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SUPPORTING TRANSITIONS

2022-2023 CALENDAR FOR CSU PARENTS AND FAMILIES

Se habla español | (970) 491-6680

22
23



WHERE WE BELONG

BE INSPIRED

EL CENTRO
COLORADO STATE UNIVERSITY

BOOKSTORE
COLORADO STATE UNIVERSITY


STUDENT LEADERSHIP, INVOLVEMENT, AND COMMUNITY ENGAGEMENT
COLORADO STATE UNIVERSITY

CAREER CENTER
COLORADO STATE UNIVERSITY

RAMSKELLER
PUB & GRUB

Find What You Need:
For **Up-to-the-minute** information for specific programs and services, including hours of operation, visit: **LSC.COLOSTATE.EDU**


OR
Scan Here



Care for Body and Mind

CSU Health Network is your student's home for health and well-being at CSU.

Students can access a wide range of medical, counseling and health education and prevention services. Learn more at health.colostate.edu.

 **CSU HEALTH NETWORK**
COLORADO STATE UNIVERSITY

(970) 491-7121
151 W. Lake St.

CSU BOOKSTORE THINGS YOU NEED, STUFF YOU WANT

- **Unparalleled selection of CSU clothing, gifts and merchandise** all under one roof, in one stop, conveniently located on campus.
- **All the classroom materials** you need: notebooks, spirals, study aids, CSU imprinted supply products and hard-to-find specialty items.
- **Art supplies and kits** for CSU classes, or just for fun!
- **General interest reading books** - everyone needs a "good book break" from time to time.
- **Buy now and pay later;** use your student account and pay with your tuition bill. Up to \$1,200 books and supplies may be charged to your account every semester.

Shop in store
or online at
bookstore.colostate.edu

OFFICIAL STORE OF CSU RAMS
BOOKSTORE
COLORADO STATE UNIVERSITY

LORY STUDENT CENTER
M-F: 7:45 a.m. - 5:30 p.m.
SAT. 10 a.m. - 5 p.m.
Phone: (970) 491-0546

LET CSU BOOKSTORE HELP YOU SAVE TIME & MONEY


“ As the Father of two CSU graduates, I can say that you have made a great choice, and that you are in for a great experience at CSU. Since Textbooks will be a large part of the CSU experience, we put together a packet to help, as my goal is to make the process as seamless as possible.

John Parry
CSU Bookstore Director
Father of Two CSU Grads
If you're not satisfied let me know and I will make sure we make it right.
—John.Parry@colostate.edu

”

- **Competitively priced materials** when compared to online retailers
- **Buy now - pay later.** Use your student account and pay with your tuition bill
- **Correct book...** guaranteed
- **Save time and hassle,** convenient on-campus location
- **Used books, textbook rentals** and digital books
- **Shop online** for in-store pickup or home delivery

PRE-ORDER YOUR BOOKS NOW!

- 1 Scan 
- 2 FILL OUT 60-SECOND ORDER FORM
- 3 Done

- WE FIND AND PRE-PACKAGE YOUR BOOKS, KEEPING YOU UPDATED ON THEIR STATUS
- BOOKS ARE **READY TO PICK UP WHEN YOU ARRIVE ON CAMPUS**
- VISIT BOOKSTORE.COLOSTATE.EDU

Concierge Cam
Serving up Savings!
Total 2021 savings to students: \$2,593,810.05

JULY 2022

Welcome to the Ram Family!

Dear Colorado State University Parents and Family Members,

As a member of the Ram Family, Parent and Family Programs is here to support you throughout your student's journey at Colorado State University. Parent and Family Programs, along with our campus partners, are all part of a larger team dedicated to supporting student learning in and out of the classroom. We are partners with you – ultimately focused on your student's success, academic experience and furthermore, graduation.

As a parent or family member of a CSU student, you are automatically a part of the Ram Family: made up of all CSU parents and family members, past, present, and future. Parent and Family Programs offers resources and information to help support you; you are a valued member of our family! Some of the resources and services provided by Parent and Family Programs are: emails sharing important CSU related information, campus resources and events meant to support parents and families, updates from our monthly electronic newsletter (you can receive this by joining our listserv at parentsandfamily.colostate.edu/, scroll down, and click “subscribe”), emails from President Joyce McConnell and other important University messages, invitations to unique Homecoming & Family Weekend events, opportunities to engage with other members of the Ram Family by participating in RamFam Ambassador events that take place where you live, and more!

RamFam Ambassadors are fellow parents and family members that seek to engage with and support parent and family members of CSU students. If you are interested, you can volunteer through our RamFam Ambassador program by writing articles for our newsletter, connecting with parent and family members of potential CSU students, volunteering on campus, and being involved in other meaningful opportunities! Email Parent and Family Programs if you are interested (see email address below for Parent and Family Programs).

This calendar includes helpful information regarding campus related deadlines, programs, and strategies to support students throughout their CSU experience. Please know that some of the information specific to dates may have changed due to impacts from COVID-19 (see the CSU on-line university events calendar here <https://calendar.colostate.edu/> and academic calendar here <https://calendar.colostate.edu/academic/>. Also, because we continue to navigate COVID and its impact/potential impact, we are not able to note as many campus events and programs for this academic year. Nevertheless, please know that our campus leadership, in collaboration with health authorities, continues to work to support as much in-person and on-campus academic learning and programming as possible. Finally, each page of the calendar also includes suggestions for conversations to have with your student. This publication is just one component of our comprehensive parent and family program at CSU. Please visit the Parent and Family Programs website at parentsandfamily.colostate.edu to see more support services and information available to you.

In closing, Parent & Family Programs serves as your direct liaison with the University. They are available by phone, (970) 491-6680, email (vpsa_parentfamilyprograms@mail.colostate.edu), or in person. They can answer questions or connect you to others who can provide additional assistance regarding your specific questions or concerns. Thank you for supporting your student to be a member of the CSU community and we look forward to interacting with you during your student's academic career.

Sincerely,

BLANCHE HUGHES
Vice President for Student Affairs

Blanche M. Hughes



CSU's Principles of Community

The Principles of Community support the Colorado State University mission and vision of access, research, teaching, service and engagement.

- **Inclusion:** We create and nurture inclusive environments and welcome, value and affirm all members of our community, including their various identities, skills, ideas, talents and contributions.
- **Integrity:** We are accountable for our actions and will act ethically and honestly in all our interactions.
- **Respect:** We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.
- **Service:** We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.
- **Social Justice:** We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies and procedures that promote justice in all respects.

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31 Summer Classes: Repeat/Repair Deadline	1 Colorado Day	2	3	CSU EVENTS AND RESOURCES																																																																																						
				Residence hall move-in day is just a month away. As your student prepares for this big day keep in mind, resources are at your fingertips. Important dates, check-in details, safety information, 3-D floor plans, policies, and decorating guidelines are available at: housing.colostate.edu/housing .																																																																																						
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AUGUST 2022

August, that time of year when the CSU campus comes back to life with new and returning students.

CONVERSATION STARTERS: Beginning a New Semester

- Reassure your student that adjustment challenges are common and expected for both first-year and continuing students. Brainstorm ways your student can trouble shoot challenges while being aware of the emotional ups and downs that accompany any college transition.
- If your student is living in the residence halls, encourage them to get to know the Resident Assistant (RA). If your student is living off campus, encourage them to get to know their neighbors and visit the Office of Off-Campus Life for tips on how to be a good neighbor.
- Encourage your student to look into getting involved by joining an organization or club by visiting Student Leadership, Involvement and Community Engagement (SLICE) office, one of the seven Student Diversity Programs and Services (SDPS) offices, or the Office of Fraternity and Sorority Life in the Lory Student Center.

TRACKING THE TRANSITION: Navigating Choices and Decisions

- All years of college are a time of transition for students and families. Your student may be feeling a bit overwhelmed with campus, classes, community services, different procedures, and roommate(s). Returning to campus, or arriving for the first time, brings about choices and decisions regarding new relationships, new academic classes, and social challenges with friends (old and new). There are many offices at CSU to support these transitions. Please don't hesitate to reach out to Parent and Family Programs early to learn more and consult about the best options for your student.

SUN	MON	TUE	WED	THUR	FRI	SAT
31	1 Colorado Day	2	3	4	5 Tisha B'Av Begins	6 Tisha B'Av Ends
7 Summer Courses End Ashura Begins (at Sundown)	8 Ashura Ends (at Sundown)	9	10 Summer Session Grades Available on RAMweb	11 Raksha Bandhan	12	13 Early Move-In (additional cost)
14 Early Move-In (additional cost)	15 Move-In and Ram Welcome (for those who move-in today) Residence Halls and Dining Centers Open Assumption of Mary	16 Move-In and Ram Welcome (for those who move-in today)	17 Move-In and Ram Welcome (for those who move-in today)	18 Ram Welcome (all new students)	19 Ram Welcome (all new students) National Aviation Day	20 Ram Welcome (all new students)
21	22 Fall Classes Begin	23	24	25	26 Restricted Drop Deadline Women's Equality Day	27
28 Add Without Override Deadline	29 Add Courses with Override Begins	30	31	1 Samvatsari Parva	2	3
4	5 University Holiday: Labor Day University Offices Closed No Classes	July 2022 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		September 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		CSU EVENTS AND RESOURCES August 18-19: Ram Welcome. We look forward to welcoming your student to CSU. All new students are expected to participate in this exciting two-day event. More information and a schedule of events are available at: orientation.colostate.edu . For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic

Save your money for the weekend.
Get exclusive deals with Prime Student.
Food delivery, travel, and other cool deals.
Start your 6-month trial.

amazon.com/joinstudent





SEPTEMBER 2022

Originally planted in 1881, American elms line the CSU Oval and glisten in golden splendor with the coming of fall.

*Originally planted in 1881,
American elms line the CSU Oval
and glisten in golden splendor
with the coming of fall.*

Safety

- Resources: <http://www.wgac.colostate.edu/consent>; CSU PD (970) 491-6425; Victim Assistance Team (970) 492-4242

Finances

- around common student concerns like housing information and personal records. Encourage your student to check with the CSU Police Department or Student Legal Services to verify a request is legitimate if they are ever solicited for money or information they wouldn't normally provide. Finances are a good topic to discuss with students to assist in their transition and development while at CSU.

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11 National Grandparents Day Patriot Day	12	13	14	15 National Hispanic Heritage Month Begins	16	17 Constitution Citizenship Day																																																																																											
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25 Rosh Hashana Begins	26 Navaratri	27 Rosh Hashana Ends	28	29	30	1 National Domestic Violence Awareness Month																																																																																											
2	3	4 Yom Kippur Begins	5 Yom Kippur Ends Dussehra	<div>CSU EVENTS AND RESOURCES</div> <p>September 7: Drop, Add and Health Insurance Requirement Deadline. Insurance options are available at the CSU Health Network. CSU students have access to a wide range of medical, counseling, health education and preventive services regardless of their insurance plan. A full description of requirements and services are available at: health.colostate.edu/new-student-checklist.</p> <p>For a full list of the most up-to-date CSU event information, check the following Web sites:</p> <p>Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</p>																																																																																													

Sammie's
LUHMY 27
Barbershop
& Social Club

\$2 Off RAMMIE TUESDAYS • Every Tuesday
lucky27barbershop.com

Sammie's
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Fort Collins
970-581-5559

Tom's Old Town
122 N.College
Fort Collins
970-300-4019

Kennedy's
1945 Jessup Dr.
Fort Collins
970-690-5133

Windsor's
203 4th St
Windsor
970-294-8858

Go online to get your name
on the daily "Next-Up" Board"

**Check out our
new Lucky 27 Dart
Tournaments!**



OCTOBER 2022

Students gather with Cam the Ram on the west lawn of the Lory Student Center to celebrate Homecoming and Family Weekend.

CONVERSATION STARTERS:

Checking-In on Well-Being

- Fall Break is right around the corner! Now is a good time to discuss plans, noting that some residence halls will close during Fall Break.
- Now is also a good time to check in on students about how their semester is progressing so far including academics, connectivity to campus, friends, roommates, and their overall wellness (physical, emotional, and psychological wellbeing).
- Resources to utilize now could be the Institute for Learning and Teaching for tutoring and study skills or the CSU Health Network for well-being consultations.

TRACKING THE TRANSITION:

Connecting with Campus

- Research indicates that students who are involved on campus are more invested in their college experience, have higher grades, and are better prepared post-graduation. A tremendous amount of learning and development takes place outside of the classroom! Examples of getting involved on campus can include student organizations, volunteering, student employment, fraternity and sorority life, intramural sports, academic clubs, and research. If your student hasn't become involved yet, now is the time! The Lory Student Center website is a great place to start finding involvement opportunities (lsc.colostate.edu).

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<div>September 2022</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr></table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<div>November 2022</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr></table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				27	28	29	30	1 National Domestic Violence Awareness Month
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16 Sukkot Ends Shemini Atzeret Begins	17 Simchat Torah	18 Shemini Atzeret Ends	19	20	21	22																																																																																				
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30	31 Halloween	1 Native American Heritage Month All Saints' Day Día de los Muertos	2 All Souls Day	<div>CSU EVENTS AND RESOURCES</div> <div>October 24: Spring 2023 Registration Begins.</div> <div>For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</div>																																																																																						

Dear Students,

You can get confidential advice from a campus attorney for no charge. Stuff happens.
You're not alone! Request an appointment at sls.colostate.edu



STUDENT LEGAL SERVICES
COLORADO STATE UNIVERSITY

Legal counseling paid for by your student fees.
We're here for you from orientation to graduation.





Dancing at the annual Pow Wow. Native American Heritage Month is nationally-recognized as a month to celebrate Native Americans; past, present and future.

- CONVERSATION STARTERS:
Addressing Semester Challenges
- November can be a challenging month as the semester ends and as the weather changes. This is a good month to encourage students to take care of themselves by eating well, sleeping, and exercising.
 - As a parent or family member, if you are concerned for your student you can call Parent and Family Programs at (970) 491-6680 for help locating resources and referrals for your student.
 - Call Student Case Management at (970) 491-8051 for student support, such as crisis prevention and intervention services in difficult situations. Call the CSU Tell Someone line (970) 491-1350 if you are concerned about your student’s mental health and safety.

- TRACKING THE TRANSITION:
Communication and Family Connection
- As your student encounters more adult responsibilities and choices, maintaining effective communication will help you continue to advise and support your student. Listening without judgment, taking notice of your own and your student’s verbal and nonverbal behavior, and asking open-ended questions will all encourage dialogue. If you think your student might benefit from more connections on campus, suggest that they reach out to a faculty member, advisor, resident assistant, or other staff member for additional support. Remember – Parent and Family Programs is here to help!

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4	5	6	7 Pearl Harbor Remembrance Day	CSU EVENTS AND RESOURCES November 12: Border War, CSU vs Wyoming football game. The winner is awarded the coveted Bronze Boot, a 53-year-old trophy that was once a boot worn by American soldier (and later CSU Military Sciences professor), Captain Dan Romero. As part of the tradition, ROTC cadets from the University of Wyoming and CSU carry the game ball in a relay from Laramie to CSU's Canvas Stadium. For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic																																																																																																				



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DECEMBER 2022



A blanket of snow doesn't stop bicyclists from their commute to and from campus. CSU is a recognized leader in separated bike trails giving pedestrians and bicyclists their own designated paths.

CONVERSATION STARTERS:

Finishing Strong

- Have conversations of support and encouragement with your student in regard to academic performance as the semester ends with final exams. Be available to troubleshoot through questions, success, concerns, or goals your student may have as they finish the semester and prepare for Winter Break.
- Exercise is a great stress reliever for many students! As final exams begin and the winter weather continues, encourage your student to visit the Campus Recreation Center for daily workouts and classes.

TRACKING THE TRANSITION:

Coming Home for Winter Break

- December is a hectic month for many students. When final exams are finished, many students leave campus for the Winter Break. Students may have concerns about re-joining their families and how they will adjust after being gone for several months. It is important to discuss expectations with your student before winter break begins, keeping in mind your student has experienced a lot that may have changed their perspectives. Also note that some students choose to remain in Fort Collins for all or a portion of Winter Break, which can be a good time for them to rest as well. Dialogue and planning can greatly help in the Winter Break transition many students face.

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1 New Year's Day Kwanzaa Ends	2 University Holiday: New Year's Day Observed University Offices Closed	3	4	<div>CSU EVENTS AND RESOURCES</div> <div>December 16-17: Fall Commencement. CSU will celebrate its Fall Class of 2022 with two days of college commencements and commissionings. Commencement schedules, graduation FAQs, maps and additional information are available at: commencement.colostate.edu.</div> <div>For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</div>																																																																																						



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- ▶ Shorter and varying-length terms provide flexibility.
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- ▶ Opportunity to graduate sooner and earn earlier.

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CONTACT US: CSUSummer@colostate.edu



JANUARY 2023



The community celebrates Martin Luther King Jr. Day with an annual march from Old Town Fort Collins to the Colorado State University campus.

CONVERSATION STARTERS:

A Fresh Start

- This month is a good time to have conversations with your student about their goals for the upcoming semester, whether it be academically, socially, or career wise!
- Encourage your student to take a renewed look at upcoming classes and potential classmates as opportunities for new connections and improved academic performance.
- If your student is seeking resources regarding an aspect of their identity, have them utilize student diversity programs and services offices on campus: El Centro; Black/African American Cultural Center; Asian/Pacific American Cultural Center; Native American Cultural Center; Women and Gender Advocacy Center (including Men in the Movement); Pride Resource Center; and the Student Disability Center.
- Discuss academic and tutoring services available on campus to create a plan to achieve scholastic expectations. We also highly encourage students to make an early appointment with their academic advisor to discuss academic success strategies.

TRACKING THE TRANSITION:

Changing Majors and Possible Internships

- With fall semester courses completed, changing majors may be top of mind for some students. This can be a good opportunity for your student to explore interests and determine what they want to study. 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 thorough education and gain career-related experience through internships, community service, part-time jobs, and campus involvement. Encourage your student to contact an academic advisor and the Career Center to explore the variety of available options.

SUN	MON	TUE	WED	THUR	FRI	SAT
1 New Year's Day Kwanzaa Ends	2 University Holiday: New Year's Day Observed University Offices Closed	3	4	5	6 Epiphany	7 Orthodox Christmas Day
8	9	10	11	12 Spring Orientation, Advising and Registration for New Students Spring Ram Welcome Begins	13 Spring Ram Welcome	14 Residence Halls Open Spring Ram Welcome Orthodox New Year
15 Spring Orientation, Advising and Registration for New Students Makar Sankranti	16 University Holiday: Martin Luther King Jr. Day University Offices Closed	17 Classes Begin	18	19	20 Restricted Drop Deadline for Courses	21
22 Add Courses Without Override Deadline Chinese New Year	23 Add Courses with Override Begins	24	25	26	27 Holocaust Remembrance Day	28
29	30	31	1 Spring Semester Registration Closes - end of period for adding courses Black History Month Begins	2 Groundhog Day	3	4 World Cancer Day
5 Tu b'Shevat Begins	6 Tu b'Shevat Ends	<div>December 2022</div> <div>S M T W T F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 31</div>	<div>February 2023</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28</div>	<div>CSU EVENTS AND RESOURCES</div> <div>January 17: First day of spring semester classes. All required textbooks and supporting course materials for CSU classes are available at the CSU Bookstore located in the Lory Student Center. Purchase, rental and eBook options, price comparisons and additional information are available at: bookstore.colostate.edu.</div> <div>For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</div>		

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FEBRUARY 2023

The Logging Team is just one of more than 30 sport club programs for CSU students. Student-managed teams train together, travel and compete on a national level.

CONVERSATION STARTERS:

Planning Ahead

- This month campus will begin a wide variety of events to help your student plan for their future. Encourage your student to attend the Career and Internship Fairs, the Education Abroad Fair, and the Housing Fair this month to plan for the summer and fall!
- If your student is looking to live off campus in the fall, encourage them to talk with Student Legal Services for tips in evaluating leases before signing. We highly encourage students and families to take your time in evaluating the best housing options. Students have plenty of time to secure housing for the fall, don't sign too early!
- This is also the month to make final decisions about returning to the residence halls next year in order to reserve a space. The Live-On options can be a great option to encourage student success. Information on returning to live on campus in apartments or residence halls can be found through University Housing.

TRACKING THE TRANSITION:

Education Abroad Opportunities

- Did you know that there are financial resources available to students interested in Education Abroad programs? Education Abroad experiences are remembered by students as one of the most influential and positive aspects of their college education. CSU offers students plenty of ways to supplement their educational experience by going abroad for short- or long-term increments of time. Options include: education abroad (semesters or summers), service-learning and volunteer abroad, Alternative Break service trips, and Semester at Sea (semesteratsea.org). Students can continue to make progress toward their degree while participating in education abroad programs. Check www.studyabroad.colostate.edu to get started.

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5	6 Purim Begins	7 Purim Ends Laylat al Bara'at Begins	8 Holi Laylat al Bara'at Ends	<div>CSU EVENTS AND RESOURCES</div> <p>February 1: Black History Month begins. Every February the Black/African American Culture Center located in the Lory Student Center highlights the accomplishments and contributions of African, African American, Pan-African people and culture. Additional programs and resources are available at: BAACC.colostate.edu.</p> <p>For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</p>																																																																																						



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MARCH 2023

With spring sports in full swing, fans cheer on the CSU Women's softball team as they compete at Ram Field, just south of Moby Arena.

CONVERSATION STARTERS:

Time for Spring Break

- Students will be looking forward to taking some time off from academics during the upcoming Spring Break. Keep in mind, some residence halls close over Spring Break. It can be a good time to check-in with your student regarding their housing plans for residence hall closures or for travel away from Fort Collins during the Spring Break week.
- This is also a good time to continue to plan for summer options. Students can take classes during Summer Session to help boost a GPA, recover credits, or get ahead in their academic major. Students might also want to reconnect with the Career Center this month to make final plans for summer employment and internships.

TRACKING THE TRANSITION:

Spring Break Expectations

- As winter fades and the end of the semester comes into view, students can become very excited about the upcoming prospect of spending a week away during Spring Break. Sometimes students experience a sense of disappointment if they are “just going home.” Many students make plans with their friends during this time. Some also choose to participate in an Alternative Spring Break through the CSU SLICE office which is a week of immersion into different cultural, environmental, and socioeconomic communities across the nation and world. We encourage all students to be safe and healthy during the Spring Break week especially when traveling or making plans with friends.

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2 Palm Sunday	3	4 Mahavir Jayanti	5 Passover Begins	<div>CSU EVENTS AND RESOURCES</div> <p>March 21: CSU Summer Enrollment begins. Enrolled CSU students and Summer-Only students can enroll in classes on campus and online through CSU Summer Session. More than 1,700 courses are offered for the 4-, 8-, 12-week terms. Course and registration information are available at: summer.colostate.edu.</p> <p>For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic</p>																																																																																													



CSU Parents and Students

DOOR TO DOOR: Summer storage and shipping services for on and off campus students! Boxes and tape delivered ahead of time. We can store ANYTHING, including furniture and cars Locally owned and operated for 27 years!

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APRIL 2023

The CSU Pride Resource Center provides programs and services to support the LGBTQ+ community. Lavender Graduation, held in late April, celebrates the accomplishments and achievements of gay, lesbian, bisexual, transgender, queer and ally undergraduate and graduate students.

CONVERSATION STARTERS:

Burnout and Fatigue

- Academic fatigue often impacts students this month as they have been working hard all semester! Encourage your student to ask for help if needed before the end of the semester. We have many resources and Parent and Family Programs can help you determine the best resources for each student.
- Stress is reported to be one of students' main challenges. The CSU Health Network has mindfulness workshops to increase your student's ability to be present and reduce stress. The CSU Recreation Center is also a great place to relieve stress with a free workout class.

TRACKING THE TRANSITION:

Resilience and a Growth Mindset

- Resilience, the ability to bounce back and recover, is something that we develop as we face and learn from life's challenges. Receiving support helps your student build the strength, flexibility, and resilience to flourish. We want to recognize the efforts students are making as they build their life on campus, whether in their courses, campus involvement, finding a job or a career path, making friends, or taking care of their overall health. Let's celebrate those steps, including when students seek support as they face difficulty.

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23	24	25	26 Yom Hashoah	27	28 Lavender Graduation	29																																																																																				
30 Rama Navami	1 May Day	2	3	<div>CSU EVENTS AND RESOURCES</div> <p>April 22: Earth Day. Every day is Earth Day at CSU. Sustainability is foundational to who we are. During this time however, campus events highlight the many ways CSU is committed to sustainability. Earth week and pre-Earth week events are available at: calendar.colostate.edu.</p> <p>The State of Sustainability webpage at green.colostate.edu showcases CSU's campus initiatives, research and accolades.</p>																																																																																						



WOMEN AND GENDER
ADVOCACY CENTER
COLORADO STATE UNIVERSITY

April is **Sexual Assault Awareness Month (SAAM)**
See a full calendar of events at wgac.colostate.edu

The 24-hour Victim Assistance Team (VAT) is available to assist student survivors of interpersonal violence and the people who support them.

24/7/365



MAY 2023

CSU students receive their diplomas and join the CSU Alumni family during spring Commencement Ceremonies.

CONVERSATION STARTERS:
Semester's End and Summer's Beginning

- Look back at the academic year as a whole and celebrate the completion of your student's college year! We also congratulate all of our graduating students and their families!
- Many students will be leaving CSU for the summer months. We encourage families to understand that your student has operated in an independent environment, establishing their own routines and behaviors. Discuss ways you and your student can celebrate their independence while also re-connecting with one another. Be aware your student may be experiencing sadness over leaving new friendships and/or significant relationships at school.

TRACKING THE TRANSITION:
Re-Entry Transition

- May is another month of high pressure and stress for many students. While final exams are taking place, so is the thought of the school year ending and leaving new-found friends or perhaps remaining in Fort Collins and missing family members. Your student may be concerned that relationships may not survive the summer break. Some students are concerned about not being able to maintain their independence. This is a good time to increase communication with your student. Encourage your student through finals and discuss making some fun plans for the summer.

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4	5			CSU EVENTS AND RESOURCES May 8-12: Finals week. Finals week is the final hurdle before your student leaves campus for summer break. It can be a stressful time so take this opportunity to show your student some extra love. You can treat them to coffee or lunch by adding RamCash to your students RamCard. RamCash is accepted in dining venues throughout the Lory Student Center and on-campus coffee shops. For a full list of the most up-to-date CSU event information, check the following Web sites: Events: calendar.colostate.edu Academic: calendar.colostate.edu/academic																																																																																													

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JUNE 2023

CSU students take in the sights and sounds of Old Town Square, a summer gathering place for locals and visitors to enjoy Colorado sunshine while listening to live, local music.

- CONVERSATION STARTERS:
- Assessing Changes for the Fall Semester**
- Begin getting things ready for the upcoming school year! Review financial expenses, discuss how summer activities connect with academics or career goals, and ways that your student can maximize their experience next year.
 - Review the events of the past year with your student. Identify problem areas and encourage your student to consider possible solutions. Call Parent and Family Programs to brainstorm!

- TRACKING THE TRANSITION:
- Continued Support**
- Be prepared to support your student through these typical issues that can be experienced when returning to campus after time away for a new school year:
- **Intensified curriculum:** academic courses will increase in difficulty each year and students might need to adjust for this rigor.
 - **Choosing a major or degree path:** students might feel a time pressure to choose a major OR they are wanting to change their major.
 - **Feelings of a lack of connection to campus:** students might not feel as connected to CSU as they did prior to the summer. Students should take time to adjust back to campus after the summer.
 - **Peer and friendship challenges:** Many student friendships might have shifted over the summer. Students might desire to make more new friends in a new academic year. This is okay!
 - **Identity exploration:** Students might be learning more about how they identify and their identities. This is a great way for students to grow and develop throughout college.

Remember, Parent and Family Programs is here to help through any question or concern!

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COLORADO STATE UNIVERSITY

parentsandfamily.colostate.edu

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**FAMILY CAREER RESOURCE**



Supporting your Student's Success: There is more to the college experience than classes and studying. Students find a lot of value in participating in extracurricular opportunities and employers value these experiences as well. Here are some possibilities for students to consider beyond the traditional classroom!

Working on Campus: Working on campus can provide students with relevant skills, flexible hours, and a sense of community. The best way to find on campus jobs is through Handshake. There are two types of employment on campus:

Work-Study: Many of these part-time job opportunities are awarded based on financial need.



Student Hourly: These positions are available to any CSU undergraduate or graduate student who is enrolled in at least 1 credit hour and admitted to a degree-seeking program.

Campus Involvement: Student organizations are a way for students to find a community of people with shared interests and also a place to learn about their career field and step into leadership roles. **The Student Leadership, Involvement & Community Engagement** office works to connect students with campus organizations based on their interests.



Volunteering: Through volunteering students can meet people of different ages in various professions and expand their community. It can also be great for a student who is still exploring their career path to learn more about what interests them. To find volunteer positions check with local nonprofits or the City of Fort Collins Volunteer Directory.

Internships: An internship is a practical work experience related to a student's major or career interest. They are opportunities where students can learn how to apply classroom knowledge in a work setting, establish connections that could lead to future jobs, and gain relevant work experience to put on a resume. The Career Center can help students find and apply to internship opportunities and contribute financial assistance to students who pursue an unpaid internship.



Opportunities Based on Identity: Engaging with Student Diversity Programs and Services can provide students with community, empowerment, and a sense of identity. Each office has programming, employment, and involvement opportunities for students to participate in.

Visit: studentdiversity.colostate.edu to learn more about student diversity offices at CSU!

Learn more about campus employment and career resources at: career.colostate.edu
financialaid.colostate.edu/student-employment/

The CSU Career Center is here to help students make the most of their college experience and find the right opportunities for them. One-on-one career advising is available for students.

THE STUMP

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Please support these RamFam Business Partners who support CSU students and their families.

Helpful Contact Information

All resources and full contact information are also available online by searching the office name at COLOSTATE.EDU

Admissions	970-491-6909
Adult Learner & Veteran Services	970-491-3977
CSU Bookstore	970-491-0546
CSU Health Network	970-491-7121
CSU Libraries.....	970-491-1841
CSU Police Department	970-491-6425
(non-emergency); 911 (emergency)	
Campus Information Services	970-491-6444
Campus Recreation	970-491-6359
Career Center	970-491-5707
Collaborative for Student Achievement.....	970-491-7095
Fraternity and Sorority Life	970-491-0966
Housing and Dining Services	970-491-6511
International Programs.....	970-491-5917
Off-Campus Life	970-491-2248
Office of Financial Aid.....	970-491-6321
Orientation and Transition Programs	970-491-6011
Parent and Family Programs	970-491-6680
Parking Services	970-491-7041
Records and Registration (Registrar's Office)	970-491-4860
Student Case Management	970-491-8051
Student Leadership, Involvement and Community Engagement (SLICE).....	970-491-1682
Tell Someone	970-491-1350
Student Diversity Programs and Services:	
Asian/Pacific American Cultural Center.....	970-491-6154
Black/African American Cultural Center	970-491-5781
El Centro	970-491-5722
The Pride Resource Center	970-491-4342
Native American Cultural Center	970-491-1332
Student Disability Center	970-491-6385
Women and Gender Advocacy Center	970-491-6384
Academic College Offices:	
Agricultural Sciences.....	970-491-6274
Business	970-491-6471
Engineering.....	970-491-3366
Health and Human Sciences.....	970-491-6331
Liberal Arts.....	970-491-5421
Natural Sciences	970-491-1300
Veterinary Medicine and Biomedical Sciences	970-491-7051
Warner College of Natural Resources.....	970-491-6675