



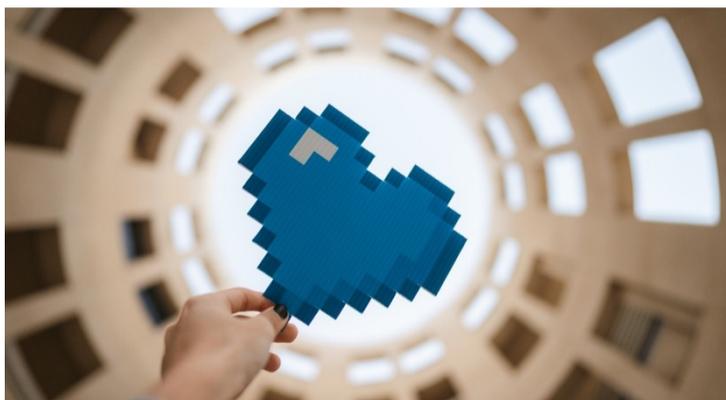
Family Newsletter

Preparing for the New Year over Winter Break

A new year and another semester are just ahead. As students transition into winter break, it is important to reflect on the past semester. Take an inventory of lessons learned and where students need support as they transition to spring 2022. Encourage your student to set goals for their break -- do they need to connect with campus resources to start January off on the right foot?

[Campus reopens](#) Jan. 3, and what better time to start [healthy habits](#) in utilizing the [gym](#) or connecting with campus resources for [time management](#) support. Explore the campus websites for opportunities in [research](#), [internships](#), [jobs](#), [student organizations](#), [volunteering](#), [service learning](#), [events](#), [tutoring](#) and much more.

The spring semester kicks off Jan. 24 with [Weeks of Welcome](#), two weeks of events to build community and get students involved on campus. Encourage your student to join you for our January [family webinar](#) on goal setting for a guided exercise in creating goals to round out this academic year. A new year can be a time to push refresh. Support your student in preparing for that refresh this winter break!



Director's Note

A huge thank you to our families for supporting New Student and Family Programs on Giving Day! The funds raised will benefit our Orientation Team leader program, which builds campus leadership and a sense of belonging. The knowledge gained transfers to all career paths, and with many of our alumni staying in the region, it benefits our community, too. Thank you for your support and, from my family to yours, we wish you a happy holiday season!

Christiana Moen, director, New Student and Family Programs



STUDENT SPOTLIGHT

Gizelly Rodriguez, third year

Majors: Psychology, child and adolescent development

Activities: [Orientation Team](#), [Greek life](#)

Advice to students: Get involved. It will change your college experience and help you build connections on campus.

Advice to families of students: Always be there for them and provide them support. Sometimes a phone call can make a huge difference.

Why I love CSUSM: Everyone is very welcoming and willing to give a helping hand.

Did you know?

- Stay up-to-date with COVID-19: [CSUSM as One](#) provides helpful information and links regarding COVID-19 updates and protocols.

UPCOMING EVENT

Family Webinar Series

- Goal Setting, Jan. 19

[RSVP](#) online

IMPORTANT UPCOMING DATES

- Dec. 24-Jan. 2, Jan. 17:** Campus closed
- Jan. 24:** Spring classes begin
- Jan. 24:** Weeks of Welcome begin for students

FAMILY RESOURCES

- Our [Parents/Families website](#) offers helpful links and information to keep you in the loop with your students.
- The [CSUSM Family Handbook](#) contains information about the many resources CSUSM offers.
- The [Cougar Care Network](#) provides information and connection to resources, advocacy and support for students experiencing challenges.
- The [2021-22 academic calendar](#) highlights key dates throughout the fall and spring semesters.

We'd love to hear from you. Feel free to email us your comments, questions and suggestions at families@csusm.edu or familia@csusm.edu.

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