Greetings from the Office of Parent Programs!

The office of Parents Programs is here for you! We will assist you with questions you have about your son’s or daughter’s journey at CSU. On our website, you will find many resources to help you as a parent. In addition to parent newsletters, we have a section for articles and publications, displaying relevant articles on what you and your students are facing today. Our office thinks of Parents as Partners and we have someone at the phones at all times to help answer your questions and direct you to the correct departments who can help you.

The CSUPA is also linked on our Parents and Families website. You can view the benefits and costs for joining the CSUPA. If you have questions please do not hesitate to call or email us anytime!

Sincerely,

Collins Brown
Orientation, Parent Programs and Student Leadership Advisor
706.568.2180 - parents@columbusstate.edu
DID YOU KNOW?...

Aflac’s Headquarters are right here in Columbus, Georgia! The 200,000 residents of Columbus pride themselves on living in a city that is friendly to families, that has little traffic, a low crime rate, little air pollution and even low housing costs. From F.D. Roosevelt State Park, Callaway Gardens, The RiverWalk, and Columbus State and Troy State Universities to our local sports teams, Columbus is a city rich with history and points of interest.

Several Hundred Gather at the River to Launch Whitewater Project
By Michal Owen

Several hundred people gathered on the east bank of the Chattahoochee this morning to commemorate the ceremonial launching of the $23 million project to bring whitewater rafting to Columbus and Phenix City. Physical work on the project, spearheaded for more than a decade by Columbus businessman John Turner, has been under way for several weeks, but today’s event, dubbed “RiverBlasting,” brought a ceremonial beginning to what supporters say will be the longest whitewater course in an urban setting in the world.

The 2.5-mile course will stretch from just south of the North Highland Dam to a take-out point somewhere near the Trade Center. Workers with Batson-Cook, the construction company that is handling the project, have built a “haul road” on the west bank near 13th Street down into the river just below the Eagle-Phenix Dam, one of two that will be breached for the project. Work has begun there to prepare two sets of rapids before the dam will be gradually breached.

In addition to John Turner, former Columbus mayors Jim Wetherington and Bob Poydasheff, Mayor Teresa Tomlinson and Phenix City Mayor Sonny Coulter attended the event.
Fall Events

November 6: Women's Basketball Scrimmage vs. Central GA Tech, 3
Lumpkin Center

November 9: Student Government Association, Blood Drive, 8-5
Multipurpose Room, Student Recreation Center

November 10: CSU Choral Concert, 7:30
Legacy Hall at the RiverCenter, RiverPark Campus

November 11: CSU Popular Music Ensemble Concert, 7:30
Studio Theater at the RiverCenter, RiverPark Campus

November 12: GUSTO, International Dinner with the Schwob School of Music, 6:30

November 17: Student Government Association Forum, 12:30
Columbus Room, Davidson Student Center

December 1: Student Government Association Forum, 12:30
Columbus Room, Davidson Student Center

December 2: Men's & Women's Basketball Games vs. Univ. of West Florida, 5:30-10
Lumpkin Center

December 3: Men's Basketball Game vs. West Georgia, 3
Lumpkin Center

December 5: CSU Philharmonic Orchestra, 7:30
Legacy Hall at the RiverCenter, RiverPark Campus
Midterms have come and gone, now it’s time to start performing at an even higher level than most students were to achieve those. As come final time! For those parents who didn’t know, tutorial services are provided to CSU students through four campus resources. The Math and Science Learning Center, the Office of Tutorial Services, Residence Life (Courtyard I and Courtyard II), and the Writing Center can assist students in a variety of courses. Outside of these four main resources, specific colleges also provide independent tutoring centers within the actual college’s building. Professors are always willing to help students in any capacity, most commonly through their assigned office hours. Professors have mandated specific times to be available in their office with an open door policy to answer any questions, go over previous test, or even assist students with actual problems to work through one on one. If you sense your student is struggling, no need to panic. Students are fully aware of the resources at hand!

For more information on all of our specific tutoring centers please visit our website at http://ace.columbusstate.edu/tutorial_services.php.

**CSU’S Tutoring Services**

**Flu Shots, Flu, Shots, Come Get Your Flu Shots!!!**

Where: The Student Health Center, Tucker Hall  
Cost: Students $5  
  Faculty/Staff $15  
When: Tuesday & Thursday 8:30-12:30  
  Wednesdays 8:30 - 10:30 & 3:00-5:00  
  Friday 9:00 - 11:00  

For appointments, call (706) 507-8620 or stop by the Student Health Center located in Tucker Hall.

**Academic Calendar**

Financial Aid Processing Deadline: November 1  
Early Registration: November 1 - December 13  
Thanksgiving Holiday: November 23 - 27  
Early Registration Fee Payment Deadline: November 30  
Classes End: December 5  
Final Examinations: December 7 - 10, 12 - 13  
Graduation Ceremony: December 16
Cougar Kickoff Recap

Cougar Kick-off Recap: A Successful close to 2 weeks of fun
Lauren Henderson & Malika L. Harris
Staff Writer & Campus Life Editor

What is a better way to begin a new semester at Columbus State University than with an outstanding number of 24 Cougar Kick-off activities? Events provide opportunities to meet new friends, reconnect with others, network, and get involved on campus, something CSU is not lacking this year. You have probably heard people tell you to “Get Involved,” but what does that really mean? Getting involved means you can find ways to benefit from CSU outside of the classroom like the Welcome Back Picnic at the Clocktower that was held August 16th.

Jocie Horn, ROAR leader, was “Excited about the turn out to the Welcome Back Picnic. We gave away 1700 shirts within the first two hours. It was much better than last year!” Cougar Kick-off week has featured brand new events such as the chill-out with Dr. Mescon catered by Chill Yogurt Café and the Graffiti Wall displaying students’ school pride. Briana Carter, a new student, contributed to the Graffiti Wall said “It is all very exciting. I feel like CSU is a community, a family.” The late night Wal-Mart run brought over 100 students eager to get lots of free stuff. It also allowed them to be put in a raffle for a shopping spree. The money machine has also been a hit. “Students love it!” Horn said.

Collins Brown, CSU student development specialist, exclaimed that “If you didn’t make it out to the Kick-off events, you are missing out on a great time!” Many organizations made an appearance including executive members of our very own Student Government Association (SGA). Laz Akpuchukwu, VP of scholastic affairs, shared his thoughts on the Kick-off events, “They are a great way for freshman and new students to get acclimated.” Students are not only getting acclimated to the campus, but through a host of other events such as the Part-Time Job and Vendor Fair, students were allowed to familiarize themselves with the Columbus Area and look for employment.

The Center for Career Development brought in 18 vendors looking to hire students including Your Pie Pizza, Chick-fil-A, Wal-Mart, Barnes and Noble, Carmike Cinemas, Callaway Gardens, and Text Book Brokers. Macon Evans, Columbus Native and UGA graduate, just opened Your Pie on Whitesville Road and utilized the job fair to recruit new employees. “There is a big turnout here and the quality of students that are interested in work is tremendous. This is the first Part-Time Job Fair I have been to.” Evans said. In just two hours, 363 students attended and countless applications were filled out in hopes of a job.

Columbus State’s IFC President, JP Dockter, came out to several events including Meet the Greeks. “It was the largest turnout he has seen in the three years he has attended CSU. Participation of students has increased and it’s a great opportunity for them to interact with one another.”

An exclusive event for first-time students and their families was the seventh annual Freshman Convocation on Aug. 21. This event serves as a rite of passage, introducing new students to the university’s community of scholars.

Two weeks of festivities and fun finally came to a close at the Callaway Beach Bash on Friday, August 26. More than 300 students attended from the time it start until the sunset. Students were able to enjoy the Aquatic Island, a series of water slides and obstacle courses. “I worked out every muscle,” says Nicolette Farmsby, freshman. Students raced to play laser tag and enjoy beach activities throughout the day. “I almost didn’t want CSU to end welcome back week,” says Dalton Middleton, sophomore. “This week has made me excited to even have chosen CSU and I can’t wait to finish my years here.”
Parents Day Recap

On September 24, the Columbus State University Parents Association, CSUPA, sponsored the third annual Parents Day on CSU’s RiverPark Campus. Parents and students trickled in throughout the morning to experience Market Days on Broadway before the Parents Day welcome. Both President Timothy Mescon and Dr. Sheeks welcomed parents and students. Immediately following, the crowd found their way to food, t-shirts, novelties, and fun at Woodruff Park adjacent to the river. The day was about our parents really getting to see what our students are offered here at Columbus State University.

See you at Parents Day 2012!!
Are you feeling the College Parent Woes?

Dear Parents,

I do hope this finds you and your student enjoying a successful fall semester at Columbus State University! I feel fortunate and honored to serve in my role as Vice President for Student Affairs and Enrollment Management, and I thank you for entrusting your student’s higher education to the exceptional faculty and staff of CSU. I can assure you that your student made an excellent decision in selecting CSU.

As many of you may recall from our discussions during Visitation or Orientation, I share a mutual role with you. I, too, am the proud parent of a college student. As a senior student affairs officer, I expected the transition from “high school mom” to college parent to be an easy and seamless one. After all, I spend each day encouraging college students and reassuring parents that their student will be successful. Little did I know that stepping into this role would be one of the most difficult, yet rewarding experiences of my life. You see, this time, talking about the college transition became personal.

I vividly recall a hot Saturday in May 2010, as my husband and I watched our daughter, Lauren, cross the stage at her high school graduation. We were very proud of her accomplishments, and I realized that Lauren was closing a major chapter of her young life. My mind, however, was on fast forward as I considered her immediate future. “She is so young and can not possibly be ready to go away to college. I have so much more advice and bits of wisdom to share with her. Will she take her studies seriously? Will she meet some persons who do not have her best interests in mind? Will she use her meal plan that I paid for?” As I agonized over these concerns, a number of friends who have already gone through this exercise (successfully, I might add) kept assuring me that Lauren would be just fine. We did a good job of raising her. She would make a few mistakes and, subsequently, learn from those mistakes, and she would not go hungry.

In August, as we drove four hours to Move-In Day, I was both excited and sad. I knew our daughter was embarking on a new chapter of her life, yet she was leaving the safety and care of our home. In a way, this sendoff was more daunting than watching her take her first steps or learning to ride a bike. In a similar way, I had to learn to let go. Were there bumps in the road along the way that first year? Absolutely!

There were family discussions about spending habits, parking tickets, spring break plans, learning to live with roommates, and how often she would come home to visit. More importantly, there were triumphs, and watching Lauren successfully navigate through her new role as a college student allowed her father and me to cheer from the sidelines.
I share all of this to say the best advice I can give, as one parent to another, is to remember that this is undoubtedly going to be a time for adjustment for both you and your student. Be available, listen carefully, and help your child identify strategies and resources that are available to him or her should they encounter difficulties, academically or socially. Allow me to share a few helpful tips for “parenting at a distance:”

• Know that it is normal for students to feel overwhelmed at the beginning of their college careers. These feelings will come and go in peaks, especially around midterm and during final exams.
• Do more listening than talking. Listen to your student’s concerns and assure him or her they have the ability to be successful. Often, they just need to talk through the situation at hand.
• Encourage your student to get involved in campus activities, organizations or service projects. Engagement with the campus community is a positive way to expend energy, and connect with peers, faculty and staff.
• While it is important to stay connected, refrain from calling or texting too often. Your student needs to be able to make decisions, be accountable, and feel empowered.
• Remind your student that CSU provides excellent student support services to assist with academic and/or personal needs.
• Take care of yourself. Explore hobbies or interests you placed on the backburner for years. Join CSU’s Parents Association to network with other parents and campus officials for news and resources.

In hindsight, the Sheeks family made it just fine through the first year. I still get a little misty when Lauren drives away following a weekend at home, and I still offer advice. As a fellow parent, I encourage you to remember that you did your best raising your student and providing him or her with a strong foundation. It is now up to your student to demonstrate to you what a great job you did in equipping them with the life skills necessary to be successful.

College is a wonderful opportunity, although it does require some adjustments on the part of parents and students. Support your student, be proud of your student, and know there is a community of resources at CSU to assist in your student’s success. I can assure you that, in years to come, both you and your student will reflect fondly upon the college experience as some of the best years of “your” lives.

Gina Sheeks, Ph.D.
Vice President for Student Affairs and Enrollment Management
Many college parents wait expectantly, hopefully, and sometimes fearfully for those first semester college grades as a measure of how their student is doing in college. Although many students may have a better inkling of what to expect when the grades arrive, they, too, wait anxiously to hear the final verdict. For many students, and their parents, those first semester grades may not be what they expected.

It is important that both college parents and their college students keep first semester grades in perspective. For many students, they may be all that they hoped for. However, if your student’s grades are lower than anticipated, there are several factors to consider. This doesn’t necessarily mean that your student is incapable of college work, or that he has been slacking off all semester. Grades are certainly important, but the first semester of college involves both tremendous transition and, for some students, a “reality check” about college in general.

For many students, college grades may be lower than what they were accustomed to receiving in high school. Here are a few important things to keep in mind as you and your student consider first semester grades:

• Some students may be surprised by their grade because they have had less information leading up to the final grade than they are used to receiving. A college class may have only one or two tests or papers, a final exam may count as a substantial portion of their grade, or they may not have received class work back.
• College level work is different from high school work in many ways. Throughout much of their K-12 education, many students have been taught material needed for test taking. Students have been prepared for the SAT, the ACT, AP exams, and state mastery tests. College coursework may be very different.
• The first semester of college is a time of tremendous transition for most students. It may have taken a while for your student to understand what is required of her in her classes.
• Your student may not have a clear understanding of the time required for college coursework. Students in college spend relatively little time in class, but they are expected to do significant work outside of class.
• Many students are used to year-long classes in high school and find the semester long classes an adjustment. Some students need a semester to realize the new time-frame of college coursework.
• Your student may not have realistic expectations about college grades. They may feel that they deserve a high grade because they worked very hard. They may confuse their level of effort with the quality of their work. This disconnect between these student expectations and the reality of much college grading sets many students up for disappointment when they receive their grades.
• Perhaps your student did not take advantage of a college pass/fail or course withdrawal policy to help with a course in which he was having difficulty. He should investigate this option for future semesters.
• Perhaps your student did not realize how important attendance is in many classes. Although many college instructors may not take attendance, students are held responsible for what happens during classes.
• Perhaps your student has done well in some classes but has poor grades in one or two classes. It is important that he remember that not all classes or all subjects are equal. If he did his best work and put forth his best effort, there may simply be some subjects that will give him difficulty. As he chooses an area of study and progresses through his college career, he will hopefully be taking more and more classes in areas he likes and in which he has strength.
• Finally, some students may not be prepared for college level work. He may need to be sure to take more advantage of tutoring or support services offered by the college. It will be up to your student to seek the help he may need.

If you and your student are disappointed or unhappy with first semester grades, it is important that you talk about the situation. Try to determine whether you both have a realistic picture of what college work entails. Try to determine why grades may be lower than expected. If your student can discover where the problem lies, he can formulate a plan of action for the next semester. Fortunately, a new semester means a clean slate and a fresh start for students. The second semester can be significantly different for many students.

Of course, if your student has done well during her first semester, be sure to congratulate her. She has overcome some significant odds to succeed. She should feel good about what she has accomplished and be prepared to continue to apply her new-found skills to her future classes. Her coursework will get increasingly more difficult as she moves past the introductory courses in many areas, but she’s off to a great start.

*This article was found on collegeparentcentral.com*