Dear New Wildcat Parent:

On behalf of everyone at CWU—Welcome!

We are so delighted that your child has chosen Central as the place to pursue his or her educational goals. We pride ourselves in offering a friendly, safe, and inclusive environment where we value teaching and learning, and devote ourselves to helping our students excel.

With our small class sizes and focus on hands-on learning, our students are encouraged to participate in research and creative activity with faculty mentors. Students also have the opportunity to participate in service learning and civic engagement activities. Our international studies staff arranges national and international exchanges for interested students and hosts students from more than 30 countries.

Orientation and Transition Programs provides this calendar as a resource for parents and family members of new students to learn more about the CWU community. The publication contains valuable information to assist you in this time of transition.

I also encourage you to stay connected to CWU through our parent Web page located at cwu.edu/parents.

Please accept my warmest welcome to both you and your student as you join our Wildcat family. You are embarking on a wonderful journey, and we look forward to sharing it with you.

Sincerely,
James L. Gaudino
CWU President

Welcome to the Wildcat Family!

CAN WE TALK?

How are you envisioning your CWU experience?

What groups/activities are you interested in joining?

What can you do to make connections within your hall and with faculty?

Student and Family Issues

July—Campus Connections

Personal connections on campus are one of the most important factors in a student’s college success and satisfaction. The Student Success Survey (S3) which is utilized annually to assist first-year students in their transition has demonstrated that one of the greatest factors in students’ transition to CWU is peer connections. There are many ways to facilitate these connections; ranging from studying with your door propped open to attending one of the many group meetings or programs on campus. There is something on campus for everyone. Research also demonstrates a direct correlation to success when student connections to faculty and staff are strong. Those students with connections to faculty and staff are more likely to succeed in their college aspirations. Research also indicates that students who are involved on campus are more invested in their college experience, have higher grades, and are better prepared for life after graduation. A tremendous amount of learning takes place outside of the classroom. Getting involved is the first step.

HOW CAN FAMILIES HELP?

Keep the whole family in the loop about how and when things are happening. Show younger siblings this calendar and highlight departure and return dates on the following pages.

Take time to discuss with siblings how they are feeling about the move. It is okay to share personal feelings of excitement and loss. Reassure them that change is not bad, but a new stage.

Sit down with your student and review incoming information and help them make appropriate plans.

Encourage your student to keep in touch with other students and orientation leaders they met at Discover. There are Facebook groups established to facilitate building connections prior to fall quarter.

John Mounsey
Orientation and Transition Programs Director
509-963-1713
John.Mounsey@cwu.edu
cwu.edu/parents
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<td>Orientation - Session 5 Placement Testing Day</td>
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<td>Full Moon</td>
<td>Orientation - Session 5 Day 2</td>
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Student and Family Issues

August—Preparation for College

August and September can be a time filled with excitement and mixed emotions as your student prepares to transition to Central Washington University. This can also be a time when family members and students experience feelings of sadness, joy, nervousness, and anxiety. Families should be conscious of the many emotional ups and downs during this transition. Focus on communication with your student and discuss your concerns and expectations for the coming months. Check out the parent and family Web site for more information and great resources at cwu.edu/parents.
Women’s Equality Day
Wildcat Shop: Fall Charges Open

Ellensburg Rodeo and Kittitas County Fair
Ellensburg Rodeo and Kittitas County Fair

Ellensburg Rodeo and Kittitas County Fair
Ellensburg Rodeo and Kittitas County Fair
CAN WE TALK?

What are general expectations in terms of class attendance, alcohol, etc.?

How was the first week of class?

Have you met any interesting people?

---

Student and Family Issues

September—Transition to College

College is a time of transition for students and families. Your student may be feeling a bit overwhelmed with everything, and even the smallest thing can evoke an emotional response. Phone calls, text messages, and e-mails can help ease the transitional challenges for everyone during this time. It is important to remember that your student is becoming an adult and that as a family you have a new role in their life. It is not your responsibility to solve problems; instead listen and empower. Sometimes going for a run or sleeping on something can do wonders to help put life into perspective. You might also find it useful to read The Happiest Kid on Campus: A Parent’s Guide to the Very Best College Experience (for You and Your Child) by author Harlan Cohen.

---

HOW CAN FAMILIES HELP?

Explore ways for siblings to stay connected. Some find online games a fun way to connect while others enjoy video chat as a means to stay in touch. Whatever works for your family—just have a plan and be flexible.

Encourage your student to attend the student organizations fair that will happen early on in the school year. Another way to get involved is for your student to join the Residence Hall Leadership Council (RHL C) in their building. Most hall and campus events will be advertised on the bulletin boards located in central locations in each building.

For many students this is their first time sharing a room. Early communication can help avoid simple misunderstandings, which may turn into traumatic life events. Roommate agreements are a great way to keep the peace. It is best to create an agreement and revisit when issues arise. Many start with one expectation but find that other issues become more important as time passes.

Flu shots are scary for some, but they can help your student stay healthy. Missing a few days due to illness can significantly impact academic success, especially with only 10 weeks in a quarter.
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<td>Wildcat Welcome Weekend [W3] - Day 3 Residence Halls Open - Upperclass Residents</td>
<td>Autummal Equinox Wildcat Welcome Weekend [W3] - Day 4 New Student Convocation 11 a.m. Fred Meyer Night 11 p.m.-1 a.m.</td>
<td>Wildcat Welcome Weekend [W3] - Day 5 Bite of the ‘Burg -Downtown Ellensburg 2-3 p.m.</td>
<td>Fall Quarter Classes begins Recreation Group Fitness/Training Demo Days 9/24-10/01 Intramural Sports Fall Quarter Registration Begins (09/26-10/09)</td>
<td>Volleyball vs Seattle Pacific 7 p.m.</td>
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<td>New Moon ○</td>
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| Rosh Hashanah 9/29 sunset-10/01 nightfall | | | | | | }

**SEPTEMBER 2019**

Orientation and Transition Programs
509-963-2735 | cwu.edu/orientation
CAN WE TALK?
Tell me about your hall?
How is the food?
Are you enjoying your newfound freedom?
Have you checked out the Recreation Center and Outdoor Pursuits and Rentals?

October—Communication and Homesickness

Building on the transition lessons learned in September, we look at homesickness. Student response on MAP-Works has demonstrated that a significant factor impacting social integration of CWU first-year students is homesickness. CWU students do not regret leaving home; however they think about going home and feel upset because they want to go home. While CWU is close and facilitates a quick trip home to see family and friends, remaining on campus on the weekend will help students take down time and build additional connections. Quality communication can aid in supporting students in their transition and ease the burden many students feel to go back home every weekend. Additionally your student will be encountering adult responsibilities and choices, and you can become a trusted adviser in the process of making those decisions. Try to listen without evaluation or judgment. Listen without “fixing” the problem. Asking open-ended questions will encourage dialogue and assist with the adjustment to these new roles.

HOW CAN FAMILIES HELP?
Reassure your student that adjustments are common and expected for first-year and returning students.

October can be a time when many students feel homesick. This is a normal feeling. Often the initial friendships begin to realign and students are nostalgic about high school and their “old” friends. Reassure your student that they will develop strong new relationships. Remind them of previous success in making friends.

Attend Homecoming.
Convey your pride and confidence in your student’s ability to succeed at Central.
Talk honestly about family issues, but avoid creating guilt because they are not at home.
Anticipate students may come home to let off steam, share worries, or sort through situations out loud. Use these moments to let them do their own problem solving by listening, asking questions, and affirming your belief in their decision-making.
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<td>LGBT History Month Filipina American Heritage Month Fall Tuition and Room and Board Fees Due Change of Meal Plan or Class Schedule Deadline 2019-20 FAFSA Opens General Scholarship Application Available <a href="http://cwu.edu/scholarships">cwu.edu/scholarships</a> Wildcat Shop: Fall Charges Close</td>
<td>2</td>
<td>Gandhi’s Birthday - International Day of Non-Violence National Custodial Worker Appreciation Day First RHA Meeting at 6:00 p.m. in Wellington Event Center</td>
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<td>Engineering Tech, Safety and Construction Fair</td>
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<td>6</td>
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<td>Financial Aid Refund - Fall HOMECOMING WEEK 10/7-12</td>
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<td>Yom Kippur 10/08 sunset-10/09 nightfall Volleyball vs Northwest Nazarene 7 p.m.</td>
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<td>IntraMural Sports Fall Quarter Registration Deadline</td>
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<td>13</td>
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<td>[RA] Resident Assistant Applications Available <a href="http://careers.cwu.edu">http://careers.cwu.edu</a></td>
<td>16</td>
<td>World Food Day Student Success Survey Launch (via CWU email)</td>
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<td>22</td>
<td>Fall Job, Internship, Education Abroad and Graduate School Fair</td>
<td>23</td>
<td>Fall Job, Internship, Education Abroad and Graduate School Fair The Haunting at Central (10/24-25)</td>
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<td>27</td>
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<td>Winter Registration Assignments in MyCWU</td>
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**OCTOBER 2019**

**Orientation and Transition Programs**

509-963-2735  |  [cwu.edu/orientation](http://cwu.edu/orientation)
Student and Family Issues

November—Changing Majors/Study Abroad Opportunities

Choosing a major is a difficult and exciting process. November 5 is the CWU Majors Fair, which is a great opportunity for your student to consider which major is the best fit. Keep in mind national studies estimate that students change their majors several times during their college years. The best way to prepare for a career is to get a sound education and gain career-related experience through internships, community service, part-time jobs, campus involvement, and study abroad opportunities. Study abroad experiences, in fact, are often remembered by students as one of the most influential and positive aspects of their college education. Encourage your student to contact Career Services or Education Abroad to explore various opportunities.
Student and Family Issues

December—Coming Home for Winter Break

December is a hectic month for everyone, with finals, holiday gatherings, shopping, etc. Most students approach this time with similar feelings of going away to college. They are excited and hesitant. They may have concerns about how their developing adult identity will mesh with life at home. Campus experts suggest the most beneficial tool in this transition is to open lines of communication and create clear expectations to make your student’s return home from CWU the enjoyable and rewarding experience it should be. It is important to discuss expectations with your student before they return home for winter break. Prepare yourself and other family members—the student who returns may not be the student you sent off to college. It may help to renegotiate curfew hours and family responsibilities. It is an important time of adjustment for everyone as your family grows and changes.

CAN WE TALK?
What are you doing to manage stress?
What are you doing to take care of yourself?
What are you worried about during the upcoming break?

HOW CAN FAMILIES HELP?
If your student will be traveling over the pass, ensure they are prepared for winter driving conditions. Studs and chains are a suggestion. At times it may be safer to utilize the airport shuttle to Seattle.

If your student is living at home, it is still helpful to put notes in unexpected places to simply let them know how proud you are.

Encourage your student to become a resident assistant, a community programmer, or an orientation leader. For more information go to cwu.edu/housing.

When students are ill they tend to miss family more than normal. While you should not come nurse them back to health, you should check in with them frequently and provide health tips to help get them back on their feet quickly.

Sometimes parental curiosity, meant to be supportive, can be misinterpreted as prying. Try to avoid “I am your parent” conversations. Honest inquiries and open communication can help develop your new relationship.
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| 1     | World AIDS Day  
Dining Halls Reopen for Dinner |        |         |           |          |        |          |
| 2     |        |        |         |           |          |        |          |
| 3     |        |        | International Day of Persons with Disabilities | |          |        |          |
| 4     |        |        |         | Holiday Extravaganza  
Ware Fair (Holiday Arts and Crafts)  
11/29-12/1 SURC |          |        |          |
| 5     |        |        |         | Finals Week 24 Hour Quiet Hours  
Begin 10 p.m.  
Wildcat Shop: Winter Charges Open |          |        |          |
| 6     |        |        |         |            |          |        | Pearl Harbor Remembrance Day |
| 7     |        |        |         |            |          |        |          |
| 8     | Recreation Center Open  
6 a.m. - 6 p.m. |  Wildcat Shop: Fall Book Buyback  
12/09-12/13  
Study Day |        |          |        |          |
| 9     |        |        |         |            |          |        |          |
| 10    |        | Human Rights Day  
Fall Quarter Finals begin 12/10-13 |        |          |        |          |
| 11    |        |        |         | Full Moon |          |        |          |
| 12    |        |        |         |            |          |        |          |
| 13    |        |        |         |            |          |        |          |
| 14    |        |        |         | Last meal served - Breakfast  
Residence Halls Close at Noon  
(reopen noon 1/1/2019)  
Operation E.L.F. - SURC  
W Basketball vs CSLA 7 p.m. |          |        |          |
| 15    |        |        |         |            |          |        |          |
| 16    |        | Open Enrollment for Winter  
Wildcat Shop: Last day to return fall qtr rental books |        |          |        |          |
| 17    |        |        | W Basketball vs Academy of Arts  
7 p.m. |          |        |        |          |
| 18    |        |        |         |            |          |        |          |
| 19    |        |        |         |            |          |        |          |
| 20    |        |        |         |            |          |        |          |
| 21    |        |        |         | Winter Solstice |          |        |          |
| 22    |        |        |         |            |          |        |          |
| 23    |        |        |         |            |          |        |          |
| 24    |        |        |         | Christmas Day - University Closed |          |        |          |
| 25    | New Moon |        |         |            | Kwanzaa  |        |          |
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| 30    |        |        |         |            |          |        |          |
| 31    | New Years Eve  
Facility Closure 12/31-1/1 |        |         |           |          |        |          |

Orientation and Transition Programs  
509-963-2735 | cwwu.edu/orientation
Student and Family Issues

January—Money Matters

The freedom that college affords may bring with it the challenge of how to budget and wisely spend money. One of the best things you can do is discuss money. What does your student’s budget look like? How are they going to supplement it?

- The application for CWU scholarship opportunities is available October 1 through February 1 (for the following year) through Scholarship Central. The Financial Aid office and Work Study job board in Bouillion Hall are both great resources when looking for additional money. It has been shown that for some students having a job actually helps them structure their time for more productivity. The American Council on Education states that full-time students who work less than 14 hours a week are more likely to stay in college than those who work more than 23 hours a week or who don’t work at all.
- Consider adding Wildcat Bucks to your Connection card. Wildcat Bucks can be utilized across campus at all dining locations, the Wildcat Shop, and many laundry facilities. Dining location discount: Wildcat Bucks provide 10% discount at all dining locations plus are tax-free (so basically, they provide a 18% discount). There are no fees, they never expire, and they are refundable as long as you are affiliated with CWU. You can also add Wildcat Bucks to your connection card by going to: get.cboard.com/cwu or by downloading the GET app on your mobile phone. (iOS and Android)
- Encourage students to monitor their student account charges at the Wildcat Shop. If their Wildcat Shop charges have exceeded their financial aid, they may have a balance due, which could result in a financial hold thus preventing them from registering the next quarter.
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| **Orientation and Transition Programs**
| 509-963-2735 | cwu.edu/orientation | | | | | |
CAN WE TALK?

What classes have you enjoyed this year?

What are you thinking about doing over spring break?

If you are living on campus next year—have you reapplied yet?

February can be a very long, gray month. A few kind words and support go a long way.

Students may not tell you that they love and appreciate you, but remember they are grateful for all you have given.

February is a great time to check out the many opportunities offered through the Recreation Center and Outdoor Pursuits and Rentals.

Some students find true love the moment they set foot on campus. Some try to maintain a long-distance relationship with someone at home. While many of these relationships have prospered, others have caused heartache and loss, which is an important and natural part of each student’s development. The best thing you can do to help your student deal with relationship issues is offer an understanding and sympathetic ear.

Student and Family Issues

February—Alcohol Use and Misuse

While sitcoms and movies may exaggerate college students’ fascination with alcohol, the truth is drinking is a part of college life for many students. Helping your student stay safe is a high priority for CWU. There are several ways you can help encourage your student to take personal responsibility.

Continue to stay actively involved in the life of your son or daughter. Even though they may be away at college, they continue to be an extension of your family and its values. Don’t preach or forbid. Don’t try to scare your student out of binge drinking. Engage in casual conversations now and in the future by asking open-ended questions: What do you think about the drinking you see on campus? Do you think students know that binge drinking can kill them? Why do students binge drink? Demonstrate that you value and respect your student’s opinions and answers. Let them know you believe they have good judgment when it comes to drinking. Don’t be afraid to say that these college drinking deaths worry you about how they are handling the pressure to binge drink. The Wellness Center, located on the first floor of the SURC, is a great resource for students with concerns about alcohol use.
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### February 2020

- **1**
  - Black History Month
  - General Scholarship Application Deadline
  - CWU FAFSA Priority Filing Date
  - Indoor Ironman 02/01-02/28, Various Locations

- **2**
  - Groundhog Day

- **3**
  - Spring Registration Assignments in MyCWU

- **4**
  - Lunar (Chinese) New Year - Year of the Rat
  - National Girls and Women in Sports Day

- **6**
  - Uncontested Withdrawal Deadline

- **7**
  - National Recreation Sport and Fitness Day
  - 4th Annual 3 on 3 Basketball Tournament - Late Night, SURC

- **8**
  - Full Moon

- **9**
  - Presidents Day Observed - University Closed

- **10**
  - Spring Quarter Registration 2/18-3/13
  - Asia University America Program: Spring Arrival

- **12**
  - AUAP Student Departure

- **13**
  - Valentine’s Day Dessert Table
  - Wildcat Success Day
  - Spirit of the West Cowboy Gathering 2/15-18

- **14**
  - Mardi Gras
  - Ash Wednesday Leadership Conference

- **15**
  - World Day of Social Justice
  - Education Career Fair
  - Wildcat Shop: Spring Qtr Charges Start

- **16**
  - New Moon

- **20**
  - Uncontested Withdrawal Deadline

- **21**
  - Education Career Fair

- **22**
  - Wildcat Shop: Spring Qtr Charges Start

Contact Information:
- Orientation and Transition Programs
- 509-963-2735 | cwu.edu/orientation
Student and Family Issues
March—Spring Break Expectations

The end of winter quarter is fast approaching and with it comes spring break vacation plans. Many students plan spring break vacations. One option many students choose is to take a service trip over spring break. If your student is planning a trip, we encourage you to keep the following things in mind:

• To avoid legal trouble, encourage students to familiarize themselves with the laws and policies of their vacation destination.
• Make sure your student carries health insurance information and travels in pairs at all times.
• Obtain contact information for your student’s hotel, flight itinerary, and driving directions.
• Educate students about the risks of carrying all personal identification and credit cards with them. Talk to them about using traveler's checks as an option.
• Students should never keep their passport, ID, and drivers license in the same place.
• Students planning on traveling internationally during spring break and their parents should read all travel advisories posted by the U.S. Department of State at travel.state.gov.

CAN WE TALK?

How do you decide if something is safe for you and your friends?

Now that you have almost two quarters under your belt, what will you change? What will you keep the same?

HOW CAN FAMILIES HELP?

The William O. Douglas Honors College is a great opportunity for students to enhance their CWU academic career. While participation is enhanced by enrolling their first year, enrollment is open to upper-class students as well. Involvement in the honors college may also include tuition waivers. For additional information check, visit cwu.edu/douglas-honors

Do not be afraid to allow your student to make a mistake, for it is through mistakes that they will grow.

Sending a cake from a local bakery can be a great way to help your student celebrate their birthday away from home. Sometimes asking a roommate or friend to help organize dinner in the cafeteria with your donation of a cake can make one of the more difficult times away from home something special.
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>Women’s History Month</td>
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<td>Late Night Carnival</td>
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<td>International Women’s Day</td>
<td>Full Moon</td>
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<td>Finals Week 24 Hour Quiet Hours Begin 10 p.m.</td>
<td>Daylight Savings Time Begins</td>
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<td>Wildcat Shop: Text Book Buyback M-F (3/13-20)</td>
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<td>Pi Day</td>
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<td></td>
<td>Study Day - No Classes</td>
<td>St. Patrick’s Day</td>
<td>Open Enrollment for Spring</td>
<td>Spring Equinox</td>
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<td>Spring Quarter Break begins 3/21-30</td>
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<tr>
<td>World Water Day</td>
<td>Wildcat Shop: Last day to return Winter qtr rental books</td>
<td>New Moon</td>
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<tr>
<td>Spring 2020 - New student room move-in</td>
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<td>César Chávez Day</td>
<td>Spring Quarter Classes begin</td>
<td>Intramurals Sports Spring Quarter Registration Begins</td>
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</tbody>
</table>

**MARCH 2020**

Orientation and Transition Programs
509-963-2735 | cwu.edu/orientation
Student and Family Issues

April—Safety

Helping your student stay safe is a high priority for families and Central Washington University. Encourage your student to take personal responsibility for his/her safety by:

• Advising them to lock their doors when they leave their rooms, apartments, and cars.
• Reminding them not to leave valuables in plain sight or unattended in vehicles or rooms.
• Encouraging them to use the Courtesy Assistance Team (509-963-2950) if they are walking through campus late at night.
• Checking to see if your homeowners insurance covers property in your student’s residence hall room. If not, purchase renter’s insurance.
• Reminding your student to use safe practices when surfing the Internet. Encourage them to use sound judgment and not post personal or incriminating information on social network websites such as Facebook, YouTube, Twitter, Snapchat, etc.

HOW CAN FAMILIES HELP?

Encourage your student to check out the centers in the SURC. These programs provide great resources as well as opportunities to get involved and to build connections with other students and in the community.

If your student is looking for additional career advice, Career Services is a great place for exploring options. The Career Services offers many tools to aid in narrowing academic and career focus.

Empower students to make good choices. This will serve them well as they face challenging decisions later in life.

Community service is a good way to gain experience as well as build a resume. Check out the Center for Leadership and Community Engagement for opportunities to get involved.

Encourage your student to explore internships or job shadowing. One place to start is CWU’s Career Services by visiting cwu.edu/career. Many academic departments also post opportunities.
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>World Autism Awareness Day</td>
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<td>Wildcat Day: Pre-Orientation for Fall 2020</td>
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<td>Full Moon</td>
<td>Buddha’s Birthday</td>
<td>Intramurals Sports Spring Quarter Registration Deadline</td>
<td>National Siblings Day</td>
<td>Wildcat Day: Pre-Orientation for Fall 2020</td>
<td>Easter</td>
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<td>Easter Brunch Dessert Table</td>
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<tr>
<td>Wildcat Shop: Grad Kickoff</td>
<td>Tax Day</td>
<td>Spring Career, Internship and Graduate School Fair</td>
<td>Housing Transfer Day - cwu.edu/housing</td>
<td>47th Yakima River Clean-Up</td>
<td>Wildcat Day: Pre-Orientation for Fall 2020</td>
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<td>04/14 - 04/15 (10 a.m. - 5 p.m.)</td>
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<tr>
<td>Buddha’s Birthday</td>
<td>Yom Hashoah - Holocaust Remembrance Day (evening 5/1 - evening 5/2)</td>
<td>Earth Day</td>
<td>New Moon</td>
<td>Ramadan Begins at Sunset</td>
<td>Salmon Run 5k/10k, Check in 9 a.m., Race 10 a.m.</td>
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**APRIL 2020**

Orientation and Transition Programs
509-963-2735 | cwu.edu/orientation
May—Reentry Transition

May is another month of high pressure for students. With finals looming, so does the thought of returning home and leaving newfound friends, or perhaps remaining in Ellensburg and missing family members. Students may grow concerned that relationships might not survive the summer break. Some might be apprehensive about going home and what that means to the freedom and independence they have enjoyed for the past nine months. This is a good time to increase communication with your student. Encourage your student through finals and discuss plans for the summer.

CAN WE TALK?

What are your summer plans?

How are online social networks and video games affecting your academics?

HOW CAN FAMILIES HELP?

Family Weekend is a great opportunity to see your student in their element one last time this year, as well as discover who they have become and recognize what a great job you have done supporting them.

Review your student’s successes and challenges over the past year. Explore their plans for summer employment.

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA often prevents university employees from discussing your student without a release of information. For additional information, go to ed.gov or cwu.edu/registrar/family-educational-rights-and-privacy-act.

Your student’s success is our first priority. We are here to help them grow and succeed.
Student and Family Issues

June—Home for the Summer

Reuniting as a family can mean a major adjustment for you, your student, and everyone else in your family. You may notice changes in your student, including appearance and behavior. Now is a good time to discuss expectations regarding curfew, social activities, and family responsibilities. Clarity, consistency, and compromise can go a long way in finding common ground. It is also an adjustment if your student chooses not to return for the summer—opting instead for an internship, summer school, or another opportunity. Remember adjustments take time, and before you know it your student will be heading back to CWU for another school year.

Can We Talk?

What was your favorite memory from the last year?

What life lessons did you learn at CWU?

How Can Families Help?

Promote a philosophy of positive thinking. Help your student approach exams with an attitude of success. Now is not the time to dwell on what has already happened this quarter or year.

Throughout the year, care packages are always appreciated, especially around finals.

This is also a good time to ensure that your student is using all his/her meal plan monies.

Independence is asserted more during the first year away from home than in all the years combined.

Discuss your student’s plans for moving out of the residence halls. Will they need help packing or moving?

Reflect on how your relationships have evolved and changed over the past year.

You did it. You made it through one year of college. Celebrate this milestone.
1  |  2  |  3  |  4  |  5  |  6
---|---|---|---|---|---
  |   |   |   | Full Moon   | Golf Tournament
  |   |   |   | Graduation Dinner |  
  |   |   |   | Finals Week 24 Hour Quiet Hours Begin 10 p.m. |  
  |   |   |   | Wildcat Shop: Text Book Buyback M-F (6/5-12) |  
  |  7  |  8  |  9  | 10  | 11  | 12
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  | Study Day - No Classes |   | Spring Quarter Finals begin 6/9-12 |   |   |  
  |   |   |   |   |   | Commencement Ceremonies - Ellensburg 9:30 a.m. and 2:00 p.m. Residence Hall Close at 12 noon Dachshunds on Parade
  |   |   |   |   |   |  
  | 14  | 15  | 16  | 17  | 18  | 19
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  | Flag Day |   |   |   |   | New Moon  
  | Commencement Ceremonies - Kent 1:00 p.m. |   |   |   |   |  Summer Solstice Financial Aid Refund - Summer
  |   |   |   |   |   |  
  | 21  | 22  | 23  | 24  | 25  | 26
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  | Father's Day |   |   | Wildcat Shop: Summer Qtr Charges Close |   | Wildcat Shop: Last day for Summer Qtr textbook refunds
  |   |   |   |   |   |  
  | 28  | 29  | 30  |   |   |   
---|---|---|---|---|---|---
JUNE 2020

Orientation and Transition Programs
509-963-2735 | cwu.edu/orientation
Resources for Parents and Families

STAYING CONNECTED
Parent and Family Program

www.facebook.com/groups/cwuparents
A forum for parents and guardians of CWU students to discuss life in Ellensburg, both on campus and off. There will be some posts/shares related to CWU and the students as well. This is not an official CWU page but rather a parent facilitated resource where issues pertinent to students, both generally (“How do you handle missing your kid so much?”) and specifically (“We’re headed over for a weekend visit, where do you like to stay?”) can be discussed freely. The goal here is to help and encourage each other and not to discuss or embarrass our students in any way and so for this reason, this group is for parents/guardians only—not the students themselves.

Additional Information:
cwu.edu/parents

FERPA
Student Records Policy

Family Educational Rights and Privacy Act
The Family Educational Rights and Privacy Act (FERPA) of 1974 is a federal law governing access to student education records. FERPA stipulates conditions for release of information from education records and affords students the opportunity to review and seek revision of those records. Central Washington University (CWU) accords all the rights provided by the law, and reserves for itself the right to use and release student education records under the conditions specified by the law.

Additional Information:
cwu.edu/registrar/family-educational-rights-and-privacy-act

TRANSITIONAL THEORIES

Bloom’s 5 Stages of Parental Adjustment to Adolescent Separation

Stage I: Ambivalence
• Parent and student frequently struggle between:
• Maintaining the relationship as it was (parent-child), and
• Moving toward a more adult-adult relationship
• There is inconsistent behavior in this stage.
• Student wants to be an adult one minute and a child the next
• Parents tend to try to control behavior with rules

Stage II: Cognitive Separation
• This stage is characterized by rational and unemotional conversations
• Parents have to intellectually separate to let go in order not to just see the baby you diapered but the adult your baby is fast becoming
• Students may be arguing excessively with parents to develop a sense of self as separate from parent.
• Students can often be unkind in this stage, and parents often take it personally

Stage III: Emotional Separation
• Both parents and student deal with nostalgia, loss, anger, and guilt
• Trying to negotiate individuation without sacrificing a loving attachment
• Parents, more than students, can recognize that the relationship will be shifting permanently so often experience grief and excitement

Stage IV: Values Clarification
• Students often don’t understand parents’ emotions because they believe they are just going away for a few weeks.

Stage V: New Relationship
• Student develops emotional relationships and makes commitments outside of the family
• Student and parent know they can be separate and still connected
• Important for parents to find ways to support students
• Support and Guidance replace Control

Additional Theories:
cwu.edu/housing/transition-theories

HOUSING RESOURCES
Services, Staff and Policies

The Student Handbook, distributed to all students residing on-campus at check-in includes many great resources. Some resources found within the handbook include all services provided by University Housing. The handbook also includes a list of rights and responsibilities within the residence halls and apartments. There is a list of the staff working and living in the in the halls including our full time Residence Hall Coordinators as well as our Resident Assistants and Community Programmers.

Residence Hall Handbook:
cwu.edu/housing/residence-halls

Orientation and Transition Programs
509-963-2735 | cwu.edu/orientation
MAIL FROM HOME
Students living in the Residence Halls

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 ResLife Office. The delivery services arrive on campus any time between 11:00 a.m. and 3:00 p.m., 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 e-mail account asking them to pick up the package.

Students may pick up their packages at the ResLife Office Monday-Friday, 2:00–8:00 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/ 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
City, State Zip

MEAL PLAN OPTIONS AND THE CONNECTION CARD (STUDENT ID)

The Connection Card is Many Things...

- CWU Identification Card
- Meal Card for all Dining Services locations
- Library Card to check out books
- Use in Wildcat Shop as a debit card
- Copy Card
- Access Card: to many campus buildings
- ID for residential package pick-up

If your card is lost please report it as soon as possible to the connection card office in SURC 131. Replacement cards are $35.

Meal plan changes can only be made at the beginning of each quarter and the dates are listed within this calendar.

Additional Information:
cwu.edu/card
cwu.edu/dining/meal-plan
cwu.edu/card/faqs

EMERGENCY ALERT
Emergency Notification System

Campus safety is a vital concern at Central Washington University. CWU has established an Emergency Notification System (ENS) which provides multiple notice methods to alert individuals about situations that may pose a substantial threat to our community. The current components of the CWU ENS include website and desktop alerts, e-mail alert updates, voice mail notification, text messaging, and public address systems (PA’s) in police vehicles and designated buildings. In addition, CWU also has Emergency Blue Light phones located throughout campus and information available to the community regarding personal responses instructions should an emergency occur.

CWU ALERT! CWU Alert! is an internal first-response system, and is intended to notify the students, faculty and staff of CWU. In the event of a safety related incident or hazard at CWU, the CWU Alert! System may be used to notify students, faculty and staff of the occurring situation. Personnel on this system can be notified via e-mail, phone, and/or text message. All students, faculty and staff are automatically enrolled in this system.

Additional Information:
cwu.edu/emergency
cwu.edu/police
GENERAL EDUCATION REQUIREMENTS

The general education program offers undergraduate students a liberal arts education in order to cultivate thoughtful and responsible persons and citizens, to prepare them for the world of work and to teach them to pursue knowledge for its own sake. In order to accomplish those broad goals, the general education program seeks to promote effective reasoning, broad and deep learning, and the inclination to inquire.

Additional Information:
cwu.edu/academic-advising/general-education-requirements

HEALTH AND WELLNESS

Student Medical and Counseling Clinic
The Clinic is dedicated to supporting and enhancing the physical and psychological well-being of the students at Central Washington University. By providing integrated health care services, our goal is to support each student's academic success, maturational development, and responsible citizenship.

Wellness Center
The mission of the Wellness Center is to promote positive health behaviors, prevent negative consequences associated with high-risk behavior, and encourage the social connections that support student success.

Additional Information:
cwu.edu/medical-counseling
cwu.edu/wellness

STUDENT RIGHTS AND RESPONSIBILITIES

Central Washington University is a community that exists for the generation, acquisition, diffusion, and preservation of knowledge, the growth of all its members, and the general well-being of society. Free inquiry and free expression are indispensable to the attainment of these goals. All members of the University community are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth in an atmosphere of academic freedom. Freedom to teach and freedom to learn are inseparable facets of academic freedom. The freedom to learn depends upon appropriate opportunities and conditions in the classroom as well as elsewhere on campus. The responsibility to secure and to respect general conditions conducive to the freedom to learn is shared by all members of the University community. The University has developed policies and procedures which provide and safeguard this freedom, within the framework of general standards, and with the broadest possible participation of the members of the University community. This document articulates the general policies that provide for the academic freedom of students in this University community and forms the basis on which more specific policies such as the Student Conduct Code, rules on students records, etc., have been formulated and adopted.

Access to CWU
Student, Faculty, Staff Relationship

In the Classroom
Student Rights
A student who enrolls in a course has the following rights:
1. to know from the instructor the goals and content of the course;
2. to know from the beginning the instructor’s expectations and grading methods;
3. to be evaluated on the materials of the course and not on extraneous matters; and
4. to consult with the instructor outside the classroom on matters related to the course.

Student Responsibilities
A student who enrolls in a course has responsibility to observe the standards of academic performance defined by the instructor and the standards of conduct established by the instructor so as to assure the freedom of the instructor to teach and the freedom of the other students to learn.

Outside the Classroom
Students have a right to the services provided by faculty and staff, including such services as academic advising, counseling over a broad range of problem areas, dissemination of information, and clarification of University policies and procedures, including those involving grievances. Because of the size and complexity of the University, students have the primary responsibility for initiating requests for such services, although faculty and staff are expected to be sensitive to students’ needs and to offer assistance if students appear to need it.
Student Records

Student Records Rules
The University has adopted rules which govern the form and variety of student records collected and maintained by the University, the nature of information collected, and the way in which student information is recorded, maintained and eventually disposed of, consistent with federal and state regulations. Copies of the rules (in accordance with Public Law 93-380 The Family Educational Rights and Privacy Act of 1974, i.e., The Buckley Amendment) are available in the Student Success office. Students have a right to expect that information about themselves of a private, personal or confidential nature which they share with faculty and staff will be disclosed only according to student record rules. Faculty and staff may provide judgments of a student’s ability and character to others in appropriate circumstances, normally with the knowledge and consent of the student concerned, and in accordance with the University’s rules on students records.

Students’ Rights
The rules on student records also define the following rights of students with respect to their records and the procedures to be followed to guarantee those rights:
1. the right to inspect and review information contained in their educational records;
2. the right to challenge the contents of their educational records;
3. the right to submit an explanatory statement for inclusion in the educational record if the outcome of the challenge is unsatisfactory;
4. the right to prevent disclosure, with certain exceptions, of personally identifiable information;
5. the right to secure a copy of the University rules, which includes the location of all education records; and
6. the right to file complaints with the appropriate federal and state agency(ies) concerning alleged failures by the University to comply with applicable laws, rules and their implementing regulations.

Students’ Responsibilities
Students are responsible for furnishing, completely and accurately, such pertinent information as required by the University so that it may perform its proper function as an educational institution. If students’ circumstances change, e.g., name, address, financial situation, etc., they are responsible for seeing that proper University officials are informed of such changed circumstances.

Student Conduct
Students are members of both the University community and the larger community outside the University. As members of the University community, students are guaranteed those rights described in this document. As members of the larger community, students are afforded those rights guaranteed by the state and federal constitutions, the authority of which extends across both communities.

At the same time, both communities have established standards of conduct designed to protect their essential purposes. The University community has defined in its Student Conduct Code that conduct in which its members may not engage without penalty. The larger community has defined such behavior in its laws.
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<tr>
<th>AREA</th>
<th>TOPIC</th>
<th>WHERE TO GO</th>
<th>LOCATION</th>
<th>PHONE</th>
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<th>WHERE TO GO</th>
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<td>Athletic Tickets</td>
<td>cwu.edu/tickets</td>
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<td>Campus Police</td>
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<td>Information Services</td>
<td>Samuelson Hall Lobby</td>
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**Orientation and Transition Programs** 509-963-2735  cwu.edu/orientation
ABOUT CENTRAL WASHINGTON UNIVERSITY

Welcome to Central Washington University, home of the Wildcats. We’re a public, four-year university located in historic Ellensburg, Washington.

Central’s commitment to hands-on learning, discovery, and individual attention takes students beyond the limits of the classroom and books. Students get to do what they’re studying in real-world, professional settings, which makes learning exciting and relevant.

Each year CWU graduates thousands of well-educated citizens who are ready for high-demand careers in the workforce: construction management, accounting, engineering technology, teacher education, wine business, paramedicine, aviation, and more.

CWU prepares students to succeed in a global economy through strong partnerships with 30 colleges and universities around the world. Last year we welcomed more than 400 students from 36 countries to our campus.

MISSION, VISION, AND CORE THEMES

Mission
The mission of Central Washington University is to prepare students for enlightened, responsible, and productive lives; to produce research, scholarship, and creative expression in the public interest; and to serve as a resource to the region and the state through effective stewardship of university resources.

Vision
Central Washington University (CWU) is a dynamic, creative, and inclusive environment that promotes engaged learning and scholarship. It is distinguished regionally for the rigor of its curriculum and scholarship, for the excellence of its pedagogy, for the vibrancy of its co-curricular and residential experiences, for its commitment to providing access to higher education, and for its efforts to advance the social and economic health of the region. It is typified by an entrepreneurial spirit that establishes it as a national leader in higher education. It has a strong commitment to engaged learning and scholarship, internationalism, sustainability, inclusiveness, and life-long learning.

CWU is committed to the following core themes:
- Teaching and Learning
- Inclusiveness and Diversity
- Scholarship and Creative Expression
- Public Service and Community Engagement
- Resource Development and Stewardship

cwu.edu/president/missionvision-statement