

First Year Programs and Advising

Parent's
Handbook



2006

California State University, Stanislaus

Parents Program

Hotline: (209) 664-6632
E-Mail: Parents@csustan.edu
Website: www.csustan.edu/parents
Mail: Parents Program-MSR 180
CSU Stanislaus
801 W. Monte Vista Ave.
Turlock, CA 95382

Important Campus Telephone Numbers (Area Code 209)

On-Campus Emergency	911
Public Safety	667-3114
Campus Crime Reporting.....	667-3911
Crime Prevention Office	667-3035
Lost and Found	667-3114
Peer Escorts	667-3114
Student Housing.....	667-3675
General Information.....	667-3122

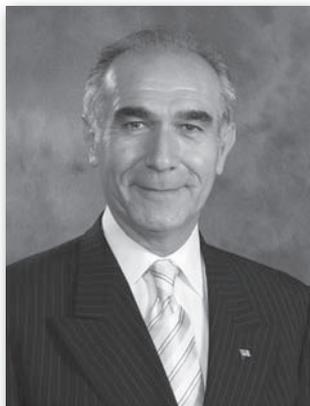


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Welcome, from the President



President Hamid Shirvani

Dear Parents and Families of California State University, Stanislaus Students:

I am delighted to welcome you to the University.

I know you must be very proud of your student, as we are also. CSU Stanislaus is blessed with talented and hard-working students, committed and caring faculty and staff, and supportive family members who provide encouragement. As parents and family members, you play an important role in ensuring the success of your students and of the University. You are valuable partners in the educational process.

We are pleased to announce the establishment of a new campus Parents Program, along with a Parents Association and a newsletter for friends and family of CSU Stanislaus students. This project grew out of the work of the University's Advisory Board members, who identified parents programs as a valuable resource for the campus. The purpose of our Parents Program is to involve you in the life of the campus and to enhance the success of your student.

This handbook affords me a great opportunity to share with you some highlights about the University. As you know, this is my second year as President, and I am enthusiastic about what we have to offer our students. CSU Stanislaus students can select from a wide range of fully accredited academic programs—from business and education to nursing, psychology, and public administration, among others. The University is recognized for its commitment to diversity and a student body drawn from many nations. Students enjoy regular contact with faculty, consistent advising, connection to the campus through organizations and activities, and a picturesque campus—all factors that will help make their college experience truly rewarding.

CSU Stanislaus is an exciting place, and this is an exciting time for you and your student. We look forward to assisting you and your student through the college experience.

Warm Regards,

A handwritten signature in black ink, appearing to read "Ham Shirvani". The signature is stylized and fluid.

Ham Shirvani
President

From the V.P. of Student Affairs



Stacey Morgan-Foster

Greetings! Welcome to California State University, Stanislaus.

Very soon your student will be busy with classes and activities. Even if your student is still living at home or if you've sent numerous children on to college earlier, the transition to the college environment will bring a new dimension to your lives. Parent programs at Stanislaus are designed to help facilitate your student's success in higher education by helping families and parents continue their strong support network.

We are pleased to introduce Mayra Mireles-Tijero, Parents Program Coordinator and Academic Advisor. Ms. Mireles-Tijero has established our parent programs, including family weekend, a hotline, and a Parents Association. She holds a master's degree in Career Counseling and a bachelor's degree in psychology and communications. She has previous experience as a personal counselor, a career advisor and a college recruiter with a specialty in outreach to disadvantaged students. Her knowledge of the admissions process, financial aid, transition issues, academic challenges, and student development makes her a wonderful resource on our campus.



Mayra Mireles-Tijero

Chief among our goals is helping your student to develop the skills and habits to be a successful learner. To this end, we want students to achieve their degrees in a timely manner and we aim to provide developmental experiences along the way to help them gain independence and insight for continued success.

According to Mayra, "Working with families is one more way that I can assist students in achieving their goals. Family support is very important in the development of a student and I am happy to be a resource and liaison for families. The University experience can be an enjoyable experience for everyone in the family."

Again, welcome to CSU Stanislaus! We look forward to working with you and your student.

Go Warriors!

A handwritten signature in black ink that reads "Stacey Morgan-Foster".

Stacey Morgan-Foster

Vice President for Student Affairs

Welcome, from One Parent to Another...

Dear Parents,

On behalf of the Stanislaus Parent Association (SPA), I would like to welcome you and your student to the CSU Stanislaus family. The SPA collaborates with the University to bring students a full and rewarding college experience. The purpose of our Parents Program is to involve you in the life of the campus and to enhance the success of your student.

Sending a son or daughter off to college can be just as traumatic for us parents as it is for the student. Show them your support by being patient with them as they get settled into college life. Be good listeners when they call home with any concerns that they may have. As parents, experiencing the “empty-nest syndrome” can be difficult as well. Please know that if you have any questions or concerns regarding your student, please call any of us on the advisory committee. An empathetic listener is just a phone call away.

It has been a rewarding experience for me being involved in the Parents Advisory Committee, as we have planned activities and events. I would like to invite you to join us and help enrich your student’s college experience.

I hope to meet you and talk to you on Move-In Day on September 2, 2006 or work with you as we plan for Family Weekend events on October 20-22. Best wishes to you as you begin this new journey with your student at CSU Stanislaus.

Very truly yours,

Lily Golding, P ‘09



Stanislaus Parents Association

Here at CSU Stanislaus we believe that parents are a valuable resource in helping the University reach its goal of fostering student success. The Stanislaus Parents Association (SPA) collaborates with the University to bring students a full and rewarding college experience. By joining SPA you will have the opportunity to join a network of parents that support the University mission and contribute to the academic success of CSU Stanislaus students.

What are the benefits of joining the Stanislaus Parents Association?

Members of the Parents Association will receive information about CSU Stanislaus, including campus news, event information, important dates and deadlines, and services available to students. Additionally, SPA members will receive information about parent and family events on campus and will have the opportunity to volunteer or help plan the events. Most importantly, the Stanislaus Parents Association is dedicated to helping your son or daughter be

successful in college. Members will receive information, tips, and resources on student development issues.

Questions?

For questions and guidance throughout your student's career at CSU Stanislaus, call the **Parents Hotline (209) 664-6632** or e-mail: **Parents@csustan.edu**



Getting involved with the Stanislaus Parent Association

There are many ways that you can get involved with the Stanislaus Parents Association depending on your availability and interest. You can stay connected by receiving the newsletter and e-mail alerts. Parents can participate in or help plan the various events that will be held throughout the year. You can also assist with the planning or creation of the parent publications, including the newsletter, website, or handbook.

Ambassador Committee: The Ambassador Committee assists the university in welcoming new and prospective parents to the university. Welcoming events include Parent/Guest Orientations held several times throughout the summer and Preview Day that is held annually in October.

Events Committee: The Events Committee assists the Parents Program office in the planning and coordination of the various family events. Current family events include Move-In Weekend (fall), Family Weekend (fall) and Commencement (spring).

Fundraising Committee: This committee assists the Parents Program with fundraising efforts. Proceeds of fundraisers goes to Parents Program publications and to student support and scholarship programs.

Who can I contact to get more information?

Mayra Mireles-Tijero
Parents Program Coordinator

phone: (209) 664-6632

email: Parents@csustan.edu

First Year Programs and Advising (MSR 180)
801 W. Monte Vista Ave., Turlock, CA 95382

www.csustan.edu/parents



October 20th ~ 22nd

*Parents, Students, Staff, Faculty, and Extended Family:
Be a part of California State University, Stanislaus' first Family Weekend!*



- Experience your student's university life
- Attend a class or go on a campus tour
- Dine with your student and university administrators at brunch or a picnic barbeque
- See a play, art exhibit, or sporting event
- Enjoy Casino Night
- Participate in an optional Yosemite Tour

Many activities are being planned so mark your calendars for October 20th through the 22nd. Go to www.csustan.edu/parents for more information.



CALIFORNIA STATE UNIVERSITY, STANISLAUS

Survival List for Parents

Courtesy of Oklahoma State University, College Prep.101 Development Team

1. Be prepared for anything, and I mean ANYTHING!

If you were puzzled by them in high school, they certainly will confuse you when they are in college. They may call home to tell you they have taken up skydiving or show up at Thanksgiving with purple hair. Gear up to expect the unexpected and you won't be disappointed.

2. Know the rules.

Get a catalog and use it like a Bible. New freshmen can get themselves in a lot of trouble by not knowing rules, regulations, deadlines, etc. Schools try to educate new students through various orientation programs, but will ultimately hold students responsible for information published in their catalog. Read up on things like tuition due dates, class drop deadlines, grade point average requirements, etc. and be ahead of the game.

3. Remember that it's okay not to know what you want to be when you grow up.

Most parents are still trying to figure that one out, so don't panic if your college freshman is undecided. They will be exposed to a lot of new people, ideas and information that could help shape their career choices. Students usually make a better decision if they take some time and do some investigating. Students can go to the Career Services office in MSR 245 for career exploration.

4. Write them (but don't expect too much in return).

There is nothing worse for new students than an empty mailbox. Getting news from home, however mundane it may seem, can really help maintain those

family ties. Fill them in on Aunt Betty's gallbladder operation or how many kittens Sugar the cat just had. Keep those cards and letters flowing and send E-mail if you can.

5. Act as coach and consultant.

Encourage your child to take responsibility for his or her own decisions and actions. Whether it's choosing a major or choosing a spouse, avoid giving directions, imposing a solution, or doing things for them. Instead, coach your child by helping him or her gather facts, brainstorm options and weigh the pros and cons of each one.

6. Trust them.

You've done your job, now see how it turns out. It's really a little late to start teaching them right from wrong. Take a deep breath and trust that they have been listening all along. Try and give them room to make some decisions (and some mistakes) on their own. Be in tune to when they could use your advice and don't be too shocked when they actually call and ask for it.

7. Be involved and visit (but not too often).

Try and take advantage of as many university sponsored activities as your student invites you to, but try and not drop in unannounced. Prior contact is a courtesy, and shows that you respect their newfound independence and maturity.

8. \$ Budget \$

This is a tough one! It's hard for students to know how much money they will need per month for expenses, since most aren't accustomed to buying toothpaste with their allowance. It is very important

to try and come up with a set budget after a few months have passed. From what I have heard, students tend to spend as much as they are given. Imagine that!

9. Grades

Don't be surprised if they are lower than normal. Leaving home and moving away to college brings a lot of changes and adjustments, some of which are more manageable than others for many students. It usually takes a semester to sort things out and learn the ropes. First semester grades are often a reflection of just how difficult an adjustment it can be. So when your student promises the next semester will be better, they are usually right. Refer them to the tutoring center in the library or their advisor for additional support and resources.

10. Know the services available on campus.

Students tend to call home for help when it usually is right under their nose. They may have a high fever and sore throat and beg you to send an ambulance to bring them home because they don't know what to do. In reality, they may be able to throw a rock from their window and hit the roof of the health center. Most Universities are like small communities and have services ready and waiting for most needs a student can present.

11. Be there for them no matter what.

Starting college is a lot like their first day of kindergarten. This is a time for them to really test their wings and they need to know you are going to be there if they fall. Do everything you can to make them feel secure and loved. It will go a long way in contributing to their success as they try and adjust to their new home away from home. They won't forget it.

Some Tips:

1) Did you know?

You can't have access to your student's grades and records.

Many parents do not understand why they cannot have access to information. "But I'm paying for my student's education!" is a common statement. The University is bound to protect the privacy rights of all students. This means that records and personal information can only be released to the student. Encourage your son or daughter to share with you how they are doing in their classes. (See page 28 for more information.)

2) When/if a problem comes up at school,

help your child find a solution to the problem, rather than calling or coming to campus and fixing the problem for them. They will learn from the experience.

3) Someone I know once told me about this idea, and I wanted to share it with you.

The idea is this: Just before your son or daughter leaves for college, give them a stack of already addressed and stamped postcards (the address will be home, of course). You can buy pre-stamped, plain white ones at the Post Office, or get creative and buy neat ones. The point is they are ready to go, and all your son/daughter has to do is write a couple of sentences and stick it in the mail. It makes it easier for them, saves time, and increases the chances that you'll hear from them sometime before Christmas.

The Top 11 Questions You Should Be Asking Your Student:

- **Are you going to class?**
Skipping class is the #1 reason why students fail.
- **Are you studying at least 25 hours per week?**
College is a full time job. Students should be in class, studying, doing homework 40 hours per week.
- **Are you reviewing the material in each class weekly?**
Students should review all material each week. This makes preparing for final exams is easier.
- **Are you scheduling your "down time"?**
Everyone needs down time, but students need to learn how to manage their down time.
- **Do you know when the census date is?**
The Census Date is the last date that any registration, add or drop requests may be made for that term. Enrollment changes will not be accepted after this date.
- **Are you starting your assignments early?**
The unexpected happens...you get sick, your computer dies. Start assignments with plenty of time for the UNEXPECTED.
- **Have you seen your advisor?**
Students should meet with their advisor at least once per semester.
- **Have you visited your professor during office hours?**
Professors like to help students. Office hours can typically be found in the course syllabus.
- **Are you going to tutoring?**
Any student who needs help with class material should seek tutoring. The Tutoring Center is located in the library 112.
- **Have you formed a study group for your upcoming exam(s)?**
Studying complex material can be more efficient with a study group.
- **Are you making friends and/or getting involved on campus?**
Students going from a smaller school (high school or community college) into a university setting can feel isolated or lonely. Getting to know other students and participating in university sponsored activities is a great way for students to adjust to their new setting.

Reading List for Parents of College Students

Let the Journey Begin: A Parent's Monthly Guide to the College Experience

By Jacqueline Kiernan MacKay and Wanda Johnson Ingram, Houghton Mifflin Company, 2002

Letting Go: A Parents' Guide to Understanding the College Years

By Karen Levin Coburn and Madge Lawrence Treeger, HarperCollins Publishers, 1997, third edition

Don't Tell Me What to Do, Just Send Money

By Helen E. Johnson and Christine Schelhas-Miller, St. Martin's Press, 2000

Empty Nest....Full Heart

By Andrea Van Steenhouse, Simpler Life Press, 1998

When Your Kid Goes to College - A Parent's Survival Guide

By Carol Barkin, Avon Books, 1999

Friends for Life, Enriching the Bond between Mothers and Their Adult Daughters

By Susan Jonas and Marilyn Nissenson, William Morrow and Company, 1997

In Addition to Tuition: The Parents' Survival Guide to Freshman Year of College

By Marian Edelman Borden, Mary Anne Burlinson and Elsie R. Kearns, Facts on File, 1995

Sex, Drugs and Flunking Out/Answers to the Questions Your College Student Doesn't Want you to Ask

By Joel Epstein, Hazelden, 2001

When Kids Go to College/ A Parent's Guide to Changing Relationships

By Barbara M. Newman and Philip R. Newman, Ohio State University Press, 1992





Student Services

The University provides services to address the student's need for support services and educational, social, cultural, and recreational activities. A fuller description of services may be obtained from the offices listed in this section.

First-Year Programs and Advising

**Mary Stuart Rogers Building 180,
(209) 667-3304**

To obtain a faculty advisor, visit or call your major department. If you have not declared a major, you will receive advisement from the First-Year Programs and Advising Office. If you are uncertain about your choice of major or vocational goals, seek assistance from your faculty adviser, the Counseling Department, or Career Services.

Advisers can help you plan your educational program, but you are responsible for meeting all course prerequisites and all requirements for your degree or credential. There are specific academic advising days each semester which are designated in the Academic Calendar. In addition, you may make appointments throughout the academic year to discuss your educational progress and goals.

Four Year Degree Pledge. The University offers a pledge to students that a bachelor's degree can be completed in four years. Refer to the Undergraduate Degrees and Programs section of the catalog for qualifying information or ask about it in the First-Year Programs and Advising Office.

Stockton Student Services

Acacia Building 1034, (209) 467-5300

The same advising services that are listed above are available through the CSUS Stockton Center.

Orientation Programs

**Mary Stuart Rogers Building 180,
(209) 664-6757**

All new students should attend a New Student Orientation (NSO) in order to be eligible to register for classes prior to the first day of instruction. Held throughout the year, orientations provide an opportunity to be advised by knowledgeable University faculty, meet friendly upperclassmen, tour the campus, and become acquainted with the many services, activities, and special programs available to students. Call or visit the NSO Office for more information.

Testing Services

**Mary Stuart Rogers Building 180,
(209) 667-3157**

Information is available at the First-Year Programs and Advising Office on state and national programs such as ACT, CBEST, CSET, EPT, ELM, GMAT, GRE, SAT and TOEFL. Registration bulletins are available on the rack inside the First-Year Programs and Advising suite. For more information, visit the Testing Services website at

<http://www.csustan.edu/counseling/testing>.

Registration forms and information about the WPST may be obtained at the First-Year Programs and Advising Office. Forms are available from all academic departments, the Writing Center on the Turlock and Stockton campuses, and transfer centers at local community colleges. All students must complete the WPST with a passing score prior to the first day of attendance in a WP course. For further information, see Upper-Division Writing Proficiency in the Undergraduate Degrees and Programs section of this catalog. For more information visit the WPST website at <http://www.csustan.edu/counseling/WPST> or call (209) 667-3069.

Stockton Student Services

Acacia 1034, (209) 467-5300

Many of the same services as those listed above are provided through the CSU Stanislaus site in Stockton.

Career Services Center

**Mary Stuart Rogers Building 245,
(209) 667-3661**

Web site:
www.csustan.edu/career/index.htm

The Career Services Center assists students in the process of identifying, developing, implementing, and evaluating career plans, in preparation for employment after graduation. The mission of the Center is to serve as a vital link between the academic preparation that takes place in the classroom and the transition to the workplace. The staff members develop relationships with a diverse group of employers and organizations

to obtain occupational information and opportunities for students that will guide their career development process.

Career Counseling

Trained professionals help students identify career interests, develop career strategies and job search skills, and prepare for employment interviews. Counselors are available to assist with a wide range of career topics, including mock interviews, which are popular with students who want individual coaching before they meet with employers. Students may call or visit the Career Services Center for an appointment. Drop-in hours to speak with a career counselor are also available.

Student Employment Service

The Student Employment Service (SES) refers currently enrolled students to part-time and temporary employment on campus. Students may review job openings at the Career Services Center and apply directly with the department or office where the position is available.





Career Fair

During the spring semester, representatives from companies, school districts, and public agencies visit the campus to provide information to students and the public about full-time, professional-level employment and internship opportunities. This is a great way for students to obtain information about employers and jobs in their field of study from a number of recruiters, all in one day on campus!

Workshops

During the fall and spring semesters, counselors conduct workshops to help students develop skills that will assist them in getting their first job and throughout their professional career. Topics include “Job Search Strategies,” “Resume and Cover Letter Writing,” “Transitioning from College to Job,” “Effective Interviewing,” “Choosing A Major,” and “Professional Business Etiquette.” Workshop dates and locations are posted on the Career Services website and at the Career Services Center.

Alumni Services

The Career Services Center provides services for CSU Stanislaus alumni. There is no fee for these services.

Counseling Services

**Mary Stuart Rogers Building 210,
(209) 667-3381**

Web site:
www.csustan.edu/counseling/

Counseling Services assists students in dealing with a wide range of life's challenges.

Our counselors are qualified professionals who maintain high ethical standards. Students receive counseling in an environment that is respectful of their right to confidentiality. Counseling Services provides individual counseling, counseling for couples, psychoeducational programming and workshops, and consultation.

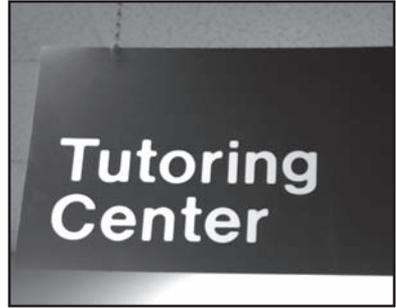
Individual Counseling

Students can arrange individual meetings with a professional counselor. All counseling faculty have extensive training and experience assisting students with a wide range of psychological and interpersonal concerns. Listed below are some of the common issues that students present:

- * negative or depressed mood
- * anxiety
- * dealing with a crisis
- * stress management
- * academic focus and success
- * concerns about eating and body image
- * abuse of alcohol and other drugs
- * grief and loss
- * sexuality
- * personal relationships
- * family relationships
- * career decision-making
- * multicultural issues
- * dealing with trauma and abuse

Counseling for Couples

Partners or spouses can meet jointly to work on communication, behaviors, or other issues affecting them as a couple.



Tutoring Services

Library Building 112, (209) 667-3642

Students having difficulty with an academic subject area may receive FREE tutoring support. Individual or group tutoring is available for most classes. Students who have received an 'A' or 'B' in a class are eligible to become a paid tutor for that class.

Disability

Resource Services

**Mary Stuart Rogers Building 210,
(209) 667-3159, (209) 667-3044 TDD**

The Disability Resource Services Office works closely with students with disabilities to arrange individualized accommodation plans to meet their unique needs. The Office provides support services that may include: assistance with registration, orientation to campus, notetakers, readers, interpreters/captioners, campus shuttle, designated parking, testing accommodations, material in alternate format, technology assistance, counseling, and liaison with faculty, university offices, and off-campus agencies.



Educational Opportunity Program (EOP)

**Mary Stuart Rogers Building 180,
(209) 667-3108**

The Educational Opportunity Program (EOP) provides special admission to low-income students at a disadvantage because of poor academic preparation or inadequate financial resources. EOP applicants apply jointly for admission to the University and to the EOP program. EOP students are eligible for special support services including academic advising, assistance with study skills, and special workshops.

Student Support Services (TRIO Program)

**Mary Stuart Rogers Building 230,
(209) 667-3220**

The Student Support Services Program (SSS) at CSU Stanislaus will provide academic support services to students who come from low income households, are first generation, may be disabled, and have a demonstrated academic need. Services we provide include: academic advising, curriculum planning, career/major guidance, extra tutorial assistance, writing specialist, MDIS 1000 College Survival course, study skills/skills enhancement workshops and test

preparation for the WPST, GRE and/or CBEST exams. Other services we provide are: peer mentors, use of a computer lab, fieldtrips, sponsored or co-sponsored activities and events, information on grad school applications, newsletter, and financial aid awards. Applicants must meet the eligibility criteria for SSS admission and services. For further information or for an application, call 209 667-3220 or visit our offices in the MSR building, room 230.

Summer Bridge Program

**Mary Stuart Rogers Building 180,
(209) 667-3108**

Summer Bridge offers an intensive three-week residential program of classes, seminars, tutoring, and academic advising to help ease the transition from high school to the University. Upon admission to the University, students selected for the Summer Bridge program are notified by the EOP Office. Successful completion of the program may be a condition of admission for some EOP students. Participation in Summer Bridge is restricted to incoming first time freshman.

Faculty Mentor Program

**Dorothy and Bill Bizzini Hall 136A,
(209) 667-3021**

The Faculty Mentor Program (FMP) provides students in higher education with their own personal faculty mentors, and with a year-long program of voluntary activities and workshops in a variety of cultural, social, and recreational environments designed to retain and graduate students.

The program promotes out-of-classroom contact between students

and faculty, offers faculty training in mentoring, and presents opportunities for the building of relationships between faculty and students including the sharing of information and cultural experiences. The pairing of faculty and students establishes and fosters unique learning communities that promote a connection to the CSU Stanislaus campus.

Faculty mentors are an available advocate, resource, facilitator, and friend to students. A unique and comprehensive faculty training program provides faculty tools to promote faculty-student out-of-class interactions that have been shown to have a positive learning effect on all involved parties.

Student Judicial Affairs

**Mary Stuart Rogers Building 340,
(209) 667-3177**

The Coordinator of Student Discipline is responsible for investigating and adjudicating allegations that a student's conduct may have violated the CSU Student Discipline Code. Potential violations include: cheating and/or plagiarism, alcohol and other drugs, harassment, abusive behavior, falsification or forgery of documents, etc. Students engaged in the student discipline process have the right to due process and may consult the Student Advocate for information about campus policies and procedures. Additional information about CSU Student Discipline procedures can be obtained at the following Web site:
<http://www.calstate.edu/EO/EO-628.pdf>.

Student Health Services

**Health Center Building (Turlock):
(209) 667-3396**

**Acacia Building, Room 1050
(Stockton): (209) 467-5496**

(limited services and hours offered)

The nationally accredited Student Health Center offers a comprehensive range of primary care services and health education programs to all registered students. Totally funded by students through the mandatory health fee, the Student Health Center offers:

- * Convenient, accessible care
- * Affordable, low-cost care
- * Personalized care
- * High patient satisfaction
- * Privacy and confidentiality

A variety of health care professionals such as doctors, nurse practitioners, nurses, medical assistants, pharmacists, clinical laboratory scientists, health educators, and medical clerical personnel staff both the Health Center and the satellite clinic in Stockton. In caring for the whole student, the staff strives to enhance students' physical and emotional wellness to contribute to their academic and career success.



Specific services include:

- * Preventive services
- * Immunizations and TB screening
- * Men's and women's health (physicals, pap smears)
- * Cholesterol screening
- * Blood pressure monitoring
- * Primary medical care services
- * Treatment of illness and injury
- * Minor office surgery
- * Health education and wellness programs
- * On-site Laboratory and Pharmacy services
- * Off-site no to low cost radiology (x-ray) services

Supplemental student health insurance

- * A low-cost group policy to cover major accidents, illnesses or referrals to specialists for conditions not within the scope of health center personnel
- * Provisions for family and dependent coverage

Opportunities for student involvement

- * Student Health Advisory Committee (SHAC)
- * Peer Health Educators

For more information, visit the Web site at: <http://healthcenter.csustan.edu>

After-Hours Medical Care:

For those with medical insurance coverage, check with your policy to determine where your emergency medical services will be covered. Below are the closest medical facilities to CSU Stanislaus.

Emanuel Medical Center Emergency Room (for medical emergencies)- 825 Delbon Avenue Turlock CA 95382 (209) 667-5800, Hours: 24 hours: 7 days/week

Family Medical Group Urgent Care (for less urgent or routine problems)- 911 E. Tuolumne Road Turlock, CA 95382 (209) 668-4104, Hours M-F 8 am-8 pm, Sat. 9 am- 5 pm, Sun. 12 pm-6 pm.

For those without medical insurance, please be aware that there is no sliding fee scale for emergency room visits at Emanuel. These services may be best obtained at: Doctor's Medical Center 1441 Florida Ave in Modesto (209) 576-3609.

Note: Students are responsible for all costs incurred.

On-Campus Student Housing

**Residential Life Village,
(209) 667-3675**

The Residential Life Village is centrally located on campus, near the University Union, dining hall, classrooms, laboratories, computer rooms, and library. Students may choose from a variety of living arrangements; there are four-bedroom apartments and two and four bedroom suites. Each suite or apartment has a living room, bathroom, and one or two-person bedrooms; balconies overlook a central courtyard. Apartments also include a full kitchen. The Village is designed to provide a sociable and supportive environment with privacy and security for 652 residents. Amenities include outdoor study areas, dining hall, TV lounge, recreation room, 7 laundry facilities, computer lab, 2 swimming pools and a jacuzzi, covered bike storage, 2 basketball courts, fitness room and a volleyball court.

Off-Campus Student Housing

**Residential Life Village,
(209) 667-3675**

Brochures and area maps of off campus housing may be obtained from the Housing and Residential Life Office. Apartment and apartment-mate listings are posted in the office. The office provides assistance with rental rates and various area maps. Call (209) 667-3675 for information concerning housing on or off campus. Visit the Web site at <http://www.csustan.edu/studenthousing/>.



Student Leadership and Development

University Student Union Building
103, (209) 667-3778

The Office of Student Leadership and Development is responsible for chartering and oversight of all clubs and Greek organizations at CSU Stanislaus. In addition, it does the following:

- * Provides a Student Leadership Program
- * Assists clubs, Greeks, and other student organizations in planning, implementing and promoting events
- * Advises the Greek Council and National Panhellenic Council
- * Coordinates Celebrations of Diversity, Wednesdays in the Quad, and Late Night Stanislaus



Student Activities Center

University Student Union Building
103, (209) 667-3778

The Student Activities Center is the home of the Associated Students Recreational Sports and Special Events, the Union Program Board, the Outdoor Adventure Program, the Office of Student Leadership and Development, and over eighty student clubs.

Students can come to the Student Activities Center to:

- * Join or start a club
- * Use the Student Book Exchange
- * Obtain a Calendar of Events
- * Join an intramural sports league
- * Sign up for an Outdoor Adventure Trip
- * Get information about the Student Leadership Program
- * Volunteer for Homecoming, Warrior Day, or Club Faire
- * Join the Union Program Board
- * Find out about other opportunities for student involvement on campus

Associated Students, Inc.

University Student Union Building
202, (209) 667-3833
Stockton Student Senate, Acacia Hall, (209) 467-5428

The Associated Students, Inc., (ASI) is the student government of the University. As the official voice of the students, its mission is to serve the students of CSU Stanislaus in all matters pertaining to the quality of their education. All students pay an ASI fee and are eligible to participate in ASI sponsored programs and services. Elections for student body office are held annually. The ASI

fee provides various programs and services including a Recreation and Wellness Program and the ASI Book Exchange. For more information, visit the Web site at www.asi.csustan.edu/asi.

University Student Union **University Student Union Building** **202A (209) 667-3776**

The University Student Union, a student-funded auxiliary, is the hub of campus life. The Union sponsors concerts, lectures, theatre trips, "Feed the Students Day," recreation tournaments, art exhibits, outdoor and indoor adventure programs, comedy nights, and other special events throughout the year.

The University Student Union houses the Event Center, three conference rooms (Warrior, Stanislaus & Lakeside), the Game Room, Carol Burke Student Lounge, Study/Computer Lounge and the Information Desk which is located directly across from the KIVA Bookstore entrance.

In the Game Room, students can play billiards, table tennis, foosball, and a variety of video games. The Game Room offers three televisions for your viewing in a relaxed, contemporary setting. It is a great space for clubs and organizations to hold events.

Student clubs and organizations seeking to schedule and plan student events should go first to the Student Activities Center in the lobby of the Student Union where staff can assist them.

The University Student Union also houses the KIVA Bookstore, Student Activities Center, Associated Students and University Student Union Offices.

Information Center **University Student Union Lobby** **(209) 667-3122**

The campus Information Center is located in the lobby of the University Student Union directly across from KIVA Bookstore. The Information Center provides relevant information regarding various campus activities and events, and provides phone numbers for all faculty, staff and campus departments. The Information Center is staffed during the semester, Monday through Thursday, 8:00 a.m. - 10:00 p.m., and Fridays 8:00 a.m. - 5:00 p.m. Summer hours are 7:30 a.m. - 4:00 p.m., Monday through Friday.

The Information Center also provides a myriad of services: copies, postage stamps, poster prints, discounted cinema tickets, Boomer Amusement Park and Universal Studios tickets, START bus passes, and balloon bouquets.



College Talk: Definitions of Common College Vocabulary

Major – The main subject that a student chooses to study to obtain his/her degree.

Minor – A lesser subject area that a student may choose to study in addition to his/her major field of study. Some departments may require students to complete a minor in addition to the major.

Concentration – A specialized or focused area of study within the student's major. A concentration may require additional coursework above that required for the major.

General Education (GE) – A pattern of coursework required of all students at the University in addition to the student's major to be completed in order to be eligible to receive a Bachelor's degree. The purpose of general education courses is to provide all students with a common educational experience. The general education courses consist of five subjects areas: communication skills, natural sciences and mathematics, humanities, social sciences, and individual resources for modern living.

Prerequisite – A requirement, such as a course, that needs to be taken and passed prior to enrolling and completing another course. Prerequisites for each course are listed at the end of the course description in the catalog.

Lower-division – Lower-division courses are freshman and sophomore level courses offered at the University. Lower-division courses are defined by a subject abbreviation and a 4-digit number from 1000 to 2999 (Ex: MATH 1600, PSYC 2010, MUS 200).

Upper-division – Upper-division courses are junior and senior level courses offered at the University. Upper-division courses are defined by a subject abbreviation and a 4-digit number from 3000 to 4999. Freshman and sophomore students are often not allowed to take upper-division courses.

Census Date – The last day to add or drop a course. The census date for each semester is listed in that semester's Schedule of Classes.

Hold – A hold is a block placed on a student's record. Holds may prevent a student from making registration changes, receiving financial aid, ordering transcripts, or may prevent access to their records. Holds must be cleared with the proper department to have them taken off the student's record.

Financial Aid – Financial aid is monetary assistance that must be applied for by the student. Financial aid may include grants, scholarships, loans, and work-study. Please see the Financial Aid office in the Mary Stuart Rogers building, Suite 100 for a full list and description of financial aid sources available.

Units – A unit is a measure of how much educational or teaching time a student has received in the classroom. One hour of teaching each week over the length of a semester is equal to one unit. Classes that meet for three hours each week for the entire semester are worth three units.

Summary of Undergraduate Degree Requirements at CSU Stanislaus

Unit Requirements

1. A minimum of 120 semester units is required for graduation.
2. A maximum of 70 transferable semester units will be accepted from two-year colleges. A minimum 50 of 120 semester units counting towards graduation must be earned at a four-year university.
3. At least 30 of 120 semester units must be in upper-division (junior/senior) courses, usually numbered 3000-4999.
4. Students must attend winter term(s). The number of winter terms required depends on the amount of units a student has entered CSU Stanislaus with. Students who enter CSU Stanislaus with less than 15 units must attend three winter terms.

Remediation

(Pre-College level math and English coursework)

1. Required remedial courses must be taken the first and each subsequent term at the University until satisfaction of the required courses.
2. All required remedial classes must be completed within one year of initial University registration in order to avoid academic disqualification.
3. Attendance of all remedial course class sessions and completion of all required remedial courses is expected.

General Education (GE)

1. Students must complete 42 units of lower division units of GE in Areas A through E and G and 9 units of upper division GE in Area F. Upper division units must be in subjects outside the student's major and may not be taken prior to the semester in which junior standing (completion of 60 units) is completed.
2. GE areas A1, A2, A3 and B3 must be completed before junior standing is attained.
3. Students are required to take the Writing Proficiency Screening Test (WPST) before their junior year. After passing the test and earning 60 or more units, students will be allowed to take the required Writing Proficiency (WP) course.

Grade Requirements

1. Each student must complete all course work at CSUS with a minimum grade point average of 2.0 (C).
2. No more than 24 CSUS semester units with a "CR" grading option may be applied toward an undergraduate degree.
3. Undergraduates may repeat courses and only the most recent grade will be used in the computation of grade point average.

Do you want to learn more about degree requirements or about majors/minors are offered at California State University, Stanislaus? Go to www.csustan.edu/catalog and click on degree requirements-undergraduate.

Frequently Asked Questions

When should my student declare a major?

Declaring a major requires self exploration and careful consideration of all possible options. However, it is very important to select a major as early as possible. Many majors require students to take multiple pre-requisites that require careful planning and organization in order to complete a degree in a desirable timeline. Some prerequisite course may also satisfy a general education category if planned properly. The advisors at First Year Programs and Advising (MSR 180) are available to meet with students to discuss academic goals and to assist students in declaring a major. Students may also visit the Career Services office (MSR 245) for additional information on different majors and careers.

Will the University make sure my student will take the required courses?

The responsibility for fulfilling requirements is primarily the student's responsibility. Students can meet with academic advisors in their major department for major requirement advising. Students can also visit the Office of First Year Programs and Advising for General Education requirements and undeclared major advising. The University does, however, monitor students who are required to take ESL or remedial courses.

Can my child graduate in four years?

Yes! California State University, Stanislaus pledges that its curriculum and the scheduling of courses are designed to provide the opportunity for first-time freshman students to achieve a baccalaureate degree in four years. To take advantage of this opportunity, student must fulfill certain requirements beginning in their freshman year. Some of these requirements are: satisfactorily completing all qualifying exams when required, enrolling as a full-time student each term and completing a minimum of

30 units per year, declaring a major within the first semester of enrollment and maintaining that major program without changing it, and meeting with an advisor every semester. The complete list of requirements can be found in the Student Catalog.

What is the proper procedure for notifying a student in case of a family emergency?

If you need to contact your student in an emergency, please call Public Safety at (209) 667-3114.

What are the minimum standards for satisfactory academic performance?

To remain in good academic standing, students must maintain a 2.0 grade point average and must pass all remedial classes within a year of entering CSU Stanislaus. Falling below this standard results in academic probation and can eventually lead to dismissal from the University.

Is my student being notified of all important deadlines?

Ultimately, it is the student's responsibility to have a copy of the schedule of classes which includes many important dates and deadlines and to obtain information on other important deadlines. Some information is sent to a student's email, permanent, or home address. It is very important that a student notifies the office of Enrollment Services, the office of Financial Aid, and any other departments when he or she has a change of address, phone number, or email. If you receive a letter from the University addressed to your student, please notify the student immediately. It may include time sensitive information. Don't forget to ask your student's permission before opening any letters. Your student will appreciate your that.

The Village: Essential Tips To Know Before Moving In

SUGGESTED ITEMS TO BRING

- Extra-long twin bedding and pillow
- Towels and washcloths
- Alarm clock
- Personal toiletries
- Iron and ironing board
- Clothes hangers
- Laundry detergent and basket/bag
- CAT5 internet cords
- Desk lamp
- Plates, cups, utensils
- UL Surge Protector with breaker switch
- Computer
- Mini-Fridge (3 cu ft or less)
- Microwave, coffee pot, popcorn maker
- TV and/or VCR/DVD player
- Cleaning supplies and bucket
- Thumbtacks

PERSONAL ROOM TOUCHES

- Posters
- Plants
- Rugs/carpet
- Favorite photos
- Radio, stereo, mp3 player, etc.

PROHIBITED ITEMS

- No hot plates or toasters
- No burning of candles or incense
- No extension cords
- No pets of any kind
- No weapons of any kind
- No halogen lights

Student Finances

When students enter college they have many newfound freedoms and responsibilities. One of the first things that many students are faced with is dealing with finances and learning how to manage money. Unfortunately many students are unprepared to handle this new responsibility and resort to using credit cards.

A credit card to a college student can be a very useful tool and a very dangerous temptation. When you are a college student obtaining a credit card it is as easy as signing a piece of paper and putting it in the mail. Swiping a credit card at the grocery store for a gallon of milk or at the mall for a pair of shoes is just as simple. In fact, it feels like free money. This is why it is imperative that all families discuss the benefits and dangers of credit cards with their student and help the student learn how to manage finances.

As a parent, there are some things that you can do to help your student stay out of debt.

- Keep track. Help your student keep track of his or her expenses in a notebook for two to four weeks. This will help him or her understand their spending habits and to find out where the money is going.
- Create a monthly spending plan. Now that you and your student know where the money is going and how much income is available, help your student develop a budget. Teach your student how to prioritize their spending.
- Be realistic. Evaluate the spending plan periodically to see if it is working for the student.

- Start saving. Encourage your student to start saving. Even \$20 a month can give your student a financial cushion in case of an emergency.
- Borrow smart. Carefully examine with your student how much money to borrow. Do not encourage your student to borrow more money than they need, just in case. The more money the student has the more he or she will spend. Evaluate different borrowing options. For example, student loans have significantly lower interest rates than credit cards. Contact the office of Financial Aid and Scholarships for more information about student loans.
- Take advantage of free money! Students should apply for scholarships and grants. Every year the office of Financial Aid and Scholarships posts a list of campus scholarships. Advise your student to apply for these every year in January. Additionally, a great scholarship website is www.fastweb.com. Fastweb sends an email every time a new scholarship that matches the student's criteria is listed. For information about grants, scholarships, and deadlines go to www.csustan.edu/financialaid.
- Re-apply for Financial Aid (FAFSA) every year. Every school year students must renew their FAFSA application by March 2. Go to www.fafsa.ed.gov for more information.

Warrior Card

The Warrior Card is the official identification card issued to all members of the University Community. It is required for all students for identification, access to essential campus services, and functions as a convenient payment method for services around campus. To add value to a Warrior Card you can mail a check with the student's name and 9 digit ID number to: Warrior Card Service Center, PO Box 1305, Doylestown, PA 18901-0117, online at: www.warriorcard.com, or by phone at: (866) 575-7826.

Public Safety & University Police Services

The CSU Stanislaus Public Safety/University Police Services employs 11 highly trained, full-time, sworn police officers, 3 Community Service Officers and an active support staff for the 24-hour protection of the campus community. The State University Police Officers are vested with law enforcement powers and responsibilities identical to the local police or sheriff departments in your home community. The Department is made up of the following sections:

- University Police
- Community & Parking Services
- Environmental Health, Safety & Emergency Management
- Crime Prevention
- Communications & Dispatch

We offer a large variety of proactive, preventative and educational services to students and employees; beyond law enforcement:

- 24-hour emergency response & crime reporting
- Self Defense classes for women
- Emergency call boxes around campus
- Safety shuttles after dark
- Whistle Defense for emergency alerts
- Crime Alert Bulletins
- “Safe Suggestion” email notices
- Sexual assault victim advocacy
- Safety presentations on all topics for college life safety

Crime Statistics

The annual Campus Security Report includes statistics for the previous three years concerning reported crimes that occurred on campus; in certain off-campus buildings or property owned or controlled by CSU Stanislaus and on public property within, or immediately adjacent to and accessible from the campus. The report also includes institutional policies concerning campus security, such as policies concerning alcohol and drug use, crime prevention, the reporting of crimes, sexual assault and other matters. You can obtain a copy of this report on the web at: www.bf.csustan.edu/dps. To request a printed copy Telephone: (209) 667-3035; Fax: (209) 667-3104; or Email: Public_Safety@csustan.edu. Information regarding Campus Security Reports at other locations can be found on the web at: <http://ope.ed.gov/security>

Student Privacy Rights: Understanding FERPA

(Family Educational Rights and Privacy Act, also known as the Buckley Amendment)

What is FERPA?

FERPA is a federal law that protects the privacy of student educational records under designated circumstances. All schools or universities that receive federal funds are subject to FERPA requirements. Primary rights of students under FERPA include:

- The right to have some control over the disclosure of certain information and educational records
- The right to inspect and review educational records
- The right to seek to amend or supplement educational records

Record Rights

Students who are over the age of eighteen or are attending a university are considered an “eligible student,” meaning that the rights to their records have been transferred from their parents to themselves.

Parental Access to Records

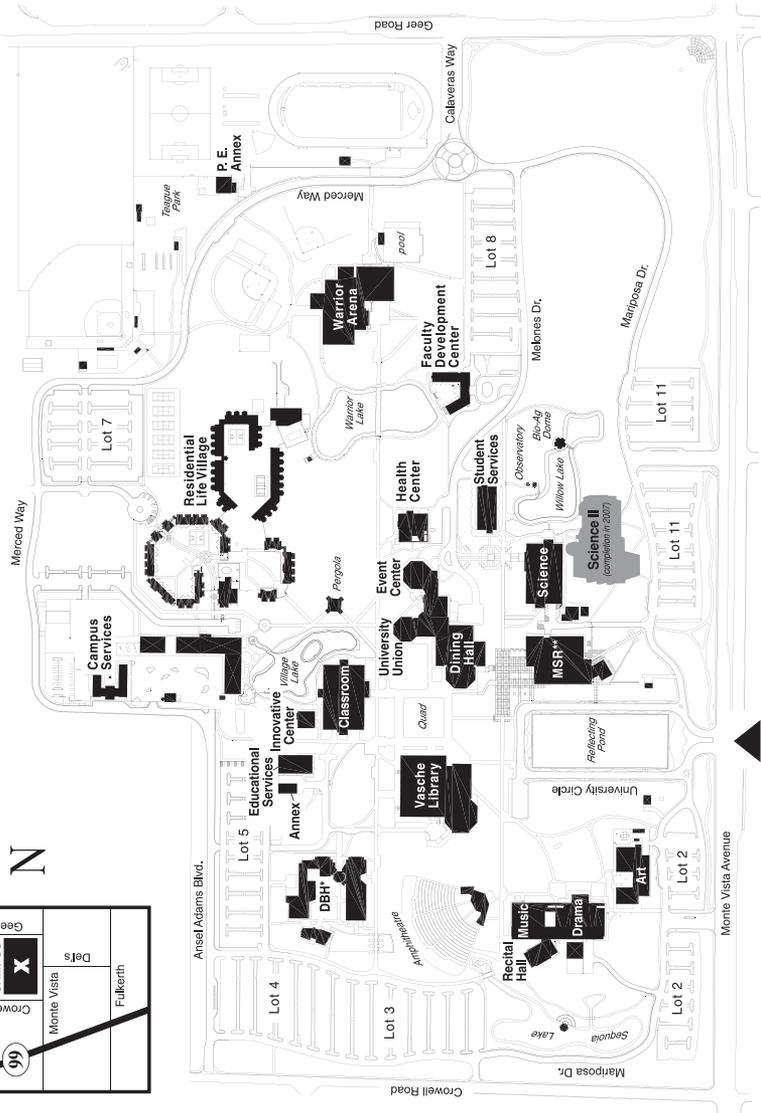
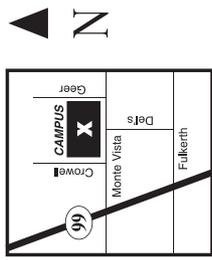
Parents are not eligible to access their child’s information unless the student has authorized this release. To authorize this release the student must go to the Office of Admissions and Records and follow the proper procedures.

Parent-to-Parent Tips:

1. From an enabling perspective, communicate to the student that, “If you share information with us, then we can provide insights which can help you make better decisions.”
2. From a feeling/emotional perspective, communicate to the students that, “We are your family and care about your well being, therefore, it is important for us to feel (know) that we understand what is going on at college.”
3. From a financial support perspective, communicate to the student that, “We are gladly financially assisting with your college education; however, since it is a significant amount of money out of our yearly budgets, we need you to share this information with us to ensure that we are making the correct financial decisions.”
4. From a family value perspective, communicate to the student that, “Our family has always practiced open, trusting communication, it is important during this transition period for all of us that we continue to openly communicate with respect to this information.”

~ Christine Kimon (P '09)

CSU STANISLAUS Turlock, California



* DBH - Demergasso-Bava Hall
 ** MSR - Mary Stuart Rogers Educational Services Gateway Building



California State University, Stanislaus
Office of Parents Program
First Year Programs & Advising
Division of Student Affairs

801 W. Monte Vista Ave., Turlock, CA 95382

Parents@csustan.edu • (209) 664 - 6632 • www.csustan.edu/parents