



Welcome to Fall 2019

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



Orientation - What to expect:

Tuesday, August 13: Move-in; Services Fair; Cadet Community Connection: Meet & Greet; Keelhauler Family Cheese & Wine Reception; Dinner on your own with your student!

Wednesday, August 14: Welcome Session; Informational sessions; Capping Ceremony (not to be missed if at all possible); Goodbye!!

Wear comfortable shoes. There will be shuttles available to get around but you may decide to explore the campus on foot.

<https://www.csum.edu/web/orientation>



August 13 - 17, 2019



Cadet-Community Connection

The Cadet-Community Connection offers cadets an opportunity to have a local "family connection." The Hosts -- caring residents from the local community -- will provide friendship, understanding, encouragement, plus a sense of family and the feeling of having a "home away from home" to incoming freshmen as they meet the challenges associated with a demanding first year. Through interaction with their Community Hosts, first-year cadets will learn more about Vallejo and experience the many positive aspects that the town, Solano County and the Bay Area have to offer. The goal of this program is to provide incoming freshmen 360 degrees of support: from their own family back home, from their campus community and from a local family in the Vallejo area. We believe that with strong support comes great success!



Register for Orientation

All family members planning to attend Orientation August 13-14 are requested to take a moment to register here:

[https://
2019parentorientation.
eventbrite.com](https://2019parentorientation.eventbrite.com)

This allows us to plan accurately and accommodate all our visitors.

There is no cost to register.

You need not print a copy of your registration.

Thank you



Services Fair

The Services Fair is comprised of tables from both campus departments and community partners that will help new students in their transition to Cal Maritime. While the participants vary slightly each year, you can expect a table from campus departments such as Dining Services, Career Services, and Police Services and community partner tables such as local churches and banks.



How will your parenting role change?

The ever-shifting nature of the parent's role is never more obvious than when a son or daughter enters college. We don't reinvent ourselves overnight, and the process isn't always smooth, but usually the new dynamic is mutually positive.

Our students appreciate the chance to be independent; we learn to take the back seat and admire the transformation. Both parents and students find that relationships can become stronger during the college years.

You might notice the change playing out during the weekly telephone or Skype chat (initiated by the student — remember, we're striving to provide more space). Parents begin to receive more than they give.

"Instead of leading him, I let my son take the CEO role while I'm more like a member of the board of directors,"

one parent said. "I gradually moved away from being a caretaker with lots of advice to being a listener," another agreed.

In high school, our students may have felt as if most of their interactions with us were characterized by power struggles and interrogations. Now, as we invite them to direct the dialogue, that perception disappears. "I confided in my mother much more once I started college," one student recalled. "It's more like my parents and I are having a *conversation* than that they're trying to steer me one way or the other," another said, with appreciation.

Situations will still arise where parents and students revert to earlier roles. When dealing with difficult roommates, unresponsive landlords, and serious breakups, students often seek out their parents' expertise and intuition.

"Sometimes the roles can switch back in a period of stress, when you need your parent to still be the parent. It's all about flexibility, with the student transitioning into adulthood and the parent being okay dealing with the swings," a student observed.

Another student agreed: "I want my parents to be confident in my decision-making skills, and give me space for self discovery, but I still need them to be in-the-know in case of an emergency."

It's a balancing act...and also a matter of letting go. In college, my son and daughter learned they can do things for themselves that I probably was too involved with throughout their earlier years.

A friend, who is the parent of three college students, summed it up: "College is an incredibly maturing time for children *and* for parents. It's time for parents to step back and not need to know everything that's going on in their students' lives. The kids need to be responsible for themselves...so down the road they can learn how to be responsible for others."

-By Lucy Ewig

Tips on How to be a Good College Parent

Think about your parting words. The closing words between parents and children are crucial. Whatever wisdom you have to offer, whether it is ‘I love you,’ ‘I’m behind you,’ ‘I’m proud of you,’ say it. If you can’t express yourself verbally, write your thoughts down and mail the letter to your child immediately after you arrive home. Your children will remember your messages and hold on to them.

Your lives will change. Younger siblings may be quite happy to see the older child leave home. I’ve heard stories of younger children who usually have stayed in their rooms suddenly appearing at the dinner table. If the college-bound student is your youngest, you’ll begin to reestablish a one-on-one relationship with your spouse after years of parenting.

You won’t be able to wait for them to come home — or leave. Your child will arrive home with a whole new set of habits, particularly when it comes to food and sleep.

Don’t change your child’s room. The student’s room is ‘home base’ – try not to change it very much during his or her first semester away. Freshmen in particular can go through some very difficult times, passing exams, establishing new friendships, surviving in a setting where they are not ‘top dog,’ and often fearing that admissions has made a mistake — that they do not really belong at college. Give them a ‘safe haven.’

When a problem arises, “move like your feet are stuck in molasses.”

The temptation is to intervene when a child calls home with a problem. Remember that many resources exist at college to help students cope with various situations. Express support, but give your children time to solve their own problems—it will ultimately benefit them. Colleges have many safety nets, including resident advisers who are trained to identify and handle just about any problem you can imagine.

Don’t expect the same grades in college that the students got in high school. Perfect 4.0’s (or higher, with AP grades) are commonplace in high school. Very few students make it through a challenging and varied college curriculum with a perfect 4.0. Expect early GPA’s to be low and later ones to be better. Brand new college freshmen are actually successful high school students who are at college. They need time and experience to learn how to be college students at college. This takes at least one semester. Be patient and understanding.

Children in college don’t become “college students” overnight. They start out as high school students at college. It takes time to learn how to be a college student — how to study, how to eat, how to do laundry, how to play, how to handle money, etc. Be patient – This process requires about one semester by which time the students will have studied for and taken major exams, written papers, given in-class reports, messed up, done well, fended off the “freshman 15,” drunk gallons of coffee or other stimulating beverages, eaten uncountable pizzas and attended a variety of college events.

Let your child handle problems on their own unless ... Parents know their children better than anyone else and if they hear what I call ‘that voice’ from their children – the voice which is different from ordinary complaining, the voice that really means the child is in trouble, they should call the college. *Don’t come running, just call the college.* Good places to start would be the Office of the Dean of Students or the Dean of the College, perhaps the Resident Advisor of the child’s dormitory. No matter who is called, all the relevant people will be notified and help will be set into motion. College professionals are very experienced in dealing with these situations. You encourage your children and support them. Express confidence in their ability to deal with what’s going on and wait for them to work things out.

By Amy Joyce (Washington Post)

