**Winter Break and PSU Closure**
Portland State University wishes your student the best as she or he prepares for the last few weeks of fall term! Fall term classes end on December 6, with the last day for final exams on December 12. Students will be on break until winter term classes begin on January 4, 2010. While there are no classes during winter break, the University will remain open for business except from December 19-28 when PSU will be closed. Few services will continue to operate during the closure, such as University Housing and the Campus Public Safety Office. As the Center for Student Health and Counseling (SHAC) will not be open during the PSU closure, students are encouraged to visit the Oregon Health and Science University (OHSU) Hospital if they need to seek medical treatment. For more information about OHSU, visit their website: [www.ohsu.edu](http://www.ohsu.edu).

If your student lives on campus, he or she will be able to purchase a meal plan for winter break, which will include most of the days during the PSU closure. This additional winter meal service begins with dinner on December 11 and ends with brunch on January 3, 2010. Please note that dining services will be closed after lunch on December 24 and re-open for brunch on December 26. Dining services will also close after lunch on December 31 and re-open for brunch on January 2, 2010. The registration deadline for the winter break meal program is Monday, December 7. If your student is interested, contact PSU Dining at 503-725-4511.

**PSU Dining and Catering Services**
PSU Dining offers a variety of excellent on-campus dining options and meal plans for your student. Providing high-quality, affordably priced dining experiences while promoting environmentally friendly fresh and local ingredients and green waste management practices are how PSU leads the community in sustainable food services. Priorities for PSU Dining's sustainability program include using and promoting sustainable agriculture, organic and local ingredients, naturally and humanely raised beef and poultry, fair trade coffees, and food waste composting.

Just last year, PSU Dining Services diverted 100 tons of food waste out of the landfill and into compost from the on-campus food court and Ondine dining hall. Dining is also working hard to make Ondine a zero-waste facility by reducing water, food, and packaging waste to a minimum with programs like tray-less dining, diner education, and even recycling cooking oil waste into bio-diesel. Eating on campus is truly showing support for the environment! For more information, visit this website: [www.campusdish.com/en-US/CSW/PortlandState/Sustainability](http://www.campusdish.com/en-US/CSW/PortlandState/Sustainability).

PSU catering offers an extensive variety of services menus, office luncheons, off-campus meetings, conferences, weddings, and black tie events. Catering representatives will work with you to customize your menu, coordinate all details of your event including table settings, linens, and floral designs. Contact a catering representative today at 503-725-4427 or via e-mail at catering@pdx.edu.

**New Health and Wellness Resource for Students and Parents**
Beginning in December, all students will begin receiving Student Health 101, an interactive email magazine discussing health and wellness topics relevant to the college population. Articles, video clips, and personal accounts from students ranging on topics from healthy eating to stress management to sustainability are just some of the topics that can be expected. Student Health 101 is being sponsored by Campus Rec and Student Health and Counseling in an effort to make health and wellness resources more readily available to the PSU community.
Parents will also receive a link to each issue of Student Health 101 beginning in December, as well as a condensed “Parent Perspective” article, which will be included in this family newsletter (beginning with the January 2010 edition). We highly encourage you to see what information your students are receiving and use it to discuss relevant health and wellness topics with him or her. Happy reading!

H1N1 Update from the Center for Student Health and Counseling (SHAC)
We want to provide information on what we are seeing so far this quarter in terms of the H1N1 virus on our campus. Thus far, we know that H1N1 is present in our community and in the greater Portland community. At PSU, we have seen on average between 20 and 40 students a week with influenza-like illness. Of that number, about five have been ill enough to require hospitalization toward the second and third week of the quarter. Others have recovered on their own. Anecdotally, we are seeing higher than average absences in classrooms and our childcare center seems the most affected with high absences of teachers and staff. Residence life is reporting an average number of ill residents in student housing. We can conclude that while the virus is present, it is not unusually widespread at this point.

Many efforts are being made at PSU to prevent the spread of this illness. Disinfecting of public areas has been stepped up and hand washing signs and hand sanitizer have been widely distributed. We have distributed over 300 doses of seasonal flu vaccine to date and feel confident that students at PSU who wished to receive that vaccine have done so. Like other universities in the Multnomah County area, we are awaiting our allotment of the H1N1 vaccine. At this point the County continues to direct the vaccine toward pregnant women and children under five. We are hopeful, with increased shipments every week, that PSU may soon have the H1N1 vaccine available for priority groups, which includes everyone between 6 months and 24 years of age. We will be able to set up a vaccination clinic very quickly after we receive our vaccine and will publicize it broadly to the PSU community.

In the meantime, visit the SHAC website for more information: www.shac.pdx.edu. In addition, Multnomah County has just established an H1N1 information hotline at 1-800-978-3040.

Family Resources on Facebook
Portland State University has a group on Facebook specifically dedicated to parents and family members. You are invited to join this online community. The group is designed for parents and family members of current, past, and future PSU students. Feel free to post discussion topics, pictures, or other items of interest. We hope that this will create an environment where we can collaborate with one another to ensure student success! Click the following link to be directed to the Facebook page: http://tinyurl.com/ylruq3w.

Winter Term Registration
Does your student know when to register for winter term classes? Registration for undergraduate students began on Thursday, November 12. Your student’s registration date is based on his or her class standing. For more information, visit the registration schedule website: www.pdx.edu/registration/when-register. In addition, we encourage students to speak with their academic advisor if they have questions about their winter term class schedule. Your student can find contact information for her or his program area online: www.pdx.edu/admissions/undergraduate-programs-a-z.
Financial Aid and Scholarships for 2010-2011
If your student is interested in receiving federal student aid for the 2010-2011 academic year, please encourage him or her to complete the Free Application for Federal Student Aid (FASFA) on or after January 1, 2010. Completion of this free application will allow the federal government to determine the amount of grant or loan money your student will be eligible to receive. For more information, visit the FAFSA website: www.fafsa.ed.gov.

In addition, encourage your student to visit the PSU Scholarships website to explore the many scholarships available for current and entering students. Students can search for scholarships based on their program area, academic achievements, financial situation, and several other criteria. Visit the PSU Scholarships website: www.pdx.edu/finaid/scholarship.

New and Expanded Library Services
The Portland State Library announces several new and enhanced services. For students who are also parents, there is a new Family-Friendly Study Room, with workstations for students and a play/reading area for young children. This study room is a collaborative effort with the Helen Gordon Child Development Center and with support from the Office of Information Technologies.

The Library has also expanded and improved its online chat reference service, providing personal help to Portland State students, 24/7. A project to move more reference materials into the circulating collection has allowed the Library to add 65 new seats to the popular and often crowded 2nd-floor study area. These new and expanded services complement an already broad range of academic support services hosted by the Library, including reference and research help, a Writing Center outpost, academic advising, a practice presentation room, and math and science tutoring. These services make the Library a welcoming and supportive place for students to study, conduct research, and get the help they need. Visit the Library online: http://library.pdx.edu.

National Student Exchange: Widening Educational and Personal Horizons
Is your student interested in an exchange opportunity during college? The National Student Exchange (NSE) program, a not-for-profit education consortium, provides affordable and practical opportunities for students to study and live in a new location, much like study abroad. There are more than 200 universities within the U.S., Canada, Guam, Puerto Rico, and the U.S. Virgin Islands from which students can choose. With placement rates of 97 percent, our students can generally find a location to meet both their academic and personal objectives. Students participate in NSE in order to:
- Broaden perspectives
- Explore new areas of study
- Access new courses
- Learn from different professors
- Investigate graduate schools
- Seek future employment
- Become more independent

Many of our returning students describe NSE as a life-changing experience which has made them more independent, self-confident, and resourceful; expanded their risk-taking capabilities; and helped them better define their academic and career objectives. Students who have been
on exchange return to our campus with lasting friendships formed with students from all over the country.

Prior to exchange, students will complete an advising agreement to ensure that the work they satisfactorily complete on exchange will count toward their degree program at PSU. NSE operates with tuition reciprocity (tuition paid to our campus or at the in-state rates of the host campus), and students are eligible to apply for federal financial aid during their exchange. To learn more about this wonderful exchange opportunity for the 2010-2011 academic year, encourage your student to attend an upcoming information session. A schedule of sessions is available on our website: www.pdx.edu/admissions/exchange-from-portland-state.

If you have any questions about NSE, contact the Office of Admissions at 1-800-547-8887. In addition, encourage your student to consider studying abroad. Visit the Education Abroad office online: www.oia.pdx.edu/ea.

Letter from New Campus Veteran’s Service Officer

Dear Veterans and family members,

My Name is Ron Kincaid and I work for the Oregon Department of Veterans’ Affairs as the Campus Veteran’s Service Officer here at PSU. As the Campus Veteran’s Service Officer, I provide advocacy to veterans, their dependants, and survivors in obtaining benefits entitled to them through Federal, State, and local programs, including health care, disability compensation, pension, and VA educational programs.

I am located in Neuberger Hall, room 104. Please stop by my office or contact me via phone or e-mail so we can review your or your student’s veteran’s status to explore possible benefits. You can reach me at 503-559-3247 or kincar@odva.state.or.us.

Thank you,

Ron Kincaid

Portland State’s MBA Program Named #1 in the Northwest, 25th in the World

Portland State University’s MBA program has been ranked 25th on a list of the Top 100 business schools in the world, according to 2009-2010 edition of Beyond Grey Pinstripes magazine. Along with programs at Stanford, UC Berkley, and Yale, Portland State has demonstrated significant leadership in integrating social, environmental, and ethical issues into its MBA program. For more information and to read the entire article, please visit: www.pdx.edu/news/portland-state-s-mba-program-named-1-in-the-northwest-25th-in-the-world.

The CARD Act of 2009: Safeguarding Students’ Consumer Rights

Students have long been the targets of unfair and misleading credit card promotions leaving them vulnerable to crippling debt during their time as a student and beyond. Unmanageable debt can lead to dire consequences for students on the cusp of new career. In an effort to better protect consumers from unfair practices in the credit card market, President Obama signed into law the Credit Card Accountability, Responsibility, and Disclosure (CARD) Act of 2009.
This new piece of legislation, which will go into effect on February 22, 2010, contains provisions focused specifically on protecting students from predatory credit card marketing. Some practices prohibited under the CARD Act will include the extension of credit to persons under 21 without a cosigner or independent means of repayment, the on-campus gift marketing of credit cards, retroactive rate increases, and over-limit fees for approved charges. Under the act, credit card companies and colleges or universities are now required to disclose their relationships, and credit card terms must be clearly disclosed and remain fixed for the first year. For a more complete description of the new legislation and its components, please visit: http://www.whitehouse.gov/the_press_office/Fact-Sheet-Reforms-to-Protect-American-Credit-Card-Holders/.

Making Urban Connections in an Urban Community
Portland State Bookstore will have a giving tree on display from November 23 through December 18 on the main level of the store. We have partnered with New Columbia for the second year to help Portland area youth in need this holiday season. All items donated will be given to New Columbia to benefit their community building programs. These donations will help provide New Columbia youth with unique opportunities for social and intellectual growth while having fun in the midst of some tough life situations.

New Columbia is an 82-acre mixed-income community located in North Portland and home to nearly 1,700 youth. New Columbia provides a community campus that includes the University Park Community Center, Regence Boys & Girls Club, Rosa Parks School, 101 rain gardens, two community gardens, and an Opportunity Center for educational and career development.

The PSU OneCard
As involved parents/family members of college students, you probably have many questions about how your students will cope on their own. Will they be able to handle the pressures of balancing academic structure with social freedoms? How will they manage their money? While PSU will be doing everything we can to help students adjust to college life, Higher One can help students manage their money. For more information about Higher One, Inc. and their partnership with PSU for the OneCard, download a brochure: www.pdx.edu/family/nov09.