



**COLORADO
MOUNTAIN COLLEGE**



**SOAR PARENT
GUIDE**



Parent Guide

Welcome from CMC Student Affairs

Heading off to college is a big step for all who are involved. As parents, guardians, and/or support persons, you will play an integral role in this transition. You have weighed options and endured countless technical steps in applying for admissions and submitting necessary documents; now, you are preparing to support the enrollment, registration and course of study decisions during this orientation phase.

Just as significant are the processes of getting to know the people who will assist and teach your student, explore involvement opportunities to help them become connected and feel at home away from home, and understand the policies and procedures of Colorado Mountain College to ease the transition and avoid any difficult challenges. Each of these parts – the people, involvement, and policies is as critical an element to your student's success as doing well academically.

Students will learn and evolve as they go off to college. The range of expectations can vary from being exclusively independent to maintaining a close rein on the details of your student's college experience. CMC is an intentionally small college where the environment supports students in taking on new challenges, discovering unfamiliar paths and finding the next step in their success. Students are held accountable for their actions and decisions, encouraged to learn from each situation, and apply lessons learned in their future. Being in control comes with assuming responsibility. Making choices comes with being accountable. The most important lesson can be that, as an adult, they will be treated as such.



Students will be busy adjusting to a new environment and discovering them-selves at college. Simultaneously, parents go through a time of letting go, yet supporting from afar. Everyone deals with change in his or her own unique way, and there are no black and white rules for coping and adjusting. It is for many parents a continual weighing of when to let nearly grown children make their own mistakes and follow their own path, or when to intervene with concern and advice. Despite a student's attitude or response, usually they dearly want to know their parents are thinking about them, and that they aren't forgotten. *Communication with your student is key* in understanding and helping each other move beyond good-byes and new beginnings and into their next phase of life. Whether expressed or not, a sincere desire to meet your expectations and not let you down is also one of the main factors of influence over his or her success.

It is impossible to assimilate all the changes a student will experience or solutions for every difficulty they may encounter during their college years. However, there are patterns students tend to go through in their first year at college. All of CMC's administration, faculty and staff are wishing your student success!



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A New Role for Parents

As your student transitions to college, your role may shift from the *caretaker* to the *coach*.

The coach is on the sidelines, but they have a job to do on the sidelines.

Five great coaching suggestions:

1. Remind students that they should not expect you to deal with their problems
2. Encourage your student to take direct action
3. Be knowledgeable
4. Provide guidance and suggestions
5. Try not to get discouraged

Coaches teach self-advocacy

- First lesson to the students: *know thyself*
- What do students need and what do they want?
- How do students *get* what they need and what they want?
- Remind your student that self-advocacy is a lifelong skill.

Starting on the right foot:

- Encourage your student to fully engage with and participate in the college success class (AAA101).
- Encourage your student to build a personal reputation of excellence.
- Participation in class is important.
- Students should know their professors' names and introduce themselves at the first class.
- Faculty are here to help!

Tips & Questions to ask your student if classes are not going well:

1. Have you analyzed what the real problem is?
2. Have you spoke to your faculty?
3. Have you tried doing things differently?
4. What resources haven't you tried yet? (Tutors? Learning Lab?)
5. As an absolute last resort, when is the withdrawal date?



Tips to provide to your student for working with faculty:

1. Go to the professor's office and get his or her office hours.
2. If the office hours don't fit your schedule, write down their phone number.
3. Be prepared when meeting with a faculty member.
4. Be honest and ask for suggestions.
5. Ask about alternative or additional ways to earn extra points.
6. Leave with an "action plan".
7. Thank the faculty member for working with you and for their help.

Additional Suggestions

These suggestions may prepare you to deal effectively with some common first-year experiences.

Expect Change

You can't stop change. It's natural, inevitable, and can be inspiring and beautiful. College, and experiences associated with it can effect changes in social, vocational, and personal behavior. An up-to-now wallflower may become a fraternity sweetheart, a pre-med student may discover a love for drama or literature, or a high school radical may become a college preppy, or vice versa. Remember that your freshman will remain basically the same person you sent away to school, aside from interest and personality changes. Don't expect too much too soon. Maturation is not an instantaneous or overnight process.

Allow Time to Adjust

The first few days and weeks of school tend to be activity-packed and friend-jammed. The challenge of meeting new people and adjusting to new situations takes a majority of a freshman's time and concentration. Still, the transition can be daunting, and some students may have moments where they long for the comfort of the tried and true life they left behind. Don't be surprised if this is the case. Still, most students adapt well to their new environment, and in time they become used to the new "norm."

Write (even if they don't write back)

Although freshmen are typically eager to experience all the away-from-home independence they can in those first few weeks,

most are still anxious for family ties and the security those ties bring. Family may misinterpret this surge of independence; however mundane it may seem, news from home may be appreciated. Don't expect a reply to every letter you write. The you-write-one, they-write-one sequence isn't always followed by college students, so get set for some unanswered correspondence. And don't panic if you don't hear from them for a while.

Ask Questions

College freshmen are often insecure but eager to establish their independence and often have a tendency to resent interference with their newfound life-styles. Students, however, still desire the security of knowing that their family is still interested in them. Parental curiosity can be alienating or supportive. Questions tinged with "I-have-a-right-to-know" feelings, ulterior motives, and nagging should be avoided; however, honest inquiries and other "between friends" communication and discussion will most likely do much to enhance the parent-freshman relationship.



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Be Supportive

Parenting can be a thankless job, especially during the college years. It's a lot of give and only a little take. Often when troubles become too much for a freshman to handle (a flunked test, ended relationship, and shrunken T-shirt all in one day), the only place to turn, write, or dial is home. Unfortunately, this is often the only time the urge to communicate is felt so strongly, so you may not always hear about the "A" paper, the new companion, or the domestic triumph.

In these challenging times your son or daughter may unload troubles or tears. After the challenge, students typically return to a regular routine, relieved, while you inherit the burden of worry. Remember that students are adults, and although they sometimes need parents to lean on, they are desperately trying to prove themselves. Allowing your student to solve these problems on their own will encourage and support their natural development into an adult. Resist your urge to "solve" the problem for your student.

Visit (but not too often)

Visits by parents (especially when accompanied by shopping sprees and/or dinners out) are another part of the first-year events that freshmen are reluctant to admit liking but appreciate greatly. And pretended disdain of those visits is just another part of the first-year syndrome. These visits give the student a chance to introduce some of the important people in both of his/her now-important worlds of home and school to each other. Additionally, it is a way for parents to become familiar with (and gain more understanding of) their student's new activities, commitments, and friends. Spur-of-the-moment "surprises" are usually not appreciated — preemption of a planned

weekend of studying or other activities can have disastrous results. A particularly good time to plan a visit may be a weekend in October, after your student has settled into their new routine. And if you give them a date and time that you will be arriving beforehand, you may even get to see a clean room.

Don't Say: "These are the best years of your life"

Freshman year (and the others that follow) can be full of indecision, insecurities, disappointments, and mistakes. They can also be full of discovery, inspiration, good times, and people, but, except in retrospect, it's not always the good that stands out. Your son or daughter may not agree that these are "the best years" while he or she is suffering the trials and tribulations of adjusting to a new environment. A great deal of pressure can be placed on students to always appear to be having "the time of their lives." Any parent who believes that all college students get good grades, know what they want to major in, always have activity-packed weekends and thousands of close friends, and lead care-free, worry-free lives is wrong. So are the parents who think that college-educated means mistake-proof. Parents who insist on the "best years" stereotype are working against their student's reality.

Trust Them

Finding oneself is a difficult enough process without feeling that the people whose opinions you respect most are second-guessing your own second-guessing. You and your son or daughter may have differences of opinion. It is important to realize that these differences are not a battle between right and wrong; rather they should be thought of as different points of view.



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Stress-Related Experiences in College

AUGUST

- Homesickness
- Roommate conflicts
- Academic Adjustments
- Values exploration
- New social life adjustments
- Initial social rejections
- Campus familiarization
- Long-distance relationships
- Financial adjustments
- Foreign student adjustments
- Sexual assault

SEPTEMBER

- Homesickness
- Roommate conflicts
- Test Anxiety
- Newness of college wears off
- Adjusting to new community
- Dating anxieties
- Family problems
- Time management frustrations

OCTOBER

- Midterm anxiety
- Roommate problems
- Value/Ethical investigation
- Varied relationships
- Questioning value of school

- Not fitting in
- Financial strain
- Time conflicts between academic and social expectations

NOVEMBER

- Academic Pressure
- Pre finals stress
- Time management conflicts
- Depression and anxiety due to non-adjustment
- Economic anxieties
- Problems due to alcohol
- Roommate problems
- Deteriorating health
- Lack of friends
- Community breakdown

DECEMBER

- Final Exam anxiety
- Extracurricular time strains
- Financial worries
- Pre-holiday blues
- Increased tension with friends
- Sexual pressure

JANUARY

- Academic anxiety
- Loss of friends or family over break

- Money problems
- Post-holiday depression
- Balancing social and academic life
- Sexual assault

FEBRUARY

- Cabin fever
- Vocational choice anxiety
- Summer job-hunting begins
- Relationship anxieties
- Fall housing

MARCH

- Midterms
- Problems due to drugs or alcohol
- Living arrangement anxieties
- Summer job hunting
- Finding money for spring break

APRIL

- Academic pressure increase
- Paper and exam deadlines
- Summer job pressures
- Job panic
- Financial pressures
- Selecting a major
- Social life anxiety



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Resident Information

Laundry: Laundry facilities are available for residential students and are located on each floor of the residence hall. Students will need to supply their own laundry detergent, dryer sheets, bleach, etc.

Telephones: Each residence hall room is equipped with local phone service hook-up for students to use throughout the year. Students will need to provide their own telephone and answering machines. Numbers are assigned to each residence hall room and will not be transferred should a student move to another room. Long distance calls are made at the student's expense. We recommend a phone card for long distance service, or students may use personal cell phones.

On-Campus Parking: Students are allowed to park one vehicle on campus without cost. All students are required to obtain a parking permit from the Residence Hall front desk during the first week of class and display it on their vehicle throughout the year.

Shipping Packages: UPS is the least expensive and most convenient method of shipping any boxes to CMC. The address label should include:

Student's Name

1400 Bob Adams Drive - Box # A _ _ _

Steamboat Springs, CO 80487

Upon receipt, student boxes will be stored. However, space is limited and we cannot guarantee the security of these belongings. Therefore, it is best to have boxes arrive as close to the student's arrival date as possible. Students should check with the mailroom in the Residence Hall upon arrival to receive the shipped boxes.

Care Packages: Receiving a care package will make your student's day, as well as make them the most popular person on their floor. Including some of your student's favorite things helps them get through the blues now and then. Mid-Semester and Finals Week are great times to send a care package. It is a stressful time and a care package of encouragement will help them relax and focus on the books. Some ideas that students may love to find in a package from home: *Money, Family Photos, Hometown Paper, Envelopes & Stamps, Favorite Snacks, or Homemade Treats.*





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Issues of Safety & Security

Campus Security:

Safety at Colorado Mountain College (CMC) is everybody's business. Students, staff and faculty are partners with the college in creating an atmosphere that is safe and encourages learning. CMC enjoys good relations with the communities it serves as not only the education center, but also often a cultural and social center for the town and counties. There are no barriers between CMC and the outside world.

No community, of course, can be totally risk free in today's society. CMC strongly believes it has a major role in providing safe learning environments, but also, is realistic enough to recognize that students, staff, and faculty must come together in a strong partnership and use common sense precautions to reduce the opportunity for criminal/ anti-social activities. Crime happens in our society. We have no magic formula to stop it at our campus. Theft, assaults, and other crimes can happen at CMC just as at any other college campus.

To reduce the possibility that any student may be exposed to potential hazards, CMC has taken many steps, further described in a safety brochure available at any site, to reduce whatever risk there may be. All of us can further reduce risk by thinking about personal safety and taking common sense precautions.

Safety programs at CMC are under the direction of the Vice President for Student Affairs. We have a proactive approach to campus safety that is best viewed as education, prevention, and our ability to respond to questionable events.

Education:

The key to crime prevention is an awareness gained through education. At CMC, the staff, faculty, and students work together and take responsibility for their own safety and are ready to help others in time of need. This is a very potent force.

The vast majority of incidents on college campuses can be avoided if the college population recognizes they are potential victims and take basic precautions, such as using the "buddy system" when walking at night, locking car doors, and not leaving valuables unattended. The safety committee at our residential campus is available to review safety concerns and issues. CMC encourages reporting of all crimes, even minor crimes, and any suspicious activity to the Campus Dean of Student Services. We need to know about crimes that do occur. If we aren't informed, we can't advise the student body and we can't alter our safety strategies to fit the communities.

Prevention:

CMC actively supports prevention through a number of programs. The Steamboat Springs campus is committed to protecting the safety and security of residents. All exterior residence hall doors are locked 24 hours a day. All individuals must enter and exit from the main entrance using their Student ID cards. A resident of the building must accompany all guests and visitors requesting admittance to the residence hall. On weekends, overnight guests must be registered at the front desk.

Theft & Loss:

Students should promptly report information to a Resident Assistant regarding the loss of property from their rooms. Many cases of theft turn out to be practical jokes. If the student thinks this is the case with a particular theft, this should be indicated to a staff member. If a theft occurs outside the residence hall, the student should report it to a Resident Assistant, the Assistant Coordinator of Residence Life, or local police. ***In order to reduce opportunity for theft, the Office of Residence Life recommends that students always lock their rooms.***



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Frequently Asked Questions

Are guests allowed to stay overnight in the residence hall?

Typically, visitors are allowed to visit in student rooms. For the Fall 2020 semester guests will not be permitted to enter the residence hall. Please check the housing contract and COVID contract your student has signed for additional information.

What if my son/daughter has roommate challenges?

Students are encouraged to discuss these situations with their roommate first. If problems persist, students are encouraged to seek help from their Resident Assistant. Staff members can usually assist in resolving any difficulties. There are mediation processes and procedures in place for students who would like to switch roommates. The Assistant Coordinator of Student Life must approve room changes.

How is mail received in the residence halls?

When room assignments are made, each student will receive a mailing address, which is a box number in the residence hall. Mail is delivered directly to the hall and placed in the student's mailbox. Due to our mountain location, overnight delivery is not possible. Please expect a minimum of two-day delivery for all express/overnight mailings.

How much will my son/daughter need to study each day?

As a general rule, two hours of study time is necessary for every one hour of class (i.e. a three credit course would require six hours of study time per week). This is just a general rule, as study time will depend on course load, difficulty, and each student's individual needs and abilities. The Learning Lab and Library are open numerous hours throughout the week and weekends for studying and private tutoring (by appointment).

Should our son/daughter open a local checking account and where can he/she use checks?

Many Steamboat businesses take out-of-town or local checks with student identification. The Academic Center houses an ATM as well. If students choose to open an account, there are numerous banks to choose from.

What is CMC's Mandatory Immunization Policy?

CMC requires that all students born after December 31, 1956, provide proof of two MMR (measles, mumps, and rubella) immunizations in their lifetime. The first immunization must have been received on or after their first birthday. The two immunizations must have been received at least 30 days apart. Failure to comply will result in a hold being placed on the student's records. Documentation may be mailed to: Colorado Mountain College, Attn. Registration, 1275 Crawford Ave. Steamboat Springs, CO 80487.

Does my son/daughter need a car while in Steamboat?

Students who wish to bring a car are welcome to do so. That said, a vehicle is not necessary as the City of Steamboat Springs provides free bus service to and from the campus. The bus stops at Hill Hall and Bristol Hall and serves downtown, the mountain-valley area, and both ends of the city with numerous stops along the way.

What type of transportation is available for my student to get to and from the airport?

Alpine Taxi offers shuttle service from Denver International Airport and Hayden Airport. Reservations are strongly encouraged; it will save a student time and money. Alpine Taxi can be reached at 970-879-2800 or 1-800-343-7433. Greyhound Bus service is also offered from Denver to Steamboat Springs.



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Campus Support Services for Students

College Counselors

The College Counselors provide academic, career and transfer advising. They are also able to help students with personal problems or assist with referrals to professional community agencies. Their offices are located in the Academic Center, first floor. Please see the college counselors for Mental Health Center referrals. Appointments can be schedule through the Front Desk by calling 970-870-4444.

Disability Services

The Disability Services Coordinator, Elisha Colson, provides academic support services for students with a documented disability. Services include: assistive technology, test accommodations, student advocacy, books on tape, SmartPens, sign interpreter, academic advising and other accommodations as needed. Elisha Colson's office is in Bristol Hall 135. To contact the Coordinator call 970-870-4450.

Health Services

CMC offers on-campus health services through a physician's assistant. Students can call 970-870-4495 to reach the Health Center.

Learning Lab & Library

The Learning Lab offers free tutoring to all students. The Lab is open for student use and studying throughout the day. Tutoring is available during schedule hours. The schedule is posted in the Lab which is located in Bristol Hall, Room 145. For additional information, please contact the Lab at 970-870-4428.

Located on the third floor of Bristol, the Library offers proctored testing by appointment, an open computer lab, and a variety of resources. Contact the Library Front Desk at 970-870-4445 or click on www.coloradomtn.edu/library for additional resources.

Success Center (TRiO)

Students who are income eligible, first generation (neither parent has a Bachelor's degree), and/or have a documented disability are eligible for the TRiO program which provides additional support in meeting student academic needs. Services include: academic advising, advocacy with faculty, staff, and outside agencies, career exploration, financial aid assistance, mentoring, referrals for tutoring, student success seminars, supplemental financial grant awards, and transfer visits to four-year colleges. TRiO also offers Success Seminars, which are available to ALL CMC students. For more information about Student Support Services and the TRiO program contact Amy Phillips at 970-870-4533 or alphillips@coloradomtn.edu.

Campus Contacts



Front Desk: 970-870-4444

Hill Hall Residence Hall: 970-871-2002 (6:00 – 10:00 pm)

Campus Store: 970-870-4427

IT Service Desk: 970-947-8438

For contact information for specific faculty and staff, please visit our campus website: <https://coloradomtn.edu/campuses/steamboat-springs>



2019-2020 Academic Calendar

Fall 2020 Semester

June 15 -August 23	Open Registration
July 27	Payment Deadline
August 24	First Day of Classes
August 24-August 28	Add/Drop Period
September 7	Labor Day, No Classes
November 25 - 29	Thanksgiving Break, No Classes
December 11	Last Day of Semester/Last day to return books

Spring 2021 Semester

November 16-January 17	Open Registration
December 14	Payment Deadline
January 18	First Day of Classes
January 18-January 22	Add/Drop Period
March 15 -March 19	Spring Break, No Classes
May 7	Last Day of Semester/Last day to return books
May 8	Commencement