



Welcome Back!

Cadet Finances

Fees due: Friday, August 9th
Sign-up for an Installment Payment Plan with the Cashier's Office no later than August 9th
Medical Insurance Waiver
Deadline: Wednesday, August 28, 2019

[eBills & Online](#)

Cadet Academics

First day of Instruction:
Monday, August 19, 2019

Registration Dates
Spring 2020: Nov 4-14

Cadet Programs

Club Rush: September, 2019



Returning Students Check-in: Final room assignments were emailed last week and cadets moving into Maritime North, check-in there and cadets moving into any other location, check-in at Upper Res Hall.

Check-in Days & Times:

Saturday AND Sunday 8/17-18 from 10 am - 6pm

New Cadet Orientation: Tuesday, August 13 - Saturday, August 17, 2019

Parent Day: Wednesday, August 14, 2019



Tips for Parents of College Seniors:

Stevenson University's Vice President of Career Services, Sue Gordon, recently went on WBAL-AM to offer advice for parents of graduating college seniors as graduation is quickly approaching. She shared the following tips: If you've talked to your college senior recently, you might have noticed a hint of stress in their voice. Between today and graduation, they are facing a mountain of papers, capstone projects, final exams, internships, student clubs and sports. There are many things to distract them from the big question: "What will I do when I graduate?" The challenge for parents is to find a way to be encouraging rather than nagging.

You can help your student navigate the transition from full-time student to new graduate, but the time to start is now, while they are still in school with easy access to resources that can help. As a long-time college career services provider, I am confident that your student's institution is vested in your student's success.

Have a heart-to-heart with your senior, and learn where they are in answering "what will I do when I graduate?" In my experience, students fall into one of three categories: "laser-beam focused," "searching with direction," and the "I don't know" category.

The **laser-beam focused students** know what they want to do, and likely made a commitment to their first stop after college. Many have a job lined up or are in the final stages of interviews. For others, their first destination is graduate school. These students have already utilized their college's career services and faculty mentors. This is the easiest category for parents – a time to celebrate your student's accomplishment.

If your student isn't employed yet, rest assured the majority of graduating students are **searching with direction**. These students have an idea of the type of job or career they seek. They may be deciding between graduate school and work. Many students are seeking employment in fields that offer "just in time employment." For example, unlike fields in engineering and accounting, which offer fall recruitment, the field of social services typically hires when they have an opening -- just when they need someone. This is true of small and mid-sized businesses, as well. If a student isn't available until after their graduation date, they likely won't get an offer before late spring or summer. This is normal – but your student may be intimidated by their friend who had a job offer last November. Remind them it's OK to still be seeking Spring. For this type of student NOW is the time to apply for jobs.

If your student falls in this category, ask:

- *Is their resume in tip top shape? Do they write cover letters that are targeted to the opportunity?*
- *Have they researched their fields of interest? Are they conducting information interviews with people in their targeted fields?*
- *How are they finding job opportunities? Are they networking or are they limiting themselves to online searches?*

If they can't answer these questions, their college career office can help polish their resume, cover letter, LinkedIn profile, etc. Most colleges offer online jobs-databases with positions posted directly for the students of that institution. Make sure your student is using all of the resources available to them.

Students in need of most support are the **"I don't know" students**. When a friend or family member asks "What's next?" the response is often "I don't know. I guess I'll do anything." This is often accompanied by a glazed or fearful look. Sometimes when seeking jobs, these students randomly apply to anything, with the result of getting nothing. Often, they don't even try applying for jobs. They are too overwhelmed. If your student falls into this category, understand that they are not alone, and point them to resources that can help them to answer the *"What are you going to do next"* question.

Check in to see how they are doing. If they are struggling with impending graduation and identifying next steps, they may benefit from their college's counseling center – a service which may not be available upon graduation. The college career center is also a great resource. A career advisor can help the unfocused student identify possible career paths based on their strengths, interests, personality, and skills. Once a plan is identified, the career advisor will coach on job search strategy and developing professional job search materials. Sometimes, just one visit with a career coach can provide the student with the motivation they need to take their first post-graduate steps.

No matter which category your student falls in, celebrate their graduation. If they need support as they find their way, remember their college's career center is your partner. We are all vested in your student's success.

@ Cal Maritime, our Career Services staff are dedicated to your cadet's success and placement upon graduation. They work with diligently with cadets throughout there educational career at Cal Maritime. Please visit their webpage for more information: <https://www.csum.edu/web/career-center>

When you get the text: "I don't feel well..." By Scott Sager

The text arrived early in my daughter's sophomore year: "Might be sick. Tired all the time." Nothing specific, but she wasn't feeling well. In high school, she could stay home, curled up on the sofa, and I'd bring her soup and tea. I hated thinking of her stuck in a dorm room feeling awful or slogging her way around campus while sucking down Ibuprofen and cough medicine. How was I supposed to respond?

Your student will get sick at college. The most recent **National College Health Assessment** found that in the previous year, more than half of college students sought treatment for health problems ranging from sinus infections and strep throat to migraines and mononucleosis. These numbers don't even include the many students suffering from colds and flu who don't visit the health center.

Does your student have the flu?

Influenza season typically peaks in mid to late winter, and the virus can spread like wildfire in campus residence halls. Symptoms include sore throat, coughing, fever and chills, and muscle aches. If your student is diagnosed within 48 hours of the onset of symptoms, they might consider a prescription antiviral medication such as Tamiflu.

Otherwise you can coach them through self care:

- Relieve fever and aches with acetaminophen (like Tylenol) or ibuprofen (Motrin IB, Advil, others)
- Use cough drops, nasal sprays and decongestants as needed
- Take in lots of clear fluids (water, tea, broth, sports drinks)
- REST

They should lay low until they've been fever-free for 24 hours, at which point they're no longer contagious. Coughing can linger for a week or two. Find more flu self-care tips at mayoclinic.org and webmd.com.

My friend Melissa's son was just a few weeks into freshman year when he texted, "I have mono." He refused to come home. "He was totally in the driver's seat," she remembered, and she had to face the fact that she couldn't make him rest, drink fluids and stay home from class. Even though she wasn't certain he had the judgment to handle the situation, she made it her goal to facilitate his independence.

Some suggestions for similar situations:

- Be supportive — Your student may feel isolated and unhappy about being sick.
- Be informative — Your student may need direction about over-the-counter medications, taking their temperature or **when to go to the campus health center** to see a nurse or doctor.
- Be empowering — This is an opportunity for your student to take responsibility for themselves.
- Be patient — You may feel frustrated by your student's choices about whether to go to the health center or to a party.

Remember, even though college and medical staff are restricted in what they may tell you, you are not limited in what you can share with them. You can provide medical history and information that may help staff when treating your student.

When your student is home over breaks:

1. Revisit the importance of **getting enough sleep**, eating well and physical exercise.
2. Remind them of their health history, including hereditary conditions and major childhood illnesses.
3. Check that their vaccination record is up to date (**meningococcal meningitis vaccine is highly recommended for college students, as is an annual flu shot**).

Trust is essential.

First, trust that — with some guidance from you — your student will rise to the occasion and learn how to care for themselves. Second, trust in their school. Most campuses make health services accessible and accommodating to students, and the staff understands the demands of college life. Most schools have procedures in place for dealing with common health issues. Melissa was impressed that her son's college informed his professors as soon as he was diagnosed and he was automatically given extensions on assignments.

What will you do when you get that call, text or email? I encouraged my daughter to see a doctor and helped her think through how to keep up with classes and activities while getting extra rest. I comforted her and sent a care package. But the most important thing I did was letting her know I was confident she could handle it on her own.

@ Cal Maritime: Student Health Center can be reached at 707-654-1170; many of the symptom relieving OTC items are available at the Keelhauler Shops; Residential Life staff checks up on cadets if it is known that they are unwell; professors are contacted on a need-to-know basis; Parents can reach out to Keelhauler Family at 707-654-1283.



Campus Updates:

- * [New Cadet handbook](#) is now available online
- * New & improved [Edwards Leadership Development Program \(ELDP\)](#)
- * [WASC full accreditation reaffirmed \(awarded\)](#)
- * ABET re-accreditation report submitted
- * New Makerspace open to all students for projects
- * Successful completion of 2019 TSGB Cruise to Portugal and back with multiple port stops. TSGB currently in use by Texas A & M.
- * Updates from Housing & Residential Life:
 - ✓ Maritime North - new roof
 - ✓ McAllister - new beds & dressers; new furniture for the community area AND a kitchenette
 - ✓ Upper Res Hall - new furniture for the community area and replaced carpeting in common areas
 - ✓ Lower Res Hall - created a new community space for residents in B-stack and added a kitchenette