Classes have begun...

After much preparation things are beginning to settle into a routine. Our new Wildcats are starting feel like they belong and are finding a rhythm to their daily lives. This is a great first step. However, this is generally accompanied by a sense of longing for the familiarity of home. It is not uncommon for students to miss family and old friends from high school.

Ask any returning students and they will tell you to push through those feelings and one day as you are walking across campus they will begin to feel safe and comfortable. They will realize that they do belong. In short CWU feels like “Home.”

Speaking of which, I hope your students took advantage of the opportunity to hear Phillip Phillips as our homecoming entertainer.

Thanks for taking the time to read the Parent And Family Newsletter. See you in December.

Autism Spectrum Navigators Program

Disability Services is excited to announce a partnership with Bellevue College’s Autism Spectrum Navigators Program. The mission of the program is “...to provide access services for autistic students that lead to successful academic outcomes while providing educational opportunities that increase self-knowledge in the areas of executive functioning, self-regulation, social interaction, self-advocacy and career preparation; and to actively promote a campus wide environment of inclusion and understanding of students, faculty and staff with neurological differences.” The program combines peer mentoring with 2 credit academic cohort courses designed to increase self-knowledge in a variety of areas. Admission to the program is limited. Contact Wendy Holden at (509) 963-2149 holdenwe@cwu.edu for information about how to enroll.
We just had a very successful fall Convocation! The purpose of Convocation at CWU is a formal induction ceremony of the first year class and any new students each fall quarter into the academic community. The commencement serves as a ritual marking the completion of study and is a ritual to mark the beginning of a college career. The University President and/or Provost presides over this events and leads students as they recite their CWU Oath. A CWU coin is given to each student from a faculty member as a formal welcome.

The MAP-Works assessment closed several weeks ago. The 1108 students that completed the survey each received extensive personalized reports. However, only 390 students have taken advantage of these reports. Included in the reports are:

- Areas of strength and areas of concern
- How to be more successful at Central
- What campus resources are available to help

Key CWU staff have also reviewed the information and are making individually tailored efforts to aid your student in their transition.

What Can I do to Help?

It would be great if you ask your student if they reviewed the MAP-Works report. If they have not, please encourage them to do so. If they have, ask what they agreed with and what they have learned. This may be a good opportunity for them to open up about some challenges they are facing.
Winter Driving Conditions

Winter weather is on its way, which means road conditions are going to become increasingly more treacherous over the next few months. The majority of CWU students may have to cross mountain passes in order to get home over winter break.

The Washington State Department of Transportation has an excellent website with road cameras showing the current mountain pass conditions throughout the state.

http://www.wsdot.wa.gov/winter/

The Airporter Shuttle is a bus that travels from Ellensburg to SeaTac Airport, downtown Seattle, Yakima or North Bend. The shuttle leaves Ellensburg from the Starbucks near campus at your choice of five different times each day. This is a great option for students without a vehicle or for those who are uncomfortable driving in hazardous road conditions. The shuttle's daily schedule and rates are available on their website.

http://www.airporter.com/shuttle/ellensburg-to-seatac-airport-seattle

Traction tires and/or chains will surely be required at one time or another throughout the winter season. Snow tires can be used from November 1—April 1. In some cases, unused chains can be returned to the retailer at the end of the season. These are all things to consider as winter approaches and road conditions worsen.

CWU students can join for $25 and get a $10 credit for free driving.

Visit www.zipcar.com/cwu

Learn More...

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 mailbox. 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 - 7 pm. They 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 nickname, middle name, or the name of the person who ordered the item.)
Homecoming 2014

Check out photos on Facebook (select photos below):

Wellington’s Wildfire

Mr. and Ms. Central

Laverne Cox

Nov 18th
7pm in the SURC

Download the CWU Mobile App for campus map, directory, news, events and more!
Help your student survive final exam week. There are several things you can do to boost spirits and energy. Many parents will send a text message to their students on their way to their exam while others send care packages. There will be order forms mailed out shortly so you can show your support to your student through a pre-made care package.

The proceeds are then used to support student initiated programming within the halls.

Education Abroad Fair

Explore education abroad programs, international internships, and more!

October 22nd in SURC 137
10 am to 2 pm

Thanksgiving Holiday Recess

Thanksgiving holiday recess is November 26– November 30, 2014. All of the dining services will be closing at 5:00 p.m. on Wednesday, November 26, 2014. The dining halls will reopen for dinner service on Sunday, November 30, 2014. The Central Marketplace in the SURC will be open with limited hours for dining service during the break. The residence halls will remain open during Thanksgiving Break.
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:
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/~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.

Student Staff applications for the 2015-2016 academic year will be available on November 9th online at jobs.cwu.edu. 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.