It is with much excitement that I welcome you to the 2013-14 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 Updates: general updates about the PSU campus
- Campus Spotlight: upcoming important events or changes that affect students
- Student Spotlight: get to know a current PSU student
- Employee Spotlight: get to know a current PSU staff or faculty and how they work to benefit students and families

During Family Orientation lunches 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 and challenging experiences, and attaining new knowledge and eventually completing a degree.

The worries mentioned most often were concerns about students being stressed and overwhelmed, managing their time, and being aware of their own personal safety.

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 inaugural issue will speak directly to many of the interests family members shared this summer at Orientation. For example, you can learn more about Viking Days, which will take place the week before classes begin and offer your PSU student numerous opportunities to meet new friends and learn about campus and resources here. You can also read about PSU’s new Veteran’s Resource Center, connect with the Career Center and the Alumni Association. You can also get to know a few key people at PSU: Mike Walsh, PSU’s new Director of University Housing and Residence Life, and student Rayleen McMillan, University Affairs Director of ASPSU, PSU’s student government.

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.

I hope to meet each of you soon,

Michele Toppe, Dean of Student Life

Portland State of Mind
One Campus. One City. Ten Days of Serious Fun. October 18–27, 2013

Portland State is excited to host the second annual Portland State of Mind celebration, a series of campus and community events for alumni, donors, students, families and Portland citizens.

Friday, October 18, 9am–1:30pm
Downtown Scavenger Hunt
Starting at PSU Urban Plaza, 527 SW Hall. Free, register pdx.edu

Wednesday, October 23, 4–8pm
Housing and Residence Life Tailgate
An open event to all students promoting PSOM and the upcoming football game on 10/26. Partnership between University Pointe, Housing and Res Life, and Athletics. Behind University Pointe. Free/students only.

Thursday, October 24, 11am–2pm
#PSUtweetup
Food, games, & live Twitter feed. Free, campus.

Saturday, October 26, 7–11pm
OK Go in Concert
Peter Stott Center. Tickets $18/$12 alumni

The School of Theatre & Film Invites You to Our Fall Productions
Second Season Play Reading Series
Bengal Tiger at the Baghdad Zoo
By Rajiv Joseph; Directed by Amy Gonzalez
October 18 & 19, 7:30pm in the Lincoln Hall Studio Theatre

Ticket Prices for Mainstage Productions: Previews $6, PSU Students $6 at the Door; General Admission $12; PSU Staff/Seniors/Students $8; Ticket Prices for Studio Theatre *$6, students $4 at the door *Service Charge Applies
Tell us a bit about yourself/what were you doing before coming to PSU?

I worked at the University of Portland for the 12 years prior to coming to PSU. I was also a Portland State student for the last six of those years in the School of Education. While at the University of Portland I served as the Director of Residence Life. UP is a small, Catholic comprehensive university with only about 3,300 students, 2,000 of whom live on campus. So, though UP is much smaller than PSU, the on campus population is the same as at PSU. As UP’s Director of Residence Life, I was in charge of all housing operations, residential staff and programs, and student conduct. Prior to working at UP, I served in three different roles at Western Oregon University. I started there as an Area Coordinator in Residence Life in 1992 and then served as the university’s chief student conduct officer. My last job there combined Assistant Director of Residence Life duties with chief student conduct officer duties. Going way back into the past, I was a Hall Director at the University of Vermont and an RA at the College of William and Mary in Virginia, my alma mater, where I majored in History.

How did you end up at PSU/how long have you worked here and what positions have you held?

I have been a PSU student since 2006 during which time I got to appreciate PSU as an institution. I experienced a maturing of the university during that time so that by the time I was wrapping up my dissertation, I had come to appreciate PSU in a different way from how I perceived it when I first moved here in the early 1990s. I chose to leave the University of Portland no later than June in anticipation of finishing my doctorate at PSU and wanting to find new professional challenges. I was fortunate to find this job opening right around the time I was leaving UP and finishing the defense of my dissertation. I was also fortunate that enough people were interested in my candidacy here that I was offered the position. So, I have worked here for about three months now in just his one position—Interim Director of Housing and Residence Life.

What is the most fulfilling aspect of the work you do for PSU, especially as it relates to students?

So far I am so appreciative of the diversity, vitality, energy, and open-mindedness of PSU as a community. Since I started in the summer, I have not had the opportunity to work directly with students so much; but I believe that what I have seen so far at PSU will translate to transformative experiences for students emanating from the work we all do here at PSU.

How does UH&RL work towards supporting student success and providing a unique college experience?

We as humans naturally seek shelter. We need to feel safe, protected, warm, dry, and self-contained. We also almost always seek shelter in groups—even those who live far out in the country tend to build around other humans. It’s extremely rare to come across a true “hermit.” We rely on each other to meet our basic needs and when we have done that, we can pursue the other more advanced activities which make us human such as self-improvement, community improvement, invention, industry, and education. All of us in Housing are here to provide the structures, organization, staff, and activities which help our on campus students to have a unique and successful college experience compared to off campus students—one that ultimately leads to greater success in their future.

What advice would you give students and families of PSU students or individuals thinking about attending PSU? Any helpful tips regarding student resources or such?

Well, first of all I would advise them to live on campus, of course! Living on campus makes the transition into college so much more dynamic, easy, and educational than trying to go it alone by living off campus or by staying at home where it’s more difficult to make that transition to adulthood. Even for older students, living on campus frees the student up from pesky and time consuming life management issues so they can focus on the true student mission of earning that undergraduate or graduate degree. I would also say that Portland State is a unique institution of higher education in its cutting edge urban-ness, in its diversity, and its global awareness. Take advantage of this during your time here and you will be prepared to be a vital leader for a changing and growing world.

Do you have a favorite spot on campus or PSU event you are looking forward to attending at the close of this academic year or during the summer?

I’ve always said my favorite day of the year is when the students move in—and my second most favorite day of the year is…when they move out! But in all seriousness, I am looking forward to simply experiencing the academic calendar as an employee now and not as a student. Of course I will very much look forward to graduation in June because it represents the culmination of so much hard work, dedication, and devotion to a goal by the student and to the student by the institution. Commencement is such a beautiful ritual.

What are you love to do in your spare time?

So many things! Mostly I am just so happy to actually have spare time now that I have finally finished my dissertation and been awarded the Doctor of Education degree. I love to fish for salmon and steelhead; I am an avid (and growing slower) runner; I love to play guitar and sing and play bass and drums, too. I love to read and play computer games. I love to watch sunsets; I’m not so fond of sunrises, too early.

Eugene, OR

Portland State University Alumni Association Creates New Online Community for Parents

The Portland State University Alumni Association is proud to announce our new CareerParents Online Community! This new website was designed exclusively for Freshman parents to help you encourage your students to explore career development during their school years. Visit the site at www.portlandstatecareerparents.com.

We want your students to get internships and land a job by graduation day, but we need your help and partnership to encourage them to participate in the Portland State experience.

With free, unlimited access to webinars, news, resources, and videos you will learn tips, strategies, and best practices on how your student can explore careers, create job search plans, build networking skills, ace interviews and get internships

The Portland State Alumni Association strives to be your partner in ensuring success for your student. Connect online today!

For more information on the PSU Alumni Association’s parent webinar program please contact Sara Haley: 503-725-9833 • shaley@pdx.edu

For more information about the PSU Alumni Association and to encourage your students to connect, please visit: www.pdx.edu/alumni
Student Spotlight
Rayleen McMillan
Junior; Political Science major/ Spanish minor; ASPSU Director of University Affairs

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

I am a native Oregonian, born in the eastern part of the state and raised here in the Portland metropolitan area. I have memories of walking the PSU campus as a youngster, pretending that I was a student here—I naturally assumed that when my personal circumstances saw me into college, that it would be at Portland State. The urban setting has a very strong appeal for so many students, and I am no exception to that.

Explain what you do in your role as the ASPSU Student Director of University Affairs.

Moving into the new academic year, my position has three primary charges. One of them is recruitment of student representatives to serve alongside faculty and administration on two dozen All-University Committees, which govern and advise campus policy across a range of areas. This is a very practical application of shared university governance—a concept I advocate very strongly for, and which guides much of my work. The University Affairs Director is also the student government liaison to both of Portland State’s faculty unions, and I have been sitting at the collective bargaining table for both as they negotiate their new contracts with the University. The relationships I am forming with union leadership are invaluable, and I am thrilled to continue collaboration with them as the year progresses. Lastly but equally important, Student Body President Harris Foster is utilizing my assistance in his work on the university’s upcoming contract renegotiation with Higher One (PSU’s financial aid disbursement company). I am working hard to support our President while he fulfills his campaign promise to accurately and thoroughly advocate for students while this contract is being reviewed, and I am honored to have a seat at the table during the process.

How do you balance the demands of student government with the demands of your academics? Are there any campus resources you utilize?

I budget my time as though it were money! Remembering that there are twenty-four usable hours in every day is my key to achieving this balance, and I am careful to allot an adequate amount of time for self-sustainability and relaxation. As for campus resources, I plan to be utilizing the quiet meditation space in Smith Memorial Student Union quite regularly. A few moments of peaceful reflection are a wonderful antidote to an overworked mind.

What is your dream role and why?

Any role that allows me to encourage responsible citizenship, ideally by facilitating situations wherein folks are able to build and foster active relationships with public policymaking. Civic engagement does not end at the ballot box, but it takes an informed and analytical constituency to lend any democracy its validity. I am at my best when I am empowering people with the notion that they can be agents of change, and helping them to understand what an important responsibility citizenship is.

What are your plans for the future?

My ultimate goal is to teach high school civics here in Portland, but I have found myself quite happily detouring to explore my talent for government relations work. I think my future students will be served well by the firsthand experience I am gaining.

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

Seek and engage opportunities for campus involvement! Retention and completion rates are remarkably higher for students who find value in their time on campus outside of the classroom. And please never hesitate to drop by the ASPSU office (SMSU 117) and let us know how we can help you maximize your Portland State experience!

What is your favorite Fall activity in Portland?

There are few things as beautiful as autumn in Portland, so this is a difficult thing to quantify! However, I can confidently say that this is the best season here for running. I love exploring new routes as the leaves start falling, and I’ll be carving out many five and ten kilometer stretches that start and end at Portland State. Wave if you see me!

Resource Spotlight
Veteran Resource Center

We are thrilled to introduce the newest student resource center—the Veteran Resource Center. Portland State University’s history is closely entwined with veterans—it was to meet the educational needs of GIs home from World War II that PSU was first founded. The establishment of this center renews our commitment to student veteran education. Oregon is home to over 325,000 Veterans of the Armed Forces. As the war in Iraq ended and the drawdown of troops in Afghanistan continues, more and more Oregon Veterans come home looking to use their education benefits—out of these men and women, the Viking Vets student organization was born, as a chapter of the Student Veterans of America (SVA). The Viking Vets provided support and services that were prescribed by the SVA to become a “military friendly” school. They later began to advocate for a permanent faculty member to coordinate a Veterans Resource Center (VRC). With the support from Jackie Balzer, Vice President of Enrollment and Student Affairs, the Veterans Services Group, and the Student Fee Committee, the VRC became a reality. This summer, PSU hired Ray Facundo as the Coordinator of Student Veteran Services within the Veterans Resource Center in Room 401 of Smith Memorial Student Union. The Center is where Student Veterans can get answers to questions about benefits, resources and services on campus and out in the Portland area. Student Vets, Service Members and their family members can also take advantage of a lounge and study space away from the busy campus. The VRC has many partnerships on campus, including a Women Veterans Outreach Coordinator at PSU’s Women’s Resource Center, a team of Certifying Officials, and a VA Veterans Success on Campus Officer. The VRC will be hosting a Welcome Reception on October 1, from 4–6pm for New Student Veterans to connect with other Vets and Services exclusive to them.

Upcoming Viking Athletic Events

Fall term is almost here and with it comes Viking Athletics! There’s a lot of excitement building for this year. PSU’s volleyball team has been selected to win the Big Sky Conference in the pre-season coaches’ poll, PSU’s women’s soccer team has been selected as co-favorites to win the Big Sky Conference, and PSU’s football team is showing promise with 19 returning starters.

Here are some key dates for your calendar:

**Volleyball**
PSU vs. Eastern Washington: September 23rd

**Women’s Soccer**
PSU vs. San Francisco: September 22nd

**Football**
PSU vs. Cal Poly: September 26th

Thirsty Thursdays are back at Jeld-Wen Field!

Contact Nathan Merlin for single tickets or group ticket information: 503-725-3307
University Housing & Residence
Housing Updates, Reminders & Deadlines

University Housing and Residence Life welcomes you to PSU!

Fall Move-In: September 21st & 22nd
In a few days, your student will be getting settled into a new room, meeting new friends, getting involved in campus events, and enjoying all that Portland and PSU have to offer!

Students living in Ondine and Broadway may start checking in at the lobby of their building on September 21st according to the schedule below:

- Last Names A–D 9:30am
- Last Names E–L 10:30am
- Last Names M–P 11:30am
- Last Names Q–Z 12:30pm

Students living in all other buildings can start moving in on September 21st at 1:00pm by checking in at the Blumel Lobby. Come stop by our Parent Tent located in the Shattuck Parking Lot for light refreshments and to talk with seasoned parents and professionals. There will be resources available to assist your student in their transition to Portland State University. Please see our Move-In Guide for more information about parking, what to bring, and what not to bring.

Viking Days
Viking Days will kick-off on September 22nd at noon with our highlight event, Pizza & Playfair. This will be an entertaining and fun way for your student to meet new friends! Throughout the week there will be over 25 events hosted by Housing and Residence Life to attend and participate in and many more campus events. These days are designed to help your student connect with the academic, cultural, and social opportunities on campus. Encourage your student to attend to meet other new students, develop friendships, connect to organizations, and have a blast!

Additional information on University Housing and Residence Life is available on our website, located here or visit us in our office in the Broadway Building, Suite 210. We are available to answer questions by email at housing@pdx.edu or at 503-725-4375.

What University Success has to offer your student!
University Success is a residential academic support space located in Suite 207 of the Ondine Residence Hall and caters to the need of the student. We offer a variety of services including free writing support, academic and career advising, counseling, free computer and printing access, and a safe and quiet studying space plus more. Our hours are Sunday from 5–10pm and Monday–Thursday 2–10pm.

Two academic incentive programs your student is able to participate in if they live with us in Housing & Residence Life are the 3.0 Club and Study Bucks. The 3.0 Club is a way for your student to set an academic goal of a 3.0 or higher their Fall term at PSU. Upon signing up for the club your student will receive a monthly academic success newsletter, academic tips and other resources. Maintaining a 3.0 gets your student special club prizes and recognition, not to mention advancing with great step forward in their academic path. 75% of our residents who signed up for the program last year achieved a 3.0 or higher. Your student is able to sign up for the 3.0 Club with their Resident Assistant, Learning Community Assistant or at University Success. Click here to sign up.

The Study Bucks program is a way to start or continue good study habits in their home with us at PSU. This program promotes those who are a positive role model related to academics. Resident Assistants and Learning Community Assistants will be making rounds in the buildings and handing study bucks to those who are practicing respectable studying or academic behaviors. The resident will then turn their study buck into University Success and will receive a reward for their positive influence within the community.

Their name will also be entered into a drawing for other great prizes and study break kits.

Academic Coaching is a way for your student to gain expert guidance and resources during their first year at PSU. We provide one on one sessions with professional or peer mentors, help students gain academic support and connections, learn more about talents and more. Our program is free and offered to any first year student living in University Housing and Residence Life. This past year our coachees in the program averaged a GPA of 3.33 Fall term, 3.23 Winter term and 3.21 Spring term. Students can sign up here for Academic Coaching.

In partnership with Advising and Career Services, the Explorer’s Club is offered to any student. The club is aimed to students who are undecided about their major and/or career path. Participation in the club includes weekly emails with information and support from our PSU academic and career advisers and monthly events to learn more about career exploration and degrees at PSU. If your student is interested they can sign up here.

Please tell your student to utilize our services and academic incentives if they are having a difficult time connecting to the classroom, need academic support or are looking for a way to connect to their new home.

We are located in Ondine 207. If you have any questions at all please contact Courtney Sandler at sandler@pdx.edu or 503-725-2483. Let your student be our priority.

Upcoming Deadlines/Campus Updates
Center For Student Health & Counseling

Located in the heart of campus is PSU’s student-only health and wellness center. The Center for Student Health & Counseling, more commonly known as SHAC, provides high quality, accessible, medical, counseling, dental, testing, and health promotion services to students. SHAC has an incredible staff of health care professionals who are dedicated to helping your student stay healthy so they can stay in the classroom and focus on learning.

All PSU students taking 5 or more in-load, non self-support credits are able to use SHAC (regardless of their insurance plan!), and many of the services are already covered in your student’s tuition. The Dental Clinic is full of licensed professionals, and the fees for dental work are typically 30-50% lower than traditional dental offices. We invite students to come and visit us at SHAC and see all the resources and services that are available. For more information visit www.pdx.edu/shac.

IMPORTANT: PSU Student Health Insurance Decision Renewal
PSU requires that all students taking 5 or more in-load, non self-support credits have comprehensive health insurance coverage. All eligible students will automatically be enrolled in the Aetna Student Health Insurance Plan available through PSU. The PSU Plan is $594 for each Fall, Winter, and Spring/Summer terms. PLEASE NOTE, this plan does not cover dependents. If the student already has a comparable health insurance plan in place, they may WAIVE OUT of the student plan. The deadline to waive out for Fall term 2013 is October 13. Students only need to waive out once per academic year. If you waivered for the 2012–13 academic year, you still need to waive for 2013–14. For more information visit www.pdx.edu/shac/insuranceplan.

We know that insurance can be confusing, and SHAC has a dedicated insurance team to help answer any questions, compare plans, waive out, or just guide one through the process. We will be holding insurance workshops during Viking Days and the first two weeks of the term for students. You can contact the insurance team with any questions or to get workshop dates at insurancehelp@pdx.edu.