



CU Parent

Parents
Supporting
Students

Newsletter for CU-Boulder Parents

Volume 10, Number 4 🦋 Winter 2004

Community outreach goes hand-in-hand with academics

“The ability to think straight, some knowledge of the past, some vision of the future, some urge to fit that service into the well-being of the community—these are the most vital things that education must try to produce,” said Virginia Gildersleeve, a leader in women’s education and Dean of Barnard College in 1911.

INCORPORATING COMMUNITY outreach into the college experience is an important part of CU-Boulder’s vision. The opportunity to serve in the community gives students a broader perspective on how to learn from experiences outside the classroom and how to apply what they learn in class to real-life situations.

“I think students enjoy the chance to get involved in outreach projects,” said Gail Siegel, director of Community Re-

lations. “It connects them to the community and increases the scope of their learning opportunities.”

Programs include the Student Ambassador group, in which undergraduate students conduct tours of the campus for middle school students from across the state; the Community Closet program, which provides area schools and nonprofit groups with gently used office and educational supplies; and Read Across America Day, a national program aimed at promoting reading.



CU-Boulder’s Success Initiative

For Colorado educators, the office provides CU4K12, a program guide that features more than 112 programs and 68 Internet resources available to K-12

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Help a student from far away feel at home

THE PARENTS AS PARTNERS Program (PPP) is designed to engage CU-Boulder parents and build bridges essential to creating an environment on campus that fosters overall student development. PPP has launched a new student retention initiative designed to build community and enhance cross-cultural understanding among CU parents, community members, out-of-state multicultural students, and international students. Through the Adopt-a-Student Program, CU parents and community members can offer an array of activities to enhance a student’s university experience by helping them feel a part of the CU-Boulder campus community.

There are approximately 1,649 out-of-state multicultural and international students on the Boulder campus. Students new to the Boulder campus often struggle to feel connected to the university. The issue is compounded when students grow homesick for the familiarity of community, family, and friends. The experience of connecting with a member of the community who can be a source of encouragement and support will help a homesick student stay in school and achieve academic success. The Adopt-a-Student program was created to match CU parents and community members with out-of-state and international students who are unable to spend time with their families

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Wellness program promotes healthy lifestyles

CU-BOULDER RECOGNIZES THAT health is an important factor in a student's success. The Student Wellness Program is a free service that is designed to inform students on how to live healthy lifestyles and reduce the chance of illness.

Wellness Program volunteers are most well known among students for the campus-wide distribution of cold care kits containing tissue, cough drops, hand sanitizer, and tea. The kits are often part of the Wellness Wagon, a cart with pamphlets and resources on issues such as stress reduction, cold care, body image, tobacco cessation, nutrition, and sleep. However, this is only one of many services provided by the Wellness Program for students.

The campus community has access to aromatherapy sessions, free classes and counseling on tobacco cessation, chair massages, and yoga. The program also sponsors events on campus regularly. For

example, the recent Fall Fit Fair included events such as Nutrition Day and "Extreme Media: Walking a Thin Line," a presentation on body image.

The web site is a great resource for students to find information on stress reduction and time management. It also features recipes for healthy foods such as individual grilled pizza, creamy asparagus soup, and apple cranberry crisp.

The program's office is located in Wardenburg Health Center room 346. It offers volunteer opportunities for students on campus, upon completion of a training session. It is a peer-facilitated service of the Community Health Education Department. For more information on CU-Boulder's Student Wellness Program visit www.colorado.edu/studentgroups/wellness.

By Vanessa Lozano, University Communications student assistant



A Ralpie viewing

Family Weekend!

FOUR THOUSAND FAMILY MEMBERS converged on campus for an exciting and wonderful Family Weekend 2004. Participants took part in informative presentations, stimulating lectures, and interesting tours; enjoyed superb entertainment; and cheered the Buffaloes to victory over Iowa State. The best thing about the weekend was the chance for students and their families to re-connect and spend time together.

Join us next year for Family Weekend on October 21-23, 2005. We look forward to seeing you again!

THE NUMBERS: Wardenburg Health Center counts at CU

First opened	1959
Building gross square footage	55,855
Original cost of construction	\$1,000,000
Budget for 2004-05	\$10,000,000
Patient appointments in 2003-04	65,221
Doctors and nurse practitioners	12
Total employees	220
Student employees	50
Number of x-ray machines	2
Band-aids used in 2003-04	14,200
Cold care kits handed out in 2003-04	12,000
Free programs and outreach services	30+
Hours "Wellness Wagon" circulated on campus*	1,453
Most common diagnoses in order: sore throat, cold, back pain, depression, sinusitis, ADHD, acne	
* The wagon is a golf cart purchased with grant assistance from the Parents Association. It helps transport education and outreach tools and health information around campus.	

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teachers and their students. The web site can be accessed at www.colorado.edu/cu4k12.

For more information about the Office of Community Relations and their programs, visit their web site at www.colorado.edu/communityaffairs/cucommunity.html.

Another program that incorporates outreach into the learning process is Service Learning, a form of experiential learning based on community service involving faculty and students.

For information on this program and examples of Service Learning applications in the classroom, visit www.colorado.edu/servicelearning.

by Allison Sylvest, University Communications

PARENT PERSPECTIVE

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 Parent Association (CUPA) Board of Directors.

Student alcohol deaths

WE SHOULD ALL KNOW of the potential consequences of alcohol abuse by our students. Among those are sexual abuse, unsafe sex, academic problems, falls, assaults, vandalism, drunken driving, and alcohol dependence. But from recent headlines in our Colorado newspapers (the source for the figures in this column), we have witnessed the most tragic: the recent alcohol-caused deaths of two Colorado students.

Early this September, alcohol claimed 19-year-old Samantha Spady of Beatrice, Nebraska, a CSU sophomore, after a Sigma Pi party. Two weeks later, 18-year-old freshman Lynn "Gordie" Bailey, Jr. of Dallas died at CU-Boulder after a Chi Psi initiation rite. Both were found dead at fraternity houses. While bars offer tempting come-ons, they still check IDs and, to varying degrees, watch after their patrons. But the frat house is where a freshman can be treated as an adult, ready or not.

We parents may have to acknowledge that our students' behavior is, to a degree,

beyond our control. Warning them to stop or limit their drinking may no longer be effective. The temptation and peer pressures are great; 25 off-campus fraternities and sororities are listed in *Ralphie's Guide*, and there are 64 businesses with liquor licenses, including seven liquor stores, within one mile of the center of campus.

What can parents do? We can rail at the Greek system that encourages this behavior at parties and requires it of initiates. We can demand that the school's administration live up to its policies and take action against the system's worst offenders. But to have an effect on your student, talk to your student. Here are three talking points that may resonate:

1. If they've come this far, all students should understand that drinking and driving can yield disastrous results. Emphasize that their lives would be forever changed if they caused an accident resulting in the injury or death of another.
2. Tell them to assign someone from their party to watch out for others and be the

designated driver. Unless the fraternity is totally irresponsible (Boulder's Chi Psi brothers used magic markers to write obscenities on the face and body of their dying initiate), it might post brothers to keep one another from the point of passing out, vomiting, and suffocating on their own vomit. (If it weren't obvious by now, understand that we are dealing with the possible prevention of the most tragic of consequences, not just hoping to prevent the next morning's hangover.)

3. The greatest concern is for the young women who go from party to party and may not stick with the friends with whom they started the evening. They are more inclined to end up the evening by themselves, with no one knowing how much they've had to drink.

We can't tell you which approach will register with your students. But consider this from Sam Spady's mother: "Drunks cannot take care of drunks." She urges students to "stay sober to take care of your friends."

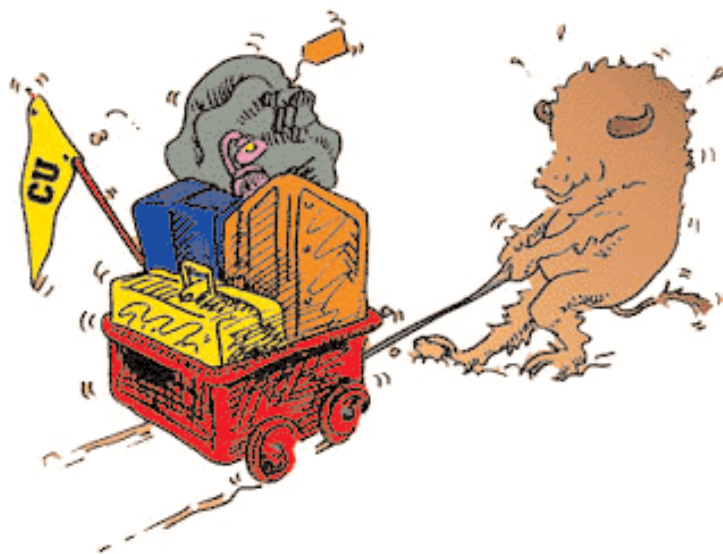
Great news for off-campus housing seekers

DURING THE PAST SEVERAL YEARS the housing vacancy rate in the Boulder area has climbed to 10–14 percent. Higher vacancy rates translate into very little or no increase in rental rates. Some complexes have reduced security deposits and/or allow more negotiation regarding the amount of time required in a lease. An additional bonus is that students can take more time to find the perfect place to live.

Off-Campus Student Services (OCSS) offers housing-related listings (available houses, apartments, rooms, and roommates) for students, online or in the office at the University Memorial Center (UMC) room 313. The office will also host Housing Fairs on February 16 and March 30. Students who at-

tend will have the opportunity to meet numerous landlords, property management company representatives, and real estate brokers who offer housing.

OCSS staff includes a lawyer who can provide lease reviews as well as offer legal advice for landlord/tenant or roommate issues. They also have a university/city liaison who provides education and outreach to



Off-campus, continued on page 4

Students initiate Honor Code

THE IDEA OF HAVING AN Honor Code at the University of Colorado at Boulder was initiated in 1998 by students who were concerned with the academically dishonest environment present on campus. In November of 2000, the student body voted to institute the Honor Code as a university policy, a branch of student affairs, and to be student-run. The Honor Code office has been in effect since spring of 2002.

As the Honor Code at CU began their third year on campus, their office hosted the second annual "Integrity Week" from November 8 through 12, 2004. The main goal of Integrity Week was to promote an environment at the University of Colorado at Boulder where a culture of integrity can flourish. Events during the week included infor-



mation panels, movies, open houses, theatre events, and a presentation by former Enron executive Lynn Brewer.

The Honor Code also hopes to increase awareness of academic integrity and the Honor Code policy to students, faculty, parents, and alumni. The honor code is posted in classrooms throughout campus, and many students are asked to sign it prior to turning in an exam or paper.

"On my honor, as a University of Colorado at Boulder student, I have neither given nor received unauthorized assistance on this work."

by Ashley Littrell, Director of Student Education

Off-campus, continued from page 3

students in an effort support the quality of life for students who live off campus. Additionally, the office provides Boulder Model Leases, sublease forms, roommate agreements, Boulder city maps, and other useful information.

The Off-Campus Student Services office is open Monday through Friday from 9:00 A.M. to 5:00 P.M. For more information, visit the web site at: www.colorado.edu/OCSS or call 303-492-7053.

by Susan Stafford, Director of Off-Campus Student Services

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during school breaks, holiday, or other cultural/religious celebrations.

Parents may choose to send care packages, holiday, and birthday cards; attend campus events with a student; or invite a student to dinner for a home cooked meal. To learn more about how you can Adopt-a-Student, please contact Loretta Wahl in the Center for Multicultural Affairs at 303-492-5718 or via e-mail at Loretta.Wahl@colorado.edu.

by Loretta Wahl, Center for Multicultural Affairs

Parent Fund thanks you!

DUE TO THE TREMENDOUS SUPPORT we received from parents during our Fall Campaign, the CU Parent Fund has raised close to \$610,000 since the fiscal year began on July 1. We wish to express our thanks to you, parents, for your support and invaluable investment in the university. Your support has made it possible to directly enhance campus programs and increase the level of service for all students.

This year, the Parent Fund's goal is to raise an impressive \$650,000 in unrestricted gifts. This funding will continue to provide the necessary and critical support for programs like Career Services, the Honor Code, Counseling Services, and leadership and ethical development. In order to help the Parent Fund move toward its goal, regional challenges have been established by CU parents on the West Coast and in Texas. These families will match dollar-for-dollar all new and increased gifts from their respective region up to \$50,000. Parents living in these areas are encouraged to join together and inspire other CU families across the nation to show their support.

The Parent Fund would also like to thank all of the parents who attended our 2004 National Council tour to over 13 cities across the country this fall. Parents were able to meet with top CU administrators and faculty to have any questions or issues directly addressed. The luncheons were a great way for parents to connect with other families from their area, as well as strengthen the bond with the CU community.

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 and programming for which this university is recognized. For more information on the CU Parent Fund or ways parents can get involved, please contact the Parent Fund coordinator, Susan Wesley, at 303.735.5019 or Susan.Wesley@cufund.org.

by Susan Wesley, Parent Fund Coordinator

Financial aid reminders and deadlines

2005-06 FAFSA: Beginning January 1, 2005, your student can submit their FAFSA (Free Application for Federal Student Aid) for the 2005-06 academic year. The FAFSA is required to apply for financial aid, including scholarships, from CU-Boulder. We strongly recommend applying online at www.fafsa.ed.gov. The hard copy version of the FAFSA is available from our office.

CU Scholarships application online: You'll find the CU-Boulder scholarship online application at www.colorado.edu/finaid. Using their student identification number and CU-Boulder personal identification number (PIN), your student can easily submit their application, resume, and essays online. March 1, 2005 is the deadline to apply for scholarships offered by CU-Boulder for the 2005-06 academic year. This is an absolute deadline.

April 1, 2004 is the "priority" deadline for applying for financial aid (other than scholarships) from CU-Boulder. Your application consists of your FAFSA and a signed copy of the first two pages of your (the parents') 2004 federal tax return. After April 1, we continue to offer aid based on fund availability.

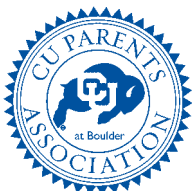
For more information about the above or any financial aid questions you may have, please contact the Office of Financial Aid at 303-492-5091, finaid@colorado.edu, or see us on the web at www.colorado.edu/finaid.

by Gayle Lalich, Office of Financial Aid

Parents Association

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www.colorado.edu/parentrelations

Changing your address

If you are currently listed on your student's record, ask your student to 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

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.

Colorado

University of Colorado at Boulder

The University of Colorado at Boulder is an equal opportunity/nondiscrimination institution.



Important dates for 2004–05

Fall Semester 2004

Last Day of Classes.....	Dec. 9
Final Exams.....	Dec. 10–16
Residence halls close (10:00 a.m.).....	Dec. 17
Commencement	Dec. 17

Spring Semester 2005

Residence halls open (10:00 a.m.).....	Jan. 5
Classes begin	Jan. 10
Martin Luther King Day.....	Jan. 17
Tuition deadline (6:00 p.m.)	Jan. 19
Spring Break	March 21–25
Last day of classes.....	April 29
Final Exams	April 30–May 5
Commencement	May 6

Maymester 2005

First day of classes	May 9
Last day of classes.....	May 26
Final exams	May 26
Memorial Day	May 30

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A brick . . . a gift that will always be remembered!

Honor your graduating student, alumni, teachers, loved ones, and friends of the university with a custom engraved brick on the CU-Boulder campus.

Your brick will be a lasting, visible tribute and commemorate your contribution to the University of Colorado Parents Association Scholarship program.

Each brick will be installed in the walkway of the Norlin Quadrangle, an historic area adjacent to the original campus buildings. The brick pathway will grow for generations and recognize those who have contributed to quality and excellence at the University of Colorado.

Take a moment to make a permanent tribute

PLEASE PRINT

Today's date

Your last name

Your first name

MI

Phone

Street address

City

State

ZIP

Make your \$125 check payable to the CU Foundation or charge:

VISA MasterCard American Express check

Credit card #

Exp. date

Print name as it appears on card

Signature

You will receive a certificate acknowledging your contribution. If this is a gift, please write the name of each person to be acknowledged, including yourself.

Please write your message as you would like it to appear on the brick. Limit 20 characters per line, including spaces.

Line 1

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Line 3

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CU Parents Association reserves the right to edit all requests. Mail this form to:

CU Foundation
P.O. Box 17126
Denver, CO 80217-9155

Questions? Telephone the Office of Parent Relations at **303-492-1380** or e-mail **parents@colorado.edu**.

Contributions benefit the CU Parents Association scholarship program. You will receive a certificate for the person being honored. If you would like the names of the gift givers, including yourself, to appear on the certificate, please list below:

