>
<td>I was admitted through an Early Decision Program</td>
<td>6.5</td>
<td>7.3</td>
<td>8.7</td>
<td>7.0</td>
</tr>
<tr>
<td>Not offered aid by first choice</td>
<td>4.5</td>
<td>4.7</td>
<td>4.9</td>
<td>6.5</td>
</tr>
<tr>
<td>High school counselor advised me</td>
<td>4.0</td>
<td>4.3</td>
<td>6.3</td>
<td>5.6</td>
</tr>
<tr>
<td>My teacher advised me</td>
<td>2.5</td>
<td>2.9</td>
<td>4.1</td>
<td>4.0</td>
</tr>
<tr>
<td>Private college counselor advised me</td>
<td>1.4</td>
<td>1.2</td>
<td>2.1</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Most CSU Freshmen Satisfied with Parental Involvement**

“In recent years, some college faculty and administrators have reported a trend of parents becoming more and more involved in the college-related decisions of their children. In order to examine this phenomenon, a new set of questions was added to the 2007 CIRP Freshman Survey that asked students whether they felt that their parents
were involved “too much,” the “right amount,” or “too little” in several college-related decisions” (HERI Research Brief, January 2008).

A strong majority of CSU’s college freshmen believe their parents are involved the “right amount.” A majority of freshmen considered their parents’ participation in their college careers to be the “right amount,” with 88.5 percent reporting the “right amount” of parental involvement in their decision to go to college, 84.0 percent in their decision to attend CSU, and 80.4 percent in dealing with college officials.

Almost 20 percent report that their parents displayed “too little” involvement in helping them select college courses, and 17.9 percent say their parents were not involved enough in helping choose college activities.

### CSU Parental Involvement

<table>
<thead>
<tr>
<th>How involved were your parents/legal guardians in your . . .</th>
<th>% Too Little</th>
<th>% Right Amount</th>
<th>% Too Much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision to go to college</td>
<td>5.2</td>
<td>88.5</td>
<td>6.3</td>
</tr>
<tr>
<td>Application(s) to college</td>
<td>9.3</td>
<td>79.2</td>
<td>7.2</td>
</tr>
<tr>
<td>Decision to go to CSU</td>
<td>13.7</td>
<td>84.0</td>
<td>6.7</td>
</tr>
<tr>
<td>Dealings with officials at CSU</td>
<td>15.5</td>
<td>80.4</td>
<td>4.1</td>
</tr>
<tr>
<td>Choosing college courses</td>
<td>19.5</td>
<td>77.8</td>
<td>2.7</td>
</tr>
<tr>
<td>Choosing college activities</td>
<td>17.9</td>
<td>79.7</td>
<td>2.4</td>
</tr>
</tbody>
</table>

### Students Considering a Transition to Off-Campus Living

By

Jeannie Ortega, Director of Off-Campus Student Services
Melissa Emerson, Community Liaison Assistant Director, Off-Campus Student Services

Spring semester is underway, and with that comes the conversation between students, parents and family members about the possibility of moving off campus for fall 2008. Colorado State University’s Residence Halls and Apartment Life offer wonderful opportunities for your student to continue living in a positive environment, right here on campus! Please visit their website at [http://www.housing.colostate.edu/](http://www.housing.colostate.edu/) for more information about on campus options for your student.

Should your student be considering a move
off campus however, Off-Campus Student Services (OCSS) is here to help in a successful transition into the Fort Collins community. Below is a list of opportunities to consider when planning a move off campus. We hope you will encourage your student to be a well-informed resident of the community.

- After February 20th, all students living in the residence halls will receive in their residence hall mailbox a handbook titled “How to Avoid Sticky Situations, All the Notes you need for Living Off Campus.” The guide offers a number of helpful tips and information on what to think about when moving into the community. Topics include: managing a budget, negotiating a lease, roommates, utilities, safety, good neighboring tips, being aware of City Codes and Ordinances that impact students (noise, occupancy limit, nuisance gatherings, parking, snow shoveling, etc.), resources, and much more! Please encourage your student to READ it and then pass it along to you to read as well!

- Grab some popcorn and watch The Rental World! This 23- minute video addresses issues commonly faced by students who move off campus for the first time. Filmed as a parody of MTV’s “Real World,” it traces the lives of Donnie, Elainea, Tom, Matt, and Missi as they encounter landlords, leases, police, and neighbors. The video is online at: www.ocssl.colostate.edu/clc/rental-world.asp

- Like trivia? Then test your rental knowledge with some Off-Campus E-Trivia! These three powerpoints were designed to help students understand their rights and responsibilities as a Fort Collins resident. The true/false and multiple choice questions are based on ordinances, myths and tips for living off campus. Categories include: Leases & Housing, City Codes and Ordinances, Roommates, Parties & Neighbors. Visit: www.ocssl.colostate.edu/clc/living-off-campus.asp.

- Does your student need a roommate or a new place to live for summer or fall? The Roommate Roundups on Wednesday, April 16 and April 23, 5-6pm, happening in the LSC Commons, are designed for students to meet potential roommates, as well as take in a brief presentation. Students should bring flyers, scratch paper, and a smile!

- The HOUSING FAIR 2008 occurs Wednesday, March 26, 9am-4pm in the LSC Main Ballroom, where your student can visit with scores of landlords, apartment complex managers and property managers and gather information on places to live around town. Also, other services such as storage places, City services and resources in the community will be present. Encourage your student to attend and enter a drawing for a free round-trip ticket valued at up to $500 through STA Travel!

- Use our ONLINE RENTAL LISTING SERVICE and find a new place to live. Our listings are updated daily and include vacant places as well as shared situations. There is no cost to use our service and students can view our listings at: www.ocssl.colostate.edu/ocss/listings.asp.

- As a parent or family member of a CSU student, you may be interested in the helpful link that provides a lot of information on City Ordinances and Codes that exist in Fort Collins (ie. Snow removal, grass/weeds, parking, noise, etc.). Please review this site and be informed about these expectations to ensure your student has
success living off campus: www.ocssral.colostate.edu/clc/family.asp.

- Fort Collins has recently increased enforcement of the **Occupancy Limit Ordinance**, effective January 1, 2007, which states that no more than three unrelated persons can live in a dwelling. As your student considers moving off campus, please make sure that he/she understands this Ordinance and how it relates to his/her future living arrangements. The following website includes more information: www.ocssral.colostate.edu/clc/occlimit.asp

- **Avoid Renting a Lemon**: Prior to renting a place, it is important to check the history of the property to see if it has a record of code violations. If a home has had noise violations or tickets for animal disturbances, trash, weeds, parking on yards, or over-occupancy, it may be in jeopardy of becoming a “public nuisance property.” The Public Nuisance Ordinance follows the residence, not the tenants. When looking to rent an apartment or house, you should check to see **if the rental has a history of violations**. The Neighborhood Services Division, (970) 221-6676 or bsowder@fcgov.com can provide you with this information. Don’t let your student get caught up in someone else’s mess!

- Prior to signing a lease, have your student visit the Student Legal Services website to download a Lease-Fix kit, which provides tenants with step-by-step instructions to make sure the lease terminology protects the renter. Student Legal Services also offers legal advice, free of charge, to full-time fee paying students. Go to: www.sls.colostate.edu for more information.

For other helpful information and resources to assist in a possible move off campus, please visit our office website at: www.ocssral.colostate.edu/ or call 970-491-2248. We are here to help your student make a successful transition to living in our great City!

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**A holistic approach to health care**

By Melanie Huntrods, Intern
Lory Student Center Marketing

The diversity at Colorado State University enables the campus to be enriched with various cultures. Students come to CSU from around the world integrating culture into the campus community. The Culture-Care Advocacy Program at Hartshorn Health Service, assists students from diverse backgrounds with health services tailored to their specific needs.

The Culture Care Advocacy Program serves as, “a liaison between international and underserved domestic students and the Health Center,” Lynn Kalert, Culture Care Advocate states with an excited smile. Kalert, who has a certificate in Transcultural Nursing, says the program aims to look at every person in a holistic manner using theory-based knowledge.
The program, initially started due to insurance concerns with international students, and has developed into a service benefiting international and underserved domestic students, in addition to the numerous students who chose to study abroad. “It’s a whole gamete,” Kalert explains. Students who participate in CSU sponsored study abroad programs are required to have a travel consultation with Kalert. Her role is to educate students on travel safety and health concerns, for their designated country.

“As a University, CSU prepares students successfully to study abroad. The Study Abroad office and Hartshorn Health Service offer extensive orientation programs and travel preparation available to students.

Students who have accessed the Culture-Care Advocacy program have had life-altering experiences, including a student from Kazakhstan whose life drastically changed after his visit to Hartshorn Health Service. During a routine visit to the Health Center in fall 2006, an elevated blood pressure alarmed medical providers, which led the student to Kalert. The student needed an organ transplant, and student health insurance did not cover the procedure. Through Culture Care’s diligent work with nurses, physicians and Russian embassy offices, a medical plan was tailored to his needs. The three-week process resulted in the student being evacuated to his home country to seek further medical care. Two months later he successfully received an organ transplant. Before and after the process Kalert and the student remained in contact with each other via email. The student was on a scholarship and the scholarship was put on hold while he sought medical care. After taking a year off from school to recuperate, the student recently arrived back at Colorado State, eager to finish his degree. “His goal was to study in the U.S. and he was able to pull it off,” Kalert humbly stated, “I think the experience solidified his desire even more.”

Kalert gives credit to the medical providers, students, and other departments to name a few, who access her services. “The directors and medical providers are so supportive. It is a real team effort.”

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Taking a SLiCE Out of Life

By Melanie Huntrods, Intern
Lory Student Center Marketing

“Andrew Lopez is one of the most amazing students ever,” resonates from many faculty and staff at Colorado State. Lopez, a first generation student expected to graduate May 2009, has experienced a life-altering and rewarding collegiate career at CSU.

Lopez arrived at CSU in the fall of 2004 double majoring in political science and philosophy with a minor in horticulture. Second semester proved difficult for Lopez, however, when he was admitted to the DAY (Drugs Alcohol & You) IV Program. The program, enacted spring 2005 from the Alcohol Task Force at CSU, was designed to be a leader in the prevention, education, and treatment of college substance abuse, according to the DAY website.
The Day IV program is a treatment program for students facing potential separation from the university due to drug or alcohol issues,” the website explains. Through the program’s on-campus treatment resources Lopez was exposed to the Student Leadership Involvement and Community Engagement Office (SLiCE). “Initially, I did it to do something positive and stay out of trouble,” Lopez honestly stated, “It turns out I really enjoyed it.”

SLiCE provides a link between students and the surrounding Fort Collins community, “to enrich their academic and social experience at CSU.” Lopez was attracted to the office for their volunteerism and all they offer to the community. Once he started participating in the multiple volunteer projects through the office, his visits became more frequent and heartfelt. “My campus involvement has really given me the opportunity to walk in a positive direction,” Lopez openly states.

Participating in two Alternative Spring Breaks (ASB), one in Chicago, Ill., and one in Washington D.C., Lopez spent most of his time working with the homeless community in these cities. His experiences led him to become a site leader for Alternative Springs Breaks, and eventually resulted in a job at one of the ASB sites, Catalina Island.

Additionally, Lopez has been actively involved in the Youth Community Garden Project for the past three years. The mission of the Youth Community Garden Project is, “to encourage community and promote awareness of the interdependence of people, land and food by creating a sustainable garden and building lasting relationships between Colorado State University, the Fort Collins Society of Friends, Irish Elementary School and the larger community of Fort Collins.” Lopez’s heavy involvement in the project has created strong ties between him and the surrounding Fort Collins community.

Andrew’s work does not go unnoticed. “He just has very good energy and has completely committed himself to making a difference in the world,” said Jen Johnson, Assistant Director of Volunteer Programs in the SLiCE Office. The SLiCE Office offers multiple facets of volunteer opportunities for students on the Colorado State campus, and volunteerism is easily accessible, Lopez openly stated. “It is about doing good things, and spending more time giving back to the community. I just say I want to volunteer. It is an easy venue to volunteer in the community.”

Though Lopez is currently taking a semester off hoping to complete an internship in Denver, the impact he has had on the campus community has not gone unnoticed. “He is such a cool human, one of the most interesting students of all time,” Johnson plainly states.

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**Spring Break is Around the Corner: Tips and Info for Parents**

by Miel Sloan, MSW Candidate and Outreach and Prevention Programs Intern

Spring break is right around the corner and it is a good time for your student to get in some well
deserved R and R. Many students will go home, work and volunteer during the week-long break. Some may even be fortunate to go some place exciting. If you get the opportunity, have a conversation with your student about their plans and provide some tips to make it fun, safe, memorable, and above all relaxing.

According to research by the National Institute of Alcohol Abuse and Alcoholism, parents have a powerful impact in educating their children about the dangerous effects of alcohol abuse. It can’t hurt to discuss the role that alcohol may or may not play in their spring break activities.

If your student will be traveling:

- Encourage your student to research the laws and policies of the destination site to make sure they can avoid any legal problems
- Make sure your student is traveling safely by carrying health insurance information, traveling in pairs at all times, and using reliable transportation
- Ask your student to share contact information for their hotel, all flight details or driving directions, and cell phone numbers of their friends.

Regardless of where they are for break, every student should:

- Know the potential personal hazards that can result from excessive drinking (assault, drunk driving, etc.)
- Know the signs of over consumption of alcohol
- Know what is acceptable and responsible use of alcohol
- Contact a family member or other adult supporter frequently with whereabouts
- If your family has established norms around the use of alcohol now is a good time to reinforce the norms
- If they choose to consume alcoholic beverages make sure they drink plenty of water…bottled is probably the safest bet when traveling

More resources for spring break safety can be found at:

- http://www.news.wisc.edu/9548

Information about alcohol poisoning can be found at:


The National Institute on Drug Abuse has information that all parents should know about the protective factors that may buffer or prevent substance abuse. Check out the information at:


Above all we want your student to have a safe break and come back ready to finish
Involvement Opportunities in March

What’s Happening at CSU?
Here are just a few of the diverse involvement opportunities available at Colorado State University for the month of March. When your student says "there's nothing to do here," you'll be ready to suggest some really interesting and fun events! For more ideas, or to visit the entire calendar, visit What’s Up @ CSU at http://www.whatsup.colostate.edu/.

March 3-7, 2008 – Holocaust Litany of Martyrs
http://events.colostate.edu/event_view.asp?EID=21846&ID=7&cTYPE=1&month=3&year=2008&cate=

March 5, 2008 – Fall 2008 Registration Notification
http://events.colostate.edu/event_view.asp?EID=21794&ID=7&cTYPE=1&month=3&year=2008&cate=

March 6, 2008 – Racism under Fire
http://events.colostate.edu/event_view.asp?EID=21913&ID=7&cTYPE=1&month=3&year=2008&cate=

March 6, 2008 – $1 Film: Atonement
http://events.colostate.edu/event_view.asp?EID=21873&ID=7&cTYPE=1&month=3&year=2008&cate=

March 7, 2008 – Art Reception in Morgan Library
http://events.colostate.edu/event_view.asp?EID=21780&ID=7&cTYPE=1&month=3&year=2008&cate=

March 8, 2008 – The True ER: Breaking the Entertainment Myth
http://events.colostate.edu/event_view.asp?EID=21936&ID=7&cTYPE=1&month=3&year=2008&cate=

March 9, 2008 – Softball vs. Utah State
http://events.colostate.edu/event_view.asp?EID=20896&ID=7&cTYPE=1&month=3&year=2008&cate=

March 10, 2008 – Columbia Live: Multicultural Influences in Colombian Music Today
http://events.colostate.edu/event_view.asp?EID=21859&ID=7&cTYPE=1&month=3&year=2008&cate=
Have you Googled your Student lately?

By Paul Osincup, Assistant Director
Conflict Resolution & Student Conduct Services

Chances are, if you search for your student online you will probably find them on www.facebook.com or www.myspace.com. Of course, before you get too curious and begin “e-parenting,” there are a few things to know. Websites like Facebook, Myspace, Xanga, LiveJournal, and other blogs are social networking sites that can be great ways for students to keep in touch with one another, network with other students, and express themselves. However, it is becoming more frequent for students across the country to be confronted with some of the information and photos they have posted on the web. For some students it costs them jobs, some have been arrested, while others have been
stalked or harassed via the computer or in person. Unfortunately, posting “funny” drunken pictures of oneself online has become a popular fad for college students throughout the country. As you might imagine, this can pose all sorts of problems for students. Online profiles may be the first or only impression that professors, school administrators, prospective employers, police, or other students get of an individual. Even if a student decided to remove those pictures at a later date, there is no telling how many people may have copied, downloaded, or printed it beforehand. Another online concern is the written information that students display on their page. Students will often have too much of their personal information accessible online. On many of these pages there are spaces for them to fill out their email address, phone numbers, class schedules, birth date, home town, employer, and other personal information to be displayed to anyone who stumbles across their page. Posing an additional problem are the messages that students send back and forth to each other on their pages that are visible for others to see. Professors have seen comments on students’ pages about how they cheated in class, while police have contacted students who have (believe it or not) openly discussed their level of involvement in illegal activity.

So, what can you do? Simply having a conversation with your student can go a long way! Most students create their profiles on these sites without thinking about any of the aforementioned consequences, so merely pointing out how some of the content on their page might be perceived by other people is very helpful. There are privacy settings on all of these sites to restrict certain information as well as block their page from anyone they don’t know. Thus, you can encourage your student to enhance their security settings as well. A lot of students conceptualize these online social networks as a place that is just between them and their friends, and they are often surprised to hear that Mom, Dad, or even a CSU staff member has seen their page. Once they realize how many people are viewing their pages, students are typically quite willing to adjust the content and enhance their privacy settings. Encouraging students to appropriately manage their social networking sites can prevent a lot of long-term heartache!

RAMFAM Association
2.09.08

Present: Jeff Wood, Lynda Zeringue, Greg & Glenna Brissey, Ed & Linda Carpenter, Jody Donovan
(we all missed Kacee!)

- Save the minutes in Word 2003 because many folks have not upgraded to Office 2007. Also save as a pdf so more folks can open the attachments. Also, post minutes as pdfs on the Parent & Family website

- Reviewed brochures. The RAMFAM Association brochure is ready to print. The Parents Fund brochure looks good. Send out pdf as soon as we have a proof.
Debrief Spring Ram Welcome RAMFAM event
  o Handed out Jeff’s power point. He did a great job! Thanks to everyone who hosted a table!
  o Jeff tried to talk with all the families, many expressed concern about participating if out of state
    ▪ We need to think about how to involve non-resident families electronically and get more input from them.
  o Parent & Family participation was somewhat low, perhaps due to mostly transfer population starting in January
  o Made great contacts. Enjoyed making connections to put non-resident families at ease
  o Could we begin creating communities for parents & families to connect, share information?
  o Next time, separate the students from the families for the RAMFAM presentation

Preview & Next Step Orientation Dinners
  o Split up responsibilities so RAMFAM leadership each takes 3 evenings?
  o Create a short (3-5 min) video to be played. Work with Greg Luft in Technical Journalism. Use students and parents & families. Make it entertaining!
  o Ask Kerry Wenzler if she can come to the next RAMFAM Association meeting (She is unavailable on March 1, but is willing to come for the April 12 meeting)

Summer Sendoff Program
  o Tanida Ruampant, Director of Student & Alumni Programs shared her thoughts & vision for the program and RAMFAM provided feedback & ideas
    ▪ Casual, a “picnic-like” event, no/limited program, allow time for students to be together through games/activities, emphasis on making connections
    ▪ Area alumni, newly admitted students & their families, RAMFAM Association members & current students would be present.
    ▪ Fort Collins pilot at Tamasag-date TBA, Denver pilot – July 26th
    ▪ Last year alumni in Houston tried this with great success!
    ▪ Email invitations and use an online registration system
    ▪ Utilize PSD web, school newsletters for notices
    ▪ Collect parent/family information including hometown, year graduated h.s.
    ▪ Collect student bios, majors, interests, hall, etc.
    ▪ RAMFAM leadership would have polo shirts, members would receive buttons
    ▪ Training RAMFAM for future Admissions/Alumni/RAMFAM events

Next Meeting: March 1, 2008 10-12 (1st Saturday due to Jody & Kacee’s absence on 3/8)
  o Update on shirts from Linda Carpenter & Jody (exploring Lands End)
Student’s Grades Not Up to Par? Tips for Success on CSU Campus

By Kacee Collard, Graduate Assistant for Parent and Family Programs

Feeling anxious about your student’s grades this semester? You’re not alone! Research shows parents and families look more closely at students’ grades in the spring semester, especially if students’ grade point averages for the previous fall semester were questionable. As part of the parent and family services at Colorado State University, we want to inform you about resources on campus to help your student get his or her grade point average up! EducationDynamics offers the following 10 items to help parents and families manage concerns and refer students back to campus for appropriate services.

We’ve taken it one step further and provided direct resources for you and your student on the CSU campus.

1. Take advantage of the academic centers on campus
   - PACe Program: http://www.math.colostate.edu/dept/IMP/SG/learning_resource.html
   - NASS: http://www.nass.colostate.edu/docs/nass%20tutoring%20flyer%20spring%202008.pdf
   - Math and Science Tutorial Hall: http://www.natsci.colostate.edu/tutoring/
   - Engineering Tutoring Services: http://www.engr.colostate.edu/academics/student_services/current_students/support_services.shtml
   - Math Tutors: http://www.math.colostate.edu/~tl/tutorlist.html
   - Writing Center: http://writing.colostate.edu/

2. Have conversations with your student related to behavior. Define reasonable goals and help your student manage the outcomes of those goals.
3. **Encourage your student to get an on-campus job.** CSU recommends working 10-15 hours per week on campus to help students structure their time.

- 2008-2009 Student Employment Guide:  
  [http://wsprod.colostate.edu/cwis231/ssfs/onenet/enotebook0809/pubs/se08guide_web.pdf](http://wsprod.colostate.edu/cwis231/ssfs/onenet/enotebook0809/pubs/se08guide_web.pdf)

- Student Employment Services: [http://ses.colostate.edu/](http://ses.colostate.edu/)

4. **Understand FERPA (the Family Education Rights to Privacy Act)**

- Center for Advising and Student Achievement:  
  [http://www.casa.colostate.edu/advising/Faculty_Advising_Manual/Chapter3/FERPA.cfm](http://www.casa.colostate.edu/advising/Faculty_Advising_Manual/Chapter3/FERPA.cfm)

- Academic & Legal Matters (Section I.2):  
  [http://facultycouncil.colostate.edu/files/manual/sectioni.htm#I.2](http://facultycouncil.colostate.edu/files/manual/sectioni.htm#I.2)

- US Department of Education:  

5. **Direct questions to the Director of Parent and Family Programs, Jody Donovan.**

- Parent & Family Website: [http://www.parentsandfamily.colostate.edu/](http://www.parentsandfamily.colostate.edu/)

- E-mail: jody.donovan@colostate.edu

- Phone: 970-491-5312

6. **Open communication with your student to determine why he or she did not make the grades intended and help with tools to succeed this semester.**

- Assessing Student Grades:  

- GPA Tools: [http://www.casa.colostate.edu/Advising/Tools.cfm](http://www.casa.colostate.edu/Advising/Tools.cfm)

7. **Help your student learn to study!**

- Academic Advancement Center: [http://aac.colostate.edu/StudySkillsAssistance.htm](http://aac.colostate.edu/StudySkillsAssistance.htm)

- Center for Advising and Student Achievement:  
  [http://www.casa.colostate.edu/Student_Achievement/Academic_Success/strategies.cfm](http://www.casa.colostate.edu/Student_Achievement/Academic_Success/strategies.cfm)
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<td>Teach your student time management by purchasing a planner for him or her</td>
<td>University Counseling Center: <a href="http://www.counseling.colostate.edu/services/academic/learning-assistance-center/index.asp">http://www.counseling.colostate.edu/services/academic/learning-assistance-center/index.asp</a></td>
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<td>Resources for Disabled Students: <a href="http://rds.colostate.edu/students/skills_needed.asp#study">http://rds.colostate.edu/students/skills_needed.asp#study</a></td>
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<td>Time Management Skills: <a href="http://rds.colostate.edu/students/skills_needed.asp#time">http://rds.colostate.edu/students/skills_needed.asp#time</a></td>
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<td>Free ASCSU Planner - Contact ASCSU at: <a href="mailto:ascsu_frontdesk@mail.colostate.edu">ascsu_frontdesk@mail.colostate.edu</a></td>
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<td>CSU Bookstore Planners: <a href="http://www.bookstore.colostate.edu/index.aspx">http://www.bookstore.colostate.edu/index.aspx</a></td>
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<td>Resources for Disabled Students: <a href="http://rds.colostate.edu/students/skills_needed.asp#time">http://rds.colostate.edu/students/skills_needed.asp#time</a></td>
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<td>9.</td>
<td>Encourage your student to eat right and get plenty of sleep!</td>
<td>Nutrition Services: <a href="http://nutrition.colostate.edu/">http://nutrition.colostate.edu/</a></td>
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<td>Overeating/Sleeping: <a href="http://www.ext.colostate.edu/pubs/columnnn/nn970521.html">http://www.ext.colostate.edu/pubs/columnnn/nn970521.html</a></td>
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<td>10.</td>
<td>Stay calm! One semester will not ruin your student’s future.</td>
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