A Message from Vice President for Student Affairs

Dear Torero Parents,

The completion of coursework, finals, and graduation are just around the corner. During the next few weeks, our students will need additional support and mentoring as they prepare for finals and manage summer transitions. At the same time, it is important to recognize the accomplishments of our community. As I collectively congratulate the USD community on a remarkable 2013-2014 academic year, I encourage you to take the time to congratulate your student on personal milestones and academic achievements.

As the countdown to finals begins, students often experience increased stress. If you feel your student is experiencing heightened levels of stress, there are several things you can do which may help ease the tension in your student’s life. An encouraging phone call, a comforting e-mail, or a positive text message can provide that extra boost of confidence and motivation. As a parent, you may be the best person to support and encourage your student. According to the National College Health Assessment, 82% of our USD students report that they receive their health related information from their parents. This means your son or daughter will very likely pay attention as you provide guidance for successfully managing stress. In some cases, simply encouraging your student to seek additional on-campus support from Student Wellness services can be of tremendous help (www.sandiego.edu/wellness; (619) 260-4655). Stress management information and other tips for staying healthy can be found on the Student Wellness website (www.sandiego.edu/wellness).

While reflecting on this past year, I am struck by the many accomplishments we have to celebrate—over 1,200 first-year students will soon complete their first full academic year, our class of 2014 graduates will participate in the conferring of degrees at commencement ceremonies, and many student leaders have contributed to fostering an inclusive community with tremendous Torero pride.

Thank you again for your support during the 2013-2014 academic year. Parents and family members are an extremely vital part of our Torero community and we are fortunate to have you as an extension of our USD family.

In Torero Spirit,

Carmen M. Vazquez
Vice President, Student Affairs