

February 1, 2011

Special points of interest:

- Roommate Troubles
- Taxes and the FAFSA
- Valentines Day Blues
- Spring Break
- Resources

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Parent Connect

Newsletter

Is Your Student Having Roommate Troubles?

During this time of the year students start becoming more aware of differences with their roommates and suitemates. What may have started out as a minor annoyance has now become a reason to flush the roommate's fish down the toilet!

You have probably heard the reasons why your student's roommate is not nice and should move out. What you probably haven't heard is what the roommate has to say about your student.

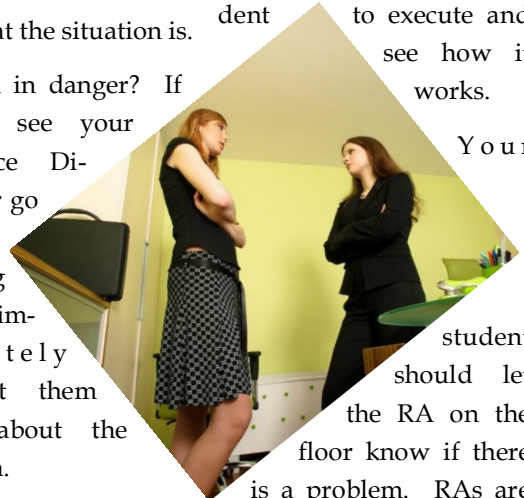
As a parent, there are several things you need to remember when your student brings roommate or other campus concerns to you.

1. Your student is upset at the moment and things may not be as bad as they say.
2. You are only hearing one side of the story.
3. Your student is an adult and needs to solve most things on his/her own.

Here are some things to tell or ask your student when they are dealing with a roommate issue:

1. Ask what the situation is.
2. Are you in danger? If so, go see your Residence Director or go to the Housing Office immediately and let them know about the situation.
3. Have you talked about this with your roommate?
4. If your student has talked with the roommate, and nothing has improved, encourage your student to seek assistance from the Resident Assistant on the floor.
5. Ask your student if s/he thinks that s/he could be contributing to the problem in any way.

Once you and your student look at the issue objectively, you can both formulate a plan for your student to execute and see how it works.



Your student should let the RA on the floor know if there is a problem. RAs are also trained in mediation and will sit down to work out a "Roommate Contract" with students who are experiencing difficulties.

If your student is in a situation s/he feels is a "must-leave" situation, please encourage your student to speak with an RA or RD as soon as possible to figure out a new living arrangement.



Don't forget about Education Tax Credits!

“Filling out the FAFSA right after you do your taxes is advisable since the FAFSA requires many figures that come from your taxes.”



The first few weeks of February are a great time to send your child a care package.

Taxes and the FAFSA

Tax time is nigh and while that may mean a stressful time for you, have you thought about how it is going to feel for your student who may or may not be doing their taxes for the first time? Students who are unfamiliar with tax forms may need your experience to help them through their questions and concerns. Try to arrange a time for you and your student to sit down together to work through the daunting pile of forms

and numbers. The IRS also provides a website (<http://www.irs.gov/individuals/students/index.html>) for students that you and your student may want to peruse together.

Some important options to remember when filing for taxes are the new tax credits and breaks such as the Lifetime Learning Credit and the American Opportunity Tax Credit which replaced the Hope Credit. More information on Education Tax Credits can be

found here: <http://www.irs.gov/newsroom/article/0,,id=213044,00.html>

This may also be a good time for you and your student to renew the FAFSA for next year. While there is no deadline for the FAFSA, filling out this form right after you do your taxes is advisable since the FAFSA requires many figures that come from your taxes. The official FAFSA website can be found at <http://www.fafsa.ed.gov/>.

Relationship Blues, Valentine's Day, and Why is it so Freakin' Cold Here?

Gregg Elliot, Director, ASC Counseling Service

There's good news and bad news by this time every year. The good news is that our kids have made it through their first semester and they are well on their way to getting their first year of college under their belt. They've survived their weird roommate, the disturbing way that Wednesday's tator-tots in the cafeteria turn into Thursday's hash browns, and that caffeine-induced psychotic episode during finals week in December.

The bad news is they've broken up with their significant other twice, they are facing going through Valentine's Day alone and sad,

and how can Alamosa be one of the 10 coldest cities in the entire U.S.? The excitement of going to college has started to wear off and first year students are entering the disillusionment phase with the realization that in Alamosa, when the groundhog sees his shadow, it means 12 more weeks of winter; not 6.

The first few weeks of February are a great time to send your child a care package. A shoebox full of homemade chocolate chip cookies goes a long way toward reminding me that I have parents somewhere who love me and support me. You're also welcome

to send your child cookies. My box can be sent to 220 Richardson Hall.

Other great care package items could be a pre-paid phone card, a Starbucks gift card (ironically, the treatment for caffeine-induced psychosis is more caffeine), some family pictures, that favorite CD that got you through your relationship struggles years ago (be honest, it was Michael Bolton, wasn't it?), or a box of hot cocoa mix.

The important thing is to remind your student that even though they've come to Adams State by themselves,

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Relationship Blues...continued from page 2

you are still with them, supporting them, dreaming for them (since we know that they're not sleeping), and hoping for them. It's good for them to know that you still love them even though you've turned their bedroom into a gym.

The ASC Counseling Center offers individual, couples, family, and group counseling free of charge to ASC students and their families. Topics addressed include

anxiety, depression, addictions, eating disorders, relationships, roommate conflicts, stress, loneliness, personal growth, self-esteem, anger management and just about any other issue comes up in the life of a student. Our services are confidential and our mission is to do everything in our power to help your student succeed at ASC.

Ultimately, Valentine's is just a day and a small thing

compared to the life goals our students are pursuing here. Relationships hurt sometimes and it's how we choose to deal with that hurt that defines who we are as a person. And we do know that eventually it will warm up in Alamosa. In July. Let your student know that you are there for them, and if there is anything the ASC Counseling Center can do to help, we're here.



If your child is coming home, remember that they will be looking for some relaxation and down time from school, it is after all a break.



Spring Break 2011

This Spring Break, you're student may break some news to you: They are not coming home, this spring break they are going on a trip. The thought of which may seem daunting to you.

Remember-not all college students are looking for a rowdy spring break. More and more students are choosing a low key escape with friends, or an Alternative Spring Break where they volunteer their time to help out in a community. Some students even elect take a trip where they can have an experience related to their education such as a

study trip, which is similar to an internship..

Many students cannot afford to travel, and are looking for an alternative to traveling. This may be something as simple as re-exploring their hometown and its surroundings, or going home with a friend. If your child is coming home, remember that they will be looking for some relaxation and down time from school, it is after all a break.

With any spring break trip - whether they're going on a ski trip with friends, camping, visiting a bustling city, going

abroad, or looking to enjoy a peaceful week off school - students need to be aware of their surroundings and take basic safety precautions when they're on break.

Some websites about Spring Break and Your Student:

<http://psychcentral.com/lib/2006/a-parents-guide-to-spring-break/>

<http://www.collegeparentcentral.com/2010/01/college-spring-break-another-letting-go-experience-for-parents/>

Important Dates To Remember

Tuition/Fee Payment Deadline-January 21

Add/Drop Deadline-February 2

Snow Day-No Classes-February 7

Scholarship Deadline-March 1

Mid-Terms-March 1-4

Withdrawal Deadline-March 11

Spring Break-March 14-18





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STAY CONNECTED!

The Parent Connect newsletter is in place for you to stay in touch with what is going on around campus, give resources for help and provide any other assistance that a first-time college parent may need. We look forward to a good semester at ASC for both you and your student and hope that this will be a place for you to find not only important information but comfort as well. Please feel free to contact us through the e-mail listed with any questions, concerns or comments at any time.



GO GRIZZ!!!

Resources



Precede all numbers with (719) 587 unless otherwise stated.

Advising	x7657	Academic Affairs	x7436
Bookstore	x7912	Computing Services	x7741
Counseling and Career Center	x7746	Financial Aid	x7306
Housing	x7227	OneStop	x7306
Mail Room-SUB	x7979	Mail Room-Richardson Hall	x7101
Student Engagement and Success	x7858	Student Affairs	x7221
Police Department	x7901	Police Department	719-589-5807