Families of college-bound students, especially for the first time, should be prepared for trade-offs and mixed emotions. While some part of you is glad to have a quieter (and probably cleaner) home, the better part of you yearns to have them back. But rather than lament the fact that your previous role as a parent is essentially done, you may instead wish to view it as having entered a new and exciting phase.

As a CWU family member, you play an essential role in helping your student make the life-changing transition from being an adult “on paper” to becoming an independent, savvy, socially responsible citizen. Put another way, you’re not on the sidelines; you’re part of the team. Our job as educators is to give context to the lessons they’ve already learned from you.

During their journey toward independence we will get to know your student, but we will never know them as well as you. College life is rewarding and fun, but it can be stressful at times. This ‘Wildcat Family Newsletter’ supplements the Parent and Family Calendar and other New Student sessions presented through our prior two phases of orientation. The bi-monthly newsletters will outline many of the support services available to you and your student.

We hope you will visit campus regularly, participate in our regular activities and events, and support our efforts to make Central an even safer, more comfortable and attractive place to live, explore and study. We also encourage you to share your questions, suggestions and stories with us.

It is our sincere privilege to help author this pivotal and exciting chapter in your student’s life. Welcome to the team. If you have questions on any topic, feel free to contact Central’s coordinator of parent and family programs at 509.963.2735.

Congratulations on your choice of CWU and welcome to the Wildcat Family!
First-year students will receive credit in their UNIV 101 class for attending specific Wildcat Welcome Weekend (W³) events. Activities begin Friday, September 20, 2013 at 8:00 p.m. and continue through the first day of classes.

Transfer students are welcome to join the first-year activities. However, we have created a track of events [Wildcat Welcome (W²)] specifically designed with their experience in mind. W² events begin Monday and continue through the start of classes.

Wildcat Welcome Weekend (W³) Schedule of Events: www.cwu.edu/housing/wildcat-welcome-weekend

Wildcat Welcome (W²) Schedule of Events: www.cwu.edu/housing/wildcat-welcome-weekend

Letters should have been received via US Mail describing in detail your specific times to move in, directional maps, vehicle signage as well as labeling instructions for all your belongings.

CWU has a strong commitment to a smooth transition into our halls. Each year we have roughly 500 volunteers who will greet you with a smile and assist in moving your students belongings to their assigned room in a matter of minutes.

Family Rest Area

Friday, September 20, 2013 from 11 am - 4 pm we will provide a Family Rest Area in the Wellington Event Center. In this space we will have Orientation Leaders with Water and light refreshments.
Each year Discover Orientation welcomes first-year and transfer students to CWU in July for a one- or two-day orientation and introduction to campus. This year around 4,000 new students and their parents or guardians participated in one of seven scheduled sessions.

As part of our continuing effort to improve our services we are asking all 2013 participants to complete a 4-5 minute survey assessing the effectiveness of the sessions offered.

The evaluation is for students and guests. Please take a few minutes and help direct future changes.

https://cwu.qualtrics.com/SE/?SID=SV_1XnRq9fp1KoJtaJ
The Following message was distributed to all incoming students:

Dear CWU Wildcat,

Welcome to Central! At CWU we value the experiences you will have on campus, from your academic achievements to your social opportunities. With all of these opportunities come rights and responsibilities afforded to all students. We respect the right of students to make their own choices, support those who choose healthy behaviors, and strive to create a community atmosphere in the residence halls. We also acknowledge that in the transition to college some students make decisions that may negatively impact their academics, their personal health and wellness, and infringe on the rights of others.

You’ve probably heard that drinking in college is normal, maybe even expected. Did you know that 40% of our incoming first-year students have never drank alcohol?! (E-CHUG, 2011). And of our students that do drink, the majority of them demonstrate low-risk behaviors. You’re making a significant investment in your education by attending CWU, and we encourage you to think about how much you want alcohol to influence your life as a college student. We’ve seen the “not-so-great” effects alcohol can have on students, and whether it’s dangerous alcohol-related activities, choices that affect future careers, or academic impacts, we’ve seen many lives changed because of it. These effects impact you, your family, and those who live around you.

Your success is why we’re all here, and we hope you’ll make decisions early on that support you, your peers, and your community. In order to better support you, we’re asking all first-year students to complete confidential, web-based alcohol and marijuana classes prior to moving to CWU in the fall. Simply visit the web address listed below, and scroll to the bottom of the page to find the links to BOTH the marijuana and alcohol classes. They need to be completed BEFORE you move in this September, so get them done as soon as you can.

Go HERE to complete both classes: http://www.cwu.edu/wellness/electronic-check-go

*Each course takes about 20 minutes to finish, and needs to be completed in one sitting, so make sure you have enough time to make it through the whole thing (we don’t want you to have to take it twice!). All of your responses are confidential, which means we’ll only receive confirmation that you’ve completed the classes, not any information about how you answered the questions. Completing the courses is required for all first-year students, so during Wildcat Welcome Weekend in September you’ll visit a table outside the Wellness Center to pick up your sticker for your UNIV 101 booklet. If you have any questions feel free to contact the Wellness Center at 509-963-3213, or wellness@cwu.edu.

We look forward to seeing you in September, and GO WILDCATS!
The First Six Weeks is Phase IV of CWU’s fall new student orientation program and part of the University 101 class. New Student Programs, in collaboration with faculty and campus-wide staff, facilitate programs in the residence halls and SURC. Topics address the academic and transitional issues first year students typically face during the first six weeks of their college career.

Each new student has received a First Six Weeks Booklet that can be viewed online: www.cwu.edu/housing/first-six-weeks

Programming efforts during the First Six Weeks, are built around our four FYE pillars.
The “honeymoon” phase of a student’s transition will last a month or so for most new students. Many who have moved away from home or traveled for a long period can remember some point at which they longed for all the comforts of home. Friends, siblings, one’s room, the family pet and parents are remembered fondly and a desire for a return to what has been arises. However, those of us who have experienced transition remember that eventually everything falls into place and school, and all that is new, becomes familiar and new friends and places become a new place we call “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, 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 the ASCWU in 236 of the SURC can be of help.
There is no doubt that for most if not all students there will come a time when their roommate is driving them up the wall! This is a natural part of the college experience. Often we simplify the college experience and believe that learning only occurs within the confines of the academic courses. However, this conflict is a perfect example of life lessons. As a parent our natural response it to jump in and solve the problem for our student. In doing so we rob them of the opportunity to develop the skills that they will use later in life. So unless you intend to mediate their marital conflicts as well you may want to consider another option.

This is a prime opportunity to empower your child and provide them the support and encouragement that they need. This is an opportunity to reinforce your students ability to work through this on their own. You can provide them with resources that exist on campus and an empathetic ear. These two things will serve them well in the long run.

University Housing is well prepared to mediate and assist students as they find themselves confronted with roommate concerns. More often than not the issue include one of the five following concerns: sloppiness, sharing food/technology, friends/visitors, personal space, music tastes and quiet time. We have created a tool to help students negotiate these hot topics. During Wildcat Welcome Weekend all students are provided with a Roommate Contract which we strongly encourage everyone to complete. If your student is having issues ask what they indicated on the Roommate Agreement and encourage them to revisit it with their roommate. The RAs are available to help when needed, but most of the time this can be accomplished without their assistance. Another tool we have created to support peace and tranquility within the halls is the Community Living Agreement (CLA). This is a similar agreement on the community level to support peer to peer communication and respect.

**Tips for your student:**

- Communicate often, promptly and face to face.
- You do not have to be best friends.
- Set rules using a foundation of compromise.
  - Friends
  - Cleanliness
  - Sharing/Borrowing
  - Noise/Sleep/Study times
- Keep a balance of rights and compromise
- Express issues and develop tactful, effective confrontation skills.
Homecoming 2013 is the Week of October 7-12

The week is filled with many events for students including Mr. & Ms. Central, Wellington’s Wildfire, and the Homecoming Dance. There are also other events that Alumni and families of current students are invited to attend.

**Friday’s events include**: Wayne Brady Friday, Oct 11 @ 9 pm.

**Saturday’s events include**: Homecoming 5K Run @ 10:30 am; Soccer vs. Simon Fraser @ 11 am; Football vs. Dixie State at 1 pm; and Volleyball vs. Montana State Billings @ 7 pm.

For additional Homecoming information please visit Campus Activities at: [http://www.cwu.edu/campus-life/](http://www.cwu.edu/campus-life/)

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**Homecoming Apparel**

Don’t miss this opportunity to show the world your CWU Homecoming pride.

T-Shirts $5 - Long Sleeve Shirts $10 - V-neck Sweatshirts $15 - Hooded Sweatshirts $20

Pre-Orders available online at: [www.wildcatshop.net](http://www.wildcatshop.net)

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**Mail and Packages**

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 south of Barto Hall.

Letters and packages sent by Express Mail, UPS, or Federal Express are delivered to the Residence Life [ResLife]. 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-Friday, 2 - 5 pm. They will need to show their CWU Connection Card for identification. Please note: There is no mail delivery service on Saturday, Sunday, or academic/federal 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*
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: http://www.cwu.edu/~web/closures.php

Students are automatically opted into the emergency alert system. The alerts will be sent to their information as listed within SAFARI on their student account.