Advisory Board Members Meet to Evaluate Parent Programs

In early October, members of the Aztec Parents Board met at a retreat to discuss different aspects of SDSU’s Parent Programs and to determine where to proceed in the future. All in attendance agreed it was a timely and relevant session.

The board members heard updates on university initiatives, including first-hand descriptions of how donations to the Aztec Parents Fund have made a direct impact on student success. Additional topics covered included reviewing the board’s mission statement; the future direction of this newsletter, News for Aztec Parents; updates on the university’s comprehensive campaign; and the proposed SDSU leadership center.

The Aztec Parents Board is made up of 26 current San Diego State parents.

“The Aztec Parents Fund is truly unique and special because of the board’s involvement in making recommendations on where the monies are allocated,” said Brian Daugherty, executive director of the SDSU Fund. “It is unlike many other universities where a gift is contributed and the donor may never know for what it was allocated, let alone know that it will have an immediate impact on student success.”

Michelle DuBord, coordinator for parent programs, noted that this was the first time in 10 years that the group came together in this fashion, when the mission statement for Aztec Parents was first created in 1997.

“Since that time, Aztec Parents has established a strong identity within the SDSU community and has received national recognition among other colleges and universities for its programs and services offered to parents,” she said. “The Aztec Parents Association has grown from less than 1,000 households in 1997 to approximately 15,000 today. It was time to meet to reevaluate where we want to go.”

After hearing remarks from President Stephen L. Weber and Vice President for Student Affairs James R. Kitchen, the board members reviewed the mission statement. They determined that it is current and focused, and that it still represents the mission of the Aztec Parents Association.

On-Campus Living Even More Important During “Critical Year”

Most parents know how important it is for freshmen to live on campus — they have a better chance of making a strong bond to the university community and are more likely to graduate. But did you know that the longer they live on campus, the more likely they are to graduate in four years and to be satisfied with their college experience? Especially important is residence during the sophomore year, which is considered “the critical year.”

San Diego State University students prove this to be true. Our research shows that living on campus during the sophomore year is, indeed, critical to their student success. In fact, at SDSU a student living on campus during the sophomore year has a 15 percent better chance of remaining in school than their off-campus counterparts. That’s why the university will soon provide parents and students with information showing why they should live on campus in 2008/09 during the sophomore year. Resident Advisors (RAs) will be personally giving each resident who is invited back an “Intent to Return Form” which allows them to tell us what their preferences are and who they want as roommates. While some of the housing procedures have changed, there is no change in just what a difference the residential education experience can make in the sophomore year.

When you ask your student where they want to live next year, they will probably say, “in my own apartment.” That’s why you will both be glad that there are hundreds of on-campus apartment spaces next year for sophomores. One big difference in these on-campus apartments is that your student will only be responsible for their own contract. If one or more of their roommates “bail,” they do not have to cover those costs. Yet, the student still gets to select one, two or all of their roommates on the “Intent to Return Form.” With early access, returners will also be among the first to move in. With the Intent to Return Form, students will be encouraged to come back next year.

Parents’ Pipeline .......................... 2
Plan for Commencement 2008 ........ 3
Travel Discounts for Aztec Parents... 3
Kitchen Corner ............................ 4
Parent Profile .............................. 5
International Photo Contest .......... 6
Student Profile ............................ 7
Aztec Parents Partnership Award .... 7
Focus on Wellness .......................... 8
Sixth Annual SDSU Month ............ 8
Utilizing Student Disability Services ... 9
Homecoming 2007 ...................... 9
Aztec Parents Honor Roll .............. 10
Campus Emergency ..................... 10
Preparedness ............................. 10
New Campus Scholarship 10
Resource .................................. 11
Sports Schedule .......................... 12

continues on page 2

continues on page 4
Finding Employment Upon Graduating

Q: Our son, a psychology major, will be entering his final semester at SDSU this spring. While we’re all proud and excited about his impending graduation, he is starting to experience anxiety about finding a job after graduating. Any advice?

A: What your son is experiencing is normal — college seniors worry a lot about the job search. The worrying is good because it motivates him to work, and a job search is just that, work. You can support your student by helping him see that those seemingly endless efforts, mistakes, almost-got-the-job blues, and triumphs are all about learning and growing. The job search is the next step in the process of life-long learning. Your son is in excellent company because SDSU grads have a solid track record of finding meaningful employment either right before or soon after graduating. SDSU Career Services conduct ed an electronic survey of students who were scheduled to graduate in either the spring or summer of 2007. Students were directed to a Web-based survey approximately two weeks before graduation and had the opportunity to respond for approximately five weeks. Overall, 2,548 graduating students responded to the survey — a 38 percent response rate. They found that 77 percent of the graduates who responded had post-graduate activities planned within three weeks of graduation. The majority had lined up full time work, whereas 17 percent were going on to graduate studies, and 5 percent would be working part time. According to James Tarbox, Ph.D., director of Career Services, the overall median starting salary for SDSU’s 2007 graduates was $40,000. “It varies by major and by school, with graduates in the College of Health and Human Services receiving the highest starting salary of about $60,000,” he said. Tarbox said the results from his survey reinforced much of what we already knew — networking is very important in helping students land jobs.

“The job search process involves a mix of techniques that change as the economy fluctuates and technologies develop,” he said. “The 2007 SDSU graduates reported that the most effective job search technique for them was a personal referral from a friend, faculty member, or relative. The number of respondents who reported this technique (41 percent) was twice as high as the next closest technique employed.

“This result continues to reinforce the need for students to engage with faculty and employers early in their college career in order to develop opportunities for future referrals and contacts.”

Your son still has one more semester to take some important steps to help in his post-graduation job search. A few tips for all SDSU students:

1. Build and broaden your network — include faculty, staff and fellow students. Attend events such as career fairs and alumni panels. When networking be interested (ask questions) and be interesting (show enthusiasm).
2. Complete an internship. They allow for learning, and build a résumé.
3. Visit Career Services to develop a résumé and use job search resources such as On-Campus Interviewing. Career Services is available online 24/7 at http://careers.sdsu (students will need to use their Red ID to register in the student section).

The Value of Internships

Internships provide valuable career-related experiences in addition to potential job offers at the intern site. According to Tarbox’s survey, 37 percent of the graduates who responded indicated they participated in an internship. These students were employed full time at a higher rate than those who did not participate in an internship by 11 percent (55 percent versus 44 percent). The results of the survey indicated that students who completed an internship were offered full time employment by the company with whom they did the internship at a rate of 43 percent. Also, 66 percent of these students found post-graduation employment in areas that were directly related to their major.

Students who use SDSU’s Career Services complete internships at a higher rate than those who do not use Career Services. In addition to helping with internships and job placement, Career Services provides counseling and effective assessment tools to help students determine next steps.

The most important things that last year’s graduates recommended for future graduates seeking employment was to stay motivated and work hard; be sure to research and plan, and network, network, network. According to Tarbox, there are many professions and employers who are not so concerned about a student’s particular major. The key is that they have a degree and possess the most important skills needed: oral and written communication skills, the ability to work well with others, and initiative.
Commencement 2008 is only a few months away. The first graduation ceremony on Thursday, May 22, will be for Imperial Valley Campus graduates. On Friday, services will be held on the main SDSU campus for graduates in the colleges of Health and Human Services, and Arts and Letters; on Saturday, for Business Administration, and for Professional Studies and Fine Arts; and finally, on Sunday, for Education and Undergraduate Studies, and the colleges of Sciences and Engineering.

Recognition ceremonies may be hosted for different departments, with specific times and locations to be finalized in February. Check the Commencement Web site for details, which will be linked from the SDSU home page in early spring.

If your son or daughter will be graduating, we know you’ll be planning a trip to San Diego for that special weekend. The Aztec Parents Association arranges special discounts for parents, family and friends for car rental and lodging at various San Diego hotels to help keep your costs to a minimum. See below for more information and visit www.sdsu.edu/aztecparents, and click on “Special Travel Discounts.”

Note: Be sure to reserve your hotel accommodations well in advance, as thousands of families will be staying in San Diego for Commencement weekend. It is also a good idea to make any restaurant reservations in advance, as they also fill up quickly.

### 2008 Commencement Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>THURSDAY, MAY 22</th>
<th>FRIDAY, MAY 23</th>
<th>SATURDAY, MAY 24</th>
<th>SUNDAY, MAY 25</th>
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<tbody>
<tr>
<td>8 am</td>
<td></td>
<td></td>
<td>Business Administration ‡</td>
<td>Education and Undergraduate Studies ‡</td>
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<td>11 am</td>
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<td>Health and Human Services ‡</td>
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<td>Noon</td>
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<td>Engineering and Sciences ‡</td>
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<td></td>
<td>Arts and Letters ‡</td>
<td>Professional Studies and Fine Arts ‡ *</td>
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<td>7 pm</td>
<td>Imperial Valley Campus/ Calexico†</td>
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</tbody>
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*Check the Web site to see which PSFA ceremony to attend based on major. Denotes location of ceremony: †Rollie Carrillo Quad ‡Cox Arena

### Travel Discounts Available for Aztec Parents

Special Discounts on Hotels and Airport Transportation for SDSU Aztec Parents, Family, and Friends. Just ask for the “SDSU Friends and Family Rate!”

To inquire about the "SDSU Friends and Family Rate" and to check out hotel amenities, go to www.sdsu.edu/aztecparents and click on “Special Travel Discounts.”

To ensure the special rates, ask for the "SDSU Friends and Family Rate" when you make your reservations. All special rates are based on availability.

#### Hotels:
- **Bartell Hotels**
  - The Dana on Mission Bay
  - Days Inn Hotel Circle/Seaworld
  - Holiday Inn San Diego Bayside
  - Humphreys Half Moon Inn and Suites
  - Island Palms Hotel and Marina
  - Pacific Terrace Hotel
  - Sheraton La Jolla Hotel
  - Website: www.sdsupartnership.com

- **Best Western Lamplighter Inn & Suites**
  - Website: www.bestwestern.com/prop_05601

- **Town and Country Resort and Convention Center**
  - Website: www.towncountry.com

#### Airport Transportation:
- **Hertz**
  - Website: www.hertz.com

- **Cloud Nine Shuttle**
  - Website: www.cloud9shuttle.com
Residential Education

Academic success rates are much higher for students living in the residence halls, and are even higher for those residence hall students who live in learning communities (LC). This was borne out by data that compared academic probation rates.

On-Campus Living Even More Important During “Critical Year”

He also announced that beginning in fall 2008, all apartments and residence halls covered by the License Agreement will be alcohol free. Neither residents nor guests of any age may possess or consume alcohol in the residence halls. This new policy will further strengthen the positive effect of living in an academically oriented community.

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The License Agreement and rates for 2008/9 for returners will be available in early spring in the student WebPortal — before most new students have access. Assignment priority will be first come, first served, based on the date that all completed License Agreement documents and the initial $800 payment are received and processed by the Office of Housing Administration. Students who are not up to date on payments may be excluded from living on campus. The deadline for returner priority is April 1, 2008. A completed License Agreement includes all required documents, completed and signed, and the initial $800 payment. Completed License Agreements must be received and processed no later than 4:30 pm Pacific Standard Time on April 1, 2008.

For more information, call the Offices of Housing Administration and Residential Education at (619) 394-5742.

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Rosa Heckenberg: Keeping Pace with Son and Daughter

Rosa Heckenberg can relate a little more than most parents to the stresses and triumphs her son and daughter both feel when it comes to the demands of SDSU’s academic schedule. She is on the same exact calendar at CSU Fullerton, where she is now a full-time college student herself.

Her son, David, is a San Diego State junior majoring in business administration, while her daughter, Monica, is a journalism freshman at SDSU.

Rosa explained that she decided to go back to school at the time Monica began high school.

“I graduated with my associate’s degree from Fullerton College in May 2007, and then transferred to CSUF this fall,” said Rosa. “It has been a little overwhelming. I’ve found the classes very different at the CSU compared to the community college level. Also, this is the first time that I’m a full-time student. Being a wife, mother, and student has taught me how to manage time in order to be able to accomplish all the commitments I have.”

She said there was a time when the three of them would have study sessions together.

“We did study together when both David and Monica were in high school,” she said. “We used to do homework together and help each other. Monica still sometimes calls me for advice, but David is very independent with his classes. Since we have the same calendar, we can help each other with stress during midterms and finals. Plus we talk about study guides and projects so I feel that keeps us closer with each other because we can understand each other’s school experience.”

Rosa is majoring in sociology in education with a minor in political science in administration. She hopes to graduate in spring 2009.

“My goal is to be a high school or community college counselor, or to work for the Department of Education with the K-12 academic curriculum,” said Rosa. “I feel that the K-12 system needs a lot of improvement in order to get students ready for college, especially in the area of English and mathematics. I hope I can make a difference by helping to improve the curriculum in our public school system.”

Rosa said she developed a passion for education while volunteering in her son’s and daughter’s schools while they were young.

“Many of the schools’ principals and administrators that I worked with encouraged me to go back to school and finish my education,” she said. “For the past 15 years, I have volunteered at the schools David and Monica have attended and I saw the academic needs some children have. My belief is that every child has the capability to attend a four-year college, but some students are just lacking the guidance or encouragement they need. I want to encourage all parents to promote an aspiration for higher education in their children.”

“My philosophy is that the more parents are involved in their student’s education, the more successful their student will be. At the same time, it helps motivate your student to finish his or her college education. When students see their parents’ interest in their education, they become interested, too.”

— Rosa Heckenberg —
SDSU Aztec Parents Advisory Board member

Rosa and her husband Wallace are happy that Monica chose to attend SDSU along with her older brother.

“We are so thankful that Monica was accepted to SDSU because my husband and I feel more comfortable that David and Monica are at the same university so they can look out for each other,” she explained. “It has helped Monica a lot — educationally because David knows some of the professors that he could recommend; socially, David has been guiding Monica too. She had met David’s friends before, so they’ve become her friends too. On top of that, Monica’s roommates are great girls and Monica’s interaction with them has been very positive.”

Monica lives on campus, while David, who did live on campus during his freshman year, now lives in an apartment associated with his fraternity.

With their only two children away at college, Rosa and Wallace are now empty nesters. In addition to school, Rosa helps out her husband in the family business part time.

“I don’t want to work full time because I want to finish my education as soon as possible, so I am concentrating on school full time,” she said.

“My first priority, however, is my family. With all the different roles I have, it is important for me as a mother, wife, and student to make sure that I balance and plan time for all of my responsibilities. However, I try to make it a point that no matter how busy I am with school, when David or Monica call me, or when my husband Wallace needs me, I always tell them that I’m never too busy for them. Also I’m so thankful to Wallace because he gives me the opportunity to follow my dreams with my education. I try to be very organized and keep a schedule so that I have enough time to take care of our home, spend time with my family, and keep up with my school. I keep an agenda to help me budget my time well.”

Part of this organized life is finding time to devote to the Aztec Parents Advisory Board, a role she sees as important and rewarding.

“My philosophy is that the more parents are involved in their student’s education, the more successful their student will be,” said Rosa. “At the same time, it helps motivate your student to finish his or her college education. When students see their parents’ interest in their education, they become interested, too.”

“Being involved with the Aztec Parents Advisory Board has been a great experience for me. Prior to learning about the organization, I wasn’t even aware that colleges had a venue for parent involvement. Through the meetings and events such as New Student and Family Convocation, Family Weekend, and others, I have seen the support given to parents and students from everyone at SDSU, especially from the administrators. This motivates me to continue to give my time to students and parents in need.”

Rosa advises all parents of college students to become involved in some way, through either time or money.

“I encourage every parent to donate to the Aztec Parents Fund because our students benefit from the many programs we sponsor. I’m very thankful for the opportunity that SDSU has given me to serve as a member of the Aztec Parents Advisory Board and for the opportunity to serve other parents and students. I’m a fervent believer that when you give with your heart, you receive personal satisfaction that helps you to continue helping those that are in need.”

Rosa said that in spite of her many roles as wife, mother, student, part-time bookkeeper, and active Aztec Parents Advisory Board member, she still finds time for herself.

“As far as my hobbies, I love to walk every morning, pray daily, and read spiritual, parenting, and encouraging books,” she said. “I thank God every day for the blessings I receive daily through the people I come in contact with and especially for my husband, our children, my parents, brothers and sisters, and my friends.”
During Family Weekend 2007, parents and guests — along with SDSU administrators — were in for a special treat as they got an up-close and personal look into the vast travels of SDSU study abroad opportunities.

On September 28 and 29, the first-ever International Photo Contest and Photo Exhibit was held to coincide with Family Weekend. In a collaborative effort between the Division of Student Affairs and the Division of Undergraduate Studies, the International Photo Contest was designed to further exemplify the Common Experience program: Mapping the Future, Sharing the World.

SDSU students and recent alums, who studied/worked/volunteered abroad with a university-affiliated program, were asked to submit photos taken during their travels that captured the theme: “the only real nation is humanity.”

Michelle DuBord, coordinator for parent programs, commented that many parents were amazed by the diverse places students had traveled. “Parents were pleasantly surprised that such opportunities existed for their students,” she said.

The contest received a total of 38 photo entries. In addition to illustrating the event’s theme, each photo entry was accompanied by a short narrative. Representatives from the International Student Center, Division of Undergraduate Studies, and professor Mark Siprut from the School of Art Design and History, judged the photos.

Among other prizes, the award-winning photographers were awarded travel packages for international or domestic travel, and tickets to local attractions such as the San Diego Zoo and the Birch Aquarium.

One of the goals of this program was to help educate students and parents about the wide range of study abroad opportunities offered at SDSU, and to encourage students to become engaged in their university community and beyond.

In conjunction with the photo exhibit, university representatives from the International Student Center, the College of Extended Studies’ Travel Study Program, University Honors Program, and Civic Learning and Community Engagement, hosted information tables, where visitors could receive more information about their respective programs.

The International Photo Contest and Photo Exhibit was sponsored by the Aztec Parents Association, STA Travel, Aztec Shops, Ltd., and Freshman Success Programs. This will become an annual event.

FIRST PLACE: Lauren Merrit
ARUSHA, TANZANIA
As I stood over dry, orange dirt at the Sister Rachelle’s Rehabilitation Center in Uganda, I held Christine’s hand. She is the daughter of a child soldier, a young woman who was kidnapped and raped by the LRA. But today she was just a child playing and singing with a funny looking visitor, me.

SECOND PLACE: Teresa Martel
PARIS, FRANCE
The extremes of this situation captures the divergent cultures that coexist literally, in the exact same place. The pious purity of the nun waiting by the side of the road when only hours or days before, someone defaced the otherwise pristine building.

THIRD PLACE: Emi Nishihara
SIEM REAP, CAMBODIA
A happy pose by students in Cambodia at Siem Reap’s Artisans D’Angkor workshop for girls with hearing impairment. With friendly curiosity, these girls approached the photographer, inviting her inside to see their beautiful silk paintings. Such smiles are a universal human response to joy and pride in work.
As a first-time freshman, Teressa Martel arrived at San Diego State University with enough college credit — nearly four semesters worth — that she could have graduated from SDSU in about two years. Successfully passing several Advanced Placement tests during high school, Teressa had already fulfilled much of her college general education requirements before even attending the university.

But it was during New Student Orientation that Teressa met the SDSU Ambassadors, and discovered student life at SDSU.

“At Orientation I had an amazing Ambassador sit down with me and help me fill out my class schedule,” Teressa said. “I thought the Ambassadors would be a great way to get involved with the university.”

Teressa says that becoming an Ambassador was a major deciding factor for her to attend the university for the standard four years, which catapulted her into a number of other student involvement opportunities.

Last year she studied abroad in Florence, Italy. “Florence was an amazing experience,” said Teressa, who managed to get in a few cooking lessons between classes.

In fall 2006, the Provost Scholar and political science senior obtained the prestigious (Leon) Panetta Institute Congressional Internship in Washington, D.C. Teressa and 14 other Congressional Interns were at the Democratic National Convention during the 2006 midterm elections, which resulted in a sweeping victory for the Democratic Party and capturing the House of Representatives, the Senate, and a majority of governorships and state legislatures.

“That night was great for me,” Teressa said. “A group of us (interns) got there early and were right up there in front, next to the stage. It was amazing; one of the most amazingly fantastic nights!”

The energy of the evening’s victory was summed up in an Associated Press photo that featured vivacious young Democrats in celebration. The photo, which included Teressa and fellow interns, was displayed on news Web sites around the world.

After studying abroad and interning at the nation’s capitol, Teressa is back on campus for her fourth and final year at SDSU. She continues to participate in the student organization that got her connected to student life on campus, the SDSU Ambassadors. She says her favorite Ambassador duty is giving tours of the university to prospective students. “I love getting people excited about what I’m excited about.”

In addition to the Ambassadors, Teressa is involved in the SDSU University Honors Program; Pre-law Society; Phi Alpha Delta, a pre-law co-ed fraternity; Golden Key National Honor Society; Phi Eta Sigma, an honor society; and Mortar Board, a national honor society for college seniors.

In September, a photo Teresa took while studying abroad in Europe placed second in the university’s Common Experience — International Photo Contest (see related story on page 6).

And in October, Teressa was crowned SDSU’s Homecoming Queen (see related story on page 9).

“Being involved actually makes you care about why you’re here,” said Teressa. “If you don’t have your heart in this university, you’re not going to do well. But when you have that heart for it, you care about your work and all you do here.”

It’s no question that SDSU holds a special place with Teressa. Her father Ron and sister Angela are SDSU alums, and she met some of her best friends while living in the university’s residence halls. SDSU is where Teressa learned that there’s more to being a student than taking notes and passing classes; and perhaps more importantly, she’s learned to “make sure to stop to look around every so often.”

“The biggest lesson I’ve learned at SDSU is to take it all in. You really don’t know what’s going to happen, so enjoy the experience and all the opportunities on campus while you’re here,” she said.

Outside of campus, Teressa finds refuge at her home away from home — Disneyland. The annual pass-holder frequents Disneyland with friends to savor the infectious magical atmosphere that never ages.

“Sometimes we don’t even go on the rides,” she said. “It’s a place where you can always be a kid.”

Teressa will graduate in May and plans to either return to Washington, D.C., or Los Angeles, to attend law school. She aspires to be an attorney and practice family law.

“The biggest lesson I’ve learned at SDSU is to take it all in. You really don’t know what’s going to happen, so enjoy the experience and all the opportunities on campus while you’re here.”

— Teressa Martel, SDSU student

Aztec Parents Partnership Award Presented to Sandra Cook, Executive Director of Enrollment Services

For the second year in a row, the Aztec Parents Association presented the Partnership Award, which recognizes a San Diego State campus individual who works collaboratively with the Division of Student Affairs to enhance student success. During the Family Weekend breakfast held in late September, Associate Vice President for Student Affairs Eric Rivera presented the award to Sandra Cook, executive director for Enrollment Services. The Partnership Award will continue to be presented during Family Weekend so parents have the opportunity to learn about and interact with these outstanding individuals.

“Dr. Cook has been a key collaborative partner with Student Affairs in strategically enhancing new student programs across campus,” said Rivera.

“She has been instrumental in refining the academic component of Ambassador training, making the SDSU Ambassadors the best orientation leaders around.”

Cook was described as someone with a deep passion for students. She has been at San Diego State University for more than 13 years and has served on various committees that have the same objective — to ensure students have a top quality education and get the most out of their time at SDSU.

Through her leadership, students attending New Student Orientation are now given personalized academic information to assist them in selecting their course schedule. She was instrumental in changing the process so that students could register for classes the business day following their attendance at orientation. She teaches in the master’s program (Educational Leadership in Student Affairs) and has led the Enrollment Services area to achieve record success. It was under her leadership that the student Web Portal was established at SDSU.

“What a wonderful surprise,” said Cook. “I especially appreciate this award because it’s all about what we do, working together, to help students. Knowing that we do make a difference in the lives of students is my greatest achievement.”

“The biggest lesson I’ve learned at SDSU is to take it all in. You really don’t know what’s going to happen, so enjoy the experience and all the opportunities on campus while you’re here.”

— Teressa Martel, SDSU student
Developing a new way of communicating with your son or daughter can be a key factor in your student’s well-being. Naturally, the relationship between a parent and student changes as he or she matures. Likewise, the way in which you communicate with one another needs to change. Here are some tips:

**GUIDING INSTEAD OF PUSHING.** Offer your perspective as something to think about, rather than as the right solution to a problem. It’s important that your student has opportunities to make his or her own decisions, whenever possible, by thinking through his or her options and the potential outcomes.

**LISTEN TO UNDERSTAND THEIR PERSPECTIVE.** When your opinions or ideas conflict, which is natural as your student gains independence, it’s important to fully understand his or her perspective before reacting. Listen patiently without interrupting, don’t push ahead in the direction that you would like the conversation to go, and ask for additional information if you don’t understand his or her point of view.

**AGREE TO DISAGREE.** Acknowledge that you have heard what your son or daughter has said. If you find yourself going in circles about the same point, it may be time to accept the fact that you have different perspectives on the subject, and together try to find a compromise if possible.

**BE SURE TO LET YOUR STUDENT KNOW THAT HE OR SHE DOES NOT HAVE TO PROTECT YOU FROM WORRY.** One way to communicate this is to say something like: “You don’t ever have to hide your feelings from me. I know you may not expect to run into difficulties, but I want you to know that if you should ever want to talk about a problem, or should feel unhappy or sad, I’m here to listen and support you.”

Effective communication between you and your son or daughter can help when dealing with day-to-day issues that may arise, as well as with more challenging situations. If a new style of communication has been developed, one that acknowledges that your son or daughter is now an adult, he or she will be more likely to confide in you.

Sometimes students find that, in addition to talking with family and friends, it can be helpful to talk with a professional therapist. Counseling & Psychological Services offers individual and group counseling designed for students who can benefit from short-term counseling. Under some circumstances, such as a student needing longer-term therapy, referrals will be provided to off-campus resources. Students interested in talking with a therapist in our office can call (619) 594-5220, Monday through Friday, 8 am to 4:30 pm and speak with a therapist by phone. This service is also available to faculty, staff and parents who would like information about how to help a student get the support they need.

**REFERENCES**


**Sixth Annual SDSU Month Celebrates SDSU’s “Minds That Move the World”**

*Mark Your Calendars for Explore SDSU on March 15, 2008*

Join students, faculty, staff and alumni during the month of March to celebrate the contributions the university makes to the San Diego community. From teaching and research, to community service, San Diego State University’s amazing faculty and students are finding ways to improve our world and change our lives. Discover the many reasons we’ve been named the number one small research university in the nation for the second year in a row.

SDSU Month is filled with dozens of arts, academic and athletic events and promotions. SDSU Month will kick off with the men’s basketball team hosting their final home game of the year on March 1 at Cox Arena at 7 pm. The highlight event of the month is Explore SDSU: Open House on Saturday, March 15. Explore SDSU is a great opportunity to learn about what SDSU has to offer. This year’s open house will feature information booths, free exhibits, tours, live entertainment, and a Family Zone, including a KPBS invitation/R.S.V.P. only character breakfast from some of public television’s most popular characters.

Other events during the month include the grand opening of the SDSU Art Gallery in downtown San Diego and the Albert W. Johnson University Research Symposium to recognize SDSU faculty members for outstanding achievement in research and scholarship.

Several local businesses and organizations will have special offers throughout the month of March, many helping to raise funds for the SDSU Month Scholarship Challenge, which provides financial assistance to some of SDSU’s outstanding students.

More information on SDSU Month 2008, including events, sponsors, media partners, and special offers, will be available starting this month at www.sdsumonth.com.
Does Your Student Utilize Student Disability Services?

Every semester between midterm and the end of term, Student Disability Services (SDS) hears from concerned parents of students who may have disabilities. Typically, these students have kept their problems to themselves, but now they are facing the inevitable—a less than exemplary academic performance. Despite parental urging to use Student Disability Services, many students try to “make it on their own” when first entering the university. The result of not using services—extended time on tests, use of a computer for essay examinations, or possibly even conversion of textbooks to electronic text that can be read by a computer—might be a student on academic probation. As a parent, how can you help?

First, help your student gain perspective. Many first-year freshmen experience a temporary drop in grade point average because of adjusting to less parental influence and more responsibility for their own time management. Second, encourage your son or daughter to provide Student Disability Services with documentation of disability now. While there is no deadline for applying to the program, the sooner SDS can begin to provide accommodations, the better. Whenever documentation is provided, it is reviewed by a member of the SDS staff. Next, an advisor will meet with the student to authorize services and discuss ways to repair their academic record. Third, encourage your student to speak to their professors early in the semester, when the benefit of full accommodation can be optimized. Students can be assured of confidentiality, but with their written permission, SDS is happy to help students advocate for themselves with their professors. With 1,200 students in the SDS program, the majority of them with invisible disabilities, your student can be certain that they are not alone in experiencing the effects of their disabilities, and that most of their professors have had previous experience with students with disabilities. For more information, please visit the Student Disability Services Web site at www.sa.sdsu.edu/sds.

Homecoming 2007:
Rock ‘N Roll

Homecoming is an annual event where students, parents, alumni, faculty and staff take pride in celebrating the spirit of San Diego State University. SDSU brought in another lively Homecoming Week in 2007 with this year’s theme: Rock ‘N Roll.

Homecoming Week 2007 kicked off on October 15 with the Associated Students’ Cultural Arts & Special Events (CASE) student organization competitions. Students took part in a talent show, a dance contest, a pep rally and a karaoke contest. Students even had the chance to attend a free sneak preview movie on campus, and enjoy some comedic relief from a professional comedian.

“The pep rally was a great opportunity to see students from all parts of campus come together to get ready for the game,” said Joe Halter, assistant coordinator of student organizations, who coordinated the Homecoming activities.

Homecoming Court applications were nominated by their respective student organizations. After submitting an application and an essay, the nominees underwent a group interview administered by a selection committee comprised of SDSU staff across campus.

“The students demonstrated school spirit throughout the entire competition,” said Halter, who added that as part of the group interview process, Homecoming Court hopefuls had to develop a school cheer and perform it in front of the selection committee.

“As always, it is an extremely tough process to select the Homecoming Court, King and Queen,” Halter said. “The committee did an excellent job this year and really enjoyed working with all the students who went through the process. All of our committee members are full time staff members who took time out of their extremely busy schedules to assist in this process simply because they love working with students.”

A special thanks is extended to the selection committee—Jerome Budomo, assistant coordinator of the Intercultural Relations/Cross-Cultural Center; Janice Dils, office and marketing supervisor of the Associated Students; Lesley Fong, director of special projects in Aztec Athletics; Christy Samarakis, associate director of Residential Education; and Bill Mallet, coordinator of Student Activities and Campus Life—who offered their time to the students and to the tradition of Homecoming.

The 14 students chosen to be members of the 2007 Homecoming Court were selected based upon academic history, student involvement and community service.

Halter said the Homecoming Court represented a wide variety of student backgrounds and interests. “We had representatives from all areas of campus: academic organizations, Greek life, Associated Students, honor societies, recreation clubs, leadership and cultural organizations, etc. The Court was made up of some of our best leaders on campus who have been involved in multiple organizations within those areas listed above.”

Traditionally, the evening before the Homecoming game a Parent Reception is held for the Homecoming Court, their family and friends. The Aztec Parents Association and the Division of Student Affairs sponsored the 2007 reception.

“The Parent Reception is a special occasion, where we acknowledge and celebrate the people who helped the Homecoming Court members get to that point, which for most, is their parents,” said Michelle DuBord, coordinator for parent programs.

At the reception, Aztec Parents Advisory Board members Jon and Martha Karamanopoulos welcomed the Homecoming Court and their guests, and encouraged attendees to revel in the moment. While parents and families are often unable to witness their student being recognized for their outstanding contributions to the university, the Parent Reception provides for this priceless opportunity.

During the October 20 Homecoming game, the Aztecs played New Mexico at Qualcomm Stadium; during halftime, the Homecoming King and Queen were unveiled. Communications and kinesiology double major Ervin Hernandez was named Homecoming King. Hernandez’s nomination came from the Asian Pacific Student Alliance. Political science senior Teresa Martel was named Homecoming Queen. The University Honors Program nominated Martel.

“As for lasting memories, to walk across the football field at halftime during a NCAA football game was a once in a lifetime chance for most of our students,” said Halter, who reminded the Homecoming Court not to trip when walking across the field, and to make sure they enjoyed the experience.

“Some of the Homecoming Court members had never met before, but now they all have a collective experience to look back on. They even created a Facebook group!” said Halter.

Currently, Hernandez and Martel are coordinating an event to take place during the spring semester that will unify students and enhance campus pride.

The collaboration of students, parents, faculty, staff, the Alumni Association, Associated Students, Aztec Athletics, Aztec Shops Ltd., CASE, and numerous other organizations, is crucial to make Homecoming such a success each year.

left to right:
The Aztec Parents Fund exists to provide students with programs that foster student health and wellness, safety, citizenship, and other valuable programs that add to their SDSU experience. With the generous support of Aztec Parents, we are improving the quality of life for all SDSU students by ensuring they have the necessary tools to succeed at every level.

We appreciate the support of every parent and are pleased to take this opportunity to recognize some of our most generous donors. Thank you for your support and dedication to SDSU.

**$500 – $999**
- Mrs. Barbara A. Alelad
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- Mr. and Mrs. Roberto T. Barbadillo
- Mr. and Mrs. Tracy R. Burkard
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**$5,000 – $9,999**
- Mr. and Mrs. Michael Easton
- Mr. and Mrs. Dan H. Steinberg
- The Kahler Foundation

**$10,000 and Above**
- Mr. and Mrs. Jack D. Klunder

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**Aztec Parents Fund Donor Honor Roll — 2006/07**

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**Campus Emergency Preparedness — SDSU Helps During San Diego County Wildfires**

Cell Photo: Bob Devereaux delivers Aztec Shops meals at QUALCOMM. Right Two Photos: SDSU student athletes volunteering to deliver fleece blankets to fire victims at QUALCOMM.

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The year 2007 brought to the forefront the need for universities worldwide to prepare for unexpected emergencies. With the Virginia Tech tragedy in the spring, and then San Diego’s very own firestorms in October, last year reminded us that every campus must be prepared. San Diego State University has had in place a very detailed emergency preparedness plan for a number of years. The plan is constantly reviewed, modified and practiced to keep the campus up to date.

“SDSU’s Emergency Preparedness Web site (http://bfa.sdsu.edu/emergency) includes information for SDSU faculty, staff, students and parents on what to do in the event of an emergency,” said SDSU President Stephen L. Weber. “I encourage each of you to take some time to familiarize yourself with the campus emergency preparedness policies and procedures. If you have specific questions, you are welcome to contact Cpl. Eddie Gilbert, SDSU Police, at (619) 594-1900 or via e-mail at gilbert@sdsu.edu.”

Luckily, the wildfires of late fall did not directly impact SDSU; however, the campus did close for classes during that week for several reasons. One is that many SDSU students, faculty and staff were directly impacted, with some, sadly, losing their homes. Secondly, the city and county of San Diego needed to reduce traffic on all roads to allow for safe and effective evacuations and access for emergency vehicles. All non-essential services were advised to close down.

With more than 3,000 students living on campus, all essential personnel were working to ensure their safety and comfort during that week. For the SDSU police, maintenance workers, and food service personnel, it was business as usual. Dozens of the residence hall students pulled together to help San Diegans displaced by the fires. Many used their extra meal plan dollars to buy food and water for families forced to evacuate to Qualcomm Stadium, while others collected blankets and supplies for evacuees.

More than two dozen people from the San Diego State geography department worked tirelessly that week to map the path of the wildfires raging throughout San Diego County.

Not only did they create static maps of the various areas affected, but they also created animated maps showing the growth of the fires throughout the week and comparing those to the Cedar Fire of 2003.

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**Program Emergency Numbers Into Cell Phones**

SDSU Police remind all that safety is a community effort. In the event of an emergency, or to report any suspicious activities and/or persons on campus, students should immediately call SDSU Police at (619) 594-1991. It is advised that students program this phone number into their cell phone.

“If someone dials 9-1-1 on a cell phone (to report a campus crime/ emergency), the phone call is directed to California Highway Patrol (CHP), which has to re-direct the call to the SDSU Police. This creates a response delay time of about 11 minutes,” said SDSU Police Sergeant Josh Mays.

SDSU Police can be reached 24-hours a day, seven-days a week, through the above number and by dialing 9-1-1 from any CAMPUS telephone.

Callers can also reach SDSU Police by simply lifting the receiver of one of the more than 100 Emergency/Duress phones located across campus.

In the event of an off-campus emergency, dial 9-1-1.

“In addition, students may also want to program SDSU’s Emergency Operations Hotline into their mobile phone: (866) 794-8832. This recorded information line is updated in the event of a campus emergency,” advised Weber.

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**MORE CAMPUS RESOURCES**

- Counseling & Psychological Services (C&PS): www.sa.sdsu.edu/cps — SDSU C&PS also encourages people to call San Diego’s free 24-hour counseling access line at (800) 479-3339, where callers can anonymously discuss any troubles or concerns with a trained professional.
- SDSU Emergency Preparedness Information Web site: http://bfa.sdsu.edu/emergency
- SDSU Police, Public Safety department: www.cps.sdsu.edu
T
he Office of Academic Scholarships is a new resource on campus for students who wish to pursue academic and personal enrichment through the competitive application process for national and academic scholarships.

“National merit scholarships are very prestigious and generate exceptional applicant pools,” said Patti Scott, director of the Office of Academic Scholarships. “The Office of Academic Scholarships was established to support students through the identification of appropriate scholarships and the detailed application process. It is helpful for a student to have a clear understanding of the requirements of the scholarship and the selection process in order to prepare a well thought-out application.”

Scott advises interested applicants to begin building and shaping their résumé early on in their academic career to better meet the qualifications of these highly sought awards. “As freshman and sophomores, students should consider their long-term academic and career goals and select educational and co-curricular activities that support and align with those goals.

Since many national and academic scholarships limit the number of applicants from each institution, students must participate in an on-campus selection process prior to competing on the national level.

Nationally competitive scholarships and fellowships are awarded to students of the highest academic caliber. Scholarship packages may include awards from $5,000 to $50,000 annually, intensive summer programs, international experiences, lifelong network of scholars, and career opportunities.

In addition to considerable financial support to pursue their academic goals, scholarship recipients will find prestige and recognition in being a named scholar — a great benefit to students as they seek professional employment.

“Due to the outstanding profile of the recipients, the highly competitive process, and the academic rigor synonymous with scholarships such as the Rhodes and Fulbright, employers recognize the exceptional qualities and experiences that come with that scholar,” Scott said.

Students who exhibit a combination of academic excellence, intellectual curiosity, leadership skills, public service and international experience are highly encouraged to apply. The Office of Academic Scholarships supports students through the rigorous application process.

Scholarships are available for both undergraduate and graduate study, all academic fields, study abroad, cultural exchange, critical language development and financial need.

For more information and a complete listing of national scholarships, visit the Office of Academic Scholarships Web site at http://dus.sdsu.edu/oas.

Below is a summary of some of the national/academic scholarships that interested students can find help applying to at the Office of Academic Scholarships:

**Fulbright Scholars Program**

Sponsored by the U.S. Department of State, the Fulbright Program is the largest international exchange program and supports graduate study and research in more than 140 countries. The U.S. Student Program is designed to give recently graduated students from a four-year institution, masters and doctoral candidates, and young professionals and artists, opportunities for personal development and international experience. Several countries also offer English Teaching Assistant positions. Most grantees plan their own programs. Projects may include university coursework, independent library or field research, classes in a music conservatory or art school, special projects in the social or life sciences, or a combination. Funding supports one academic year of study.

**Harry S. Truman Scholarship**

The Truman Foundation awards 75 to 80 scholarships annually to students who want to “Make a Difference.” The scholarship is open to juniors who plan to pursue careers in government or elsewhere in public service. Scholar selection is based on record of public and community service, leadership potential, communication skills, academic strength and commitment to careers in public service.

Prospective applicants must be nominated by their institution. Each Truman scholar receives up to $20,000 in support for graduate studies toward a public service–related degree, participates in leadership development activities and is extended opportunities for internships and employment with the federal government. All candidates should be aware that the Truman Scholarship has a newly instituted service requirement.

**The Barry M. Goldwater Scholarship**

The Barry M. Goldwater Scholarship and Excellence in Education Program was created to attract outstanding students to pursue careers in mathematics, engineering, and the natural sciences. The scholarship provides up to $7,500 annually for educational expenses to current sophomores and juniors who have demonstrated potential and commitment to a career in mathematics, engineering and the natural sciences and have an outstanding academic record. It is expected that Goldwater scholars will pursue advanced degrees. Sophomore recipients receive two years of support; juniors receive one year of support. Prospective applicants must be nominated by their university.

**NSEP David L. Boren Undergraduate Scholarships**

The National Security Education Program (NSEP) David L. Boren Undergraduate Scholarships support study abroad opportunities for study of cultures, languages and world regions that are critical to U.S. interests including Africa, Asia, Central & Eastern Europe, Eurasia, Latin America, the Caribbean and the Middle East. The NSEP Boren Scholarship is intended to provide support to U.S. undergraduates who will pursue the study of languages and cultures currently underrepresented in study abroad and critical to U.S. national security. Scholarship is open to all majors. Preference is given to students participating in a year-long program.

Prospective applicants must participate in an on-campus interview. Boren Scholarships are merit based and award amounts are based on the study abroad costs and financial aid information provided by the applicant. The maximum award is $20,000 for a full academic year. The NSEP service requirement stipulates that a recipient must work for a minimum of one year in the Departments of Defense, Homeland Security, State, or the Intelligence Community, or in exceptional cases, may work in any U.S. federal department or agency with national security responsibilities.

Scholarships are available for both undergraduate and graduate study, all academic fields, study abroad, cultural exchange, critical language development and financial need.

For more information and a complete listing of national scholarships, visit the Office of Academic Scholarships Web site at http://dus.sdsu.edu/oas.
IMPORTANT SDSU DATES

Visit www.sdsu.edu/acad_calendar for the online academic calendar.

JANUARY

Now is the time for students to reapply for financial aid for 2008-09.*
19 28th Annual Martin Luther King Jr. Parade — Join the SDSU delegation!**
20 Residence halls reopen at 4 pm.
22 Classes and meal plans resume.

FEBRUARY

4-8 Last opportunity to change meal plan option***
8-17 SDSU theatre presents: "Jungle Book" ****
9 11th Annual Theatre of the World Festival ****
21 Spring Career Fair, 10 am – 2:30 pm, Centennial Mall.
29-Mar 1 Student Research Symposium: a two-day event on campus
recognizing the outstanding research, scholarly accomplishments
of SDSU students. Open to the public.

MARCH

14 Teacher Career Fair, 11 am – 3:30 pm, Montezuma Hall.
15 Explore SDSU. Open House 2008, 10 am – 4 pm, SDSU campus.
18-20 All residence halls, except Aztec Corner apartments, close for the
spring recess. Halls reopen March 28 at 4 pm for the spring recess. Halls reopen
April 6 at 4 pm.
31 César E. Chávez Day observed. Campus closed.

APRIL

7 Classes resume.
10 Exploring Majors Fair
23 Just in Time Career Fair, 10 am – 2:30 pm, Centennial Mall.

MAY

10 –17 Final exams — send cookies!
17 All residence halls — except Aztec Corner apartments — close for the
academic year. Licensee should vacate by 8 pm on the day of his/her
last final, but in no case later than May 17 at 4 pm. Aztec Corner closes
July 31 at 4 pm.

* Visit the Financial Aid and Scholarships Web site at
http://starter.sdsu.edu
*** be part of the SDSU Delegation!
**** Visit www.eatatsdsu.com for Meal Plan information.
***** Visit the SDSU School of Theatre, Television and Film Web site at
http://theatre.sdsu.edu

SPORTS SCHEDULE

For complete and most up-to-date sport schedules of all SDSU athletic teams, visit the Aztec Athletics Web site at http://goaztecs.com

MEN’S BASKETBALL

1/19 vs. Wyoming
1/23 at BYU
1/26 vs. UNLV
1/29 at Colorado State
2/6 vs. Air Force
2/9 at TCU
2/13 vs. New Mexico
2/16 vs. Utah
2/20 vs. Wyoming
2/23 at BYU
2/27 vs. UNLV
3/1 at Colorado State
3/8 vs. Air Force
3/11-15 2008 MWC Championships

WOMEN’S BASKETBALL

1/19 at Wyoming
1/23 vs. BYU
1/26 at UNLV
1/30 vs. Colorado State
2/6 at Air Force
2/9 vs. TCU
2/13 at New Mexico
2/16 vs. Utah
2/20 vs. Wyoming
2/23 at BYU
2/27 vs. UNLV
3/1 at Colorado State
3/8 vs. Air Force
3/11-15 2008 MWC Championships

* Televised game
All game times are in Pacific Time, unless otherwise indicated by CT or MT.

Men’s Baseball
The first game of the 2008 Men’s Baseball season will take place February 22,
when the Aztecs take on their cross-town rival, San Diego, at 6 pm at the Tony
Gwynn Stadium.

Men’s Golf
On January 28, Men’s Golf begins their spring season during the Ping Arizona
Intercollegiate in Tucson, Ariz. This is an all day event.

Men’s Tennis
Men’s Tennis team will host the first match of the spring season at the Aztec
Tennis Center, when they play UC Riverside on January 19 at 11 am.

Women’s Crew
Women’s Crew returns to the water on February 23, their first race of the
spring season, competing against USC at Mission Bay in San Diego. This is an all
day event.

Women’s Golf
The Women’s Golf team resumes action with the start of its spring schedule on
February 11 and 12 at the Lady Braveheart Classic in Beaumont, California. This is
a two-day event.

Women’s Softball
The first game of the SDSA Women’s Softball spring season will take place February
8 in Palm Springs, Calif. This is a double-header, where the team will first play Cal
Poly at 6 pm, then Cal at 8:30 pm.

Women’s Swimming and Diving
The next and last local swim/diving competition for the 2008 spring season will
take place February 2 at the Aztec Aquaplex. All other competitions are being
held out of state.

Women’s Tennis
Women’s Tennis begins their spring season at home at the Aztec Tennis Center,
on January 26. The team has two matches scheduled that day: UC Riverside at
9 am, and Cal State Fullerton at 2:30 pm.

Women’s Track
January 18 and 19, the Women’s Track team will compete in its first meet of the
spring season during the National Pole Vault Summit in Reno, Nev.

Women’s Water Polo
The Women’s Water Polo team will play their first game of the spring season
against SDSU Water Polo alumnas on January 26, at noon at the Aztec Aquaplex.