Homesickness: A Natural Phase in the Transition to College

The first frost of fall recently appeared and for many it is symbolic of the end of the “honeymoon” phase of their transition to Central. I was reminiscing with a parent yesterday about my first fall as a freshman. About this time of year I distinctly remember missing my friends and family back home. However, I also remember several weeks later that everything fell into place and school, my residence hall and my friends here on campus became my new “home.”

We know that right now is a period of significant distress for many of our students. This is a normal stage in their transition. As parents you can best support your students by listening and affirming that their homesickness is a normal thing. Nearly all students yearn to return to the place where everything and everyone was comfortable and familiar. The same students who indicate they are feeling homesick are also expressing significant satisfaction for their new found freedom.

No transition is easy, but there are many resources to support them during this difficult time. Within our halls there are Residence Hall Coordinators and Resident Assistants that are eager to support students.

Involvement is another way to feel a sense of purpose and belonging. There are many clubs, organizations, and offices on campus seeking interested students. These opportunities include academic clubs, social clubs, faith organizations, common interest groups and service opportunities. If your student is having trouble finding the right fit Trevor Bevier the VP of Clubs and Organizations is a great resource. He can be found in Room 236 of the SURC or via email at beviert@cwu.edu

Battle In Seattle VIII
Saturday, October 16, 2010—6:00
Central Washington University Wildcats vs. Western Oregon University Wolves

Site: Qwest Field (FieldTurf; 67,000 capacity), Seattle, Washington
All-Time Series: Central Washington leads 27-16
Last Meeting: CWU 20, WOU 6 (Nov. 7, 2009 at Monmouth, Oregon)
Buy Tickets: The Wildcat Shop / Ticketmaster (CWU seating on the west side of the stadium)
Seating Chart: Download
What is MAP-Works?

MAP-Works is a tool that enhances a student’s ability to be more successful in college. After completing a 20 minute survey, MAP-Works provides strategies for success with customized, relevant information to help your student get the most out of their first year of college. Additionally, University Staff will utilize the results to provide appropriate support on an individualized basis.

What Does My Student Get Out of It?

After completing a brief survey, MAP-Works will provide your student with an extensive, personalized report about:

- How to meet their expectations
- What their peers are thinking
- How to be more successful at Central
- What campus resources are available to help
- Personal support from CWU staff based on your survey responses

What Can I do to Help?

Completion of this survey is an assignment for some of the University 101 courses. It is great if you ask your student if they have taken the MAP-Works survey. If not please encourage them to do so. If they have ask if what they agreed with and what they learned.

Family Weekend

Parent/Family Weekend is scheduled for the weekend of May 6, 2011. More details about the schedule of events for the weekend will become available at a later date. Watch upcoming Newsletters for full details.
Students in higher education have always been a great force for change. Every person counts when working towards a common goal, and there are few times when people can organize as quickly and cohesively as they can during their academic years. At Central Washington University (CWU), the Civic Engagement Center (CEC) sponsors hundreds of events that give students the means to benefit their local and global communities while gaining professional, major-specific experience in the process.

Each event sponsored by the CEC is student-driven, providing both a chance to serve as well as vocation-specific opportunities such as designing brochures for the local free health clinic, teaching CPR classes at the American Red Cross, coordinating K-5 experiences in local schools and launching entire campaigns such as National Breast Cancer Awareness Month.

Here is a brief look at some of our ongoing programs for this fall:

The “Yakima River Clean Up” has been drawing volunteers for four decades. Each year, campus and community members remove over 2.5 tons of litter in and along the Yakima River. Students now coordinate this CWU tradition, using their talents to create advertisements and publicity, organize volunteers and facilitate a successful event. Under their direction, “Yakima River Clean Up” continues to grow and stands as a true Ellensburg legacy.

For students desiring more creative opportunities, “Unheard Voices: A Call to Action” is dedicated to hosting benefit concerts and open mic nights. While students can always volunteer to help support the event, “Unheard Voices” gives them the chance to share their musical and performance talents while also raising funds and awareness for important causes such as promoting fair trade, assisting Haiti earthquake relief, supporting local summer camps for children and providing mammograms for low-income women in Kittitas County.

Students with more international concerns will appreciate the “TransEngage” program. “TransEngage” uses web-based communication tools — such as Skype — to link students at Central with students in other countries. Through guided conversations, topics progress from cultural exchange to addressing local and global issues of common concern.

CWU’s students will inherit the future, but they have the ability to improve the present. Encourage them to get involved with the Civic Engagement Center. Whether it’s a one-time helping hand or an on-going dedication to service, each student makes the difference.
Hello CWU Wildcat Parents,

All of us within University Housing, Wellness and New Student Programs strive to make opening weekend a great experience for our students, as well as their families. One of our top priorities is making sure that move in for our students is as quick and easy as possible. Our “Movers and Shakers” program is a key component in making this happen. Movers and Shakers are made up of CWU students, faculty and staff who volunteer to help new students get settled into their new residence halls.

We would love to hear feedback from any of you about how your move in day went with your student and the “Movers and Shakers” program so we can improve where needed. We are also seeking any positive quotes that we may use for publicity of opening day in the future.

We look forward to hearing from you,

cwuparents@cwu.edu

http://www.cwu.edu/housing/parents
CWU Homecoming 2010: Crimson and Black Attack

Tuesday, October 19
Mr. and Ms. Central
7 p.m., Student Union and Recreation Center (SURC) Ballroom
After weeks of competition, the top contenders from each residence hall will take to the stage in a bid for the title of MR or MS CENTRAL.

Thursday, October 21
Wellington’s Wildfire
6 p.m., Community Fields and Challenge Course
CWU students and athletes, past and present, gather together around the bonfire. Loads of activities including scaling the Alpine Tower, crate stacking, games and music.

Friday, October 22
Homecoming Banquet
5:30 p.m., Sue Lombard Dining Room
This event will honor recipients of Distinguished Alumni, Special Achievement and Excellence in Teaching awards. For more information, contact Alumni Relations at 963-2752 or thomask@cwu.edu

Homecoming Dance
9 p.m., SURC Ballroom
My Hero performs danceable originals and reimagined covers to kick off the evening; their DJ will keep things moving into the night!

Saturday, October 23
Homecoming 5K Fun Run
10 a.m. registration, 11 a.m. start time at Tomlinson Stadium
Join us for a beautiful autumn run through campus. Portion of race registration fee goes directly toward the fight against breast cancer in Kittitas County. Info: scotter@cwu.edu

CWU Open House
10 a.m., SURC
CWU rolls out the crimson carpet for prospective students and their families!

Wildcat Tailgate
10 a.m., next to Tomlinson Stadium
Join the Burg Street Team for music, prizes, and more. Go ‘Cats!

Wildcat Alley
11 a.m., next to Tomlinson Stadium
Check out a variety of vendors, food and activities at this Homecoming tradition. Info: aldera@cwu.edu
Homecoming continued...

“Bye, Bye Barto” reunion
11 a.m., Barto Hall
Barto alumni, come on over to share in the memories!

Rally to The Ally
Noon, SURC west patio
CWU’s drumline will start the noise and lead Wildcat Fans up to the big game.

Cat’s Den hospitality tent
Noon, Tomlinson Field

Homecoming Football Game: CWU vs. Humboldt State
1 p.m., Tomlinson Field
Wildcats battle the Lumberjacks!

Homecoming Special Event: Demetri Martin
8:00 p.m., SURC Ballroom
Demetri Martin’s quirky brand of humor will make for a memorable evening of entertainment. Don’t miss your opportunity to catch one of the biggest new stars in this Ellensburg appearance. Tickets available online at Wildcat Tickets: www.cwu.edu/~events.

Martin has written for “Late Night” with Conan O’Brien, is a frequent guest on “The Daily Show with Jon Stewart,” starred in the acclaimed film “Taking Woodstock” and has had comedy specials on “Comedy Central” where he’s in his second season of “Important Things With Demetri Martin.” More information at www.demetrimartin.com

Sending Mail to Your Student Living in the Residence Hall

Mail to campus will be processed with one of two processes. This may be a bit confusing and we are providing the following information for your reference.

Letters and packages sent from a US Post Office are delivered to the CWU Mail Services Department. Their staff delivers the mail to each residence hall in the afternoon. Housing staff place the mail in the student’s mail box. If items are too large to fit in the residence hall mailbox, the staff will place a delivery/pick up notice in the box. Students may pick up the mail during the residence hall office hours; usually 7:00 – 8:00 p.m. Please note: There is no mail delivery service to the residence halls on Saturday, Sunday, or academic holidays. Letters and packages sent by Express Mail, UPS, or Federal Express are delivered to the housing office located in Barto Hall. The delivery services arrive on campus any time between 11:00 & 3:00, Monday-Friday. The Barto Housing Office staff log the packages into our mail delivery system. They then send a delivery notice to the student’s CWU email account asking them to pick up the package. Students may pick up their packages at the Barto Office Monday-Friday, 8:00 a.m. – 5:00 p.m. They will need to show their CWU Connection Card for identification. Please note: There is no mail delivery service to the Barto Hall housing office on Saturday, Sunday, or academic holidays. All mail to students regardless of how it is mailed should be addressed as follows:

Student’s Name
Residence Hall Street Address
Room Number
Ellensburg, WA 98926

(Please use the student’s legal name. Avoid addressing the package with the student’s nickname, middle name, or the name of the person who ordered the item.)
The CWU Alert Update System is intended as a "post incident" notification system. Subscribers to this ListServ will be updated following a safety related emergency at Central Washington University. This subscription system is open to anyone (parents, members of the community, students, faculty, staff, media, etc.). This is NOT considered a first response system, and no messages will be sent to this system while a safety related emergency is occurring.

By opting in, you are providing us with your permission to send information, which may include information protected under confidentiality rules, to e-mail addresses you provide. You may opt out of the system at any time.

Sign up to receive the alert updates at: http://www.cwu.edu/alert/alertupdatesystem.html

Please note: If you choose not to subscribe to the CWU Alert Update System, you will not receive safety-related emergency e-mails directly from CWU. As an alternative, interested parties may monitor the CWU Emergency Closures page at: www.cwu.edu/closures.html.

Your son or daughter may also subscribe to an alert system. This is a separate system from the parent one described above. Your son or daughter should log onto the Public Safety web site for more details at:

http://www.cwu.edu/alert/index.html