Trust the Process by Lee Renner

When my son first came to me during his second semester in college and said he wanted to be an actor I wanted to tell him he needed to finish his degree first and then pursue an acting career. However, I bit my tongue and tried very hard to listen to him. Several years later my daughter came to me and said she wanted to be a criminal justice major and I freaked out about the idea of her carrying a gun. After long discussions I tried to be as open to her views and interests as I could be. The one thing that parenting has taught me is that one needs to have confidence in the parenting process. By this I mean you need to realize that you have already instilled a great set of values in your children and simply need to let go a little and trust the process. Today, my son and daughter are both very successful and happy adults. We have worked very hard at transitioning from a parent-child relationship into an adult relationship. The author and poet, Kahlil Gibran said it best in his book The Prophet, “You are the bows from which your children as living arrows are sent forth.” The legacy of parenting lives on through the footprints of our grandchildren and great grandchildren.

I hope you are as excited as I am at the prospect of watching your student grow through the developmental process. Students first come to the university feeling isolated and strive to become integrated into the fabric of the institution. Then, they move toward full inclusion by joining a club, becoming a student leader or volunteering for a community service project. As students become more self-aware and civically engaged, they feel empowered to give voice and action to the things that really matter to them. This leads them to the final destination on their journey, self-determination.

I recommend that all students see an academic advisor each semester. The process of academic advising is to first establish trust, develop a positive relationship, manage emotions, share responsibility, develop competence, set goals, and finally foster autonomy. Advising helps students think through their futures, explore their talents and interests, and reflect on their values. Through this process, the students learn the sense of motivation and involvement that prepares them for a successful life.

Lee Renner is the Director for First Year Programs and Advising.
October: Issues Your Student Will Be Facing

All Students:
Test Anxiety develops when students are faced with taking their first exam of the semester. Midterms typically begin in October and hold a high value in a student’s overall grade. For many, the midterm work load pressures are followed by feelings of failure and loss of self-esteem. Tip: Students should establish a study routine that works best for their learning style. Forming study groups is effective for some students.

Advance Enrollment Planning involves starting to think about what classes students will be taking the following semester. Tip: Every student should have an organization system that allows them to clearly identify what classes they need to take for general education, their major, minor, concentration, and university wide requirements. Staying organized helps students take the right classes in the shortest time frame possible and avoids students taking classes that they do not need. Students should consult with their major advisor or an academic advisor every semester to make sure that they are on track for graduation.

First Year Students:
Students may decide to withdraw from school because they may feel that college is not the place for them or they may feel homesick. The first year in a university is a significant transition for students: study loads increase, students face increased autonomy and responsibilities, and college may not be what they expected. Graduation rates are significantly impacted by a student’s experience during the first year in college. Tip: Students may find comfort by sharing their feelings with peers, family, an advisor, or seeking counseling services. Getting involved with an organization on campus or an extracurricular activity also helps students feel more connected to the university and also raises academic performance.

In The News

Recently, California State University, Stanislaus was ranked among the top ten comprehensive Master’s public universities in the West in the 2006 edition of “America’s Best Colleges,” published by U.S. News & World Report.

CSU Stanislaus is also one of 12 campuses that was cited in a national study for fostering a culture that promotes student success and high graduation rates. Overall, CSU Stanislaus consistently has placed in the top half of all CSU’s in terms of freshmen graduation rates and overall retention rates.

For the full article or more University news go to www.csustan.edu/newsline.

New Warrior Card

On Monday, August 22, 2005 CSU Stanislaus introduced the new Warrior Card. This new and required card will serve as both an identification card and a declining balance card. Students can add money (called Warrior Cash) to the card and use it to pay for purchases at campus dining, KIVA bookstore, the Student Health Center, and the Residential Life Village. For more information or to add Warrior Cash to your student’s card, go to www.warriorcard.com.