It is with much excitement that I welcome you to the 2012-13 academic year at Portland State University! With many new developments in the works, this year will surely be one of our most vibrant to date. But no spoilers just yet — you'll have to stay tuned to upcoming PSU Family newsletters for all those details. For those of you who are new to the PSU Family newsletter, I'd like to outline some common sections you can expect in this and future issues:

- Money Matters: financial information and resources
- 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

The college experience is unique, filled with much anticipation, and can also cause more than a little apprehension. During the Family Orientations this summer, Dr. Marcy Hunt-Morse led a “snowball activity” in which participants were invited to list the things they were most excited about and also those causing the most anxiety. It was illuminating to hear the same sentiments echoed across the various orientation sessions, and I’d like to share some of those most frequently mentioned. Independence, exposure to new experiences and diversity, and growth/development were the top three anticipated positive experiences expressed by attendees. The worries mentioned most often were concerns about students being stressed and overwhelmed, maintaining good grades, and efficiently managing finances. The PSU 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 of 2012-13 discusses a free financial literacy tool called Dollars and Sense, highlights a PSU department: Advising and Career Services, and provides a few important campus updates. Additionally, in this issue you’ll get to know Tom Bull, our new Executive Director of Alumni Engagement, and Stephanie Steiert, a graduate student at PSU who will share some helpful tips for new students at PSU.

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 and on that note, let the academic year begin!

Michele Toppe
Dean of Student Life
Money Matters: Dollars & Sense

Did you know that all PSU students have access to a FREE financial literacy tool? Dollars and Sense features an online module called Financial Literacy 101 that will help your student with monthly budgeting, learning more about credit scores and debt, understanding student loans, and much more. Encourage your student to complete Dollars and Sense as part of Viking Days so that she or he will begin fall term making informed financial decisions. To learn more about this program, visit: http://www.pdx.edu/orientation/dollars.

Resource Spotlight: Advising and Career Services

Advising & Career Services (ACS), a new department at PSU, is the merger of two long-standing PSU departments (Career Center and the Undergraduate Advising & Support Center). This merger enables PSU to provide more extensive advising and career development services. In addition, ACS is responsible for the advising needs of students who are exploring or changing majors and the career development needs of all students. This partnership also centralizes academic advising and career development expertise on campus.

The integration of advising and career services is a growing trend on University campuses as institutions concerned with student success and retention become aware that “students who know who they are and understand the various vocational options that support their strengths, skills, interests, and passions, have greater potential to make academic decisions that have personal meaning. Additionally, they are more likely to be retained and persist to graduation” (McCalla-Wriggins, 2009).

ACS, located in 402 University Services Building (USB), offers the following services:

• Assistance with choice of majors and careers
• A jobs/internship database with PT & FT jobs and internship postings
• Career fairs (fall, winter, spring terms)
• Information on job search strategies, including resume and cover letter critiques
• Internship information
• On-campus recruiting
• Information & referrals to academic advising & other campus resources/services

Students should stop by the office or call 503-725-4005 to learn more about the services offered; additional information about ACS services can also be found at www.pdx.edu/advising-career-services.

Campus Spotlight: Viking Days, September 17-23

Viking Days is Portland State University’s opportunity to welcome new students into the campus community and kick-off each academic year prior to the start of fall term. These days are designed to help new students connect with the academic, cultural, and social opportunities at PSU by meeting other students, developing friendships, and getting involved. This program also provides an opportunity to satisfy any outstanding tasks prior to the start of classes.

We hope that you will encourage your student to participate in Viking Days. With more than 150 events, there are many opportunities for your student to connect with campus. For more information and to view the full Viking Days schedule, visit www.pdx.edu/orientation/vikingdays.
Stephanie Steiert recently earned a Bachelor’s degree from PSU in International Studies. She was very involved on campus as an undergraduate student and will begin her work on a Master’s degree at PSU in Education Leadership this fall term. We had the pleasure recently of interviewing Stephanie so that you can learn from her successes on campus and share tips with your students.

Q: Where are you from and why did you choose to study at PSU?
I’m originally from Huntington Beach, CA, but grew up in Bend, OR. I decided to go to PSU because I wanted to live in a bigger city and always enjoyed my visits to Portland.

Q: How did you choose your involvement opportunities on campus?
During my first two years at PSU, I didn’t get very involved on campus and just went to class, then returned home. One of my professors recommended that I become an Orientation Leader, which sounded like a good opportunity. Also, during my freshman year, my mentor saw leadership potential in me and encouraged me to apply to become a Peer Mentor because it would help support my tuition cost. Both opportunities ended up opening a lot of doors for me educationally and professionally, also they have both been so much fun!

Q: How have you left your mark as a recent graduate?
One of the most concrete ways I feel I’ve left my mark is through the Peer Mentor Program. Two years ago, I had a group of freshmen students in my mentor sessions who I built a really great relationship with. This year, I saw 4 of them join me on the Orientation Team and seeing them blossom into leaders and professionals has been a clear indicator of how students can really take charge of their own education and success, which is what being a Peer Mentor is all about.

Q: What are your plans for the future?
I’m going into a Master’s program in Education Leadership and Policy focusing on Post Secondary Adult and Continuing Education. I’m hoping to be able to work for a university sometime in the future, most likely in student affairs. I have a strong interest in international and comparative education and hope to integrate that into my work as well. I probably won’t stay in Portland; I love it here, but it’s time to try something new, maybe something a little sunnier.

Q: What advice would you like to share with families who are supporting new students?
Let your students make mistakes and learn how to be adults. If you give them the space to grow, you’ll be pleasantly surprised with what they can accomplish on their own. Also, always remember to tell them when you are proud of them; it’s OK to expect a lot, but reminding them that they are doing an amazing job always helps. And baked goods, send lots of baked goods.

Q: What’s your favorite activity in Portland during the fall?
Besides eating copious amounts of sweet potato fries and pumpkin milkshakes from Burgerville? Probably the Zombie Walk. I’ve never dressed up, but I love the novelty of seeing the city flooded with zombies.

Q: What’s a fall PSU event that new students shouldn’t miss?
Rooftop House Party! I helped plan the first one two years ago and it’s become a tradition ever since. It’s a great way to celebrate the end of summer by dancing the night away.
Employee Spotlight: Tom Bull

Tom Bull has been the Executive Director of Alumni Engagement for the PSU Alumni Association for almost one year. Originally from Chicago, Tom joined the PSU community after recently serving the alumni of Bastyr University in Washington. We connected with Tom to learn more about his transition to PSU and his thoughts on supporting alumni.

Q. Tell us a bit about yourself / what were you doing before coming to PSU?

I was appointed to the position of Executive Director for the Portland State University Alumni Association in October 2011. I am responsible for the overall leadership of an organization dedicated to serving as the vital link between the University and its 130,000 (+) alumni. As the Executive Director, I represent the organization to alumni, campus and community partners, students, and parents. As for my background, I grew up in Chicago attending Loyola University Chicago and completed a Masters at Northwestern University. I was very active and engaged in my education. I never thought of pursuing a career in the Alumni Relations field but I am pleased that I took advantage of the opportunity to work in the profession. The world of alumni relations is far different from what most people think. First and foremost, this is a business — a big business. Because this is such a big business, it is staffed by professionals — people who bring a certain level of expertise and energy to the job. These people all bring special skills that make them valuable to the office, the institution, and the profession.

Q. How did you end up at Portland State University?

Prior to joining the Portland State University Alumni Association, I served as Director for the Bastyr University Alumni Association. Bastyr University, located 20 minutes north of Seattle, is a small private university offering a multidisciplinary curriculum in science-based natural medicine. Prior to joining Bastyr, I worked for the Northwestern University Alumni Association located in Evanston, IL. In addition, I’ve served in a leadership capacity for Loyola University Chicago and DePaul University.

Q. How is alumni engagement important to both PSU and alumni?

The main purpose for the Alumni Association is to provide opportunities for alumni to maintain connections with the University through professional, social, philanthropic, and academic activities and programs. The Portland State University Alumni Association exists to support the University’s goals and strengthen the ties between alumni and the community.

Q. What is your big picture goal for Alumni Engagement?

I can say with great certainty that it is a great time to be a PSU alumnus. Alumni often contact us looking for career assistance and continuing educational opportunities. The central goal of the Alumni Association is to build a stronger community and to provide additional advantages to Portland State University alumni. PSU degrees have immeasurable value, and we hope to increase that value by continuing to add benefits and services for all alumni.

Q. What advice would you give students and families of PSU students or individuals thinking about attending PSU?

Volunteer! Volunteer! Volunteer! I know it can be a little intimidating, but it will pay off. Seek advice from your fellow students regarding campus activities and managing your time. Connect to career services to begin mapping out your future. Get an internship. Check out the city and take advantage of all the wonderful activities Portland has to offer. And finally, get involved with the Alumni Association. Alumni and friends have always known that there is something special about Portland State University and the Alumni Association.
Campus Updates

Portland State University Education Abroad celebrates 50 years!!

In 1962, PSU launched its first study abroad program to London and Paris. 50 years later, PSU Education Abroad has grown to over 100 different programs in more than 40 countries around the world! To see study abroad photos from then and now, log onto our Facebook page at:   https://www.facebook.com/PSUEducationAbroad

For more details about program offerings, check out our webpage at:  http://www.oia.pdx.edu/ea/ Students can find the perfect program by searching our offerings online. Additionally, they can stop in our office for advising. We offer drop-in advising Tuesdays from 12 - 1, Wednesdays from 1 - 2, and Fridays from 10 - 11. Students should check in at East hall #101 (632 SW Hall Street) for drop-in advising.

Students won’t want to miss this year’s Study Abroad fair, held Thursday, October 4 from 11 am — 2 pm in the Smith Center ballroom (#355). The first 100 students will get a free travel guidebook and all students can enter to win a free international airfare! The fair is an excellent opportunity for students to learn about the programs we offer, how financial aid works with study abroad, as well as learning about the variety of scholarships available for study abroad programs. Students will also learn how to choose a program that works with their academic major so that credits earned abroad fold seamlessly into degree requirements at PSU.

We look forward to working with your students during their time at PSU as they embark on their journey abroad!
Campus Updates

Portland State of Mind

One campus. One city. Eleven days of serious fun. Plan to celebrate more than 50 events on campus and in Portland October 4-14. To learn more, visit http://pdx.edu/insidepsu/portland-state-of-mind.

Transportation and Parking

Exciting news! PSU Students & Employees ride Portland Streetcar for FREE starting September 1! Your student just needs to show her or his valid PSU Photo ID card.

Fall STUDENT FLEXPASSES on sale. Fall Term Flex-Passes are valid September 17 - December 31.

Fall BIKE SECURE PARKING PERMITS on sale. Fall Term bike parking permits will be available for purchase starting September 10 at the PSU Bike Hub.

Fall PARKING PERMITS on sale. Fall Term parking permits available online August 15 - September 16. In-office permit sales available August 15-November 16. To learn more, visit www.pdx.edu/transportation.

Viking Haulers

The weekend of September 15th and 16th marks PSU’s Residence Hall Move-in Weekend.

Over 1000 first-year and transfer students will be moving into the rooms and apartments that will become their new home for the next year! Many faculty, staff, and student group members will help welcome students to the campus as part of our Viking Haulers (V-Haulers) event. V-Haulers are volunteers that will be available during move-in to help transport student items via cart from their car to their room. It is a great chance for students to meet staff members as they are first stepping onto campus!

Center for Student Health & Counseling

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. All PSU students taking 5 or more in-load, non self-support credits are eligible to use SHAC, and many of the services are already covered in your student’s fees. The Dental Clinic is full of licensed professionals, and the fees for dental work are typically 30-50% lower than traditional dental offices. For more information visit www.pdx.edu/shac.
Campus Updates

Eating made easy with PSU Dining

Students, faculty and staff can choose from a variety of meal plans to use at Victor’s at Ondine, the Viking Food Court, the Meetro, Branford’s Bean, Subway and the store in Ondine.

PSU Dining leads the community in sustainable food services by providing high-quality, affordably priced meals while promoting environmentally-friendly, fresh and local ingredients and green waste management practices. To learn more, visit www.psu-dining.com or call 503.725.8990.

PSU Athletics

As the school year begins, we are excited to get ready for a new football season. This year, the 2012 Vikings Football team will be playing their 5-game home season at the newly renovated JELD-WEN Field. Portland State students will have access to all of the home games. As a thank you to parents and families, we would like to offer a special $12.00 general admission ticket for the second home game of the year on Saturday, September 22 at 5:00p.m. vs. Idaho State. To order your tickets, please contact the box office at 503-725-3307.

*IMPORTANT*

PSU Student Health Insurance

Starting this fall, PSU will have a new major Student Health Insurance Plan. 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. The PSU Plan is $560 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 plan. The deadline to waive out for Fall term is October 7. Students only need to waive out once per academic year. To learn more, 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 your student through the process. We will be holding insurance workshops before the term starts. Your student can contact the team with any questions or to get workshop dates at insurancehelp@pdx.edu.
What University Success has to offer your student!

University Success is a residential academic support space located in 204 of Ondine residence hall that 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 Monday-Thursday 2-10pm and Sunday 5-10pm.

We offer two academic incentive programs to University Housing residents: 3.0 Club and Study Bucks.

**3.0 Club:** Students set an academic goal of a 3.0 or higher their Fall term at PSU and will receive a monthly academic success newsletter, academic tips and other resources as well as special club prizes and recognition. Students can sign up for the 3.0 Club with their Resident Assistant, Learning Community Assistant or at University Success.

For the Study Bucks program, Resident Assistants and Learning Community Assistants hand out study bucks to those who are practicing respectable studying or academic behaviors. Study bucks can be redeemed at University Success for rewards.

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 mentor sessions, help students gain academic support and connections, learn more about their talents and more. Our program is free and offered to any first year student living in University Housing. Students can sign up here: [https://docs.google.com/a/pdx.edu/spreadsheet/viewform?formkey=dFdaZmE3NWtROFEzSXhtMUxjdGctWGc6MQ#gid=0](https://docs.google.com/a/pdx.edu/spreadsheet/viewform?formkey=dFdaZmE3NWtROFEzSXhtMUxjdGctWGc6MQ#gid=0).

In partnership with Advising and Career Services, the Explorer’s Club is offered to aid students who are undecided about their major and/or career path. Participants receive 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. Students can sign up here: [https://docs.google.com/a/pdx.edu/spreadsheet/viewform?formkey=dE9TR0h2SmFZWnNMT19DTzZxc25mRmc6MQ#gid=0](https://docs.google.com/a/pdx.edu/spreadsheet/viewform?formkey=dE9TR0h2SmFZWnNMT19DTzZxc25mRmc6MQ#gid=0).

Please encourage 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 204. If you have any questions please contact Courtney Sandler: sandler@pdx.edu or 503.725.2483.
Let Your Knowledge Serve the City with Student Leaders for Service

Viking Days of Service
Student Leaders for Service (SLS) is a group of PSU students who volunteer with various community partners throughout the city and help to connect other students on campus with service learning opportunities in the greater Portland community. Each year SLS coordinates large service events such as MLK Day, Earth Day, and Alternative Spring Break.

At the beginning of every academic year, SLS adds a service project to the Viking Days portfolio. Portland State is nationally known for its focus on community-based learning, and we believe it only fitting to start the year off by engaging in the larger Portland Metro community. Viking Day of Service also serves as a community building activity for new and returning students who are interested in civic engagement. Students, faculty and staff can choose from a selection of 5-10 on and off campus projects with various community organizations. We seek to provide a fun and engaging day of service that gets people thinking about how to include community involvement as a commitment throughout the upcoming academic school year.

This year’s Viking Day of Service will be Friday, September 21st, from 10:00 – 2:00. To learn more, visit: http://pdx.edu/salp/student-leaders-for-service.

First Fridays
In addition to our usual efforts, this year SLS plans to host a ‘First Friday’ project every month. First Fridays will be opportunities for members of the PSU community to do service work together at locations both on and off-campus. These projects will offer students and faculty the chance to socialize and build community while volunteering. If your student is interested in participating or hearing more about First Friday projects, he or she can email SLS coordinator Jessica Conley at jrc5@pdx.edu with the subject “FIRST FRIDAYS”.

University Housing & Residence Life welcomes you to PSU!

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!

Want your student to be successful in college? Students engaged in the on-campus community, whether through student organizations or their residence hall, are more likely to graduate, reach their educational goals, and create more positive relationships with faculty, staff, and peers. These involved students also report feeling more satisfied with their college experience.

Living in communities like PSU’s First Year Experience halls provides even more great opportunities to get involved in campus and get to know other students every week, as well as easy access to University Success, which facilitates academic engagement, intellectual connection, and collaborative learning. We have daily events during Viking Days such as ice cream socials, movie nights, ultimate Frisbee, and guided city explorations. The highlight is definitely our kickoff event Playfair (September 16th, 1:00pm), an entertaining, fun way to meet new friends! Additional information on University Housing & Residence Life is available on our website: http://www.pdx.edu/housing/