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

I am delighted to welcome you to the Fall semester. I know you must be very proud of your student, as we are also. California State University, 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 California State University, 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.

Our first Parents Program Coordinator is Mayra Mireles-Tijero, who also serves as an academic advisor in First Year Programs and Advising. You’ll hear more in the pages of this newsletter about the services we have to offer and about Mayra.

This newsletter affords me a great opportunity to share with you some highlights about the University. As you know, this is my first year as president, and I am enthusiastic about what we have to offer our students. California State University, 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. Recently, California State University, Stanislaus was ranked among the top ten comprehensive Master’s public universities in the West by U.S. News & World Report. 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.

California State University, 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,

Ham Shirvani
President
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. The Parents Program at California State University, Stanislaus is designed to help facilitate your student’s success in higher education by helping families and parents continue their strong support network.

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.

We are pleased to announce that Mayra Mireles-Tijero has joined the campus as the new Parents Program Coordinator and Academic Advisor. Ms. Mireles-Tijero will be establishing many programs for parents, 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 make her a wonderful addition to the campus.

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 California State University, Stanislaus! We look forward to working with you and your student.

Go Warriors!

Stacey Morgan-Foster
Vice President for Student Affairs

~ FROM THE VP OF STUDENT AFFAIRS ~

Upcoming Events...

California State University, Stanislaus Family Brunch

- Saturday, October 15, 2005
- 10:00 AM-12:00PM
- CSUS Village Cafe

Come and celebrate the successful start to the new academic year with your student and enjoy a festive brunch co-sponsored by Parent Programs and the office of Housing and Residential Life.

Prepaid tickets are required:
$15.00 per person
Book now, space is limited!
Checks or money orders only please:
CSU Stanislaus – Family Brunch
c/o Ms. Mayra Mireles-Tijero
Parents Program Coordinator
801 West Monte Vista Avenue
Turlock, CA 95382

Family Day / Homecoming

- December 3, 2005

Family Day will include activities and entertainment for the entire family, great food, campus tours, department open houses, and Homecoming. More details to come!
The Launching

by Sharon Powell

I remember that Christmas of a few years ago—I found myself sad, crying at times, thinking about what the following holiday would be like for me. My daughter, a senior in high school, would be off to college soon! How would I adapt?

Her last semester of high school ended quickly, with all its pomp and circumstance! Senior trips, visits to colleges, test taking, proms, graduation, curfew “discussions,” parties, parties, parties!

Her last summer—how I felt life would never be the same!

From a parent’s perspective, there are a number of feelings that we experience as our children prepare to leave the nest. There’s excitement—“she is growing up, becoming more independent. She’ll have a dorm room to decorate and new friends to meet—I can come visit!” There’s worry—“how will she adapt to the stressors of college life? She’ll be required to make more of her own decisions on important issues such as using her time wisely, alcohol and other drugs, and money.” There’s sadness—“how will this affect our relationship? Oh, no, she is growing up!” And then there’s fear—“is she safe? I have no control any longer—no more curfew!”

From a student’s point of view, the feelings are very similar. EXCITEMENT—freedom, new friends! WORRY—roommate problems, demands of classes and coursework. SADNESS—loss of high school friendships, missing parents and siblings. FEAR—“THIS feels different from high school!”

You as a parent may find yourself experiencing feelings as I did. It’s not easy letting go. Being open about your feelings and sharing them can be helpful and empowering. Maintaining regular contact with your child by phone or e-mail and sending care packages can aid the sense of connection.

For many, college is defined as a major passage to adulthood. During this time, it is important for you as a parent to obtain the support you need in adjusting to this transition and it is equally essential that your child receive it. The faculty and staff here at California State University, Stanislaus are here to assist and guide you and your child in adapting to college life and its challenges.

As an enrolled student, your child is eligible to utilize Counseling Services. This essential program is composed of a team of counselors/therapists who provide a safe place for students to process their feelings, identify the factors that may be blocking their freedom and growth, recognize their own strengths, and develop healthy and effective coping skills. Services are year-around, confidential, and come at no additional cost. Students are at times self-referred but often are encouraged to seek help by staff, faculty, administrators, or roommates. We are located in the Mary Stuart Rogers Building, Suite 210. Most appointments are scheduled but students may seek help in a walk-in basis when in crisis. Our phone number is 209-667-3381. Please feel free to contact us related to questions about our services.

By the way, my daughter is out of school now and on her own. I may have “launched” her when she went away to college but she didn’t and never will completely leave my heart......

Sharon Powell, MFT, is a counselor in Counseling Services.

Workshops for Students

All of these workshops are located in MSR 200

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 27th</td>
<td>11:00 AM-12:00 PM</td>
<td>Accountability: Taking Responsibility for Your Life!</td>
</tr>
<tr>
<td>Oct. 5th</td>
<td>2:00 PM- 4:00 PM</td>
<td>Strategies for Stress Management</td>
</tr>
<tr>
<td>Oct. 25th</td>
<td>10:00 AM- 11:30 AM</td>
<td>Finding Peace in the Midst of Conflict</td>
</tr>
<tr>
<td>Nov. 16th</td>
<td>2:30 PM- 4:30 PM</td>
<td>Study Skills and Test Anxiety</td>
</tr>
</tbody>
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Advance sign-up is required. For more information go to www.csustan.edu/counseling.
**Student Success**

BY ROB PECOT

The transition between high school and college can be difficult for your son or daughter. Students in their first year of college often enter an environment that is different academically and socially from what they are accustomed to. Teachers are more demanding, Students have a choice of when or even if they will attend class, and students enter a social setting that they may not be familiar with. As a parent, what advice can you give your child to achieve success at California State University, Stanislaus?

Stress to your child the importance of not being afraid to talk to their faculty. Often times students are intimidated about approaching faculty because of the prestige associated with a doctoral degree. Faculty are here to help students, so ask questions! All faculty have office hours in which students are encouraged to come ask questions and receive additional help if needed in their classes. In addition to office hours all faculty have a syllabus, which is an outline of what the course will be covering, the rules and expectations of the teacher, due dates for assignments and tests, books that will be used, and usually a breakdown that is used for grading.

Students must attend class, which is not always as simple as it seems. When your son or daughter missed a class in high school, chances are the school contacted you or you contacted the school yourself. This is not going to happen at the college level. Teachers do not inquire about a student’s attendance; they will simply grade the student accordingly. Lectures are an integral part of the learning process; students who miss them are setting themselves up for failure. If your son or daughter does miss class, encourage them to read over the material that they have missed, ask them to borrow fellow classmates’ notes, and to meet with their faculty during office hours. Other tips to ensure success in the classroom are: read material before every lecture, be punctual, do not procrastinate on assignments, form study groups with peers, and use the Tutoring Center.

Education in the classroom is only half of the college experience. Studies show that students who are active on campus perform better in their academics. Students who are active on campus form connections with faculty and staff, have access to a wide range of campus knowledge, and have a more enjoyable and more successful college experience.

Rob Pecot is an academic advisor and the coordinator for new student orientation.

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**In the News**

**Service Learning Makes Impact In Our Communities**

California State University, Stanislaus students who participate in service learning courses are expanding their classroom into the community and applying their academic knowledge to address a variety of community needs. Since the Office of Service Learning opened in September 2000, the number of students who have had the opportunity to participate in community-based education has grown from 450 students to 1,750 students in 2004-05. Additionally, this past year, the Office of Service Learning was recognized by Campus Compact as an outstanding minority-serving institution of higher education in the area of service learning.

An example of an innovative community-based project occurred this spring with the University Honor’s Program led by professors Jim Tuedio and Helen Janes in the area of civic engagement. Students enrolled in the Service Learning Project course took part in the Eighth Annual Civic Mission of Education that promotes civic responsibility in K-12 and community college students. California State University, Stanislaus students conducted a longitudinal survey to gauge the impact of the project on high school students’ civic engagement views and activities. As a capstone to the project, Modesto’s Mayor Jim Ridenour visited the campus and spoke with Honors students on the importance of taking initiative to become involved in our local community and the government that serves it. Thanks to many dedicated faculty integrating service learning into their courses, California State University, Stanislaus has become a regional leader in the development of community-based education. Disciplines incorporating service learning are: Accounting, Chemistry, Child Development, Communication Studies, English, Ethnic and Gender Studies, Geography, Liberal Studies, Mathematics, Political Science, Psychology, Sociology, and Teacher Education. Faculty with service learning courses encourage students to work with the community on issues such as literacy, homelessness, hunger, community development, tax filing and youth development.

For more information about Service Learning call, write or visit the Service Learning Office at (209) 667-3311.
GETTING READY TO STAY HEALTHY AT COLLEGE - THE BASICS by Bruce Wilbur

Sooner or later, most college students will deal with at least a minor illness. What can you do as a parent to help prepare your college student for dealing with not feeling well?

First, you can help them be up to date with their medical care at the start of their university experience. A recent checkup with their doctor and dentist is a good start. Review any medical and dental insurance coverage and make sure they have copies of the insurance information and a basic knowledge of how it works. If your son or daughter takes medications or requires ongoing medical visits consider obtaining copies of their medication list and a written summary of their medical history so they can take it with them to college.

Part of the university experience is the transition to independence, including managing one’s own health care and self care. Talk together about staying well, and discuss ideas about how to eat well regularly. Adequate sleep and routine exercise are essential to staying healthy and feeling good. Develop strategies on how to practice good self care despite being busy as a college student. Work together on a kit for dealing with minor injuries and illnesses, including first aid items, non-prescription pain relievers, cold care items, etc. Think about having a heart-to-heart talk about ways to approach potential issues such as academic problems, alcohol, and sexual activity.

Encourage your son or daughter to consider using the Student Health Center as a resource for preventing and treating illness or to address private health concerns. Students with and without insurance are welcome at the Student Health Center. Being a first-year university student can be difficult at times, so it might be helpful to discuss support systems including family and friends, plus on-campus support services available at the Student Health Center and the Counseling Center.

With these basic strategies, you can help your son or daughter prepare for a healthy start to their higher education. Additional information is available online:

http://www.adolescenthealth.org/parents.htm

Bruce Wilbur, M.D., is Chief of Medicine at the Student Health Center.

Student Talk

FIRST YEAR JITTERS by Desmond Eason

Bang!!! Just like that it hits you, in an instant, that your little baby is all grown up and headed for college. For both parents and students there are many questions to be answered going into the first year in college. What are classes like? Laptop or desktop? Car or no car? Are the other students nice? Or, what is there to do? There always seems to be so many questions, very few answers, and even less time. This article will be the first of many that will answer those questions you parents are dying to know, from a student’s perspective. We’ll talk about everything from classes and dorm life to resources and activities. So without further delay, let’s take a peek.

Generally the first concerns from parents are the classes. Both parents and students are on a mission to climb that mountain of success with a degree in hand when they reach the summit. The wonderful thing about California State University, Stanislaus is that the classes are relatively small. The general class size can be compared to that of an oversized public classroom of about thirty to thirty-five students. This is excellent for a university. This enables students get to know their classmates, as well as their professors. So now that we know a little about class sizes, let’s discuss the resources available to keep your child’s success thriving.

When it comes to resources, I have never seen a school with so many opportunities. This university really wants their students to accomplish what they came here to do - get a degree.

There is tutoring for students who need and want to use it. There are mentoring programs that not only provide students with moral support from their fellow peers, but also guidance in their studies. Among the best resources this school has to offer are the actual professors themselves. The professors here are very accommodating, and they all strive to go that extra mile to make sure that the student makes it not only in their class, but classes following.

In the spirit of progression, the next two subjects go hand in hand, and no, I’m not talking about math and science. I am referring to dorm life and activities. The dorms are wonderful places to live. Just finishing up my first year here I can honestly say it has become a home away from home. The trick to living in the dorms is to get involved. There is so much to do that it doesn’t even take a lot of time or effort. There are so many great activities planned here that there is never a dull moment. From nacho and movie nights to playing basketball or volleyball, it’s a wonderful, safe environment where students begin to form lifelong bonds. The best part of all is that all of the activities are free!

Now, for students that don’t live on campus, that’s okay. Unity is always the aim at this university. There are lots and lots of activities that go on during the day and night. For example, did you know that every Wednesday there is some great activity in the quad area for students to enjoy? You can also find movie theaters, malls, food shops, and much more in the surrounding area. With all of these things available, the possibilities are endless.

Okay, now let’s all take a deep breath in and let it out slowly. Sending your children off to college is going to be a wonderful experience for both of you. If you want to remember some of the cool things offered at this university to tell friends and family just remember: C.A.R.D. The Classes are great, the Activities are a cool way to stay active and involved, the Resources are endless, and the Dorms are wonderful.

That’s all for now, but remember, this article is written from a student’s perspective, but it is fueled by parent questions. So, email or mail your questions to the Parents Program. This is not the end, but to be continued....

Desmond Eason is a second year Liberal Studies student from Los Alamitos, California.
It Takes a Village to Support Your Child!
The first couple weeks of the University experience can be difficult for students and their parents, friends and extended families. It is a time associated with freedom, responsibility, confusion, happiness, frustration, elation, loneliness, and many other emotions felt by both you and your child. For someone living away from family and friends these feelings are often intensified.

We have all heard the phrase “It Takes a Village to Raise a Child” and our residential community at California State University, Stanislaus epitomizes this philosophy. After all we did not get the nickname THE VILLAGE without a very good reason! As a member of THE VILLAGE FAMILY your child will receive a wide variety of personalized support services specifically designed to help your student acclimate to the academic and social expectations of university life. As a resident of our on-campus living-learning community, your child’s life is simplified by the fact that he/she lives on-campus and is able to take advantage of the many benefits afforded to residents. For instance:

- **Not quite sure if you owe any money for housing?** Ask Mary, the Student Accounts Coordinator. Her job is to help you figure this out, so don’t stress!
- **Classes more challenging than you thought?** Don’t worry, talk to your Village Varsity Mentor. They’ve been through it, too!
- **Faculty members not what you expected?** No problem, ask our Faculty-In-Residence Dr. Jeff Mantz! He lives here and is super-friendly.
- **Doing laundry for the first time?** We’ve got a laundry room for you! Just remember whites and darks don’t go together, and too much soap is a bad thing!
- **Having some trouble making friends?** It’s okay, you’re not alone and you’ve got a Resident Advisor ready and waiting to break you out of your shell. Get to know your roommates and then conquer the rooms next to you!
- **Technologically challenged?** Internet and cable is provided for you! The net and your favorite shows are just a plug-in away.

- **Always hot or always cold?** Utilities are included, so adjust the control for maximum comfort and don’t worry about the cost, we’ve got it covered!
- **Feeling a little scared?** Take our self-defense class from a certified instructor! Use the Escort Service for curbside drop-off at THE VILLAGE! Remember the emergency 9-1-1 blue lights are located throughout campus! Don’t forget you live in a gated community where Resident Advisors and University Police Officers do nightly rounds.
- **Stressed?** Too much studying, not enough studying? Take a break and breathe. Workout in the weight room, watch football in the TV lounge, go bowling with your floor, play a game of pool, shoot some hoops, take a swim, go to a study night, and most important…talk to someone! Your mentor or RA will notice if something is bothering you, so don’t try to hide because we’ll find you. We’ll hunt you down if we have to! We are persistent and dedicated to your success, meaning we can be pests of the worst sort if required.
- **Missing home?** Your RA has already noticed and is on it! You’ll shortly have an RA “master of ceremonies” lining up events for you to attend. Take your pick!
- **Questions, questions, questions!** The Housing Office is ready and waiting to help you navigate the campus. Remember, “He who doesn’t ask the question wanders like a fool, while he who did knows what to do!”

The Village provides students with a secure gated living environment. Students are surrounded by peers experiencing many of the same things they are doing and Residential Life works hard to ensure that their transition into university life and on-campus living is smooth and seamless. We do this through personalized one-on-one interaction and a variety of programs and activities designed exclusively for them as residents. Our goal is to have our resident students feel both safe and positive about living with us, and to be successful academically. To accomplish this we provide a broad variety of support networks within our organization, and the campus community at large.

If you have any questions about the services we provide to your student, please feel free to contact the Housing and Residential Life Office at 209.667.3675.

Jennifer Humphrey is the Assistant to the Director of Housing and Residential Life.

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**Public Safety**

The California State University, Stanislaus Public Safety/University Police Services employs eleven highly trained, full-time, sworn police officers, three 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 California State University, 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 e-mail: Public_Safety@csustan.edu. Information regarding Campus Security Reports at other locations can be found on the web at: http://ope.ed.gov/security
Frequently Asked Questions by Parents of College Students

Who can I call to get information about my student's records?

Under the Family Educational Rights and Privacy Act (FERPA), a university cannot give access to or release academic or personally identifiable information contained within student records without the written consent of the student. As a result, parents, spouses, and other family members cannot obtain transcripts, grade reports, and certain other records without the written consent of the student. Please see the California State University Stanislaus catalog for more information.

A suggested way to obtain that information is to communicate often with your son or daughter. The key is being interested in what’s happening in his or her life without being too intrusive. Here are some tips on how to invite communication with your students:

- Don’t make conversations feel like “quizzes”
- Ask your student what he or she is learning in class instead of always focusing on grades
- Balance your communication by not always making it about them—share what’s happening in your life, too
- Don’t call or email constantly—there needs to be a healthy distance
- Ask what they’re getting involved in and what interests them so far—let them share their enthusiasm!

My student is about to start at California State University, Stanislaus. When is the best time to visit him for the first time? Or, when is the best time for him to come home to see me?

Studies show that the first five to six weeks of a freshman’s college experience are the most crucial in determining academic success. During this time it is very important for a new student to get involved on campus and acclimate to his or her surroundings. We encourage students to take the first few weeks to adjust to college and get involved in one or more of the many co-curricular activities offered on campus. The more connections the student has to the university, the less likely that the student will drop out. After this period of time, we encourage you to reunite with your student and celebrate his or her transition to the university.

We Want to Hear from You!

Do you have a question you want answered in the Stanislaus Family News newsletter? Send your questions to our “experts” and we may publish them in the newsletter. Our “experts” include, students, faculty, and staff from all campus departments. Mail or email your question to:

Parents@csustan.edu
or
Mayra Mireles-Tijero,
California State University, Stanislaus
801 W. Monte Vista Ave., Turlock CA 95382
**Important Dates & Deadlines:**

**SEPTEMBER**
- 2 Open Registration Ends
- 3 Convocation
- 5 Labor Day Observed - Campus Closed
- 6 Fall Fees due for students who registered May 9 - Sept. 6
  - Last day to withdraw for full refund *
- 7 Fall Classes Begin
  - Last Registration Period *

**OCTOBER**
- 3 Deadline to submit Application for Graduation for Winter/Spring/Summer 2006
- 4 Fall Census Date:
  - Last day to add/drop
  - Last day to request credit/no credit grading option
  - Last day to drop to part-time and qualify for refund *
- 5 All fees due for students who registered Sept. 7 - Oct. 4
- 8 Carol Channing in “A Salute to the Arts” **
  - Featuring an evening of entertainment with Broadway legend Carol Channing
- 12 Columbus Day - Offices Open, No Classes
- 15 California State University, Stanislaus Family Brunch

**NOVEMBER**
- 6 Last day for Pro-Rata refund Fall 2005 *
- 11 Veteran's Day - Offices Open, No Classes
- 19 Crab Feed at Stanislaus County Faire Grounds **
- 24-25 Thanksgiving Holiday - Campus Closed

**DECEMBER**
- 3 Family Day/Homecoming
- 12-16 Final Exams - Send cookies!
- 26-Jan.2 Christmas Holidays - Campus Closed

*See Schedule of Classes for details
**Call (209) 667-3131 for details and to purchase tickets.

Note: Items in dark red are Parents Program events.

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**Thank You to the following contributors:**

**President**
Hamid Shirvani

**Vice President of Student Affairs**
Stacey Morgan-Foster

Bruce Wilbur, M.D., Health Center
Rob Pecot, First Year Programs and Advising
Sharon Powell, Counseling
Amy Thomas, Public Safety
Jennifer Humphrey, Housing & Residential Life
Desmond Eason, Student
Ben Parent, University Communications
Tammy White, University Communications

News articles contributed by University Communications

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