



www.csuohio.edu/parents

IMPORTANT DATES

Late October

Make an advising appointment for Spring 2009 classes

Mid-November

Register for Spring 2009 classes (Find your registration time on CampusNet)

October 31

Last day to withdraw from a class for Fall Semester (by 8:00 p.m.)

November 11

Veterans Day (CSU Holiday) – no classes; offices open

November 27-30

Thanksgiving Recess

December 5

Last day of classes

December 8-13

Final exams (check syllabus for specific times)

December 14

Commencement

Formula for Success: Midterms and Advising

As an active supporter of your CSU student, here is some information that will be significant for your student in the coming weeks.

The midterm grades for fall semester 2008 will be posted the week of October 13. Grades are posted for students on CampusNet and are not part of the student's official academic record or included in the term grade point average.

Students who have midterm grades below a "C" should make every effort to meet and talk with their professor about progress in their courses, and to discuss what might be done to improve their grades. Students are also encouraged to meet with their academic advisor as soon as possible for help and support.

Should a student wish to withdraw from any course(s), he/she may do so up until October 31 at 8:00 p.m. Students receiving financial aid should check with Campus411 before withdrawing from any courses to ensure that their financial aid will not be affected by the withdrawal.

Academic advising is an integral part of academic success. Academic advisors can offer a host of support and guidance. All students are strongly encouraged to meet and engage with their advisor as often as possible.

Main registration for spring semester 2009 begins in early November. Freshman registration will begin around mid-November. Students should meet with their advisor

in October for help in selecting appropriate courses for next semester, and register for classes early. Early registration ensures the best selection of classes!

Now is the perfect time in the semester for students to become engaged with their academic advisor. For information about how students can determine where to go for academic advising, they can access www.csuohio.edu/academic/advising/determining.html

Your continued help and support of CSU students is appreciated!

David Bowditch
Director, University Advising

Viking Update: What's Happening in CSU Athletics

The CSU men's and women's basketball teams are busy preparing for the 2008-2009 seasons.

The men's team hopes to build on last season's success that included a trip to the NIT Tournament.

The team is the favorite to win the Horizon League Conference Championship this year.

The women's team, a 2008 NCAA Tournament participant, hopes to win the Horizon League Championship for the second season in a row.

All CSU students are entitled to FREE admission to home athletic events with a valid Viking Card.

We are currently offering an '08 Tip-Off ticket special to CSU friends and family members for the Men's Basketball Home Opener vs. Oakland on Saturday, November 15 at 7:00 p.m. If you buy an \$8 ticket, you will receive one FREE ticket! Download an order form on the CSU Athletics website at www.CSUVikings.com.

Every Saturday basketball game is a Family Value Saturday, with dollar hotdogs, great giveaways, and a FREE KidZone with inflatables, games, clowns, face painting and more! All home basketball games are played at the Wolstein Center.

Cleveland State hosts the 2008 Horizon League Volleyball Championship Tournament in Woodling Gym on November 20 - 23. Come out and support the Vikings as they attempt to win the Tournament for the second year in a row! As always, visit www.CSUVikings.com or call (216) 687-4848 for more information on all 17 of our NCAA Division I sports.

Katie Schneider
Marketing Coordinator
Cleveland State Athletics

WHERE CHAMPIONS PLAY

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Serving the Community Together

As we near the end of fall semester and winter break is about to begin, thoughts turn from papers and exams to spending more time with family. For many families, this time of year also brings to mind the opportunity to help others in our communities. Volunteering together is a great way to give back to the community while also bonding as a family. There are many opportunities to help, whether you are able to give a little time or a lot — it is the giving itself that can make such a difference.

The CSU Center for Leadership and Service can help students identify volunteer/service opportunities for the entire family. Through our partnership with City Year Cleveland, we strive to connect students to opportunities throughout the greater Cleveland area. Students can stop by Main Classroom, room 146, send an email to service@csuohio.edu to be added to our volunteer list, or visit us online (from the mycsu website, click on “Student Life,” then “leadership and service,” then

“volunteer/community service” to get to listings by agency name, category, or location).

Happy Volunteering! — and don't forget to mark your calendars to join us for the annual CSU day of service “Do-Gooder Day” on April 25, 2009 — more information available online in spring!

Center for Leadership and Service

Advice from an
Orientation Leader:

“If your student doesn't call as much as he/she used to, don't panic. Find a time that is good for you to call (or for them to call you) or use alternative communication, like e-mail, IM, or text messaging.”

*Leah Wolfe-Gerasimek
Business major*



Engaging in Recreation

There is truly something for everyone at CSU's 100,000 square-foot state-of-the-art recreation center including:

- two pools
- dedicated basketball, volleyball, racquetball and squash courts
- a multipurpose gymnasium that can accommodate indoor soccer, badminton, floor hockey and roller hockey
- an indoor jogging track
- weight rooms (10,000 lbs. of Olympic weight plates and 2600 lbs. of dumbbell weights)
- cardiovascular areas (more than 70 cardiovascular machines and 30 weight machines)
- three aerobic studios
- ping pong and pool tables.

Drop-in recreation is always encouraged, but for those who need a little help, the Department of Campus Recreation Services offers a comprehensive list of programs to engage the student of today.

For the competitive student, the Intramural and Sport Club programs are a must. Students can sign up for flag football, soccer, volleyball, table tennis, racquetball, or basketball, just to name a few, to test their skills against their CSU peers. For those who want to take their competitive spirit to the next level and re-live their high school glory days, Sport Clubs

are a great option. Basketball, crew, rugby, wrestling, Ultimate Frisbee and wrestling are among the clubs that practice regularly and travel around the state (and sometimes the country) to compete against teams from other universities.

The Fitness and Wellness staff offers a plethora of specialized programs designed for our diverse student body. From group fitness, spinning and instructional classes, to personal training, nutrition counseling, individual fitness testing, yoga and Pilates, the staff is dedicated to supporting every student's personal goals and making them the healthiest they can be.

Students can take swim lessons, get certified to lifeguard, or get certified

in American Red Cross safety courses such as First Aid/CPR/AED and Water Safety Instructor.

A variety of wellness programs are offered as well, including stress management, healthy life style, freshman fifteen, fitness walking, nutrition basics, time management, healthy back, flexibility, workplace fitness and benefits of cardiovascular training. Visit our website at www.csuohio.edu/services/recreationcenter for more information and don't forget to encourage your college student to Come.Stay.Play. at the CSU Recreation Center.

Greg Ross

Director, Campus Recreation Services

