



CU Parent

Parents
Supporting
Students

Newsletter for CU-Boulder Parents

Volume 11, Number 2 🐛 Summer 2005

How to help your stressed-out student

STRESS IS THE NUMBER ONE REASON that students at CU-Boulder miss classes and do poorly academically, according to Robin Kolble, Student Wellness Program coordinator.

Concerns with money, major or career choice, and relationships may all lead to stress in your student's life. Habits like procrastination and lack of sleep may add to the degree of stress that your student experiences.

Key signs that your student may be stressed out are anxiety, difficulty concentrating or making decisions, forgetfulness, self-criticism, and sleep disturbances. Other symptoms may include extreme weight loss or gain, getting sick often, and mood swings.

One way for parents to help relieve and prevent stress is to keep in touch with their students. Express encouragement and confidence in your child's success, talk openly about finances, send e-mails or care packages, and schedule a time to visit. While it is good to offer support, keep in mind that a pushy parent can add to the amount of stress a student endures.

"It is important to check in without intruding," said Philip Vaughn II, Student Wellness peer counselor. "Approach your student in a way that lets them feel in control. Phrase your support in an 'if you need me, I can help' manner."



Regular exercise reduces stress. The CU Recreation Center offers a number of exercise options, including yoga classes.

The most important step in becoming stress-free is identifying the source. There are many tips for reducing stress, including regular exercise, writing, social support from peers, and eating a balanced diet. However, if your student does not confront the cause of the stress, these activities will do little to relieve it.

continued on page 2

Faculty, staff honored for impacting students' lives

THIRTEEN UNIVERSITY of Colorado at Boulder faculty and staff members were recently presented with the 2005 Marinus G. Smith Recognition Awards for making a significant impact on the lives of one or more CU-Boulder undergraduates.

Students and parents nominated candidates for the award, which is given by the CU Parents Association.

This year's recipients are: Mark Wolk, manager, transportation services; Mark Winokur, associate professor, English department; Paul Strom, senior instructor, Kittredge Honors Residential Program; Amy Stone, teaching assistant, integrative physiology department; Joanna Starek, instructor,



Back row, left to right: George "Barney" Ballinger, Jennifer Hudson, Michael Grant, Mark Wolk, Gary Barnett, Joanna Starek, Mark Winokur. Front row, left to right: Kristin Germain, Paul Strom, Amy Stone, Joe Berta, Diana Oliveras.

continued on page 4

Parent Fund breaks record, raises \$700,000

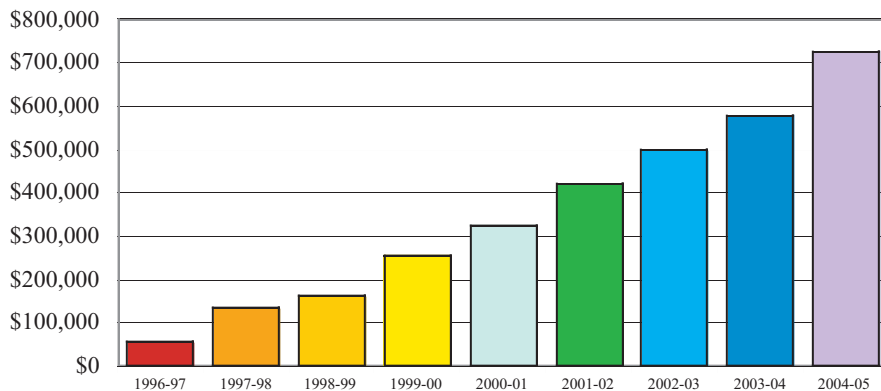
DUE TO THE TREMENDOUS SUPPORT we received from parents during our annual campaign, the CU Parent Fund raised over \$700,000 this year, breaking all records in CU parent support. We wish to express our thanks to you, parents, for your support and invaluable investment in the university. Because CU receives less than 8 percent funding from the state, private gifts are critical for our students to continue receiving the high quality of education for which this university is recognized. Over 6,000 of you generously gave through phone and mail gifts. Your support has made it possible to directly enhance campus programs and increase the level of service for all students.

The Parent Program would also like to remind you of parent events held around the country throughout the year. This past May, Chancellor Phil DiStefano and CU Foundation staff visited the East Coast for a spring reception hosted by current parents Cynthia Keiser and Warren Clark, in Bedford, New York. Receptions such as this connect parents directly with university administration and other CU families, and provide a forum to share information and voice comments, questions, and concerns. This fall we will be hosting more than 15 parent events throughout the country. You are strongly encouraged to attend these gatherings.

For more information on the CU Parent Fund or ways parents can get involved, please contact the Parent Fund coordinator, Susan Wesley, at 303-541-1263 or Susan.Wesley@cufund.org, or the director of development for campus programs, Julie Ditter, at 303-541-1250 or Julie.Ditter@cufund.org. Visit www.cufund.org if you would like to make a gift online. 🌱

by Susan Wesley, Parent Fund coordinator

CU-Boulder Parent Fund Growth, 1996–2005



From left: CU-Boulder Chancellor Phil DiStefano, Yvonne DiStefano, Elly Keiser, Cynthia Keiser, and Warren Clark

Schedule of Parent Events (luncheon or evening receptions)

Washington, DC September 20	New York October 5	Portland October 26
Atlanta September 21	Boston October 6	Seattle October 27
Los Angeles September 26	Chicago October 11	Houston November 1
Orange County September 28	Minneapolis October 12	Dallas November 3
San Francisco September 29	San Diego October 19	

continued from page 1

Stress management resources on campus:

- Student Wellness Program, Wardenburg Student Health Center room 346, 303-735-6433, www.colorado.edu/studentgroups/wellness
- Psychological Health and Psychiatry Clinic, 303-492-5654

- Student-Run Helpline, evening hours, 303-449-5555
- Counseling and Psychological Services, A Multicultural Center, Willard Administrative Center room 134, 303-492-6766 🌱

by Vanessa Lozano, University Communications student assistant





The Bursar's Office: New information for fall 2005

For Undergraduates

- **Undergraduate Resident Students:** Colorado undergraduate students need to apply once and authorize each semester to receive the \$80-per-credit-hour Colorado Opportunity Fund (COF) voucher; see www.cu.edu/ums/cof/faq.html.
- **Undergraduate Nonresident Students:** Students who are paying nonresident tuition are now guaranteed a fixed tuition rate for four consecutive years from the year of their acceptance.

Fall tuition and fees are due on August 31.

- Bills will be mailed in early August for students who have registered; for new students attending the late orientation in August, the bills will be mailed on August 19.
- Students may request the two-payment plan on CUConnect; half of the balance is due on August 31; the remainder of the balance plus a 1 percent service charge is due on October 5.
- Students may add a billing address on CUConnect to ensure that parents receive all the bills (otherwise the first bill goes to the permanent

address, and subsequent monthly bills go to the local mailing address).

General Information

- The CUConnect student portal at cuconnect.colorado.edu requires an IDentiKey password and is for students only. On the portal, the Bursar channel offers current balance, past due balance, view detail, show printed bill, pay online, two-payment plan selection, and direct deposit sign-up. Click on PLUS to select or waive health insurance or add a billing address.
- The Bursar's web site (bursar.colorado.edu) is for parents and/or students and shows tuition and fees, a bill estimator, general billing information, and Internet payments.
- FERPA: Due to the Family Educational Rights and Privacy Act, we cannot discuss students' accounts with parents without the students' written permission. Students may sign the FERPA release form in the Office of the Registrar (registrar.colorado.edu) to allow parents access to their information.
- For further information, call the Bursar's Office at 303-492-5381 or toll free at 1-877-278-6340, or e-mail bursar@colorado.edu.

by Patricia Cassell, Bursar's Office

THE NUMBERS: Athletics counts at CU!

53,750	The seating capacity of Folsom Field, CU's football stadium for 81 seasons
11,064	The seating capacity of the Coors Events Center, home to basketball and volleyball
330	Varsity athletes competing in 17 sports
160	Staff and coaches in the intercollegiate athletics department
116	Seasons of intercollegiate athletics (in 2005-06)
94	Individual conference titles earned in the last decade in cross country and track
73	The number of CU student-athletes named Academic All Big 12 in 2004-05
71	(percent) The latest graduation rate for CU's student-athletes
50	Intramural sport leagues (over 1,000 teams combined!)
35	Club sport programs
34	The percentage of CU student-athletes with 3.0 or higher GPAs
21	NCAA Championships (16 skiing, 2 men's cross country, 2 women's cross country, 1 football)
19	Big 12 Conference Team Championships
17	Intercollegiate (varsity) programs

by Meg Preo, Parents Association board member; statistics provided by Dave Plati, Athletics Department assistant director

CU-Boulder Parents Association to host Family Weekend on October 21-23

START MAKING YOUR PLANS NOW! About 4,000 parents and family members of University of Colorado at Boulder students are expected to gather on campus October 21-23 to participate in Family Weekend 2005 activities. The annual fall event draws people from across the United States and several foreign countries.

Activities will begin on Friday, October 21, at 9:00 A.M. with the Eighth Annual Family Weekend Golf Tournament

and conclude Sunday morning with a family fun run/walk from 8:00 to 10:30 A.M. Weekend activities include a variety of tours, presentations, and entertainment choices. The Saturday football game between your Colorado Buffaloes and the Kansas Jayhawks is sure to be one of the weekend's highlights!

by Barney Ballinger, Parent Relations director



Fraternities reject CU alcohol initiatives

We hope this column will support the ongoing education of you, the parents of CU students. We are continually learning through our son's CU experiences and our membership in the CU Parents Association (CUPA) Board of Directors.

OUR LAST TWO COLUMNS addressed speaking to your student about alcohol abuse (www.colorado.edu/parentrelations/downloads/winter04.pdf) and the initiatives that the administration put forward to exert more oversight of the Greek system's party culture at CU (.../spring 05.pdf).

In late May this year, the North-American Interfraternity Conference announced, and all 16 CU–Boulder chapters agreed, that they would not sign CU's Registered Fraternal Organization Agreement. The deal breakers were the requirements for a live-in house director, and that fraternities delay rush until the spring semester, giving incoming freshmen the chance to become better acclimated academically and emotionally to college life before making a decision to pledge. Last fall's fraternity-house drinking death of Chi Psi freshman pledge Lynn “Gordie” Bailey was the driving force behind CU's initiative.

This decision breaks all ties between CU and the 16 fraternities. CU will continue to remain associated with the 10 sororities who signed the agreement. And although the fraternities are not dependent on those ties for their

existence, they will not be afforded campus offices, will not be mentioned in any CU promotional materials, and will not have access to student lists. Ron Stump, vice chancellor for student affairs, states that parents should take notice, and adds that fraternities are no longer promoted by the university, in any way, as a choice that incoming freshmen should make.

About 160 colleges and universities across the country delay rush until the spring semester. Although an Interfraternity Conference spokesman continues to profess that they remain willing to negotiate, they won't agree to the delayed rush at CU, leaving administration officials wondering why CU is being singled out.

While we regret the loss of what control CU held over the fraternities, we support the initiative CU proposed and their stance in breaking all ties with the Greeks. As was stated in a follow-up *Denver Post* editorial: “CU should be applauded for no longer taking a business-as-usual approach to alcohol problems. Fraternities shouldn't either.” 🍷

by Lowell and Margie Lewis, Parents Association board members

Financial aid checklist

IT'S NOT TOO LATE to apply for aid for 2005–06! Your student must submit the Free Application for Federal Student Aid (FAFSA) to the FAFSA processor. The best way to submit their FAFSA is to go online to www.fafsa.ed.gov. We may request additional documents from you or your student; your prompt response to our requests will ensure your student is awarded financial aid as quickly as possible.

IMPORTANT FOLLOW-UP for your student: They can check their financial aid application status and award online. To confirm that the documents they have submitted to our office have been received, they can log on to CUConnect, click on the PLUS tab, and select “financial aid.” They can also check the status of their financial aid award at that web site.

UNDERGRADUATE RESIDENTS OF COLORADO should apply for the College Opportunity Fund, the new program by which the state is providing tax dollar support for higher education. To apply, go to cof.college-access.net/cofapp. For information on this program, see www.cu.edu/ums/cof/faq.html.

CONTACTING THE OFFICE OF FINANCIAL AID: For more information about the above or any financial aid questions you may have, call us at 303-492-5091, e-mail us at finaid@colorado.edu, or visit our home page at www.colorado.edu/finaid. 🍷

by Gayle Lalich, Office of Financial Aid

CU Parents Association awards \$40,000 in scholarships

The CU Parents Association has awarded \$40,000 in scholarships to 40 undergraduate students at the University of Colorado at Boulder. The scholarships are merit-based and are presented each spring. The CU Parents Association received more than 300 scholarship applications. According to George “Barney” Ballinger, director of the Office of Parent Relations, the competition was stiff, and reflected the high quality of current and future CU students.

The scholarships are made possible by CU Parents Association fundraising efforts. Interested students must compete and submit an application by early March. This year, \$16,000 in scholarships was awarded to 16 incoming freshmen. Another \$24,000 in scholarships was awarded to 24 continuing students. Incoming freshmen may apply for the scholarships via the CU Parents Association web site at www.colorado.edu/parentrelations. Scholarships to continuing students are awarded through the CU-Boulder Alumni Association at www.cualum.org. For more information, contact the Office of Parent Relations at 303-492-2283. 🍷

continued from page 1

women's studies department; Andrew Phillips, assistant professor, chemistry and biochemistry department; Diana Oliveras, instructor, Baker Environmental Residential Academic Program and ecology and evolutionary biology department; Ken Iwamasa, associate professor, art and art history department; Kristin Germain, director, College of Engineering and Applied Science; Rhett Gayle, lecturer, Baker Environmental Residential Academic Program and philosophy department; Hardy Fredricksmeier, instructor, Program for Writing and Rhetoric and classics department; Joe Berta, instructor, psychology department; and Gary Barnett, head football coach, athletics department.

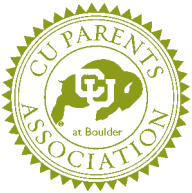
The award is named after Marinus G. Smith, a Colorado pioneer whose financial and land contributions were instrumental in the foundation of the university at the base of the Flatirons. 🍷

by Vanessa Lozano, University Communications student assistant

Parents Association

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Important dates for 2005

Summer Session 2005

Last day of classes, Term A	July 1
Final exams, Term A	July 1
Independence Day	July 4
First day of classes, Term B	July 5
Last day of classes, Term C	July 22
Final exams, Term C	July 22
Last day of classes, Terms B, D	Aug. 5
Final exams, Terms B, D	Aug. 5
Commencement: No summer ceremony. Official summer graduation date is Aug. 6.	

Fall Semester 2005

Residence halls open (9:00 a.m.)	Aug. 18
Classes begin (8:00 a.m.)	Aug. 22
Labor Day	Sept. 5
Fall Break	Oct. 13–14
Family Weekend	Oct. 21–23
Thanksgiving Break	Nov. 24–25
Last day of classes	Dec. 8
Final exams	Dec. 9–15
Commencement	Dec. 16
Residence halls close (10:00 a.m.)	Dec. 17

What's inside

How to help your stressed-out student	1
Marinus Smith Awards	1
Parent Fund breaks record	2
Bursar's Office: new information	3
The Numbers: Athletics	3
Family Weekend 2005	3
Parent Perspective: alcohol initiatives	4
Parent Fund Scholarships	4
Financial aid checklist	4
Calendar	5

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Stay current online

Recent issues of *CU Parent* are available on our web site at www.colorado.edu/parentrelations (note the new web address). Due to increased printing and mailing costs, every other issue of *CU Parent* is found only online.

Changing your address

If you are currently listed on your student's record, your student can change your address using the PLUS system. To add a parent name or an additional address not currently on their record, your student must e-mail Judy Myers in the Office of the Registrar at judy.myers@colorado.edu. They need to provide the following:

- The name and address of the parent(s) they wish to add
- The last 4 digits of their student ID number

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University of Colorado at Boulder

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