

# KEELHAULER Family



## Transition to Academy Life

Your young adult's transition to the Academy will be a significant change in both their life and yours. As a parent, guardian, or family member it is natural that you want to support them on this amazing journey and make sure they get the most out of this chapter in their life. Here are some tips for you to be able to appropriately support your cadet on their journey.

### 1) Be Patient

Cadets don't realize that the discomfort that they feel during this transition is temporary and will diminish as time goes on. Help them understand that part of that discomfort is natural and offer some ways to rebalance.

### 2) Encourage them to get involved

Cal Maritime has no shortage of on-campus activities, organizations, and clubs. Encourage your cadet to join any number of these groups so they may better connect with their peers.

### 3) Discover new ways to communicate

Prepare to assume a role as an advisor to your cadet. Trust your cadet's ability to make their own decisions rather than dictate a solution to them. Also, expect some lack of communication at times. Your cadet may not call or text you often, due to activities and engagements

### 4) Be interested and involved, but not intrusive

Ask questions that encourage your cadet to utilize more independent decision-making. Let your cadet tell you about a situation or express their opinions without judgement. Doing so creates an environment where cadets may feel open to discuss topics and create space for appropriate learning.



## How College is Different Than High School

Unlike High School, it's no longer the school's responsibility to make sure your cadet is keeping on track for graduation. Your cadet is solely responsible for their decisions and progress. Your cadet is responsible for getting themselves up for classes, turning in assignments on time, and paying fees on time. Encourage your cadet to take ownership and responsibility over their education.

### Student Record Policy

Upon entering college, your cadet is now bound under a new set of laws aimed at protecting their privacy. One of the most important of these is the

Federal Family Educational Rights and Privacy Act (FERPA) of 1974. Under this act, your cadet's medical, disciplinary, academic, and financial records are restricted to access by the student and those the student approves through the signed privacy release documents. FERPA is applicable when the student turns 18.

### Student Health Center

Our student health center is available to all enrolled cadets. Our SHC provides high quality services for acute and sub-acute illnesses as well as basic mental health concerns, contraceptives, sports and travel medicine, etc. We also have a pharmacy stocked with most common prescriptions issued by the SHC. For situations with chronic conditions or specialist care, we recommend you and your cadet to locate a local provider in the community of Vallejo or Benicia.

### Stay Active & Utilize the Campus Freebies

Encourage your cadet to stay active and healthy. We have many options for cadets to do this, ranging from athletic teams, clubs, or simply taking a walk across the Zampa Memorial bridge. We also have a Physical education and Athletic Center (PEAC) which is open to all cadets. There is also a food pantry on campus and a fresh fruits and vegetable program.

### Health and Wellbeing

Student Health Center available to students at no cost beyond either the school provided insurance or their own insurance plan. The SHC offers them treatment of illnesses and prescriptions at no additional cost. Personal Counseling is available to them via Counseling and Psychological Services (CAPS).

### CAPS

Counseling and Psychological Services (CAPS) is our mental health service at Cal Maritime. It serves all cadets at no cost and they are located in both the student health center and upper residence hall. Beyond basic mental health counseling, CAPS also offers workshops on topics such as getting used to campus life away from home, resilience strategies, etc.



## CSU Police Services

For Emergencies, call: 911!

For Non - Emergencies, call:  
(707) 654 - 1176

The Cal Maritime Police Services provides 24 hours a day, year-round, protection for the campus community. They are a fully vested department which is certified under the same training as our local police and sheriffs. Cadets can sleep safe knowing our PD patrols the campus 24 hours a day all year. Cadets can also call their non emergency line for safety escorts at any time. Cadets also have 24-hour access into the Police Services building on Maritime Academy Drive 24/7

There are also designated parking spots for sales & exchanges made through apps such as Offer Up and Facebook Marketplace in the front of the police services building. There are also 18 emergency phones centers on the campus from the port area to Maritime North residence marked by signage and blue light. Our PD also manages the Cal Maritime Emergency Response Team, which is staffed by both cadets and Campus PD.



### Prevent Theft

Theft is one of the most common college campus crimes, typically due to negligence. Encourage your cadet to keep all room doors and cars locked and never leave their possessions unattended. It only takes a minute for a laptop or jacket to be stolen from an unlocked residence hall room or empty study hall.

### Use the Buddy System

Whether taking a late-night course or walking back to the residence hall from watch, it's always nice to travel in a pair if not larger group. An extra sense of safety doesn't hurt anyone. Also encourage your cadet to share their work/class schedule with close friends so they will be better equipped to keep track of one another.

### Turn Down the Music

It's understandable that your cadet wants to listen to some tunes while traveling across campus. However, many of the practices we have are meant to prepare cadets for their professional lives and, in this case, maintain situational awareness. With a device blasting loud music, whether earphones or a speaker, it makes it more of a challenge for cadets to notice warning honks, traffic, or even other cadets traveling via skateboards or bikes, and, most importantly, it doesn't send the welcoming, present message of being part of a community.

## Academic Support

Services to ensure your cadet is on the right path and set up to reach success and their goals. From program specific to general education classes, students have a multitude of on campus services to aid them in their time at Cal Maritime

## The Road Map

The roadmap or curriculum sheet, lists all the courses required for degree completion and graduation. It also lists them in the recommended order that courses can be taken to complete their program in 4 years.

## When Life Happens

Our cadets live very full and exciting lives and may encounter opportunities or obstacles that might slow down their progress to graduation. We anticipate situations, positive or negative, and offer cadets a range of support services to assist cadets in balancing degree programs with their personal lives.

## Early Indicators of Getting Off-Track

Your cadet will be making choices throughout their college education and sometimes their choices may be the right decision based on the circumstances. However, if your cadet is experiencing one or more of the following indicators, your cadet may be less likely to be academically successful and may take longer to graduate.

- Incomplete/Failing Grades
- Low or Declining Grade Point Average
- Switching to Part-Time
- Withdraw from Classes or Semester

## Early Indicators of Success

Your cadet's first year performance is important as it sets the tone for the next years to follow. Here are a few signs that can let you know that your cadet is on the right track:

- Successful completion of 30 Credits per academic year
- Consistent grade point average of 2.2 or higher
- Has met with program advisor and university advisors to discuss an academic plan

## Tutoring

Peer tutoring is available to all cadets free of charge. Tutors are currently enrolled cadets who have shown their faculty an advanced understanding and knowledge of a subject.

Tutoring is typically 1:1 although group tutoring session can be very effective as well.

Scheduling an appointment is a simple process through Passport navigate. Your cadet will be taught how to use this program by faculty as well as cadets.

## Academic Advising

Our university advisors are located in the Lab Building. It is highly recommended that your cadet meets with the academic advisors within their first year. Our advisors are available to assist in matters regarding general education, major-related courses, planning your cadet's class schedule, and planning for a 4 or 5-year academic career at the Academy.



## Program Advisor

The program advisor assigned to a cadet can change year to year. Typically, a faculty member from your cadet's program of study (major) will serve in this role. They serve as an additional resource for their academic success. They are subject matter experts who can answer program specific questions regarding your young adult's academic path.

## Accessibility & Disability Services

Our A&DS Office serves the Cal maritime community who may suffer from a mental or physical impairment that limits a major life activity. A&DS is an application-based service. The application can be found at <https://www.csum.edu/disability-services/>. They provide academic accommodations such as extended time for tests, low distraction testing, note taking, and alternative media. Cal Maritime doesn't offer remedial courses or special education. All cadets coming into Cal Maritime are expected to be academically prepared for the rigors of studying.

## Leadership Development

For over 90 years, California State University Maritime Academy has been developing leaders. We have done this by offering a unique hands-on learning experience unlike any other found in the CSU system. Through the Corps of Cadets, Cal Maritime provides real world experience for your cadet to develop and prepare to be a leader of tomorrow.

## Edwards Leadership Program

A recent addition to our leadership toolbox, the Edwards Leadership Program is comprised of a seminar series, peer coaching, conferences and events, and research and development. These seminars are facilitated by faculty, staff, and fellow cadets to ground participants in exercising their style of leadership. All cadets who complete the seminars are awarded a certificate in leadership studies accredited by the Center for Creative Leadership and Cal Maritime. The program also sponsors travel to leadership conferences and cadet leadership assessment.



## Cadet Leadership

There are many cadet-led leadership opportunities, both on campus and during cruise. The Corps of Cadets has been a staple of our institution. This unique structure puts day-to-day responsibility and accountability into the hands of cadets. Our campus is a leadership laboratory that puts cadets in charge of their experience.

The Corps Staff oversees key evolutions such as watch standing, formations, and communications across the Corps of Cadets. Through the practice of daily accountability, standards and expectations, and self-discipline, the Corps Staff facilitates the day-to-day operations for all cadets.

Our student government ensures that the needs and concerns of the student body are addressed and heard by the campus Administration. ASCMA also provides opportunities for cadets to get involved in campus life by hosting events and activities, and they provide training and financial support to student organizations.

The Council of Cadet Athletes, or CCA, is a recent addition to our leadership forum. Their purpose is to provide a voice for all the Cal Maritime athletes. CCA works to provide input and communication in all campus and conference objectives and enhance the cadet-athlete experience.

Office of Residence Life includes five professional staff and over 20 cadet Residence Hall Officers. The duty of an RHO goes beyond just ensuring cadets are following the rules of the dorm. RHOs are also guides and mentors to cadets, they have an important duty to ensure cadets can settle into campus life. They accomplish this through fostering a sense of belonging in the dorms and offering opportunities for socialization throughout the academic year.



## Housing

Cadets enrolled in the Baccalaureate degree programs at Cal Maritime are required to maintain residency as well as a meal plan each year till graduation. Exemptions are available, based on financial hardship, age, marriage status, child custody, military service, class standing, etc. More information can be found on <https://www.csum.edu/housing/off-campus-housing-policy-and-petition.html>.

## Advice for Families of Cadets Living on Campus

### Avoid Asking if They're Homesick

The first few weeks of school are packed with activities and adjusting to the academy lifestyle as well as meeting new people will probably take most of your cadet's time and concentration. They'll more than likely overcome the loneliness and frustration of homesickness. And though they may not tell you they miss you during those first few weeks, they do. Homesickness is normal.

### Expect Some Change

Your cadet will change. It's not only natural, and inevitable, but it will also be inspiring and beautiful. The experience at the Academy may affect changes in your cadet's social, vocational, and personal behavior, as well as the choices they make. You may not understand it, but it's within your power to accept it. Your cadet will not be the same cadet you dropped off on move-in day, and that will likely show up with changes in interests and personality on top of character development.

### Don't Worry (Too Much)

Often, a new cadet will have trouble handling such things as a flunked test or bad grade on a project, in which case the only place to run, email, or call is home. Your cadet may complain more than boast but listen for those good things. Listen for the "A" on their first test, the new position they hold in a club, or even just the fun weekend they had with their new friends. In such emotional times, your cadet can come to you and unload trouble or tears, and after talking with you, return relieved and lightened while you inherit that burden of worry from them. Resist the urge to jump in and fix all their problems. Empower your cadet to enhance their individual responsibility and remind them to utilize the resources available to them on campus.

### Visit Occasionally

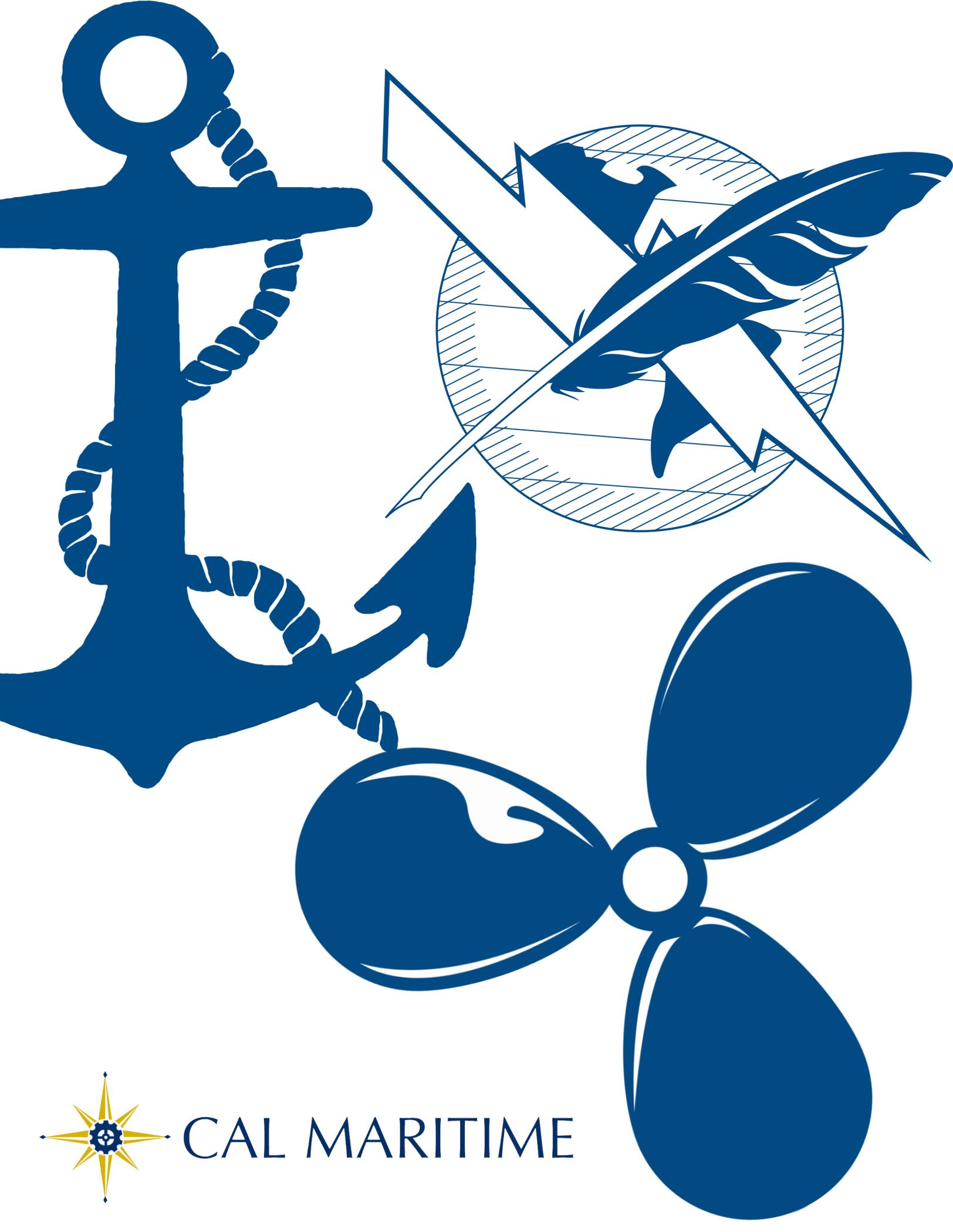
Visits by families/guardians (especially when accompanied by a trip to the store or a nice dinner out) are something new cadets may be reluctant to admit liking, but greatly appreciate. These visits can also allow for your cadet to share insights on some of the important aspects of their new world and any recent developments.

### Stay Connected

A cadet's life is filled with activities, not to mention the course work and extracurricular activities such as clubs or athletics. By staying connected, you can help make sure that important matters, such as payment deadlines or registration for the next year don't slip off the radar.

Stay informed at Cal Maritime's homepage <https://www.csum.edu>





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