

Get plugged in

Central Web sites

Academic Advising and Assistance
advising.cmich.edu

Mathematics Assistance Center
www.cst.cmich.edu/units/mth/mthcenter

Office of Student Life
stulife.cmich.edu

Supplemental Instruction Program
diversity.cmich.edu/mss/docs/SI/SI.htm

Writing Center
chsbs.cmich.edu/writing_center

Volunteer Center
volunteer.cmich.edu

Attn: Retention

CMU puts resources toward ensuring great student connection, education

CMU has a low student-to-teacher ratio. The campus is friendly. And it is the fourth largest university in Michigan. Shawn Wilson, CMU's new director of student retention, says these are reasons why students apply to CMU.

So what are the reasons that students stay?

Wilson says CMU offers academic advisors in the residence halls, a Writing Center, more than 500 public events annually, and a registered student organization (RSO) for just about every interest.

"We want students to have a well-rounded student experience. We absolutely want them to do well in the classroom, but we also want them to find an interest on campus. CMU has a variety of RSOs, from American Sign Language Society to Zeta Phi Beta sorority."

Wilson says retention and the student experience are, naturally, a CMU priority. Wilson was appointed director of student retention, a newly created position, Aug. 1. He says his job is to make sure that students thrive at Central once they get here.

"We owe it to all students we admit to our university to prepare them and get them to graduation," he says. "CMU creating this position, especially in difficult economic times, makes a strong statement about how strongly they feel about this subject." As a part of his position, Wilson says he also works with campus staff to pool together campus retention resources.

The key to helping incoming students is getting them plugged into campus resources, which connects them to the CMU community. He says ways for students to do this are by joining a student organization, having a great mentor or getting involved in volunteering.

Retention and academic performance also are linked together, he says. When students do well as scholars, there's a better chance they'll stay at the university. Wilson says that is why academic advising in the residence halls is vital for getting students on the right academic path.



Shawn Wilson

"CMU realizes how important student success is," Wilson said. "We have this great opportunity to make a difference in so many lives, and we want to make sure we are giving our students what they need."

Wilson, a 1995 CMU graduate, says having connections with advisors, mentors, professors and friends is what makes CMU home for students.

"CMU was and is a great home for me," he says. "And I want the same for others." ■

Parent News

Parent News is the CMU Parent Association Newsletter, published for parents of current CMU students. The newsletter is a joint project of the university's Dean of Students and Public Relations and Marketing offices.

Parent News
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Communication between CMU staff and our students' families is important to us. Feel free to contact us with your questions.

Academic Advising and Assistance
989-774-7506

Career Services
989-774-3068

Counseling Center
989-774-3381

Dean of Students
989-774-3346

Leadership Institute
989-774-1909

Minority Student Services
989-774-3945

Receivable Accounting
989-774-3618

Residence Life
989-774-3111

Registrar
989-774-3261

Scholarships and Financial Aid
989-774-3674

Student Life
989-774-3016

Volunteer Center
989-774-7685

CMU, an AA/EQ institution, strongly and actively strives to increase diversity within its community (see www.cmich.edu/aaeo).

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Many advances at CMU benefit you and your student

Forward-thinking projects, talented and energetic professors and staff, and growing national academic success make this fall an exciting time to welcome new and returning students and their parents to Central Michigan University. Our commitment to improve the environment in which students live and learn facilitates their success and prepares them to compete in the global marketplace.

CMU has made significant investments in increasing its ability to notify students and employees of emergency situations such as severe weather. Additional technologies, including classroom telephones and outdoor loudspeakers, have been installed to quickly and effectively communicate critical information in an emergency. Students who register for Central Alert through **myaccount.cmich.edu** receive a phone call, e-mail and/or text message in an event that delays operations or closes the university.



By Michael Rao, Ph.D.
University president



CMU continues to expand sustainability efforts to improve the living/learning environment while conserving resources for future generations. Students can help reduce CMU's carbon footprint by using one of 50 new bike racks, forgoing dining trays to save water and energy, and participating in CMU's growing recycling efforts that have doubled since 2003 to 38 tons per month. Sustainability practices allow CMU to expand investment in student learning by saving \$2 million annually.

Harmony between campus functionality and aesthetics is achieved through facility upgrades and professionally maintained grounds. New construction, including the new Education Building slated to open in Spring 2009, complements an ongoing initiative to update existing spaces identified as being most in need, through which 10 classrooms were updated this summer with new paint, flooring, ceilings, window treatments and whiteboards.

Our living/learning environment will advance dramatically as early as Fall 2011 when a charter class of 100 students enrolls in CMU's rurally focused, MD-granting medical education program. The Board of Trustees' forward-thinking vote to establish a school of medicine will help

Michigan address an impending physician shortage while building a life sciences economic sector in the region. To learn more, visit www.cmich.edu/med.

Thank you for taking an active role in the education of your son or daughter. My wife, Monica, and I invite you to visit campus to experience CMU's outstanding living/learning environment firsthand. ■

CMU News

Health conscience

College courses. Football games. Work. Friends.

Your students are busy. And whether they are away for the first time or completing their senior year, you want to help them reach maximum potential and enjoy their experience at CMU. That means keeping them healthy.

Dr. Sarah Yonder, a University Health Services physician, offers tips to parents on steering students toward healthy habits while respecting their independence.

Staying balanced

Pizza goes hand-in-hand with friends and football.

With the freedom to choose anything they want, college students often pick fast and easy foods. Yonder suggests helping your student eat a healthy, well-balanced diet.

"I always stress to people that a balanced diet is the best thing," Yonder says. "So they can have pizza, and they can have tasty things that they like, but do it in moderation."

Parents can help by sending their son or daughter fit-food care packages with healthy snacks such as pretzels, nuts and dried fruit.

Yonder also says that regular exercise is a great way to stay healthy – in body and mind. It reduces stress and boosts the immune system. "I don't mean that they have to run a marathon or go to the gym for hours and hours a week," Yonder says. "Just get out for a walk or relax with friends and go play a pick-up game as an outlet to relieve stress."

Let your student know that University Recreation offers group fitness classes at the Student Activity Center, including yoga, kickboxing and cycling. There also are fitness facilities for on-campus students who don't want to walk to the Student Activity Center.



Dr. Sarah Yonder

Campus Health Resource

If your student needs medical attention, University Health Services acts as a "family doctor." Yonder says it is important that parents know that there is a health care resource right on campus.

This on-campus medical clinic in Foust Hall provides treatment for illnesses and injuries, physical exams, allergy treatment, immunizations and more.

Parents may want to consider having their student vaccinated against the flu, Yonder says. Flu shots are available at the clinic for \$25, and no appointment is necessary. Students wanting a flu shot may walk in from 8:30 to 11:30 a.m. and 1:30 to 4:30 p.m. Monday through Friday.

But CMU does more than treat your student's physical well being.

CMU's Counseling Center, also located in Foust Hall, offers free services for dealing with stress management and other concerns. Residence halls also have counselors within the Student Success Centers.

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University Health Services
www.healthservices.cmich.edu

Counseling Center
www.counsel.cmich.edu

Care package item ideas

- Healthier foods, such as dried fruit, nuts or granola bars
- Green tea
- Hand sanitizer
- Small packages of facial tissue
- Multivitamins
- A note of encouragement
- Music
- Books
- Photos



Parent

Destination: CMU

10 ways to explore campus

Think CMU is only for the 18- to 22-year-old crowd? Think again. We've rounded up 10 of our favorite ways to experience CMU with the whole family.

1

Bowl, swim or shoot pool at the **Student Activity Center**. One-day guest passes are available for purchase. See www.sac.cmich.edu. Guest passes: \$12. Some activities cost extra.



4

Bundle up and watch costume-clad participants dive into an icy Rose Pond for the annual **Polar Plunge** at 11:30 a.m. Feb. 28, 2009, east of Kelly/Shorts Stadium. The creative outfits and pond jumping are free entertainment – and it's for a good cause. Donations will benefit Special Olympics Michigan.

2

Visit the grizzly bear, learn about Michigan wildlife, and explore other exhibits at the **Museum of Cultural and Natural History** in Rowe Hall. Free admission. www.museum.cmich.edu.



3

Dine at a **residential restaurant** and choose from dozens of entrees, salads and desserts. The experience brings a whole new meaning to "buffet." Buy guest passes at the entrance to any of the restaurants. \$5 to \$10. Meal tickets can be purchased at the front desk of your student's residence hall, unless your student lives in the Towers Residential Complex. Residential restaurant tickets in the Towers can be purchased inside the restaurant.

5

Explore the **libraries**. Browse the periodicals section, log on to a computer, see exhibits, stop for a coffee or soda – all this and more are available at Park Library and Clarke Historical Library.



Mount Pleasant News



6

Play indoor games and watch movies with your student during **CMU's Sibs Weekend**, Feb. 6 through 8, 2009. It is a fun event for all family members, not just siblings. Visit www.stulife.cmich.edu/programs/siblings. More questions? Call 989-774-3016.

7 Appreciate the art of students, faculty and guest artists at the **University Art Gallery**. Free. Check the Web site for hours: www.uag.cmich.edu.

Experience the excitement and drama of **Chippewa athletics**. Prices vary. Get schedules and tickets at www.cmuchippewas.com.

8

Scale CMU's indoor **rock climbing** wall. Get details at rpl.cmich.edu/adventure/awall.htm. \$13 per person includes admission and gear rental.

9

When you've exhausted all that campus has to offer, enjoy winter activities in Mount Pleasant. **Ice skate** at the ICE Arena, 5165 E. Remus Road. \$4 admission; \$2.50 skate rental. Check the Web site for specials and hours: www.mpicearena.org. Or head outdoors to **cross-country ski** and **sled** on the trails of Deerfield Nature Park, 2425 W. Remus Road. Phone: 989-772-2879. Information: www.mountpleasantwv.com/parks.aspx. ■

10



Parade

Points of Pride

Mark your calendars for the 2008-2009 holiday breaks

Residence halls will close at 7 p.m. Nov. 26 for Thanksgiving break and reopen at noon Nov. 30. Residence halls also will close at 6 p.m. Dec. 13 for winter break and reopen at 9 a.m. Jan. 11. Remind your students to bring home important items such as medication, eyeglasses, cell phone chargers, laptops and laptops cords.

For more information, visit the Web site www.reslife.cmich.edu.

CMU plans medical school

Citing the institution's responsibility to help Michigan prepare for an impending shortage of 6,000 physicians by 2020, CMU plans to establish a school of medicine. The university expects to educate its inaugural class of 100 future physicians as early as Fall 2011. The school would be located within an expansion wing of The Herbert H. and Grace A. Dow College of Health Professions.

To learn more about the CMU school of medicine, go to www.cmich.edu/med.



Barbara Lynne L'Hommedieu

CMU advisor receives national recognition

Barbara Lynne L'Hommedieu often asks students what they enjoy or what their ideal workplace would be like before she helps students choose classes for the upcoming semester. Making choices in college is a "first step into adulthood" for many students, said L'Hommedieu, an academic advisor in the Towers Student Success Center.

The National Academic Advising Association recently recognized L'Hommedieu for her work with students. She received an Outstanding New Adviser Certificate of Merit. She was one of only 13 recipients nationwide.

CMU's academic advisors, like L'Hommedieu, assist students with various academic situations, including helping them decide on majors and minors, explaining degree requirements, and directing students to exploratory courses and workshops.

For information on advising services, visit advising.cmich.edu.



HEALTH PROFESSIONS

Catch the LeFevour

A 30-by-60 foot billboard of CMU junior quarterback Dan LeFevour is featured on the back of Comerica Park's scoreboard near the main entrance to Ford Field, where incoming Tigers and Lions fans can gaze upon the 2007 Mid-American Conference Offensive Player of the Year.

After it was put up in July, the billboard generated nearly 100 media reports, including features in USA Today and on ESPN. The billboard is part of a wider university campaign around the theme that "champions come standard" in all areas at CMU – from athletics to nationwide distance learning opportunities and top-ranked academic programs and faculty.



Dan LeFevour

Professor Kent Miller works with students in the Caponigro Multimedia Lab.



Encourage your student to sign up for Central Alert

In a continued effort to enhance communication for students and employees, CMU has implemented Central Alert, an emergency news notification system. With Central Alert, students receive timely university updates regarding emergency news, delays and closings.

Students are not automatically subscribed to Central Alert. Students interested in receiving campus alert messages must register their contact information online by logging into their accounts at myaccount.cmich.edu and choosing "Central Alert" on the left side of the page.

To receive news alerts in a timely manner, students should provide as much direct contact information as possible, which can include additional e-mail addresses and cell and home phone numbers. To learn more about CMU's emergency preparedness efforts, visit www.cmich.edu/emergencyprep.

High-tech media lab opens for journalism department

The future of journalism has arrived, and it's at CMU. The new Caponigro Multimedia Lab, unveiled to the public this fall, prepares the university's students for high-tech careers in the ever-changing journalism industry.

The lab's opening is closely tied to CMU's recently approved major in new media/online journalism, which will launch in the spring of 2009. The lab has new-media tools, including camcorders, digital cameras and audio recording equipment.

A gift to the university's journalism department from Jeffrey R. Caponigro, CMU Board of Trustees chairman and CMU alumnus, helped to fund the construction and equipping of the lab.

The lab's future is secure through an endowment established to ensure that the facility keep pace with changes in technology. "It is a wonderful model for other projects that require both a major up-front cost and some significant maintenance and upgrade expenses into the future," Caponigro said. ■



News

Health conscience continued from page 3

Need a *Parents Guide?*

Copies of the *Parents Guide*, a parents-focused handbook about CMU and its support services, are available at no cost by contacting Angella Coldwell at coldw1ak@cmich.edu or 989-774-3346.

On-campus students can work out at residence hall fitness centers in the Towers and in the East Quad.

If the "Freshman 15" does appear, Yonder warns against using the word diet. Instead of having your students hear about how they need to lose (or gain) weight, keep encouraging healthy habits, like exercise, and focus the conversation on nutritional concerns.

"Parents need to be really cautious and not toss that term around too loosely because they are at a pretty vulnerable age and there's a lot of body images that are hard and dangerous to achieve," Yonder said. "If people want to lose weight or gain weight, or get to a healthy weight, they need to change the way they eat."

So send those fit-food care packages.

The pizza money will run out. And your student will be thankful to have those healthy snacks. ■

