



Stanislaus Family E-News

Stanislaus Parents Association
California State University, Stanislaus
October 2006

Family Weekend Oct. 20-22

You registered for Family Weekend, now what? Here are some things to do before you arrive at Family Weekend:

- Make your hotel accommodations, if necessary.
- Look for your confirmation notice in the mail/email.
- Check our website periodically for updates in the schedule of events and additional important information.

Get Involved!

Volunteer to help at Family Weekend! There are many ways for you to get involved, based on your availability and interest. You can serve as an ambassador and greet families at one of our events or spend an hour at our check-in table giving families information.

To volunteer, call or email the parents hotline.

Claiming Responsibility

One of the many changes that students experience when transitioning to a university is the increased amount of responsibilities that they have. During high school, many students relied on their parents to make decisions for them or to “rescue” them in difficult situations by fixing any problems they encountered. In higher education, self-responsibility is one of the most important things that your student can learn.

In college, students are expected to take responsibility for the following:

- Their behavioral choices
- Following the rules
- Academic honesty
- Personal integrity
- Developing healthy study, eating, and sleeping habits
- Seeking academic assistance when needed
- Being a positive member of the campus community

As a parent, it may seem tempting to “fix” things when something happens. However, there are many people on campus that are available to help students if a problem arises. All the student has to do is take the responsibility of

seeking help and they will find assistance through the process. Claiming self-responsibility will not only help them with their immediate concern but will teach them valuable life long skills.

Here is what you can do as a parent to help your student become self-responsible:

- **Listen-** many times your student will just need to vent.
- **Offer advice (when asked)-** flip through your Parent’s Handbook and show your student different offices that he or she can contact for help.
- **Act as a coach-** Give your student some pointers on ways to accomplish their goals and help them brainstorm solutions.

Helping students become self-responsible goes a long way in their academic and future career success. Self-responsible students are more confident, get help when they need it, and gain useful communication and critical thinking skills. In the work place, responsible individuals may have an easier time finding jobs, keeping jobs, working with others, and attaining promotions.

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)

Wellness Presentations for Students by Counseling Services

Intimate Relationships:

What Works, What Doesn't, and What to Do About It

Tuesday, October 3, 2006, 2:00 PM - 4:00 PM, MSR 200

This workshop addresses common questions shared by individuals beginning an intimate relationship, involved in one, or in the process of ending a relationship: What makes "you" and "me" become an "us"? How does a relationship work in a healthy way? How can I tell if a relationship isn't healthy for me? How can partners in a relationship work together for constructive change? When should I give up and move on?

Study Skills and Test Anxiety

Tuesday, October 10, 2006, 2:00 PM - 4:00 PM, MSR 200

Are you having difficulty remembering what you read or what you heard in class? Are you studying more and not scoring well on tests? Are you experiencing test anxiety? There are many effective strategies and techniques for getting the most out of the time you spend studying and coping with test anxiety. Don't put off learning these techniques any longer!

Strategies for Stress

Tuesday, October 17, 2006, 2:00 PM - 4:00 PM, MSR 200

Feeling pressured and overwhelmed by demands from school, work, home, and relationships? Frequently, these feelings can affect us physically, emotionally, and mentally and lead to problems such as headaches, anxiety, poor concentration, and tension with individuals who are important to us. Come to this workshop to learn practical, effective methods for coping, such as utilization of relaxation exercises and guided imagery.

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

Understanding the CSU Stanislaus Lingo ***What is the WPST?***

WPST stands for "Writing Proficiency Screening Test." It is used to determine a student's readiness for Writing Proficiency (WP) courses which satisfies the University's Graduation Writing Assessment Requirement. All students pursuing an undergraduate degree must take and pass the WPST prior to taking the required WP course. Students who have entered CSU Stanislaus as freshman should take this test after passing a category A2 First-Year Composition course and an A3 Critical Thinking course. Students who have transferred to CSU Stanislaus as a junior should take this test during their first semester- unless they have not fulfilled the A2 and A3 courses.

To prepare for the WPST, students should read and write regularly, take the area A general education classes seriously and take other courses in which writing is required. If your student has difficulty with writing, encourage him or her to seek help from a tutor at the Writing Center and attend the WPST Preparation Meetings.

This test is only offered a couple of times a year. It is very important that students take this test as soon as they are eligible. For more information, go to: csustan.edu/counseling/wpst.