Family Transitions and New Beginnings

By Haley Myers Dillon
Director, Parents & Families Program
Welcome to Sac State

Where are you from?

Show hands:
First time on campus?
First child in college?

Where will your student live?
The Parents & Families Program

We are here for you, to help you support your student.

• **Why?** Students whose families are informed tend to be more successful.

• **How?** Communications, Events, Customer Service, Community
Help Your Student Transition to Sac State

• Listen.
• Encourage self-advocacy.
• Offer communication tips.
• Help students navigate the university.
• Remind students about campus resources.
• Encourage students to think outside the box.
Resources for Students

Personal

- Campus Police (escort)
- The WELL (mind + body)
- Jobs (Career Center, UEI)
- Mentoring Programs
- Financial Aid
- Mobile app: parking, student center, roommate finder

Academic

- Academic Advising
- Tutoring (PARC, academic departments, SmartThinking)
- Professors’ office hours
- Study groups
- Writing Center
- Math Lab
You're Invited: Events & Volunteering

APRIL:
STRONG:
Hornets Imagine Tomorrow's Solutions (Friday April 24, 2020)
- Pitch competition open to all students
- Need judges to award $1,000 awards and offer professional feedback to students

AUGUST:
Move In Day
- Friday before classes begin
- Parent Lounge all day
- Hornet Family BBQ (evening)

OCTOBER:
Family Weekend & Homecoming
- Visit for the Friday-Sunday of Homecoming weekend
- Mid-October
- Friday night: Family Reception
- Saturday afternoon: P&F Tailgate and Homecoming football game

YEAR-ROUND:
Parent Ambassadors
- Attend a special training the Friday of Family Weekend
- Volunteer for campus events as your schedule allows
Questions? Thank you!

Haley Myers Dillon
Director, Parents & Families
(916) 278-4353
haley.myers@csus.edu
csus.edu/parents

Instagram: csus_families
facebook.com/sacstateparents
twitter.com/sacstate.parents