9:45-10:30am Get Connected

- Overview of Orientation Schedule
- SJSU - A First Choice Destination
- What to expect during your student’s transition
- Keeping in touch with SJSU
- 2017 Family Weekend
Orientation Schedule

• 9:00am Kickoff
• 9:45am Get Connected with SJSU Administration
• 10:30am Academic Presentation
• 11:30am-1:00pm Lunch & Resource Fair
• 1:10-1:40pm Special Interest Workshops
• 2:00-2:50pm Keeping Students Healthy & Safe
• 3:00-3:50pm Student Services
• 4:00-6:00pm Optional Activities and Orientation Check Out
# SJSU: A First Choice Destination

## Enrollment
- Founding campus of the 23 campus CSU system
- 33,000 total students
- 4300 new frosh and 4300 new transfer students
- 270,000 alumni including Olympians Tommy Smith & John Carlos, author Amy Tan, Oracle Co-Founder Ed Oates, and NFL Coach Bill Walsh

## Commitment
- 10,000 graduates in May 2017
- 30:1 student to faculty ratio
- Ranked 6th in U.S. News and World Report among West’s top public universities
- Student body reflects the diversity of the Bay Area
- New campus facilities and services making SJSU a First Choice Destination
SJSU: A First Choice Destination

King Library

- Joint library for SJSU & City of San José
- 475,000 square feet
- Over 1.5 million print books and e-books
- Laptops & iPads for checkout
- A librarian for every major
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Residence Halls

★ 3700 students live on campus
★ Classic buildings including The Bricks (Washburn Hall) and Joe West Hall
★ Campus Village Apartments Building A (CVA), Campus Village Apartments Building B (CVB), Campus Village Suites Building C (CVC), Campus Village 2 (CV2)
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Student Wellness Center

★ LEED GOLD certified and Intentional design with campus partners such as CAPS
★ Holistic wellness approach
★ Wellness Lounge, Study Spaces, Massage Chair, Student Food Pantry
★ Licensed providers and most services are free
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Diaz Compean Student Union

★ Student Union includes SU Building, Event Center, and Spartan Recreation
★ Central Hub for Students and Programming
★ Union Square Dining including The Bricks, Taco Bell, Panda Express, Le Boulanger, Jamba Juice, The Mix, Subway, Steak and Shake, Smokin’ Sammy’s and Starbucks
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Spartan Recreation and Aquatic Center

- Indoor track
- Basketball, volleyball, and badminton courts
- Two outside decks, one lap pool and one recreational pool
- Four workout areas with cardio, free weights, and functional fitness equipment
- Fitness studio, two large locker rooms, and two large social areas
New Spartan Rec Center
Student Transition

• First 4-6 weeks time of great transition
  – Sense of excitement and independence
  – Homesickness/anxiety
  – Roommates or new commuting routine
  – Meeting new people and trying new things

SJSU Parent & Family Guide (SJSU PFG) pp. 10-11 and pp. 20-21
Student Transition

October-November

• By week eight, a routine develops and campus feels more comfortable

• EXAMS

• Seasonal allergies, illnesses made worse back lack of sleep and wellness (*SJSU PFG pg. 18*)

• Preparing for Thanksgiving break and return home
Student Transition

November-December

- Friendships become main source of support for students (*SJSU PFG pp. 24-25 Getting Involved*)
- Coursework and exam preparation intensifies
- Stress over signing up for classes
- Anxiety about working over the break or returning home
Helicopter Patterns
Curling
Lawnmower Parents

Evolved Breed of Helicopter Parenting
Parents remove all problems in front of their child
Helicopter Parents and Bubble Wrapped Kids
Student Transition

If a parent is overly involved, students may not develop a sense of responsibility.

Or that their actions have subsequent repercussions and maybe even consequences.

If parents step in and make mistakes go away, they may take away the opportunity for their child to learn and grow from mistakes as opposed. And children may not develop a sense of accountability.
Student Transition

• A new relationship with your student
• Don’t assume - make expectations clear
• Determine a time when you will connect with your student (i.e., once/week)
• Determine method of contact (phone, text, email, social media, etc.)
• Send reminders that you are there and you care (care packages, post cards, post pictures of familiar things)
University Ombudsperson

Evelyn Ramos (hablo español)
408-924-5995
evelyn.ramos@sjsu.edu

- Provides impartial and confidential consultation to members of the campus community who are concerned about a situation or issue.
- Assist in interpreting SJSU policies and procedures.
- Advocate for consistent application of SJSU policies and procedures on behalf of all constituents.
University Ombudsperson

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When to refer your student...

- Expressing difficulty with classmates, instructor, staff
- Unsure where to go for assistance with a problem or dispute
- Seeking confidential consultation
- Wants/needs to learn more about an administrative process on campus
Family Advisory Board

- Nine person board made up of parents/family members of current SJSU students
- Provides input and feedback directly to New Student & Family Programs
- Volunteers at several events throughout the year
- Interest? Contact us at mystudentis@sjsu.edu
Keeping In Touch with SJSU

• Sign up for our e-newsletter!
  – Various transition points (first semester, fall to spring, 1st year to 2nd year)
  – Features on various resources, departments, and deadlines
  – Key campus events:
    • Family Weekend - September 21-24, 2017
      www.sjsu.edu/newspartans