

# CSUSM Family Newsletter

## March 2021

### **Mid-Semester Check-In**

Mid semester is approaching, which means midterms for students and an increase in stress. In this time, students could use some encouragement from their support systems and potentially some nudging to use resources across campus. Yes, even virtual campus resources! Where to start? As a family member, you are the greatest coach and supporter to your student in being successful. Empowering your student to stay motivated, especially during a pandemic, is not something anyone could have imagined in the job description of supporting a college student. Building your awareness of resources and checking in on what your student is learning are the ticket to success at this point in the semester. What resources are available? A great way to look at remembering resources is through the lens of CSUSM's [Co-Curricular Model](#). Five areas of focus to support your student in creating a well-rounded college experience beyond the classroom.

### Civic Engagement & Social Responsibility:

There is so much to explore and learn beyond the classroom dialogue. Engage your student in a conversation about challenging topics related to what is going on in our world. Here are some resources with this domain in mind.

- [Service Learning](#)
- [Civility](#)
- [Study Abroad](#)

### Leadership & Interpersonal Development:

The soft skills needed in everyday life are likely limited within this virtual context of learning, yet vital to any career. The ability to communicate effectively and navigate taking the lead are so valuable and yet not easy to gain skills right now. Here are some resources with this domain in mind.

- [Getting Involved](#)
- [Associated Students Inc.](#)

### Critical Thinking & Ethical Reasoning:

Encourage your student to plan ahead on assignments and exam preparation to avoid the urge to involve themselves in academic dishonesty. Here are some resources with this domain in mind.

- [Cougar Care Network](#)
- [Tutoring Centers](#)

### Career & Professional Development:

You never know when you are riding in an elevator with a future employer or networking for lead on a new job. Students now more than ever before need the basic tools of an elevator pitch, resume and interviewing skills to stand out in a competitive job market. Here are some resources with this domain in mind.

- [Career Center](#)
- [Internships](#)

### Holistic Wellness & Self-Efficacy:

Staying healthy goes beyond eating well and getting exercise. Check in with your student on their mental health and overall well-being. Here are some resources with this domain in mind:

- [Staying Social with Campus Events](#)
- [Student Health & Counseling Services](#)
- [Campus Recreation](#)
- [Cougar Pantry](#)

### **Director's Note**

CSUSM is seeking families to support the incoming class of students, and their support systems, as they transition to CSUSM! If you are interested in volunteering to be a Family Ambassador, learn more on [our website](#) and reach out for additional details at [families@csusm.edu](mailto:families@csusm.edu) or [familia@csusm.edu](mailto:familia@csusm.edu) We are looking forward to getting our Cougar families more involved and connected at CSUSM!

### **GO COUGARS!**

**Christiana Moen, Director**

**New Student & Family Programs**

(760) 750-4930 | [orientation@csusm.edu](mailto:orientation@csusm.edu)

[www.csusm.edu/nsfp](http://www.csusm.edu/nsfp)

**Student Spotlight:**

Avalon Freeman (she/her)

Third-year

Major: Psychology

Involvements: [Greek Life](#) and [Orientation Team](#)



Advice for students: Get organized as soon as possible. Trying to balance school, work and personal life can become overwhelming, but if one has some sort of organizational system in place it becomes a lot easier. My method or organization is to utilize a planner and sticky notes that way I can easily move tasks around and mark them as complete.

Advice to families: Support from a place of growth. During their college experience students will come across trials and tribulations as well as accomplish many things. In order for them to prosper as an independent individual they will need to know how to make corrective actions on their own, despite how hard that may be for the family who just wants to watch them flourish into an amazing person.

Why I love CSUSM: I love CSUSM not only for its location but it's phenomenal faculty and staff. Throughout my time here at Cal State I have met quite a few amazing individuals who have contributed to my growth both professionally and educationally. I value genuine connections with others and CSUSM has given me that.

### Did you know?

- Students living on campus and attending in person classes in Spring 2021 are mandated to weekly [COVID testing](#).
- The [San Diego County testing center on the CSUSM campus](#) offers free COVID-19 testing.
- The [San Diego County Vaccination Center](#) is now open on campus.
- You can view [announcements](#) from CSUSM President Ellen Neufeldt.
- Sign up for the weekly CSUSM [NewsCenter](#) email.
- Students can get technology support from the [IITS Help Desk](#) (available by appointment)

### Upcoming Events - [RSVP Today!](#)

#### **April Family Webinar: Thinking Beyond CSUSM**

April 14, 2021 7:00-8:30pm

Career Center, Internships, Service Learning and Study Abroad

#### **May Family Celebration: Cougar Families Celebrate Their Grads**

May 12, 2021 7:00-8:00pm

Open to families of Fall 2020 and Spring 2021 Graduates

### Important Upcoming Dates:

- March 22-27: Spring break
- March 31: Campus closed in observance of Cesar Chavez Day
- May 14: Last day of classes for spring 2021
- May 15-20: Final exams
- May 21-22: Commencement

### Resources for Families:

- Our [Parents & Families website](#) offers helpful links and information to keep you in the know.
- The [CSUSM Family Handbook](#) is loaded with information about the many resources available to your student.
- Additional campus resources and services are available through our [Continued Family Orientation Modules](#)
- The [Cougar Care Network](#) provides vital information and connection to resources, advocacy and support for students.
- The [2020-21 academic calendar](#) and [2021-22 academic calendar](#) highlight key dates throughout the fall and spring semesters.

We'd love to hear from you and are always seeking family volunteers. Feel free to email your comments, questions and suggestions at [families@csusm.edu](mailto:families@csusm.edu) or [familia@csusm.edu](mailto:familia@csusm.edu).

