

Parents Association

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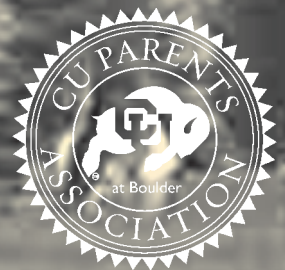
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Summer greetings!

www.colorado.edu/parentrelations





Success tips for the workplace

What employers tell us about our students

OUR MISSION in Career Services is to empower students to be active participants in their own professional development. We provide the tools they need to explore career interests, set goals, and seek internship and job opportunities, as well as to prepare for graduate school. We also feel a great responsibility to help students be well prepared for the professional work world, so that they act professionally and contribute in significant and meaningful ways. As such, we regularly seek feedback from employers about how our students are doing in their internships and first year on the job. The most common issues we hear about are related to dress, attitude, and communication.

Here are some tips that you can share with your student to help him or her succeed in the workplace:

Dress

Appropriate and acceptable attire in college is very different than what is expected in the professional world. A general rule of thumb: If you wear it to a club, don't wear it to work! Tight clothing, showing extra skin, unpolished



The Suit Yourself event offers students an inexpensive way to stock up on professional clothing donated by community members and CU employees. Career Services is accepting donations through August 3.

Career Services, continued on page 5

The buzz on Coach Bzdelik

JEFF BZDELIK (BUZZ-DEL-ik), whose name has been synonymous with success on both the professional and college levels in the state of Colorado, is the 17th head coach for the University of Colorado men's basketball program.

Bzdelik, 54, comes to CU from the United States Air Force Academy, where he guided the Falcons to appearances in the 2006 NCAA Tournament and 2007 NIT Final Four. He led the academy to a 50-16 record (a 75.8 winning percentage) in the best two-year span in the 51-year history of Air Force basketball.

Bzdelik brings 29 years of coaching experience to the Boulder campus from the collegiate and professional ranks. He returned to the college game in 2005 after 15 seasons as both a coach and scout in the NBA, including two-and-a-half seasons as head coach of the Denver Nuggets.

"What most appealed to me about this job is that I love challenges," Bzdelik said. "To play in what I think is the



most challenging basketball conference (The Big 12) in the country and to take a program from here to where it should be to me is a great challenge. I'm really excited about this challenge and I understand how tough it is going to be, but I am going to give it my best shot."

Bzdelik, continued on page 4



From the Bursar's Office

Financial aid checklist

IT'S NOT TOO LATE to apply for aid for 2007–08! Your student must submit the Free Application for Federal Student Aid (FAFSA) by going 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. Incoming freshmen and transfer students can do this by using the ChooseCU Web portal; continuing students should use the CUConnect portal.

UNDERGRADUATE COLORADO RESIDENTS should apply for the College Opportunity Fund, the 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.

CONTACT the Office Of Financial Aid: For more information about the above or any financial aid questions you may have, please call us at 303-492-5091, e-mail us at finaid@colorado.edu, or visit our homepage at www.colorado.edu/finaid.

By Gayle Lalich, Office of Financial Aid

Changing your address

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

Fall 2007 Tuition and Fees due September 5

Fall tuition and fee rates, as well as the fall bill estimator, are available on the bursar website at www.colorado.edu/bursar, under the tuition and fee bill link.

Bills will be mailed in early August to registered students.

A student may request the two-payment plan on CUConnect: half of the balance is due September 5; the remainder of the balance plus a 1 percent service charge is due October 10. The deadline to make this request is September 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).

Any available fall financial aid refund will be mailed to the student's local mailing address on Thursday, August 23, or directly deposited into a designated bank account on Friday, August 24. A Parent PLUS refund that is not released to the student will take up to 30 additional days to process.

General Information

- **CUConnect** student portal (cuconnect.colorado.edu). This site requires an IdentiKey password and is for students only:

❖ **Financial tab:** Current balance, past due balance, view detail, show printed bill, pay online, two-payment plan selection, direct deposit sign up, health insurance waiver or selection, and financial aid information.

❖ **PLUS:** Add billing address.

- www.colorado.edu/bursar. This site is useful for both parents and students, providing detailed information regarding tuition and fees, the bill estimator, general billing information, options for payment including via the Internet, parent FAQs, the Money Matters form, and the Seven Steps form (a guide to setting up your Bursar's account).
- Call us: **303-492-5381**
- E-mail us: bursar@colorado.edu
- **FERPA.** Due the Family Educational Rights and Privacy Act, we cannot discuss students' accounts with their parents without individual written permission. Students may sign the FERPA release form in the Office of the Registrar (see registrar.colorado.edu).

Newsflash

E-bill is coming! More information will be available on the bursar website in late fall.

Patricia Cassell, Office of the Bursar

Important Dates for 2007

Summer Session 2007

First day of classes, Terms A, C, D.....	June 4
Independence Day	July 4
Last day of classes, Term A.....	July 6
Final exams, Term A	July 6
First day of classes, Term B.....	July 10
Last day of classes, Term C.....	July 27
Final exams, Term C.....	July 27
Last day of classes, Terms B, D.....	Aug. 10
Final exams, Terms B, D	Aug. 10
Commencement	No summer ceremony.
Official summer graduation date is Aug. 11.	

Fall Semester 2007

Residence halls open (10:00 a.m.).....	Aug. 23
Classes begin (8:00 a.m.)	Aug. 27
Labor Day	Sept. 3
Family Weekend.....	Oct. 19–21
Fall Break	Nov. 19–21
Thanksgiving Break	Nov. 22–23
Last day of classes.....	Dec. 14
Final exams	Dec. 15–20
Commencement	Dec. 21
Residence halls close (10:00 a.m.).....	Dec. 21

Be proactive about your student's mental health

The telephone call in the middle of the afternoon from her son attending college surprised Cindy, but what happened next was alarming. Her son asked where she was; she laughingly replied, "Home making your favorite lunch." He said, "Oh . . . I'll call someone else to come get me." Cindy paused, and then asked where he was. He replied, "I just checked myself into a mental hospital—Bye." The phone went dead. Cindy had no idea where he was; he did not answer her return call to his cell phone (later she found out it had been taken away by hospital staff) and she wasn't sure where to start.

This article is intended not to scare you but to educate you. As parents like Cindy, we need to be equipped to handle the unexpected. According to many studies, psychological distress—including anxiety, depression, substance abuse, and self-harm—has increased dramatically among undergraduates. One survey found that more than 90 percent of college counseling centers reported seeing more students with serious mental health problems than in past years (some suggest, however, that this is due to larger student populations on campuses across the country). Another study of 90,000 students showed that 50 percent showed signs of depression and 93 percent felt overwhelmed at some point in their college career. Colleges like CU face the difficult task of balancing the needs of distressed students with their responsibility to provide a safe learning environment.

Complicating this challenge are a variety of student privacy laws. Each state has its own confidentiality laws and the federal Family Educational Rights and Privacy Act of 1974 (FERPA) guarantees specific rights to students regarding the privacy of their educational and medical records. This includes privacy from their parents/guardians. If you call any of the counseling/mental health centers on the CU campus knowing your student is there, laws dictate that staff cannot confirm that, or give you any other information about your student. The good news is that the staff at each of the centers understands parents' concerns and will be responsive as partners in protecting your student's health.

This generation of college-age students generally has been "well watched over." You know your child and his or her normal behaviors best. Stay in contact. During the communication time you have with your stu-

dent, watch for changes in behavior such as those listed at www.nimh.nih.gov/publicat/students.cfm. Do their behaviors or expectations of themselves seem unusual or extreme? In hindsight, Cindy realized her son was taking 21 credits and was not sleeping. Be realistic and be aware. Here are some actions to take if you think there may be a problem:

- Visit your student ASAP to determine for yourself what is going on. Is this a brief period of overwhelming responsibilities or is there a deeper problem? If a mental health issue is diagnosed, your student has options, including taking a medical leave of absence. Their space at CU will be saved until they are ready to return. Your student will need your assistance in any decisions that may need to be made. This is not a failure, only a hiccup.
- If your student acknowledges that they are not feeling like themselves, ask them to call or go to one of the counseling/mental health centers on campus. Wardenburg Health Center can be reached at **303-492-5432** from 8:00 a.m. to 5:00 p.m. and Counseling and Psychological Services (CAPS) can be reached at **303-492-6766** from 8:00 a.m. to 5:00 p.m. as well. CAPS has walk-in hours whenever they are open. Ask your student to sign a release form allowing you to receive information about their condition.
- Visit CU's website for mental health resources at: www.colorado.edu/mentalhealthresources/index.html. You will find links to the CU Police and Boulder Community Hospital, and informative mental health websites with which CU is registered.
- If you are unable to contact your student, contact their friends, roommate(s) or neighbors. You could also contact their resident advisor or hall director if they are in the residence halls. Carefully share your concerns. Ask if they can assist you in contacting your student. The CU housing department may be able to help you find this contact information.
- If you're concerned and don't feel that your student will call one of the campus's counseling/mental health providers, know that the staff at each of the centers takes all calls from parents seriously and will respond with a wellness check if necessary. Get the name of the staff member that you spoke to for follow-up.

- If it is after hours or you feel that your student is in danger and/or needs a wellness check immediately, call the Boulder City Police Dispatch at **303-441-3333**. Boulder City Police will work with the CU Police to best recognize and treat your student in an emergency situation. Boulder City Police are exempt from FERPA.
- Make sure your student and you know about any medications they are taking. Be sure they have all the information they need to refill prescriptions.
- If your student is upset over another student's health, have them contact the Office of Victim Assistance (www.colorado.edu/mentalhealthresources/victimassistance.html).

This can be scary stuff—but knowing the resources available at CU, you can help via telephone. For Cindy, her son suffered his first bi-polar episode at age 20. She contacted the local police. They determined he needed continued observation at the local community hospital. By the time Cindy was able to get to her son six hours later, he was settled into a top local mental health hospital. Today her son is successfully back in school full time under the care of local mental health professionals. There is a fine line between interfering with your adult student's life and being his or her best advocate. Cindy's suggestion is to watch for changes in behavior in your student and have a list of local contacts that can be counted on to assist in getting the best help as quickly as possible. We suggest you do the same.

We would like to thank Robin Kolble and Dr. Ann Cowardin-Bach at CU's Wardenburg Health Center and Dr. Karen Raforth at Counseling and Psychological Services for their assistance in this article.

CUPA Board members Dennis and Joyce Kinde have four children ages 19–24 who are attending or have recently graduated from college. Their youngest is a junior at CU.

THE GOLD STANDARD

Spring 2007 commencement statistics

The spring 2007 graduating class earned 4,540 bachelor's degrees, 702 master's degrees, 255 doctoral degrees, and 153 law degrees. Congratulations to all of the new graduates, and thanks to our dedicated faculty and staff for educating and supporting them in their endeavors.

Fifty CU graduates receive military commissions

CU-Boulder's ROTC program has a long tradition of producing outstanding officers for the nation's armed forces. In May, 33 new second lieutenants received Army, Air Force, and Marines Corps commissions while 17 ensigns were commissioned in the Navy.

Nicole Kenneally wins Big 12 award

Tennis head coach Nicole Kenneally was recently named Big 12 Conference Coach of the Year. Kenneally led the Buffaloes to a five-win improvement in conference action, as CU finished tied for third in the Big 12 with a 9-2 record. It was the highest placement for Colorado since they were second in 1999. Sophomore Monica Milewski was also named All-Big 12 in singles.

Students win prestigious advertising awards

Undergraduate advertising students from CU's School of Journalism and Mass Communication took home more honors than competitors from any other university at the New York One Club's annual One Show student competition. The event is the top international student advertising competition. Among 59 award winners and finalists announced last week, CU-Boulder had seven winning entries, more than any other graduate or undergraduate school in the show. Nearly 1,000 student teams from more than 106 colleges and universities in 16 countries entered the competition.

Teacher recognition awardees announced

Students again voted for faculty they believe are among the best and most inspiring teachers at CU-Boulder in the annual Teacher Recognition Awards program sponsored by the Herd, the student arm of the CU-Boulder Alumni Association, the largest student alumni group in the country. This year's winners are Ray MacFee, business; Sally Elliot, art and art history; Janet DeGrazia, chemical and biological engineering; and Brett King, psychology.

The Parent Fund: working together to support students

Due to the tremendous support we've received from parents during our annual campaign, the CU Parent Fund has raised over \$700,000 so far this year. We thank you for your support and your invaluable investment in the university. Over 3,600 of you made contributions by phone, mail, or in person. Gifts ranged from \$25 to \$50,000. Your support has directly enhanced campus programs and has increased the quality of the CU experience for all students, both in and out the classroom.

To illustrate the tremendous potential of the Parent Fund, we would like to highlight a unique program that was created due to the continued generosity of two CU parents (and alumni), Tom and Susan Monahan. The Special Opportunity Fund was established under the auspices of the Parent Fund to provide students critical financial support in time of need. Money from this fund is available to students who don't have the financial capacity to take advantage of many of the wonderful academic and extracurricular activities CU has to offer. In the past, students have received financial support from the fund to replace books and belongings lost in fires, to pay travel costs associated with winning prestigious scholarships, to attend career-enhancing conferences, and to participate in a myriad of campus activities. The Special Opportunity Fund gives deserving students an opportunity to participate in activities that turn a large campus into a community, helping significantly enhance the CU experience. As Susan Monahan asserts, "college life is more than just an academic experience. It should be about all aspects of a well-rounded life." Finally, the continuation of the Special Opportunity Fund, like so many other worthwhile student programs, depends on the generosity of CU parents like the Monahans and private gifts.

Again, a special thanks to Tom and Susan Monahan, Parent Fund stalwarts since 2004, as well as each of our more than 3,600 contributors. Every gift makes a difference! For questions about the Parent Fund please contact Abby Redwine at 303-541-1263 or abby.redwine@cufund.org.

Building connections with CU parents

CU-Boulder places a premium on regular communication and interaction with its parent constituents in Colorado and around the country. Consequently, the university held parent receptions in Boston, San Francisco (the East Bay), Houston, Atlanta, Phoenix, Westport (CT), and Washington (DC) as well as Grand Junction and Littleton, Colorado. These events were a wonderful opportunity for parents to hear from CU administrators, have their questions answered, voice their concerns, and meet other parents.

The CU Parent Program hopes to establish an annual cycle of parent events in cities around the country so that we have the opportunity to meet you, address your questions, and find ways to partner with you to promote your students' success. The annual cycle will kick-off with a series of "summer send-offs" held in July and August and designed to welcome new students and their parents to the CU family. In the fall, we plan to host a number of luncheons in major metropolitan areas around the country, providing an opportunity for current parents to continue to expand their knowledge of CU. The last event in the annual cycle will be a series of spring receptions, providing yet another opportunity to connect with CU and other parents in your area.

We will send invitations and e-mails notifying you of these events. So, stay alert and don't be overly eager to deposit that invitation in the "good old circular file" or hit the delete button on that e-mail. The folks that come to these events really enjoy them!

Finally, your feedback is important to us, so if you have any suggestions or feedback on our efforts, please take a few moments to complete the survey that we have placed online at www.colorado.edu/parentrelations/parentfund. Our goal is to improve all of our Parent Programs and to identify those of you who are interested in getting more involved in the university.

By Abby Redwine, development associate for the Parent Fund

Bzdelik, continued from page 1

Bzdelik graduated in 1976 from the University of Illinois-Chicago, where he earned a bachelor's degree in physical education. He earned four varsity letters in basketball at UIC and was named team MVP in his senior season.

He is married to the former Nina Bernardzik, who was a standout volleyball player at UIC from 1974 to 1976, and is a member of the Flames' Athletic Hall of Fame. Jeff and Nina are the parents of two children, Brett (18) and Courtney (16).

By Andrew Green, CU Sports Information

shoes—these are all no-nos in the workplace. Be remembered for looking sharp and professional, and you're much more likely to be respected even if you are one of the least-experienced people in the office.

Attitude

Many employers say they think attitude is more important than aptitude. They know you're an entry-level employee and they are prepared to train you—now show them you've got the right attitude to move up in the organization. Focus on the goals you're trying to achieve, not the obstacles you encounter along the way. Avoid befriending gossipers or negative employees. Their attitude will bring you down and your supervisors may assume you feel the same way. Hold yourself accountable for your actions and you'll gain a lot of respect. Don't wear your emotions on your sleeve (don't make it obvious if you're having a bad day), and take a "can-do" and "I'll get it done" approach.

Communication

The workplace is a dynamic organization, and consists of a variety of different ages, abilities, and cultures. Be open to learning from others. Specifically, you will most likely be working with people who are much older than you. Be alert to and sensitive about generational differences, especially when communicating with others. Listen, pay attention, and show appreciation for

others' contributions. Older colleagues may not be as savvy with technology as you are, but they offer a lot of work and life experience, know-how, and wisdom. Additionally, an over-confident attitude can sometimes be perceived as arrogance, so be appropriately modest with your opinions and perspectives, or at least keep them in check.

For meetings, show up on time and be prepared. It is unacceptable to use your cell phone during a meeting (this includes text-messaging). Your colleagues deserve your undivided attention. If you're an extrovert, let others talk. You don't always have to be the first to say what's on your mind.

When e-mailing, use professional writing skills, including complete sentences, and correct grammar and spelling. It is not okay to use IM-ese when sending an e-mail. Know your audience, and use a professional tone. And most importantly, **PROOFREAD** your messages before you hit "send."

If you or your student has any questions about what to expect the first year on the job, please feel free to contact Career Services: Ann Herrmann (career counselor) at Ann.Herrmann@colorado.edu or **303-492-8020**.

Special thanks to Wynne Billings, corporate recruiter for Apex Systems, Inc., for contributing to this article.

By Ann Herrmann, career counselor and coordinator of student programs



Chancellor's 2006–07 campus highlights

Chancellor G. P. "Bud" Peterson reviewed CU-Boulder's accomplishments over the past year in a recent letter to the campus community. For an update on what's happening with students, faculty, community partnerships and more, read the online version at www.colorado.edu/insidecu/editions/2007/5-8/chancellor.html.

Sign up for the CU Parent E-Connection!

Do you want to receive regular e-mail updates on CU policies, programs, and news of interest to parents? If you do, you may subscribe by simply sending your e-mail information to parents@colorado.edu. There are already more than 4,000 subscribers.

Your contact information will remain in the Office of Parent Relations and will not be shared or used for any other purpose than providing you e-mail updates.

If you have any questions about the program, don't hesitate to contact George "Barney" Ballinger or Jennifer Hudson at parents@colorado.edu or via telephone at **303-492-1380**.

The University of Colorado does not discriminate on the basis of race, color, national origin, sex, age, disability, creed, religion, sexual orientation, or veteran status in admission and access to, and treatment and employment in, its educational programs and activities.

Join us for Family Weekend 2007, October 19–21

AS WE SETTLE into the "dog days of summer," it's time to start thinking about a refreshing and exciting fall trip to Boulder to visit your student during Family Weekend 2007. Take a swing in our golf tournament; attend tours, stimulating lectures, and presentations about campus life; observe CU's Second Annual Fall Convocation; cheer the football team to victory against the Kansas Jayhawks; listen to CU's jazz stars; and stretch your legs in the Wardenburg Health Center Family Fun Run/Walk.

CU's Family Weekend is one of the largest in the country, attracting nearly 5,000 family members in recent years. To register and get all the information you'll need, visit the Family Weekend website at www.colorado.edu/familyweekend.

Don't wait too long—hotels and some events fill up! Registration is open now and runs through Monday, October 8. For recorded information, call the Family Weekend Information Line at **303-735-4020**. Finally, don't hesitate to call or e-mail us with your questions at **303-492-1380**, or parents@colorado.edu.