Portland State University
2013 Family and Guest Welcome

Office of the Dean of Student Life
Center for Student Health & Counseling
Campus Public Safety
Office of Student Financial Aid & Scholarships
Office of Housing and Residence Life
Why do we have a session just for parents?

Connect you to the university’s people, programs and resources.

Help you to better understand the PSU student experience and the resources available to students.

Consider together your student’s transition into the University.

Discuss ways to empower your student to take responsibility while enrolled at the University.

Understand the University’s annual cycles and the academic expectations of their student.
A healthy student-parent relationship is positively linked to overall college adjustment, including academic achievement and affective health, and these issues are all clearly demonstrated factors in student retention.” (Austin, 2003)
Snowball Activity

Please answer the following two questions:

What is your greatest excitement for your PSU student?

What is your greatest worry for your PSU student?
Major Developmental Tasks for College Students

**Separation/Individuation**
- Ability to take care of self

**Identity Formation**
- Clarifying values and beliefs
- Career or work role

**Developing Intimate Relationships**
- Learning tolerance for different kinds of people, beliefs
How Do Students Reach These Tasks?

- Parental guidance, modeling, teaching
- Observing friends and peers
- Intuition
- Trial and error
How Can I Help?

Practice patience

Trust your student

Be nonjudging

Listen carefully

Support and encourage

Clear communication
Listen Carefully For:

**Negative**
- Skipping class
- Poor grades
- Missing assignments
- Withdrawing from friends
- Inadequate sleep
- Persistent illness
- Distress
- Negative coping
- Over commitment

**Positive**
- Connecting to the campus community
- Making friends
- Getting to know instructors
- Low incidence of illness
- Academic success
- Adequate sleep
- Eustress
- Healthy coping mechanisms
W Curve
Summer Prep 101 for your Student

• Begin practicing now:
  • Laundry and cleaning their living space
  • Managing finances: creating budget, balancing checkbook, credit spending
  • Making appointments
  • Managing personal needs: making a meal once a week, medicine, sleep, time
  • Experiencing joys and consequences of choices
YOUR Challenge...
PSU Resources
Office of the Dean of Student Life

Michele Toppe, Dean of Student Life

Gina Senarighi, Assistant Dean, C.A.R.E. Team Case Manager

Domanic Thomas, Director of Conduct & Community Standards
Office of the Dean of Student Life

Dean of Student Life
Michele Toppe

Director, Student Conduct & Community Standards
Domanic Thomas

Assistant Dean, Student CARE
Case Manager
Gina Senarighi

Director, Student Activities & Leadership Programs
Aimee Shattuck

Coordinator, Services for Students with Children
Lisa Wittorff

Director, Women’s Resource Center
Jessica Amo

Coordinator, Sustainability & Outreach
Heather Spalding

Coordinator, Student Veteran Services
Ray Facundo

Director, Student Legal Services
Lissa Kaufman

Interim Coordinator, Queer Student Services
Kirsten Keith
Additional PSU Resources

Diversity & Multicultural Student Services (DMSS)

Cultural Centers - Multicultural Center, Native American Student and Community Center, La Casa Latina

Student Support - Programs - Diversity Scholarship Programs, Access Program, GANAS

TRiO Programs - Includes federally funded programs: Educational Talent Search, Upward Bound, Student Support Services;

Disability Resource Center (DRC)

Can help with: Assistive Technology, Note takers, Scholarships, PSU’s Reasonable Accommodation and Access Policy, Service & Emotional Support Animal Policy, Accessibility, and other resources.
Center for Student Health & Counseling (SHAC)

*SHAC provides high quality, accessible mental health, physical health, dental, and testing services.*

A sampling of services include:

- Primary/Emergency Health Care
- Individual and Group Counseling
- Test Proctoring and Test Administration
- Comprehensive Dental Exams
Housing and Residence Life

...your home away from home!

Live in staff
Programming
Contracts
Customer Service
University Success (Ondine)
Tours
Office of Financial Aid
## Cost of Attendance

### 2013-14 Cost Estimates

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<thead>
<tr>
<th></th>
<th>In-State</th>
<th>Out-of-State</th>
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<tbody>
<tr>
<td>Tuition &amp; Fees:</td>
<td>$6,567</td>
<td>$19,098</td>
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<tr>
<td>Books &amp; Supplies:</td>
<td>$2,028</td>
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<td>Housing:</td>
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<tr>
<td>Meal Plan:</td>
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<td>Transportation:</td>
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<tr>
<td>Misc. Personal:</td>
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<td><strong>TOTAL</strong></td>
<td><strong>$23,010</strong></td>
<td><strong>$35,901</strong></td>
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</table>

Estimated costs of attending full time for three terms, **12 credit** hours per term; actual tuition and fees, room and board, transportation and personal expenses may vary and are subject to change.
Cost of Attendance

Takeaways…

- Education is expensive! (But it’s a very good investment.)
- There are many things that you and your student can do to decrease the overall cost
- Set the expectation: four years to get the degree
- Make sure that the student knows which classes will count towards their degree and are making progress
- Live frugally while in school!
- Visit our office for help projecting student expenses
Nuts and Bolts of billing

Student can receive refund via:
- Mailed paper check
- Direct deposit to existing checking/savings account
- PSU OneCard (student ID and optional debit card)

Student will be billed monthly and can pay balance via:
- Electronic check
- Credit card (convenience fee applies)
- In person via cash or check

Student can always check balance on banweb.pdx.edu

Financial Aid Applied (if applicable)

Refunds

Balance due

$ for Books & Supplies/ Personal expenses

Statements are emailed to PSU Email address
Student Privacy

- Once enrolled we can only discuss a student’s account with the student themselves.

- This includes billing, registration and financial aid information.

- Students can provide prior written consent allowing the university to discuss their student records with family members or other individuals.

- The student should visit Neuberger Lobby to complete a “Confidentiality Release Form” if they would like to authorize other individuals to discuss their account.
Campus Public Safety

- CPSO provides 24/7 patrol and dispatch services to the campus

- CPSO a first responder to incidents that occur on campus-Works closely with PPB, Portland Fire and Rescue, and university groups

- Provides for the unique service requirements of patrolling an urban university setting.

http://www.pdx.edu/cpso/
Questions
Thank you!

Office of the Dean of Student Life
503.725.4422
askdosl@pdx.edu

Campus Public Safety
503.725.4404 (emergency),
503.725.4407 (non-emergency)
cpso@pdx.edu

Housing and Residence Life
reslife@pdx.edu, 503.725.2450
housing@pdx.edu, 503.725.4375
pdx.edu/housing

Center for Student Health and Counseling
503.725.2800
askshs@pdx.edu

Office of Financial Aid
503.725.3461
askfa@pdx.edu
FERPA (Family Educational Rights and Privacy Act)

...is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.
Exceptions to FERPA

Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31):

• School officials with legitimate educational interest;
• Other schools to which a student is transferring;
• Specified officials for audit or evaluation purposes;
• Appropriate parties in connection with financial aid to a student;
• Organizations conducting certain studies for or on behalf of the school;
• Accrediting organizations;
• To comply with a judicial order or lawfully issued subpoena;
• Appropriate officials in cases of health and safety emergencies; and
• State and local authorities, within a juvenile justice system, pursuant to specific State law.
The HIPAA Privacy Rule provides federal protections for personal health information held by covered entities and gives patients an array of rights with respect to that information. At the same time, the Privacy Rule is balanced so that it permits the disclosure of personal health information needed for patient care and other important purposes.