FROM THE DESK OF THE DEAN

Spring is just around the corner bringing with it fresh starts and new beginnings. At PSU, this also includes new office locations. In this edition of the PSU Family newsletter, you will read about the new, central location for the Campus Public Safety Office. This office provides 24 hour safety services for the PSU campus community. You will also learn about the PSU Harvest Share program. Harvest Share brings in fresh vegetables, fruit, and other food that is distributed to students completely free of charge! It is an excellent way for students to make sure they are eating healthy while saving them money. And speaking of health and money, the Money Matters section provides tips and strategies for students to achieve financial health!

In the Student Spotlight section, you’ll meet Ron Pang, an international student, Orientation Leader, and Student Ambassador. In addition to discussing his experience at PSU, Ron also gives parents a couple tips for helping prospective students choose the right college for them. In the Staff Spotlight section, you’ll meet Amy Kayon, the new Relationship/Sexual Violence Prevention Coordinator. Amy discusses her work as well as some upcoming events in April that you may want to encourage your student to attend.

We have also highlighted PSU’s Master of Science in Global Supply Chain Management - recently ranked as a top 20 program - as well as the Refuel Your Brain events in campus housing as your students wrap up the winter term.

If you have suggestions or article ideas, please email these to family@pdx.edu. Your comments and feedback will provide us with direction for future PSU Family articles and contribute towards our ultimate goal for this newsletter - to be an opportunity for a dialogue between members of the PSU extended community. Further, If you can’t find information you’re looking for or would like to speak with a staff in the Office of the Dean of Student Life, you can reach us by calling 503.725.4422 or emailing askdosl@pdx.edu.

Michele Toppe
Associate Vice President for Student Affairs and Dean of Student Life
RESOURCE SPOTLIGHT
Harvest Share
College students often encounter difficulties to healthy eating - whether due to cost, access, time management, or other factors. In 2014, the Committee for Improving Student Food Security (CISFS) - comprised of PSU staff, faculty, students, alumni, and community partners - formed in order to improve PSU students’ ability to access affordable, nutritious, culturally relevant food. The CISFS’ biggest initiative in establishing food security is a partnership with the Oregon Food Bank called Harvest Share. Each month, the CISFS distributes free fresh fruits and vegetables to PSU students and the greater campus community. Since April 2015, the CISFS has distributed over 61,800 pounds of food to over 4,000 households.

The Harvest Share happens each second Monday of the month at 12pm - rain or shine (emphasis on the “rain”). Quantities are limited so it is first come, first served. Students are encouraged to bring their backpack or reusable shopping bags. Please encourage your student to come by each month for some free and fresh produce!

For more information about the work of the CISFS, including other helpful resources, please visit the CISFA website.

CAMPUS SPOTLIGHT
Campus Public Safety Office New Location
If you are like many of our students, you are unfamiliar with the location of the Campus Public Safety Office. Serving as the university’s 24-hour access point for emergency services as well as concerns ranging from students in crisis to a lost laptop, its current discrete location is sometimes difficult to navigate.

The Campus Public Safety Office is moving to a more visible and central location to increase accessibility and improve services. The current office was moved to the first floor of Shattuck Hall in 2009 from its previous location in a construction trailer.

The new office will be located at the corner of Broadway and Montgomery and will have 24-hour access to walk-in traffic, as well as being centralized. It will accommodate increased services including a separate Detective’s Office and a dedicated “soft room” to facilitate the use of advocates and provide services to sexual assault survivors and other persons experiencing trauma in a less institutional setting.

The new office will accommodate the increase in staffing recommended in recent studies and community forums. The centralized location and accessibility are part of a theme of creating a Campus Public Safety Office and Campus Police Department that practices community policing and is an integral part of a collaborative effort to facilitate student success. The move over is occurring incrementally, and should be completed by the second week in February.

HOUSING UPDATES REMINDERS DEADLINES
Refuel Your Brain is happening in USuccess East and West! The event series is geared to help students take a study break to help them prepare for finals. The events begin Sunday, March 6th and run through Thursday, March 10. All events are from 6-10pm in Ondine Hall and King Albert Hall.
Where are you from and why did you choose to study at PSU?
Hello, my name is Ron. I’m a junior, majoring in Business. I’m from Hong Kong. For those who have never been, it’s very upbeat and lively, think New York City. I chose PSU because of its location. I am a city person and Portland is definitely a busy place but it’s not too busy or overwhelmingly crowded. From my experiences, the people of Portland are very friendly and open-minded, which is why I quickly fell in love with the city!

You are very active on campus, working within Admissions as an Orientation Leader and Student Ambassador. What are your responsibilities in these roles?
I represent Portland State University to prospective and incoming students. In my role as a Student Ambassador, I give tours of campus to prospective students and their guests in order to give them an idea about campus life at PSU. As an Orientation Leader, I work with newly admitted students during their orientation day in order to connect them with resources that will benefit them during their time at PSU.

What impact has your involvement had on your overall experience at Portland State University?
Being involved on campus has benefited me in a number of ways. My jobs require me to be familiar with many of the resources on campus, so in learning about the resources, I have connected with the various staff members in these resource centers and student service offices and utilized many of the services myself. By joining these teams, I have also joined a community of peers who have become my close friends. Both of these roles have also helped me to realize my passion for working within higher education, and helping students with the transition into PSU.

What are your plans for the future?
My goal after graduation is to become an International Admissions Counselor. I would love to travel to other countries and promote Portland State University to prospective students. As an international student myself, I would look forward to helping other students facing the same challenges.

What advice would you like to share with families who are supporting their students?
My recommendation is for families to be patient with their students. High school students can be overwhelmed by all of the university options that are possible to choose from. I recommend that parents and families talk to their students and help them to determine what type of college experience they are looking for. Prospective students should take as many college tours as possible.

What’s your favorite winter activity in Portland?
I love the PSU Park Blocks when it snows! That’s my favorite spot to head to with friends to take photos in the winter weather.
STAFF SPOTLIGHT
Amy Kayon

We are pleased to introduce you to Amy Kayon, the Relationship/Sexual Violence Prevention Coordinator at the Center for Student Health and Counseling.

Tell us a bit about yourself and what you were doing before coming to PSU?
For the last 14 years, I worked for a wonderful non-profit, the Sexual Assault Resource Center (SARC), in Beaverton, Oregon, as the Prevention Education Manager. I focused on primary prevention and ending first time perpetration and victimization of sexual violence, through nine-session presentations in area high schools. Before SARC, I coordinated a statewide youth crisis line, training youth to answer crisis calls from other youth around the state of Oregon.

How did you end up at PSU?
I was pursuing a prevention job at the university level, but I wasn’t interested in going to just any university. I wanted to find a school that I felt philosophically aligned with. Through research on PSU and the interview process, I realized PSU is a special place and philosophically aligned with how I envision campus prevention being a student-centered, best practice approach.

I’m also a PSU undergraduate alumna! When this opportunity presented itself I was excited about the opportunity to work for the school that provided me with such a wonderful education.

What is the most fulfilling aspect of the work you do for PSU, especially as it relates to students?
The enthusiasm and dedication by students, staff, faculty and the institution to do prevention work is infectious. Collaborating with students and creating opportunities for them to innovate and influence the program has been very fulfilling. The change making approaches this program implements will be directly influenced by students, staff, and faculty because of their desire and willingness to participate in the process of creating new programming, I couldn’t ask for anything more!

What are the main goals for the new Relationship and Sexual Violence Prevention Program?
The program seeks to promote social justice and prevent sexual and intimate partner violence by creating positive social change through prevention programming such as bystander intervention, anti-oppression, consent workshops, and social norms campaigns.

What advice would you give students and families of PSU students or individuals new to PSU?
I would encourage people to familiarize themselves with the various resource centers. Ask questions about the services they offer and meet new people. Everyone I have met here has been so welcoming and forthcoming with resources and information. Introducing myself and asking questions about services has given me a wonderful introduction to the comprehensive programs PSU has to offer.

Do you have a PSU event you are looking forward to attending this spring?
Absolutely. April is Sexual Assault Awareness month (SAAM) and PSU will be buzzing with activity. Take Back the Night is a movement that started over 40 years ago and continues because women and men recognized the need for an empowered community to end the silence and stop sexual violence. PSU will be hosting Take Back the Night April 26th and I am looking forward to participating in this powerful event.

What do you love to do in your spare time?
I’m an active person, I love moving. Playing sports in the park, mountain biking, camping, and playing in an adult kickball league are all things that bring me great joy. I enjoy cooking and baking, which is fortunate since I have three young boys and a husband who all benefit from this love! When time allows, you will usually find me reading a book, working on a knitting project, or connecting with my amazing friends. My life is full of love and excitement, I enjoy time at home, at various kids’ sporting events, and playing games-galore with my bustling house of boys!
RESEARCH SPOTLIGHT
US News ranks PSU’s global supply chain management program one of the best in the US

January 21, 2016 -- US News and World Report ranked Portland State University’s Master of Science in Global Supply Chain Management as one of the top 20 of its kind in the magazine’s 2016 Best Online Programs list.

US News’ rankings were divided into several categories. The PSU program was No. 16 in Best Online Non-MBA Graduate Programs.

Global supply chain management is a complex and fast-growing field that involves sourcing, procurement, and logistics in the manufacturing process. Portland State's program took that basic definition and expanded it to cover the introduction of new products, engineering, marketing and sustainability.

Started in 2013 as part of PSU’s School of Business Administration, the online Global Supply Chain Management program offers a 52-credit-hour degree that can be completed in 21 months. It is one of 13 programs in the nation to be certified by the Institute for Supply Management. Candidates must have two or more years experience working in the supply chain field and achieve an acceptable score on the Graduate Management Admission Test.

“This ranking is testament of the reputational quality and value of our School of Business Administration,” said business school dean Dan Connolly. “Supply Chain Management is a great example of how we deliver on our mission of creating knowledge to serve the city.”

The program boasts a 95 percent job placement rate. Fifteen students have graduated from the program, and another 54 are currently enrolled from cities throughout the United States and the world. Graduates go on to work for companies such as Daimler, Boeing, Nike, Blount, Intel, and Oracle. Nike, Daimler, and Boeing helped form the curriculum for the program.

“Placement of our students in leading companies is illustrative of our deep ties to the business community and how we have become a premier source of leadership talent within the Pacific Northwest Region and beyond,” Connolly added.
MONEY MATTERS
Surf’s up for Spring break!

What is standing in the way of you and the sandy beaches, pounding waves, and amazing sunsets of Waikiki? Would you believe it is probably a cup of coffee, a pint, and a food cart visit?

Let’s do the math. For the week break, airfare, and staying in the Waikiki Beachside Hostel is $811.30, according to Expedia. For seven days and six nights; food and drink (operating within a tight budget) would be about $50 per day, for a total of $350. They have fabulous noodle shops with Ramen for about $10, and add in a beer on the beach for us… and maybe one fancy umbrella drink. Don’t forget about cab fare for traveling to and from the airport, which makes the total cost of this trip approximately $1200.

Now we have a goal, a timeline, and price. To make this a reality for 2017, we would only need to save $100 per month, about $25 per week, or less than $4 per day ($3.28 if you saved daily). Interestingly enough, this is less than a Caramel Macchiato (tall) at $3.75. PSU area food carts average about $6 per meal. A pint at McMenamin’s is $4.75. I am not suggesting to go “cold turkey” and do without these small splurges, but track them, maybe have them only once a week, making it a special treat. Mint.com is a wonderful app that can help you see where you are spending your money.

The basis of financial health is to make good choices, not continue following bad habits that you don’t enjoy. If you want to go to Waikiki on spring break, that is a choice. The trade-off is saving the cost of a cup of coffee a day, bringing your lunch, or limiting your beverage purchases. You can do it!

How do I know? I have seen it happen! One student saved for one year and had their first plane trip, first time out of Oregon, and first “vacation” approximately twelve months after completing our Fin. 218 Personal Finance class. This student had set a goal, had very limited resources, and made the short-term tradeoffs for a long-term reward. Now, this student is using that same strategy to manage other goals: budgeting, reducing student debt, increasing his/her credit score, and enjoying the fruits of their labor. They also have the skills to make investments and understand retirement plans.

Unfortunately, many of us either do not have the necessary tools or do not take the time to set goals, track spending, and then reap meaningful long-term rewards. Per recent studies, the number-one reason given for students dropping out of Portland State is “financial concerns”. This reflects a National Student Financial Wellness Study (NSFWS) (2014) that found “nearly 60% of all students agree that they worry about having enough money to pay for school”.

One solution to reducing this stress is to track your money, set goals, spend mindfully and learn financial tools that can help. If you were to go to Waikiki without an itinerary, a budget, reservations, or a plan, you could spend thousands on your vacation paying for last minute airfare and hotel rooms. However, with thoughtful planning and realistic goals; rather it is Waikiki, paying off your credit cards, or just living within your means, you can learn to control your money instead of having your money control you. Aloha!

Author: Brenda Eichelberger and her amazing team teach Personal Finance in the School of Business. The course is offered all terms (F, W, S, and S), fully on line, hybrid (F) and traditional classroom. There are no prerequisites.