



Dear Parents:

Welcome you to our **Keelhauler Family!** We are thrilled you chose Cal Maritime!

Under normal circumstances, you would have received a complete schedule of programs and activities created just for you as part of our Parent Orientation. It would have included FAQ sessions, social events, and other programs and campus resources that strengthen your understanding and support of our great Academy.

Not this year. With social distancing and other health and safety protocols in place, your time on our campus will be significantly reduced --- which means we must think differently and creatively to provide you with the information you need.

To this end, I invite each of you to send us your most pressing questions related to the following areas of focus:

**1: A look at my cadet's first year at Cal Maritime.**

Current Cadets, Career Development Professionals, University Advisors, and respective School Dean will respond to help you:

- Understand what it means to be a cadet and the cadet experience during the first year
  - Specific requirements by major
  - Specific expectations from a maritime university - watches/extracurricular
  - Class schedules/Units
  - Activities outside the classroom
- Learn about the resources and support available to the student
  - Academic support – Tutoring & Supplemental Instruction, Disability Services Office, etc.
  - Advising opportunities
  - Faculty - Office Hours
  - RHOs
  - Corps support

## **2: The Changing Puzzle: How do I fit into the new paradigm?**

Current cadets, parents of a returning students, Student Health Professionals and Commandants will respond to help you:

- Understand when to step in to help your student and when to empower your student to take responsibility (step in or step back)
  - We believe, parents know their students best and are in the best position to identify early warning signs, provide encouragement for at-risk students, and offer meaningful support for freshmen navigating their first term. Parents can also help us deliver important messages concerning alcohol, safety, and academic planning. Students need to hear these kinds of messages from multiple sources, and at the 'critical times.'
- With signs to watch for that may indicate the student is under significant stress, is taking unhealthy risks, or is ill
  - We can respond to your questions on how to help you process what behaviors are to be expected from your student and what type of family support may be constructive.
- Your transition to life while your student is at college
  - Parents of our returning cadets can also help introduce what it may be like for you and for your student's siblings. And how to make this transition, for the family, a smooth one.

Finally, we want you to have a list of resources that can assist when you have additional questions.

[Please use this link to send us your questions by July 20, 2020.](#)

[Parent Orientation materials will be posted here on August 3, 2020.](#)

Thank you,

Vineeta Dhillon