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 available to help answer your questions and direct you to the correct departments who can help you.

The Columbus State University Parents Association 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!

Respectfully,

Collins Brown
Orientation, Parent Programs and Student Leadership Advisor
706.568.2180 - parents@columbusstate.edu
CSU Day at the Capital

Recently a group of student leaders on campus, including myself, went to our state capital in Atlanta, Georgia. While there, we met delegates and other visitors of the capital. We talked to them about how wonderful CSU is and how we love attending this university. We even got to sit in on House and Senate meetings. It was an amazing experience to see our state leaders in action and to actually meet them. We were even told by the Governor’s secretary that this was the best university day they have had at the capital and how our university blew all the other previous visiting schools out of the water.

Heather Cohen
Orientation Leader
Resident Assistant
Spring Events

March 1 & 2: Midterms
March 1 - 4: CSU Hosts the Peach Belt Conference Championship Games
   All day events in Lumpkin Center
March 5 - 9: Spring Break
March 12: Alex Korbin and Yien Wang, Masterpieces for Two Pianos
   7:30 pm in Legacy Hall
March 14: Global Dialogues
   6:30pm at our RiverPark Campus
March 15: Graduate School Expo
   12:00pm - 2:00pm in the Schuster Student Success Center Rm. 130
   CSU Wind Orchestra Concert
   7:30pm in Legacy Hall
March 22: Xi Thêta: Battle of the Bands
   6:00pm - 10:00pm at the ClockTower
   SAC: CSU Got Talent
   7:00pm - 9:30pm in the Davidson Auditorium
March 30: Legacy Celebration Banquet
   Reception at 6:30pm, followed by dinner at 7:00pm
March 31: Alpha Omicron Pi’s 4th Annual Strike-Out Arthritis Kickball Tournament
   9:00am - 3pm at the Intramural Fields
April 5: CSU Jazz Band
   7:30pm in Legacy Hall
April 12: Chamber Singers and Concert Chorale
   7:30pm in Legacy Hall
April 19: CSU Wind Ensemble Concert
   7:30pm in Legacy Hall
We recently took a whole week to celebrate not only CSU’s Athletics, but to show our students’ school spirit! The week started off with a celebration both on main campus and Riverpark, providing free food and a sneak peak at what the week had to offer. Monday evening, students participated in CSU’s Housing Pageant where they had the chance to win free housing! Tuesday, we had the Faculty/Staff vs Student game in the Lumpkin Center. Students participated in the game and those watching of course had snacks and drinks! Thankfully, through a nail-biting game, students won by 2 points! Wednesday afternoon started out with an intense dodgeball tournament and the evening wrapped up with a Drive-In showing of the Three Musketeers in one of our on campus parking lots. Thursday, students went on the search to “Find the Cougar” a CSU homecoming tradition. Thursday night in partnership with the Student Activities Council, we had a comedy show featuring, Nema Williams and Coco Brown. Friday evening, we lit up the sky with some cougar pride with our annual Bon Fire Pep Rally celebration. Athletes and students came together to get ready to beat the competition in Saturdays games! Saturday kicked off with a parade where students designed their own floats, which lead into our tailgate party! The tailgate party had food, drinks, and entertainment for all CSU students, alumnae, and families. The party went right until the start of the women’s basketball game at 1:30pm. The Men’s game started at 3:30pm and during halftime we announced the winners of the Homecoming Court. Rett Jones was crowned Homecoming King 2012, and Hillary Antley Homecoming Queen 2012. Saturday night ended with CSU’s NPHC Step Show. This week had a little something for everyone and left our student body pumped with CSU pride!

Cougar Pride,
The 2012 Homecoming Committee
Ibukunoluwa Awoyale, Junior; Katie Brock, Graduate Assistant; Joshua Burston, Senior; Kaitlyn Cross, Senior; Morrissa Dunbar, Freshman; Jocie Horn, Junior; John Crowe, Committee Advisor

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**Academic Calendar**

- Financial Aid Processing Deadline for Fall 2012: May 2
- Early Registration for Fall 2012: April 2 - April 1
- Spring Break: March 5 - 9
- Early Registration Fee Payment Deadline for Fall 2012: July 27
- Classes End: April 30
- Final Examinations: May 1, 2-5, & 7
Sophomore Year Experience

Through the Sophomore Year Experience Program (SYE), sophomores continue to build upon the personal, academic, and career foundations developed during their first year of college. This program is designed to provide support and foster connections for sophomore students at Columbus State University. We aim to get sophomores more involved and engaged with the campus of CSU, develop a personal identity and purpose, and learn the importance of experiential learning.

The SYE program encourages sophomore students to become more involved on campus and to gain a sense of community. The two purposes are to increase student retention and foster student empowerment.

SYE mentors serve as student staff members who provide leadership to freshman students within the Freshman Learning Community and First Year Seminar courses. Each mentor will serve as a role model, assisting in making the shift to college life a smooth transition.

Student Retention
• The SYE program seeks to enhance the college experience for both freshman and sophomore students by affording opportunities of promoting good college experiences.
• Represent a bridge between new and existing students who are achieving. SYE mentors are the key to helping students learn strategies during their freshman year, aiding them in becoming successful in college and personal lives.

Sophomore Empowerment
• Derive satisfaction from helping other students-mentors should enjoy the work they do. What mentors do is beneficial to students and makes a huge impact.
• Build leadership skills that can be used in everyday life, but more importantly the mentor’s future career.
• Make a difference on the CSU campus and build relationship with faculty/staff and students.
• Receive working experience and insight into the mentor’s career of interest by job shadowing and networking with professionals.
The Legacy Celebration Banquet highlights and recognizes students of Columbus State University for their academic achievement and valuable contributions. This is an evening to celebrate cultural diversity at its best, thus creating a cultural space of inclusion for our entire minority demographics represented at this institution. This event celebrates the legacies of our CSU students, noting that their devotion and honorable service is a true testament of their commitment to Columbus State University.

Friday, March 30, 2012
Reception 6:30pm
Dinner 7:00pm
Cunningham Conference Center
Columbus, GA

Keynote Address:
Maria Echaveste
Deputy Chief of Staff to Former President Bill Clinton

Ticket Information:
Non CSU Student $25.00
Table of 8 $160.00
CSU Bookstore-Main Campus or online at www.ColumbusState.edu/legacycelebration
Is Your College Student Getting in His Own Way?

Sometimes, students create their own challenges during their college years. Sometimes, students seem to undermine themselves by making assumptions or restricting their choices. These students seem to get in the way of their own success. As a college parent, you may be able to help your student move forward more successfully.

For some students the transition to college may be more difficult than for others; some students may struggle academically, some may have challenges socially, and others face personal difficulties. For a lucky few, the transition goes smoothly, academics are workable and personal and social life come together.

One of the first steps in helping your student be more successful will be to help him determine the source of the difficulties. This is not always obvious – especially to a parent. Even if you could identify the problem, it is important that your student be able to identify the source of difficulties for himself. Even more difficult than identifying the problem yourself may be helping your student see the problem.

If your student seems to be hitting more bumps and potholes than smooth paths, help him explore some of the possible factors that may be contributing to his difficulties.

• Does your student (or do you) have unrealistically high expectations – either of the college experience or of herself? Things may be going better than your student realizes, but she is expecting much more. Help her try to determine what is realistic to expect.
• Does your student have a fear of success? This may sound odd, but your student may be wary of being in the spotlight or standing out. Is she unknowingly sabotaging herself for some reason? Help your student think about what success might look like – and what it might mean.
• Is your student unclear about his goals – and the action plans that will get him to those goals? The lack of clear goals will leave your student directionless. The lack of an action plan to achieve goals will leave your student without step-by-step path.
• Is your student falling victim to stress? We all feel stress on a daily basis. The challenge is to recognize that not all stress is a bad thing, and to channel stress to work productively. The problem may not be the stress itself, but the attitude of being a victim of stress.
• Is your student too hard on himself? If your student has a hyperactive inner critic constantly evaluating every mistake or misstep, he may be undermining his self-esteem. It is important to engage in evaluation and critical thinking – both about yourself and the college experience, but it is important to maintain perspective. Help your student find a reasonable way to evaluate his experiences.
• Is your student having difficulty managing himself? The skills of self-management, in all aspects of life, are learned skills. Many students entering college are now managing their lives themselves for the first time. They step from busy, scheduled high school lives, overseen by parents, to a world of more free time, fewer responsibilities, and significant peer pressure.
• Is your student experiencing a feeling of disempowerment? Some students feel victim to their experiences and challenges. Help your student find those areas of his life over which he has control and maximize them. Help him identify those areas which seem out of his control and find ways, even small ways, to make progress in taking control.
• Has your student disconnected? Engaged students do better in college. Studies on student engagement indicate that students who participate, feel in control, and are involved are not only happier, but are also more successful. Help your student find a balance for her college life that includes working on her academic goals and also being involved in campus activities.
• Is your student physically disconnecting from his experiences? This may include leaving campus often – perhaps coming home every weekend – or not participating in campus life as fully as possible. Even commuter students can participate in campus organizations and activities. Of course, your student may be physically disconnected even while on campus. Is he spending all of his time in his room? Is he sleeping many hours of the day?
• Is your student utilizing all of the means of support available to her? Most colleges now provide many avenues of support for students. Academic support is available through tutoring and writing centers, residence life staff provides support for living situations, faculty advisors are available, fitness centers help with physical well being and counseling centers help students find balance. Help your student learn about the support available and take advantage of all that is offered.

Whatever the issues facing your college student, exploring together whether she can do anything will not only help your student, but may strengthen your relationship. Helping your student get out of her own way will help to smooth the path to success.

**This article was taken from collegeparents.org**