



www.csuohio.edu/parents

IMPORTANT DATES

- September 22:**
Budget payment plan due date
- October 13:**
Columbus Day—no classes
- October 13-19:**
Midterm Grades
- October 13-17:**
CSU Vikefest
- October 17:**
Viking Madness Basketball Celebration
- October 31:**
Last day to withdraw (by 8:00 p.m.)
- November 11:**
Veterans Day—no classes, offices open
- November 22:**
First men's basketball game vs. Kansas State, McClendon Scholarship Classic
- November 27-30:**
Thanksgiving Recess—no classes

INSIDE THIS ISSUE:

- Staying in Touch* 1
- Campus Safety* 1
- Health Matters* 2
- CSU Dining* 2
- Fraternities and Sororities* 3

engaged learning

Staying in Touch

Staying in touch is important as your student makes the transition to being an official college student. Whether he or she is living on or off campus, it is still reassuring for your student to know that a loved one cares about his or her experiences. During the month of September, your student might start experiencing some of the following: wondering how and if I will fit in, fears about first exams and papers, feeling overwhelmed by decisions about what student organization to join, managing time and prioritizing responsibilities, and even shrinking a favorite t-shirt after doing laundry on his or her own.

Here's a few things you can do to stay in touch with your student:

- Send mail and/or e-mail (even if your student is living at home)
- Leave Post-It notes on the bathroom mirror
- Arrange a weekly time to talk with your student
- Take your student to lunch – we recommend trying Elements Bistro at CSU for a nice sit-down lunch
- Send text messages
- Ask questions and reach out to your student... sometimes it's hard for them to admit they need help
- Be ready for your student to start talking...sometimes they can surprise you!

Both you and your student will be experiencing new things and trying to make the most of your relationship and the college experience. If you haven't heard from your student in a while, do not become discouraged. Your student is probably enjoying the full college experience, but a phone call or thoughtful letter will still be appreciated. We wish you the best of luck in this new adventure!

Orientation and Family Services Staff
216.687.9379
family@csuohio.edu
www.csuohio.edu/parents

Campus Safety

There are many things parents are anxious about when their young adult starts college; their safety being one of them. The Cleveland State University Police Department protects and serves all members of the Cleveland State University community. And the CSU campus is one of the safest neighborhoods in the city.

CSU Police take a proactive approach to crime on campus. Officers work to prevent crime with highly visible motor vehicle, bicycle and foot patrols. In addition, surveillance operations are conducted by plainclothes officers and detectives. CSU Police operate 24 hours a day, 365 days a year – 24/7.

Throughout the year, University Police provides safety programs to students, faculty and staff members. Campus Safety presentations are made during New Student

Orientation and interaction occurs with freshmen throughout the first semester and year.

It is important to remind students about safety issues. Students often tend to become comfortable and complacent with their new environment. Ask your student if they are locking their doors and vehicles, as well as keeping their property with them – book bags, laptops, purses, cell phones. Walking campus with a friend is recommended — the twos rule. The CSU Police Department provides safety escorts to or from any location on or near campus 24/7. Encourage your student to contact the police if they are in need of help or see something suspicious (SEE SOMETHING, SAY SOMETHING, 911). The combined efforts of our students, faculty, staff members and parents will only make for a safer campus.

CSU Alert, our mass notification system, is new to our student body this semester. 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 through CampusNet.

For further information, or if you have any questions about Campus Safety, visit our website at www.csuohio.edu/offices/police, or call me at 216.687.9323. I would be happy to talk to you. **SEE SOMETHING, SAY SOMETHING, 911**

Beverly J. Pettrey
Crime Prevention Unit
Cleveland State University Police
b.pettrey@csuohio.edu

Health Matters

Health and Wellness Services

Cleveland State is concerned with both health promotion, illness and injury prevention for its students. Convenient ambulatory health care is available for all registered CSU students. Nurse practitioners and University physicians provide services. Appointments are required and can be made by calling 216.687.3649. The Health and Wellness Center is located in the Science and Research Building, room 153. Hours are Monday and Tuesday from 8:00 a.m. until 5:30 p.m., and Wednesday through Friday from 8:00 a.m. until 5:00 p.m. during the academic year. During the summer and during semester breaks, hours are Monday through Friday from 8:00 a.m. until 5:00 p.m. If a CSU student attended spring semester and will be returning in the fall, he or she can receive services provided by the

Health and Wellness Center during the summer break.

The Health and Wellness Center provides the following services:

- Physical examinations and female exams including PAP tests
- Treatment for common illnesses
- Laboratory testing and screening
- Health maintenance
- Immunizations
- Tuberculosis tests

There is no charge for most office services. There are minimal charges for complete physical examinations, laboratory tests and medications.

For additional information, visit www.csuohio.edu/health or call us at 216.687.3649.

Student Health Insurance

If students need health insurance, they can sign up for Aetna Student Health Insurance through CSU's CampusNet. There is an insurance tab. The cost is \$1,280 per year and the student can purchase it either annually in the fall or for each semester. After a \$350 deductible, the plan pays at 100% up to policy limits. Prescriptions are also covered with co-pays up to \$1,200 a year. There is a mandatory Health Services referral requirement for any non-emergency care.

The enrollment deadline for fall is September 22, 2008. The policy becomes effective the day after the student enrolls in the plan. If a student ages off his or her parents' plan after the deadline, he or she should contact Health Services at 216.687.3649 for enrollment instructions or questions.

CSU Dining: The Ultimate Dining Experience

Eating on campus is about more than just great food. CSU Dining is dedicated to supporting students seeking a healthier lifestyle. Our program is built on student feedback as we aim to create the ultimate CSU Dining experience! We are committed to using the most nutritious products available and healthiest cooking methods possible.

CSU Dining offers Standing Reservation Meals Plans for residents and non-residents.

A Standing Reservation guarantees your student a delicious, healthy meal on campus. Residents sign up for their Standing Reservations when they sign their lease to live on campus. Cleveland State dining believes that our non-residents are just as important as our resident students.

Because of this various Standing Reservations are available to purchase online at www.dineoncampus.com/csu. Standing Reservations are accepted at The Viking Marketplace and as a meal equivalent at The Link Coffee Cart and Fenn Shoppe. Dining Dollars come standard with all Standing Reservations and are accepted at all CSU Dining locations.

Standing Reservation benefits include:

- No need to carry cash
- No ATM fees
- Healthy, nutritious meals always offered
- Convenient hours

A great meal is never more than a few steps away. CSU Dining has something for everyone at one of our nine dining locations across campus.

Our dining locations include all you can eat dining, fine dining, made to order smoothies, coffee, grab-n-go and convenience stores.

For more information regarding menus, hours, and Standing Reservations log on to our website www.dineoncampus.com/csu.

For more information, please contact CSU Dining: dining@csuohio.edu 216.687.5001



The Advantages of Fraternities and Sororities

Joining a fraternity or sorority can present many opportunities for a student to become engaged with the University, community, as well as the connectedness that Sisterhood or Brotherhood provides through membership. Greek life provides a network of friends and lifelong development for collegiate and alumni members. Sisterhood and Brotherhood is a commitment to and promotes:

- Personal integrity
- Excellence in academic and intellectual pursuits
- Inter-generational participation
- Community service
- Leadership development
- Social enrichment
- High moral standards and ethics
- Personal growth
- Professional development
- A network of friendship and support for life

Two Cleveland State students – **Lindsay** and **Adam** tell you what they have found with their Greek life experience at CSU.

Lindsay was a freshman and undecided about her major as well as her future career plans when she started to consider joining a sorority. She was living at home while working a part-time job. She wanted more out of college than just a degree and classroom knowledge. What attracted Lindsay to sorority life was the network of friendship that being in a women's organization provides. To Lindsay, the sororities always seemed to be actively involved in supporting each other as members as well as their interests in causes, in addition to being in the middle of the action of campus activities.

Adam was a sophomore in Nance's College of Business Administration when he became interested in joining a fraternity. He was interested in moving into one of the Greek houses on campus that usually are filled with members. While working a part-time job, Adam is the consummate athlete,

participating in Intramural sports that include softball, football and basketball.

Both Lindsay and Adam took the plunge and joined Greek Letter organizations. After one year of membership, here are their findings:

Lindsay's experience:

- Elected to a Student Government position as a direct result of her Greek Organization's support and backing
- Voted "Sweetheart Queen" of the largest fraternity on the occasion of their formal dance
- Participated in the "Race for the Cure"—a cause close to her heart—with her sorority having the largest organizational turnout for the event

Adam's experience:

- Acquired a new-found role on the school newspaper's staff as a direct result of his Greek Organization's support and backing
- Moved into his fraternity house and is saving money on housing and parking costs
- Won his fraternity's Athlete of the Year award
- Elected Treasurer of his fraternity that will provide him career experience as an Accounting major
- Selected to represent his fraternity in New Orleans for an annual conclave — all expenses paid.

Lindsay's and Adam's findings:

- The money spent on membership dues more than covered their usual expenses attributable to social activities
- Both found their grade point averages (GPA) to be considerably higher than what they had achieved in their pre-Greek academic days. Tutoring and mentoring by their memberships' upperclassmen came into play.
- Their number of close friends increased—that is sisters and brothers—beyond expectations. Both feel they achieved their goal of

wanting to experience college to its fullest potential while putting high school behind them.

- The concept of a lifetime commitment has come into focus by virtue of the number of alumni members they have met that exemplify lifelong dedication to sisterhood and brotherhood. These alumni upon graduation are asked to serve as a networking vehicle for students. Both students found it gratifying to know how many famous and or well-known people are Greek alumni.
- Both participate in their Greek letter groups' leadership activities in service and charitable causes on campus.
- Both enjoyed participating in Greek Week that is sponsored by the Greek Council with the University's financial support. This is a week of events that include game competitions, dunk tanks, car smashes, Second City comedians, karaoke, pizza eating contest and a chariot race to name a few of the fun festival activities.
- Participation in their organizations' school-wide competitions including float-building and stunt night were unique experiences and the memories will last a lifetime.
- Both have found a niche in their college careers that they did not anticipate.

As they prepare for another school year, Lindsay and Adam are happy with their decision to attend CSU! After a year of engaging in social interaction, philanthropic involvement, athletic competition, academic growth and a wide variety of Greek related activities, both Lindsay and Adam feel they are an integral part of Cleveland State University. Both feel they belong at CSU and are dedicated to the legacy of the Greek letter organizations' histories and what they will leave behind as members.

Bill Russell, Department of Student Life, Greek Coordinator.

Advice from an
Orientation Leader:

"Let your students know how much you love them by leaving notes where you know they will find them, by sending them mail or an e-mail. Just that small display of love and encouragement can mean so much to us."

Samantha Shunk
Sophomore
English major

