Greetings from the College of Saint Benedict
Vice President of Student Development

Dear Parents:
Welcome to our first edition of the parent/family newsletter for all College of Saint Benedict first generation students. We are pleased to let parents and families know about a new initiative that will offer programs, support and resources to first year CSB students who are “First Generation” college students.

We define “First Generation” students as those who are the first in their families to complete a four-year degree. Within this definition would be students who perhaps have siblings who have attended a community college, a technical college or have completed a certificate program or an Associate’s degree. It would also include students who have parents who perhaps did not have the opportunity to pursue a college education or those who were not able to complete the education they started. We know that at the College of Saint Benedict approximately 150 students in our first year class would meet this definition. This represents about 28% of the first year class.

Our First Generation program is intended to provide programs and support services to students and their families so each student can enjoy and take full advantage of all the opportunities available to them at the College of Saint Benedict. We believe this program is important to help first generation students as they navigate the often complex processes of higher education today.

We view families as integral to the success of their particular student. Our goal is to partner with you in keeping you abreast of campus news, important dates etc… via this newsletter and our website so that you can help your daughter navigate her way through college. We are here to answer any questions and to direct you to the right resources. Please do not hesitate to call my staff any time.

It is my every hope that your experience with The College of Saint Benedict is as welcoming and helpful to you as it is your daughter.

Mary A. Geller
Vice President for Student Development

Inaugural First Generation Social

The First Generation Student Program held its first social for students on Tuesday, January 27, 2009. Twenty-three students attended and met with other first generation students. Students completed a short survey about what resources and programs they would like to see the program offer and were entered into a drawing for gift cards for places around St. Joseph.
What is FERPA?

The Family Educational Rights and Privacy Act (FERPA) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

The same laws that give parents and students access to, and control over, a student's educational records from elementary through high school, transfer ownership of the records to the student at the college level, regardless of the student's age.

According to FERPA (also known as the Buckley Amendment), college students are considered responsible adults and are allowed to determine who will receive information about them. Under this law, parents who want to receive a copy of their student's academic or financial records can do so if their student signs a release form. For more information, visit the FERPA website at:


Ten Ways to Support your College Student

Family members often question what are the best ways to support their student. Below is a list of tips we have compiled that we hope will be of help to you and your daughter.

- Be positive and patient. Adjusting to college life can take time. Remember that students tend to mirror back your level of anxiety. Calmness is contagious.
- Encourage a healthy and balanced lifestyle. Encourage your student to make choices that are conducive to maintaining a healthy and balanced lifestyle.
- Encourage out-of-classroom academic pursuits. Encourage your student to develop relationships with professors, teaching assistants and student service professionals.
- Let your student make mistakes. Some of our most valuable learning experiences are a result of learning from our own mistakes. Allow your daughter to make mistakes and encourage her to learn from them.
- But know where to look for help. The College of Saint Benedict has many resources on campus to help your daughter adjust to college life. We understand that you may also like some guidance, we are here to assist. Give us a call!
- Encourage your student to get involved. There are a wealth of involvement opportunities at CSB/SJU. Encourage your daughter to take advantage of all that is offered by getting involved and feeling connected to the campus community.

Source: Cal State Fullerton Administrative web site www.fullerton.edu/freshmanprograms/parent_recources.htm.