FROM THE DESK OF THE DEAN

It is with much excitement that I congratulate you and your student on completing the first term of the 2015-16 academic year at Portland State University! For those of you who are new to the PSU Family Newsletter, I’d like to outline some sections the newsletter frequently includes:

- **Resource Spotlight:** departments or programs students may use as a resource;
- **Campus Spotlight:** upcoming important events or changes that affect students;
- **Student Spotlight:** get to know a current PSU student;
- **Staff Spotlight:** get to know a current PSU staff or faculty and how they work to benefit students and families;
- **Research Spotlight:** learn about new and exciting research being done by PSU faculty and students;
- **Money Matters:** important financial tips and deadlines.

During Family Orientation this summer, family members were invited to list the things they were most excited and anxious about. We’ve synthesized those lists from each of the summer Orientation sessions and found that the themes that emerged were these: You are most looking forward to your PSU student finding new ways to experience independence, having new experiences, and growing/developing from a diverse college environment. The worries mentioned most often were concerns about your student’s safety, not performing well academically, and difficulty getting involved or making friends.

The Family Newsletter is a venue for sharing ideas and resources that will help family members to assist their PSU student as well as a place to highlight successes and new PSU initiatives. This issue will speak directly to many of the interests family members shared this summer at Orientation. For example, you can learn more about University Success West, a new support center for residential students. You can also get to know a few key people at PSU: Dr. Marcy Hunt, Director of Counseling Services at the Center for Student Health and Counseling, and student Xavier Coleman, a member of the Student Fee Committee and starting cornerback on the PSU Vikings football team.

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, the Office of the Dean of Student Life staff are available to assist your student achieving their educational goals. You can reach us by calling 503.725.4422 or emailing askdosl@pdx.edu.

Michele Toppe, Dean of Student Life
University Success - West Campus

University Success, PSU’s residential, after-hours, academic support hub has recently opened its second location on campus. University Success provides students with the wide range of support services necessary to thrive academically at Portland State University. Our mission is to facilitate academic engagement, intellectual connection, and collaborative learning for all students living in our residential communities.

Some of the complimentary services provided by University Success and Residence Life include:

Computer Lab & Free Printing

University Success - West Campus houses several computer work stations and a quiet space to focus. We offer free printing that won’t count towards PSU student’s 500 page limit for the term! University Success – West Campus is located in the lower level of the King Albert residence hall. Our computer and study lounge are open Monday through Thursday from 2pm to 10pm and Sundays from 5pm to 10pm.

Study Space

University Success – West Campus offers a study lounge with a variety of amenities to residents. Whether students prefer studying on a full size couch, working at a traditional large table, getting comfortable in lounge chairs, or standing at a bar height table, they can find a good fit at University Success – West.

Resident Academic Mentors

Some of the most valuable resources that University Success – West Campus provides are the Resident Academic Mentors! These are members of Portland State’s residential community who are ready and willing to offer peer support to residents on their journey towards success at PSU.

Financial Connect

University Success partners with PSU’s Financial Aid office to provide after-hours drop-in support to residents. During our Financial Aid drop-in students can access information about the FAFSA process, the PSU scholarship application, grants, federal work study, or student and parent loans. Our goal in this partnership is to allow students to feel comfortable in their ability to manage their financial commitments so it does not pose barriers to their academic success.

Academic and Career Services Drop-In Advising

In addition to partnering with Financial Aid, University Success also partners with Academic and Career Services. This partnership offers students access to both academic and career advisors right in their residential spaces. These advisors are equipped to support students in major exploration and career readiness, setting students up for success here at PSU and beyond.
**CAMPUS SPOTLIGHT**

**Play at Campus Rec**

Campus Rec is the playful beating heart of Portland State, where quality recreation and wellness programs inspire, empower and educate. All PSU students are members of this inclusive community that offers a breadth of programming designed to set people up for holistic success. Here’s a small sample of Campus Rec opportunities available to students. Learn more at pdx.edu/recreation.

**Improved Space**

The Gold LEED Certified, three-story Rec Center opened in 2010 and underwent an expansion last summer, adding an additional 3,700 square feet of space for fitness equipment, small group workouts and personal training. The end result is a more comfortable, welcoming environment and better views of our beautiful city.

**Rec Clubs & Intramurals**

Campus Rec offers nearly 50 different sports programs that build teamwork, sharpen leadership skills and support a healthy lifestyle. Whether it’s for the love of the sport, to make new friends, try something new, stay fit or have fun, Rec Clubs and Intramurals are just the ticket.

The 30+ Rec Clubs range from cricket and crew to water polo and wrestling, are student-led, and provide opportunities for recreation and intercollegiate competition between students of all skill levels.

Our on-campus Intramural leagues and tournaments feature a variety of sports each term. Gather a group of friends or sign up as a free agent -- all are welcome to participate.

**Outdoor Program**

PSU’s Outdoor Program helps students explore the wild side of the Pacific Northwest. Over a dozen trips are offered each term and extended trips are offered over school breaks, including kayaking, rafting, climbing, camping, hiking, skiing, snowboarding and backpacking. Students can also plan their own outdoor adventure with gear from our Equipment Rental Center.

Good health, memorable experience and learning are at your fingertips. Come play with us!
We are pleased to introduce you to Xavier Coleman. Xavier is a Junior studying Psychology & Business, a current Student Government Member (Student Fee Committee), and starting cornerback on the PSU Vikings football team.

Q: Where are you from and why did you choose to study at PSU?

I am from Portland and have lived here my whole life. I chose to study at Portland State because of its proximity to my family and the unique location of campus. I love the city and hope to live in downtown after college. I was also incredibly blessed to receive a football scholarship, which played a part in my decision as well.

Q: You are a current member of the Student Fee Committee (SFC). Will you please discuss this role and your responsibilities?

As a SFC member, my job is to impartially allocate the funds from the student incidental fee across various groups on campus that serve students. The seven members come together to meet, deliberate, and decide on each budget for every area. The role requires long hours and a strong commitment, but it is also extremely rewarding knowing that you are working to improve student life at PSU.

Q: You are also starting cornerback on the PSU Vikings football team - congratulations on the best season in Vikings history! How has being on the team impacted your experience as a student leader?

Football this year has been amazing. Being on this team has greatly impacted my role as student leader. In past years, I found several teammates only looking out for their best interest. This year has been much different, and I have seen every player sacrifice their body for the man next to them. This has shown me the importance of teamwork. I use the same mindset on the field as I do in the SFC. My biggest thing is hearing out all team members, and gaining insight on everyone else’s perspective. I have found that the most intriguing ideas, thoughts, and talents come from the most unexpected people. I always keep this in mind as a leader.

Q: What are your plans for the future?

As an athlete, I would love to work for Nike. I hope to end up in business, either Marketing or Finance. I have not completely narrowed down the exact field, but a company like Nike would offer the best of both worlds. I have a deep love and passion for all sports, and would want nothing more than to be able to work within them for my career.

Q: What advice would you like to share with families who are supporting new students?

The advice I would give to families who are supporting new students would be to encourage the student to explore all opportunities in Portland. PSU is located in a unique location downtown which offers potential careers in a variety of different fields. I think that students should keep their options open, especially in such versatile city like Portland.

Q: What is your favorite Winter activity in Portland?

My favorite Winter activity in Portland would be to shop downtown in December. I wait every year for the huge Christmas tree to be put up in Pioneer Square, along with all of the Christmas lights on the stores. Everyone also seems to be in such a great mood. It provides such a happy ambiance, there is no other place I would rather be.
Staff Spotlight
Dr. Marcy Hunt

We are pleased to introduce you to Dr. Marcy Hunt, Director of Counseling Services at the Center for Student Health and Counseling (SHAC).

Tell us a bit about yourself/what were you doing before coming to PSU?
I grew up in the Midwest, Cleveland, Ohio to be specific. I came out to Oregon to complete my doctoral degree in counseling psychology at the University of Oregon and fell in love with the Northwest. I did not anticipate moving back to the Midwest, but returned to the Cleveland area for about six years where I worked at Baldwin Wallace University, a small, liberal arts college in Berea, Ohio.

How did you end up at PSU?
While it was wonderful to be near family back in Ohio, I knew my home was back in the Northwest. I started looking for positions in college/university counseling centers and hoped for an opportunity in Oregon. I was fortunate the director position opened up at Portland State. I interviewed and was offered the directorship of counseling services in June 2010.

What is the most fulfilling aspect of the work you do for PSU, especially as it relates to students?
Our contact with students is definitely one of the most fulfilling aspects of the work we do at counseling services. Whether we are working with a student in individual counseling or a group of students in one of our general process groups or leading a workshop on stress management in the residence halls, we value and lift up the importance of face-to-face interactions in our students lives.

How does Counseling Services work towards supporting student success and providing a unique college experience?
Our services are designed to support the diverse needs of our students because we know emotional health and well-being are critical to student success both in and outside the classroom. One of the recent changes we made to our service offerings is how students access counseling services. We now offer a walk in/triage service that allows students to seek services whenever they want to speak with a counselor. Essentially, they can walk in any day of the week during the hours SHAC is open to consult with a counselor.

What are the winter blues? What resources are available to help students?
As the days get shorter, many students find themselves feeling sad or “blue”, but the symptoms usually do not persist for significant periods of time. However, seasonal affective disorder (SAD) is a clinical condition that is related to the shortening of day light hours and follows a regular pattern year after year that typically does not resolve until late spring. We recommend if students are experiencing changes in their mood that they come to consult with a counselor at SHAC. There are a variety of effective treatments for seasonal depression, including light therapy which we have available for students to experience in our Mind Spa.

Do you have a PSU event you are looking forward to attending this winter?
Martin Luther King Day Of Service.

What do you love to do in your spare time?
I have an 8 old year old son and I help coach his soccer team year round which is a blast! When I am not chasing him around with a soccer ball, I enjoy trail running, yoga, gardening and I love to bake!
PSU to work with City of Portland as part of national “Smart Cities” research initiative

Portland State University (PSU) and the City of Portland will partner on a series of “smart city” projects over the next year as part of a national MetroLab Network initiative, announced at the White House on Monday, Sept. 14.

PSU and Portland are among 20 city-university pairings throughout the United States taking part in the initiative, in which partners will research, develop and deploy innovative technologies to address challenges facing the nation’s urban areas.

The White House statement about the MetroLab Network was part of a larger event announcing other smart cities programs being launched on the federal level. The Smart Cities Initiative will invest more than $160 million in federal research and leverage new technology innovations to help local communities tackle key challenges such as reducing traffic congestion, fighting crime, fostering economic growth, managing the effects of climate change and improving the delivery of city services.

The projects that PSU and the City of Portland will focus on center around Portland’s mass-transit system, including a new bus rapid transit line along the Powell-Division corridor that Portland and TriMet plan to put in place in 2019. PSU researchers will work with the city and other partners to test air quality and traffic along the corridor using the latest sensor technology. They also will use sensors and traditional surveys to collect data showing how the new rapid transit line affects the character of neighborhoods it passes through. A third project will engage artists and educators to design lighted art installations at stations near PSU and along the Powell-Division corridor.

“Through its land-use, transportation and climate policies, Portland, in collaboration with PSU researchers, has become known as one of the nation’s greenest and most livable metropolitan areas,” said Jonathan Fink, PSU’s vice president for research. “Our participation with the City in the MetroLab Network will assure that our region remains on the forefront of urban innovation.”

The MetroLab Network will provide opportunities for the participating cities and universities to share information on the successes and challenges of their projects. By becoming part of MetroLab, the City of Portland and PSU are committing to collaborate not only with themselves, but with other cities and universities in the nationwide network.

The initial launch of the MetroLab Network is funded by a $1 million grant by the John D. and Catherine T. MacArthur Foundation. The grant is one of a small number of investments by the Foundation to support data and information technologies to better understand how cities work and to improve the urban condition.
Filing your FAFSA early is important especially for Oregon residents because your FAFSA must be received by the Oregon Office of Student Access and Completion (OSAC) in January to be considered for the Oregon Opportunity Grant.

Parents of Dependent Students | Tips to Help Your Student Complete the FAFSA

Apply for Scholarships | Start researching scholarships early, and meet deadlines, and you may be on your way to scholarship success! While FAFSA is the Federal Financial Aid application for grants and loans, you should also spend time searching for and applying for scholarships.

Federal Student Aid | Get information about searching for and applying for scholarships

PSU Current and Prospective Students | Submit an application to PSU

The PSU undergraduate and graduate scholarship application for the 2016-2017 academic year is available online at www.pdx.edu/scholarships.

PSU awards hundreds of scholarships each year based on a variety of criteria, including financial need; scholastic achievement; participation in school activities; community service; and degree, education and career objectives.

For the 2016-2017 year, both undergraduate and graduate scholarship applications are due on Monday, February 1, 2016. Students applying to be University Studies Peer Mentors must submit their applications by January 15, 2016.

Scholarship award notifications are sent out in late March for undergraduate students and by late May for graduate students.

Oregon Residents | Submit an application for Oregon’s Office of Student Access and Completion scholarships here www.oregonstudentaid.gov/scholarships by March 1st 2016

Prepare to File Your Taxes | Get prepared to file your tax return with these tips:

- Do you need to file? Find out if you are required to file a federal tax return
- Tax filing options | Explore your free tax return filing options first
- Education tax benefits | Find out if you are eligible to claim an education tax credit
- Your PSU tax document 1098T | you’ll need this tax document from the Student Accounts & Financial Services Office to file your taxes. Your 1098T Tuition Statements will be available on-line by January 31. Students may access 1098-T statements online at banweb.pdx.edu

For help with this document contact stufin@pdx.edu or (503) 725-3440

Free tax help is available for most tax filers | If you need help with your federal tax return, visit an IRS Volunteer Income Tax Assistance (VITA) site