Dear Eagle Parents and Family Members:

As we begin the 2013-2014 academic year, Eastern Washington University (EWU) will be implementing several new Parent Programs on our campus in an attempt to actively involve parents in the college-life of their students. One change you will notice begins with this email, as the Office of New Student Transitions and Parent Programs will be sending out a parent newsletter every quarter to keep you updated on current events. Within this newsletter, you find useful information that we recommend you take note of. You can also find more information on the EWU Parent Programs website, as well as the main EWU website. We welcome comments and suggestions on how to better serve you as parents. Please send any responses to ewuparents@ewu.edu or give us call at (509) 359-6843. On behalf of the Office of New Student Transitions and Parent Programs, welcome to EWU!

First year?
For many, this is the first time living away from home. Here are some helpful tips to ease the transition for both parents and students.

-Allow for mistakes. Parents must encourage and accept the child’s ability to make independent decisions. Both the college student and the parents must realize mistakes will be made along the way - it's called life experience. Learning from mistakes is another type of learning.

-Redirect time and energy previously focused on the child. Taking stock of personal interests and assets will reveal areas of life that may have been neglected. It can be time to develop, reawaken and pursue old and new hobbies, leisure activities and careers.

-In the event of a crisis, it is preferable to support the student's own coping and problem-solving abilities rather than to rush in as savior, however difficult it is to hear cries of distress. Crises described from afar often sound worse than they are and can often change dramatically in the course of a few minutes or days. Parents, however, know their child best and must assess when their child needs more direct help.

* Source: The Child Study Center at the New York University Langone Medical Center. www.aboutourkids.org

Family Weekend is here! – October 18-20, 2013
Mark the third weekend of October on your calendar for EWU’s Parent Weekend! This year, Parent Weekend is coincided with EWU’s Homecoming Weekend. With that said, this is a great opportunity to bring students and parents together for several fun-filled events. Here are the events designed specifically for parents:

Friday, October 18
Parent Program Welcome - An introduction to kick off the weekend and to gain familiarity with the Office of New Student Transitions and Parent Programs.
Time: 6:30 PM
Location: Showalter 109

Saturday, October 19
Faculty Showcase - Highlights of the classroom
Time: 1:30 – 2:30 PM
Location: JFK Auditorium
Supporting Our Students – Tips for parents as partners in students’ learning and success
Time: 2:30 – 3:30 PM
Location: JFK Auditorium

*Homecoming Football Game
Time: 4:05 PM
Location: The Inferno
* For parent tickets, please call (509) 359-6059. Mention that you will be participating in all of the Parent Weekend activities and receive the special Parent Weekend Homecoming ticket price of only $5! Tickets are limited.

Sunday, October 20
Parent Weekend Closing Brunch – A closing and thank you celebration for participants of Parent Weekend
Time: 10:00 AM
Location: Tawanka 215 A/B/C

Note: The Parent Weekend Closing Brunch is free to parents who RSVP. To RSVP, please send the following information to ewuparents@ewu.edu by 5:00 PM on Wednesday, October 16th, 2013:
• Full names of Parent Weekend Closing Brunch participants
• Name and student ID number of your EWU student
• Email address of parent(s) – please indicate if you would NOT like to be added to the EWU Parent Newsletter list
• City and state you are visiting from

For a full Homecoming and Parent Weekend schedule, please visit the Parent Programs Website. If you have any questions about Parent Weekend, please contact the Parent Programs Coordinator, Susanna Kang at ewuparents@ewu.edu or 509-359-2034.

Start booking your weekend now! Here is a list of Cheney hotels to assist in planning your trip:

• Holiday Inn Express, Cheney University Area (1.7 mi. from campus)
  o (509) 235-1100
• Super 8 Motel (8.7 mi. from campus)
  o (509) 838-8800
• Holiday Inn Spokane-Airport (13.7 mi. from campus)
  o 1-800-HOLIDAY or (509) 838-1170
• Ramada Inn, Spokane Airport (17.1 mi. from campus)
  o (509) 838-5211

Question-of-the-Month
What is your best tip for helping your child with the college transition?
Please email responses to ewuparents@ewu.edu. Your Responses will be posted in a special section of our Parent Programs website. We appreciate your help and support of all EWU students.
Mark your Calendars! – Fall 2013

<table>
<thead>
<tr>
<th>Event(s)</th>
<th>Date(s)</th>
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<tbody>
<tr>
<td>Classes Begin</td>
<td>Wednesday, September 25&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Homecoming Week</td>
<td>Monday – Saturday, October 14&lt;sup&gt;th&lt;/sup&gt; – 19&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Homecoming Football Game*</td>
<td>Saturday, October 19&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Parent Weekend</td>
<td>Friday – Sunday, October 18&lt;sup&gt;th&lt;/sup&gt; – 20&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Veteran’s Day Holiday (no classes)</td>
<td>Monday, November 11&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>No Classes (EWU will be open)</td>
<td>Wednesday, November 27&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Thanksgiving Holiday</td>
<td>Thursday – Friday, November 28&lt;sup&gt;th&lt;/sup&gt; – 29&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Last Class Day of Instruction</td>
<td>Friday, December 6&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Final Exams Week</td>
<td>Monday – Thursday, December 9&lt;sup&gt;th&lt;/sup&gt; – 12&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Last Day of the Quarter</td>
<td>Friday, December 13&lt;sup&gt;th&lt;/sup&gt;</td>
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<tr>
<td>Winter Break</td>
<td>December 14&lt;sup&gt;th&lt;/sup&gt; – January 5&lt;sup&gt;th&lt;/sup&gt;</td>
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**EWU Alerts – Emergency Notification System**

As a reminder, please sign up for the EWU Alerts notification system. EWU Alerts will notify you via text messaging, e-mail and other methods in case of an emergency or safety situation on the Cheney Campus. Please visit the [EWU Alerts page](#) for more information.

**EWU Athletics**

EWU home athletic games are a great time for families to come together and visit their student(s) on campus! If you would like information on how to get tickets and/or priority seating for our sport events, please contact the EWU Athletic Department at (509) 359-2828 or visit their [website](#). EWU students get free access to all EWU sporting events with their eagle ID card.

**EWU Football Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time/Status</th>
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</thead>
<tbody>
<tr>
<td>Sat. Oct. 5</td>
<td>Weber St.*</td>
<td>4:05PM</td>
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<tr>
<td></td>
<td>*Hall of Fame Induction</td>
<td></td>
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<tr>
<td>Sat. Oct. 12</td>
<td>at North Dakota</td>
<td>12:30PM</td>
</tr>
<tr>
<td>Sat. Oct. 19</td>
<td>Southern Utah*</td>
<td>5:05PM</td>
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<tr>
<td></td>
<td>*Homecoming</td>
<td></td>
</tr>
<tr>
<td>Sat. Oct. 26</td>
<td>at Montana</td>
<td>12:40PM</td>
</tr>
<tr>
<td></td>
<td>*Televised Live Regionally by ROOT SPORTS</td>
<td></td>
</tr>
<tr>
<td>Sat. Nov. 2</td>
<td>at Idaho St.*</td>
<td>2:05PM</td>
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</tbody>
</table>
Sat. Nov. 9

**Montana St. ***

*Televised Live Regionally by ROOT SPORTS*

12:10PM

Sat. Nov. 16

at Cal Poly*

*Televised Live Regionally by ROOT SPORTS*

12:40PM

Sat. Nov. 23

**Portland St. ***

*Televised Live Regionally by ROOT SPORTS*

*Senior Day*

2:45PM

*Conference Event

**Contact us!**

All of EWU’s upcoming parent event information (both on and off campus) can be found at our [website](http://example.com). Check back often as this website is a great resource for new and up-to-date information. Feel free to contact our office if you need assistance or if you have any questions. Call us at (509) 359-6843 or e-mail us at [ewuparents@ewu.edu](mailto:ewuparents@ewu.edu).

Finally, as a reminder, if you change your personal information such as your mailing address, email and/or phone numbers, please make sure your student updates your information through EagleNET and [ewuparents@ewu.edu](mailto:ewuparents@ewu.edu). Again, if there are any comments and suggestions to help us better serve you as parents, we would love to know. Thank you for your help and support for all EWU students!

**GO EAGLES!!**

**Victor Rodriguez**  
Manager  
New Student Transitions and Parent Programs  
Eastern Washington University

**Susanna Kang**  
Parent Programs Coordinator  
New Student Transitions and Parent Programs  
Eastern Washington University