



www.csuohio.edu/parents

IMPORTANT DATES

- March 9 – 15**
Midterm Grades
- March 15 – 22**
Spring Recess
- March 16 – 21**
Viking Expeditions Spring Break
Trip to New Orleans
- March 23**
Classes Resume
- April 3**
Last Day to Withdraw (at 8:00 p.m.)
- April 13 – 15**
Student Government Elections
- April 20 – 25**
Greekfest
- April 25**
Do-Gooder Day
mycsu.csuohio.edu/studentlife/service/do-gooder.html
- April 29**
Springfest: "CABStock"
- May 5**
Cinco de Mayo @ the MC Atrium
- May 8**
Last Day of Classes
- May 9 – 15**
Final Exams
- May 16**
Commencement

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Healthy Campus Eating

By Danielle Michal
*Fitness & Wellness Coordinator
Campus Recreation Services*

Pizza, pop, candy, chips, wings, chocolate, cookies, and doughnuts. These are just a few of the typical foods that college students eat and that cause many students to gain weight during the college years. This phenomenon is sometimes known as the "Freshman 15." Many people question why this happens. The answer is quite simple: stress from school, late nights studying, and the social aspect. So what can students do to avoid gaining weight?

Here are just a few tips:

1. Avoid eating while stressed
2. Get enough sleep
3. Keep moving - get enough exercise
4. Watch your alcohol consumption
5. Avoid late night eating (if you must, pack small healthy snacks such as popcorn, fruit or pretzels)
6. Do not skip meals. Be sure to eat at least 3 meals a day
7. Drink lots of water
8. Make wise decisions in the dining hall (try a grilled chicken salad instead of a hamburger)
9. Watch portion sizes
10. Learn about nutrition

The Cleveland State University Recreation Center offers nutrition counseling with our Registered Dietician, Monica Habib. Each assessment is individualized based on each person's goal. Learn how to apply the food guide pyramid to your personal diet and plan a menu that's right for you!

You can schedule an appointment with Monica over the phone or at our front desk. To learn more, call 216-802-3200 or go to www.csuohio.edu/services/recreationcenter.

Campus Safety

By Beverly J. Pettrey
*Crime Prevention Unit
Cleveland State University Police
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There are many things parents are anxious about when their young adult starts college; safety being one of them. The Cleveland State University Police Department is devoted to protecting and serving all members of the CSU community. Cleveland State is our city, our neighborhood and backyard!

The Cleveland State University Police Department is available 24/7. We respond to all emergencies and calls for service. We have specialized units which include police patrol operations, a detective bureau, a crime prevention unit, police records, security officers, and a special events unit.

Throughout the year, CSU Police teach students and faculty/staff members about safety. We talk to

them at orientation, participate in various presentations and interact with several freshman classes. By the end of the first semester, students have had some opportunity to learn about campus safety.

Unfortunately, after students get comfortable with their new environment they tend to get complacent and careless. It's very important to remind them about safety. Ask them if they are locking their doors/vehicles, walking around campus with a friend or using the escort service and keeping their property with them (book bags, laptops, purses). Encourage them to contact the police if they need help or see something suspicious. The combined efforts of our students, faculty/staff members and parents can only make our campus safer.

CSU Alert, which is our mass notification system, is new to our student body. CSU Alert is a fast

and effective way to communicate emergency information to a large number of people at virtually the same time. Situations for which CSU Alert will be used may include, but are not limited to, campus closings, building emergencies, potential life-threatening situations on campus, and extreme weather conditions. Students may register for CSU Alert at CampusNet.

If you have any questions about Campus Safety, visit our website at www.csuohio.edu/officers/police or give me a call at 216-687-9323. I would be happy to talk to you.



Tutoring & Academic Success Center:

Engaging Students in their Learning

By **Julie Hills**

Assistant Coordinator
TASC

The Tutoring and Academic Success Center (TASC) provides free tutoring and academic coaching to CSU students in a supportive learning environment. A trained staff of dedicated peer tutors offer out-of-class assistance in a wide variety of subject areas at the undergraduate level. Tutoring is provided in a 1:1 setting as well as small study groups and language conversation groups. If your student requires assistance with specific academic skills (note-taking, studying, time management, etc.), he or she could meet with a success coach to discover strategies for his or her personal learning style.

Tutoring is coordinated through pre-scheduled individual sessions as well as facilitated by walk-in specialists in a variety of content areas from 11 a.m.-3 p.m., Monday through Thursday. Students are encouraged to bring their course texts and materials with them to their sessions and schedule appointments early in the semester.

New to the Tutoring and Academic Success Center are the SI and SLA programs. Supplemental Instruction (SI) is a nationally recognized academic assistance program that provides regularly scheduled, free, informal sessions in which students review lecture material, revise notes, discuss readings, and apply strategies. Under the supervision of an SI leader (an upperclassman student who

attends the course along with the enrollees), students learn how to integrate course content and study skills while working together.

Structured Learning Assistance (SLA) incorporates weekly study and practice sessions into the required course meeting time. During the SLA session, students receive additional opportunities to master course content, develop learning strategies for the course, and better understand the expectations of the professor.

Please encourage your student to take advantage of the SI & SLA offerings as they provide additional instruction in the traditionally more difficult courses at no additional cost to the student.



Advice from an
Orientation Leader:

“Always remember that good grades pay and no student understands this more than one who has been paying for some part of his or her education. With over 1,500 job positions on campus and scholarships for all types of students, finding ways to take ownership of one’s education is made easy.”

Ken Safranek
Environmental Science
Major

Academic Advising

By **David Bowditch**

Director
University Advising

To new, first-time college students, academic advising is sometimes an unknown and mysterious entity. Consequently, students don’t always take advantage of the many services and benefits that academic advising offers them. With that in mind, I thought I might review how academic advising works at Cleveland State University, and highlight some of the services and benefits it offers.

The majority of academic advising for students is provided within the academic college of the student’s enrollment. Each college of the University, which includes the College of Business, College of Education and Human Services, College of Engineering, College of Liberal Arts and Social Sciences, College of Science, and College of Urban Affairs, has its own advising office.

This advising structure allows students to become directly connected with their college, with their academic departments, and with the faculty. In addition, the Exploratory Advising Office offers specialized advising for students who are undecided about their academic major and provides assistance with exploring various major and career options until students decide upon their major.

All of the academic advisors in all of the advising offices at Cleveland State have a Master’s Degree in Higher Education or a related field. Most offices operate on an appointment basis, but will be happy to accommodate walk-in traffic as needed.

Here is a list of some of the important services that academic advising provides for students at Cleveland State University:

- Learning and understanding academic requirements, including

general education (GenEd) and college requirements

- Assistance with course selection and registration
- Assistance with assimilation to University life
- Referrals to appropriate University resources as needed
- Monitoring of academic progress of students and intervention and assistance for students in academic distress
- Major and career exploration opportunities
- Petition and graduation application assistance

We strongly encourage all of our students to utilize the advising services as often as possible. Any encouragement you can offer to your students to take advantage of this great resource is greatly appreciated!

Financial Aid Update 2009

If one of your New Year's resolutions was to file early for your son or daughter's financial aid, you have not broken that resolution yet. There is still time to file your 2009-2010 Free Application for Federal Student Aid (FAFSA). Please visit FAFSA.ed.gov and file as soon as possible. There are not too many changes to this year's FAFSA, but there are a few that you may wish to take note of if you have not already completed the FAFSA.

The questions from worksheet A, B and C have been incorporated into the main body of the FAFSA and the dependency filing status criteria section has been expanded. Also, parents can now provide their email address on the FAFSA application.

Even though it's not too late to file your FAFSA for the 2009-2010 year, we recommend that you complete it as soon as possible.

In March, we will begin correspondence via email to students who have filed their FAFSA. If students have been federally selected for a

process called verification, they are required to submit additional documentation to CSU before we can issue them a financial aid award letter. Please encourage your student to read their CSU email as this is how the Financial Aid Office will communicate to them.

Required forms may be downloaded at www.csuohio.edu/enrollmentservices/financialaid/forms.

Families who encounter a change in anticipated income for 2009 that is different from their 2008 earnings should encourage their student to visit Campus411 for a meeting with a financial aid specialist to see if they may qualify to file a Loss of Income Form. This form allows the Financial Aid Office to recalculate your situation using your 2009 income to reevaluate your financial need. Parents are also encouraged to review question 85 on the FAFSA to see if they qualify as a "Dislocated Worker."

The Financial Aid Office begins mailing financial aid award letters after spring

grades are posted. Students whose financial aid files are complete can expect an award letter in early June.

Students who are receiving renewal merit awards will have their transcripts reviewed to check if they have met the 3.0 cumulative grade point average and successfully completed the minimum 12 credit hour requirement each semester.

Students who do not meet the renewal criteria will have an opportunity to file a petition for a committee decision on whether their scholarship assistance will continue. Students who wish to be considered for scholarship assistance should file the Continuing Student Scholarship Application, which may be downloaded at www.csuohio.edu/enrollmentservices/financialaid/forms.

The completed scholarship application should be submitted as soon as possible so students can be evaluated for all available scholarships.

Parent Connection

Hello CSU Parents & Family!

We hope both you and your student are happy with the choice you made in CSU. You are not the only ones recognizing what a great place CSU is to earn a college degree. In early January, the *Plain Dealer* ran a story about CSU's "A" in value. Following is an excerpt from the Sunday, January 4, 2009 *PD*.

In today's economy, parents and students alike are placing a high priority on value. As a result, Cleveland State University, which boasts one of the lowest tuition rates in the state, has become a popular college choice. Long known for its affordability and flexibility, Cleveland State

is a top draw for Northeast Ohio's accomplished high school students as a result of enhanced admissions standards and a new honors program. Now in the midst of a massive \$350 million campus makeover, Cleveland State offers more than 250 academic programs, attracts world-renowned faculty, partners with prestigious institutions such as the Cleveland Clinic, offers an array of local internship and co-op opportunities, and features various student activities, including NCAA Division I athletics. Cleveland State is one of our area's great institutions and a tremendous

value for parents and students looking for a high-quality, engaged learning experience and an affordable college option.

Let's continue to work together to make CSU a great place to learn! The next edition of this Parent Connection E-Newsletter will hit inboxes this summer. If you have questions until then, please feel free to contact the Orientation and Family Services staff.

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