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 Maylin Sevilla the VP of Clubs and Organizations is a great resource. She can be found in Room 236 of the SURC or via email at sevillam@cwu.edu

October 14-15, 2011

All-Alumni Reunion Weekend - Always a Wildcat

Homecoming 2011
www.mycentral.cwu.edu/homecoming2011

10:00 a.m. – 1:00 p.m. Campus Tours
10:00 a.m. – 11:00 a.m. Kamola Hall 100th Year Celebration
10:30 a.m. 5k Fun Run
11:00 a.m. – 1:00 p.m. Wildcat Alley
11:00 a.m. – 1:00 p.m. All Alumni Reunion 2011-Pre-game Event
11:30 a.m. – 12:15 p.m. Rally to the Alley
Noon – 1:00 p.m. and at Half Time Cat’s Den Hospitality
1:00 p.m. – 4:00 p.m. Homecoming Game: CWU vs Humboldt State University
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.

Fall 2011 Study Abroad Fair

**When:** October 18, 2011 at 10:00 am  
**Where:** SURC 137 A&B

Learn more about studying abroad at the Fall 2011 Study Abroad Fair, which will be held on Tuesday, October 18th from 10 a.m. to 3 p.m. in SURC 137 A&B. Program representatives and former study abroad participants will be available to discuss program options and answer questions. For more information about studying abroad, please visit [http://www.cwu.edu/~studyabroad](http://www.cwu.edu/~studyabroad)
Parent/Family Weekend is scheduled for the weekend of May 8, 2010. More details about the schedule of events for the weekend will become available at a later date.

Where: Student Union & Recreation Center Ballroom
Price: $20 General Admission-CWU Student, $27 General Admission-CWU Non-Student, $37 Reserved
Comedian/actor D.L. Hughley consistently brings down the house with his popular standup comedy performances. Often drawing from his own experiences, Hughley's humor continues to make him one of the most popular and highly recognized comedians on the road today.

Hughley has starred in various television hits including ABC's The Hughleys and NBC's Studio 60 on the Sunset Strip. He has also been in the movies "The Original Kings of Comedy" directed by Spike Lee, "The Brothers" and "Spy School".

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**STUDENTS FIRST FUND: Parent Gift Campaign**

Private contributions to assist students with their education are becoming ever more essential in higher education as the state funded university model continues to shift toward a private university model. We are feeling this shift at CWU, so we have introduced the annual Parents Gift Campaign. This annual giving campaign specifically for parents gives families the chance to help other students in need of that little extra support. In efforts to lessen the financial burdens on today's students, the Students First Fund was established to provide a stop-gap to help students stay in school when external circumstances get beyond their control. Giving to the Students First Fund assists those who have nowhere else to turn for financial support.

Gifts to the Students First Fund are restricted to specifically benefit Central students. However, the options are endless for how dollars in the fund can help them succeed. Last year, contributions from the Students First Fund provided ten $2,000 scholarships and an additional $15,000 in student emergency grants. The Students First Fund also assisted the Writing and Math Centers, undergraduate research, specialized tutoring programs including services for undeclared students, the Family Resource Center's child care co-op, and programs for migrant and at-risk students. All of these benefits to Central's students are thanks to you, the parents and families. We intend to award ten more $2,000 scholarships this year, as well as provide even more support for student programs and student emergency funding. Don't miss our phone call later this month. We'll be calling to talk to you about the Parents Gift Campaign October 17 - November 10.

Your gift to the Students First Fund is a very worthwhile investment because it will allow Central to build the lives that will build the future.

-Chris Frankenfield

**To Learn More or Donate Now**
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

Family Weekend
May 11-13, 2012

Family Weekend is scheduled for the weekend of May 11, 2012. More details about the schedule of events for the weekend will become available at a later date. Watch upcoming Newsletters for full details.
Sending Mail to Your Student
Living in the Residence Hall

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. Items which are too large to fit in the residence hall mailbox will be sent to the Residence Life [ResLife] office located in Stephens-Whitney.

Letters and packages sent by Express Mail, UPS, or Federal Express are delivered to the Residence Life [ResLife] office located in Stephens-Whitney. The delivery services arrive on campus any time between 11:00 & 3:00, Monday-Friday. The ResLife 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 ResLife Office Monday-Thursday, 8:00 a.m. – 7:00 p.m. and 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 ResLife office on Saturday, Sunday, or academic holidays. Packages will be returned to the sender after ten business days.

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 First Six Weeks: Orientation Phase IV

The First Six Weeks program is Phase IV of CWU’s fall new student orientation program. Residence Hall Staff in collaboration with faculty and campus-wide staff to facilitate programs in the residence halls that address the academic and transitional issues first year students typically face the first six weeks of the quarter. Topics for each of the six weeks include the following:

- Wellness and Welcome
- Communication
- Academic Success
- Personal Safety
- Diversity & Celebration
- Ownership

Student Staff applications for the 2012-2013 academic year will be available online November 1, 2011 (www.cwu.edu/housing/employment.html). If your student has considered a position in the residence halls now is time to further research their options. We will have interest sessions schedule in the next few months or current staff members are a great resource as well.

Resident Assistant 2012-2013 Applications

Student Staff applications for the 2012-2013 academic year will be available online November 1, 2011 (www.cwu.edu/housing/employment.html). If your student has considered a position in the residence halls now is time to further research their options. We will have interest sessions schedule in the next few months or current staff members are a great resource as well.
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

Download the CWU Mobile App Now!

www.cwu.edu/mobile.html