Presenter: Stan Hébert – Associate Vice President, Student Affairs
California State University, East Bay
Family Orientation – Summer 2016
“Pioneer” is more that a mascot
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- Pioneers...
  - Explore new horizons
“Pioneer” is more than a mascot

- Pioneers...
  - Explore new horizons
  - Address challenges
“Pioneer” is more than a mascot

- Pioneers...
  - Explore new horizons
  - Address challenges
  - Work together
“Pioneer” is more than a mascot

Pioneers...

- Explore new horizons
- Address challenges
- Work together
- Enjoy the support of family and friends
Welcome to Cal State East Bay!
Congratulations!

- Your student is going to college!

CONGRATULATIONS
Class of 2020!
Congratulations!

- Your student is going to college!
Separation Stages for Parents of College Students

- Charlie Brown got it right… There is such a thing as “good grief”
Separation Stages for Parents of College Students

- Denial

*IT’S NOT DENIAL*
*I’M JUST VERY SELECTIVE ABOUT THE REALITY I ACCEPT*
Separation Stages for Parents of College Students

- Denial
- Anger
Separation Stages for Parents of College Students

- Denial
- Anger
- Bargaining
Separation Stages for Parents of College Students

- Denial
- Anger
- Bargaining
- Depression

I'm depressed, sad, hurt, confused, lonely, unloved, judged, misunderstood, insignificant, broken, dying, insi. Fine.
Separation Stages for Parents of College Students

- Denial
- Anger
- Bargaining
- Depression
- Acceptance
Your role as a parent should transition into the role of a coach

- Your student still needs you!
- Growing and developing independence
- They may not ask for the help they need
- Need to co-design a college success plan
- Your student has to take leadership
  - Take the actions needed to succeed
Trust your college student

- College is a time for students to discover who they are
- Allow your student the opportunity to avoid some mistakes as well as the opportunity to learn from them
You are already on the right path

- **Attend Orientation**
  - Participate in pre-advising / course registration
  - Meet university faculty and staff
  - Be sure to discuss money management AND academic goals
  - Understand financial aid
  - Become familiar with the website
  - Know the calendar / deadlines
- **Ask Questions**
- **Know the many “free” services and programs available to your student**
Support services and programs

- Tutoring
- Academic Advising
- Career Advising
- Health/Wellness Care
- Library
- Computer Lab
- Psychological Counseling
- Recreation*
- Entertainment*
- Social*
- And so much more!
Engagement opportunities

- Student Clubs and Organizations
- Student Government (ASI)
- Campus employment
- Recreational activities
- Performing Arts
- Scholarly Research
- Community Outreach/Involvement
- Intercollegiate Athletics
- Service Learning
- Travel
- And more!
Continue to have conversations with your student about how they are doing academically
Academic Responsibility

- Continue to have conversations with your student about how they are doing academically
- Understand FERPA (Family Education Rights and Privacy Act) – The university must comply and is not free to release educational record information without your student’s permission
Keep informed...

- We encourage you to keep informed on university activities
  - University Website
  - Campus publications
  - Call or email us!
We encourage you to connect with the university

- Join the Pioneer Parent and Family Programs
- Through the online social media networks
- Attend athletic, performing arts and academic events
Parent and Family Programs

- (510) 885-3322
- www.csueastbay.edu/parents
- www.facebook.com/csuebparent
Questions?