



Stanislaus Family E-News

Stanislaus Parents Association
California State University, Stanislaus
November 2006

Important Dates!

Nov. 10th
Veterans Day
Observed –
Campus Closed

November 13th
Priority
Registration
Begins – Get all
holds removed
(advising, health
center,
cashiers, etc.)
before priority
registration
date.

November 23rd -24th
Thanksgiving
Holidays –
Campus Closed

The Commuter Student

Commuter students typically have more responsibilities than students who live on or near campus. These students have to juggle school, work, home, family, and the long drive to school. Many times commuter students are so busy that they have a difficult time making friends on campus and getting involved in student life.

You can help your student find a place in the University and have an active college life by doing the following:

- **Encourage involvement:** Studies have shown that students who are involved on campus in extra and co-curricular activities do better in their classes and are more likely to finish their degree. Students that are involved feel more connected to the University and thus more invested in their academics.

Encourage your son or daughter to join a club, participate in campus event, or play an intramural sport. The key to campus involvement is to do something outside of the classroom. The office of Student Development and Leadership is a great starting point for students to find out what involvement

opportunities are available on campus.

- **Don't expect to see a lot of your student:** If your student lives at home and is commuting to school, you may see less of your student. He or she is busy juggling lots of commitments. Be supportive if he says he rather stay in his room to study instead of joining the family for dinner. Be understanding if she says she needs to go to the library in the evening because she can't concentrate at home.
- **Suggest that your student connect with a staff member on campus:** All students should find an advisor or faculty member on campus that they can go to for academic and moral support. This is especially true for commuter students. Suggest that they find someone on campus that they can go to for support and resources.

As always, continue being supportive and encouraging to your student. Encourage him or her to get involved and take advantage of involvement opportunities for parents and families. Your involvement with the Stanislaus Parents Association will set a good example for your student.

Parents Program
California State
University, Stanislaus

PARENT'S
HOTLINE:
209-664-6632

OR

PARENTS
@CSUSTAN.EDU

PARENTS
LISTSERVE:
(communicate with
other parents by
sending an email to
the listserve)

Parents-
program@listbot.
csustan.edu

We're on the Web!

See us at:

[www.csustan.edu/
parents](http://www.csustan.edu/parents)

Stanislaus Fall Enrollment Numbers Up

Turlock — California State University, Stanislaus enrollment has once again reached an all-time high for freshmen, transfer, and graduate students.

Official enrollment data for the fall 2006 semester shows CSU Stanislaus numbers jumped 3% to 8,374 students, including a record-high 3.5% jump to 6,314 students who are classified as "full-time equivalent."

As CSU Stanislaus continues to build its reputation for offering a high quality education, all indications are that students are taking notice when it comes to choosing a college. In addition to an 8.6% increase in freshmen students to 947, CSU Stanislaus welcomed its largest ever number of transfer students (989) and expanded its graduate school numbers by 21%.

"Our growing enrollment indicates that California State University, Stanislaus is meeting the higher education needs of many students from all over the state," CSU Stanislaus President Hamid Shirvani said. "Our goal is to do whatever it takes to improve the low college-going rates of students in the Central Valley."

Of the freshman class that has grown by 8.6% this year and 61% over the past five years, 75 percent come from Stanislaus (428), Merced (150), and San Joaquin (133) counties. Freshmen students from San Joaquin County increased 40%. As more freshmen enrolled at the University, The Village on-campus residential complex was at capacity for the first time, with all 650 beds occupied.

Seventy percent of the University's new transfer students come from regional community colleges – Modesto (348), San Joaquin Delta (175), Merced (144), and Columbia (19).

A student population that reflects the region's diverse population continues to be an attribute of CSU Stanislaus, with 38.5% of the freshman class of Hispanic ethnicity and 11% classified as Asian. That trend is continuing as 27.7% of students overall are Latino (2,317), maintaining the University's official federal designation as an Hispanic-serving institution.

The complete article can be found on:

www.csustan.edu/newsline

Wellness Presentations for Students by Counseling Services

The Blues, the Blahs, or Something More? Understanding Depression

Wednesday, November 1, 2006, 2:00 PM - 4:00 PM, MSR 200

It is normal to feel sad from time to time. However, depression is different. Studies show that about 25% of young people suffer depression by the time they are 24; unfortunately, few seek help. Come to this workshop to learn about the symptoms of depression, its causes, and methods of coping.

Building Self-Trust and Self-Respect

Wednesday, November 8, 2006, 2:00 PM - 4:00 PM, MSR 200

Unfortunately, many of us go through life neglecting ourselves. Why do some of us criticize ourselves with such ease? For some, these negative thoughts are like being on automatic pilot. How do we learn to distrust ourselves? How can negative and positive self-trust influence our lives? How can self-trust be built and maintained? With daily awareness of how we treat ourselves and daily nurturing, we can slowly build our self-trust. These and other questions will be explored as a group and you will learn how you can rebuild your self-trust and self-respect.

Developing Effective Personal Time and Self Care - A Workshop for Women

Tuesday, November 14, 2006, 10:00 AM - 11:30 AM, MSR 200

Life in these times is not user-friendly. Health care professionals agree that diet, exercise and medication alone are not the only contributors to health and a sense of well-being. Our ability to recuperate from stressful events is also essential. This workshop will hopefully guide you in making a commitment to improving your life and increasing your confidence through the development of more effective personal time and self care.

All presentations are free but require advance sign-up in the MSR room 210.