Welcome back...

A hint of fall has entered the air here in the Kittitas Valley. Cool nights and dew on the grass are a reminder that students will soon fill the quiet campus with laughter, shouts, and many deep conversations lasting deep into the night. This is a time when a resurgence of energy refreshes and renews all who work on campus.

Fall also signifies a change once again in the lives of parents and families of students. A quietness will likely fill many of your homes. For some it is welcomed whereas for others you may miss the joyful presence your child/sibling brings each time they return home.

The specific date of significance for many of you with students returning to campus is Sunday, September 22, 2013. We will welcome back our returning students moving into on campus residence halls between the hours of 9 a.m. -7 p.m..

If your student is living off campus this year remind them to stay involved and utilize the many campus resources they have at their disposal. This year we will be publishing newsletters in September, November, January, March and May. If you have topics which you would like to see addressed please send your requests to mounseyj@cwu.edu.

Many of you may have enjoyed the Parent and Family calendar you received during orientation when your first transitioned your student to campus. While we only print enough copies for the parents and families of our incoming students, you can find a digital copy on the parent website at www.cwu.edu/parents.

I hope you enjoyed your summer and I look forward to seeing you on campus this fall. Don’t miss out on the homecoming events, including Wayne Brady listed on page 3.

Sincerely,

John Mounsey
Wildcat Family Coordinator
Assistant Director of New Student Programs
Parent and Family Coordinator

Welcome
Roommate Relations
Homecoming
Mail and Packages
Study Abroad Fair
Important Dates
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.

Tips for parents, freshman as everyone adjusts to college
http://www.oregonlive.com/living/index.ssf/2012/10/tips_for_parents_freshman_as_e.html
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/)

---

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

**Homecoming Apparel**

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)

---

**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.

Fall 2013 Study Abroad Fair

When: October 22nd
11:00 a.m.—2:00 p.m.
Where: SURC 137

Learn more about studying abroad at the Fall 2013 Study Abroad Fair, which will be held on October 16. 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

Dates to Remember

September-
• 20 Residence Halls Open for New Students
• 22 Residence Halls Open for Returning Students
• 25 First Day of Class

October-
• 7-12 Homecoming Week
• 10 Housing Transfer Day
• 16 MAP-Works Survey Launch
• 22 Study Abroad Fair
• 25 MAP-Works Deadline

November-
• 1 Uncontested Withdrawal
• 11 Veterans Day University Closed
• 27-29 Thanksgiving Break

Download the CWU Mobile App Now!
www.cwu.edu/mobile.html