Denver Family Association (DFA)
Family Tips for Commuter Students

Students who are involved on campus have a higher tendency to persist, finish their degrees, and than those who are
less engaged in their campus community. Below is a list of resources to help you encourage your student to get involved
on campus in co-curricular activities.

♦ Monthly campus events calendar: This highlights the various activities and events that will be taking place on
campus for the current month. Check it out and offer suggestions to your student about some of the things he/she
can do on campus. http://www.jwu.edu/content.aspx?id=18988

♦ Student Government Association (SGA): Is your student interested in making change? If so, getting involved in
SGA might be a good fit! http://www.jwu.edu/content.aspx?id=12116

♦ Recognized Student Organizations: Organizations are a great way to get involved and connect with fellow students.
Currently, there are 20 active organizations. Encourage your student to take a look at what is available – and keep in
mind that there is always the opportunity to start a new organization. http://www.jwu.edu/content.aspx?id=12140

♦ Campus Activities Board (CAB): CAB is comprised of 5 student led committees that are dedicated to providing a
wide variety of programs geared toward the entire Denver Campus community. In addition to the entertainment
CAB provides, the students involved gain valuable leadership experiences and new friends, while having a great
time! http://www.jwu.edu/content.aspx?id=12276

♦ Community Leadership Institute (CLI): CLI is a resource for students, faculty and staff to experience leadership,
and help to transform the community by taking action. http://www.jwu.edu/content.aspx?id=13356

♦ Fitness Center and Fitness Classes: The 2500 square foot fitness center on campus is in the newly renovated
Wildcat Center and offers a variety of free weights, a full strength training circuit and LifeFitness cardio equipment,
as well as medicine balls and Swiss balls for core training. There is a constant flow of students, faculty and staff
through the fitness center taking part in yoga, cardio kickboxing and self-defense classes. Use of the fitness center is
FREE (with a JWU ID)! http://www.jwu.edu/athleticsl2.aspx?id=4936

♦ Varsity sports in the Wildcat Center: We have six varsity sports teams: men’s and women’s volleyball, men’s and
women’s basketball, and men’s and women’s cross country. Students get in free to all games in the Wildcat Center –
encourage your student to cheer on their fellow students! They can also participate in “Pack Pride” and win prizes
♦ Intramurals and club sports: Intramurals and club sports provide individuals with the opportunity to participate in their favorite sports activity and also discover the benefit of a new sport experience. [http://www.jwu.edu/athleticsl2.aspx?id=5022](http://www.jwu.edu/athleticsl2.aspx?id=5022)

♦ Center for Academic Support (CAS): The CAS office is here to ensure that your student takes full advantage of his/her JWU education, both inside and outside the classroom. To accomplish this, the center provides tutorial and counseling assistance as well as disability services. CAS offers a great study space for individual or group work; this is also a great place for your student to take a quick breather in between classes. [http://www.jwu.edu/content.aspx?id=554&linkidentifier=id&itemid=554](http://www.jwu.edu/content.aspx?id=554&linkidentifier=id&itemid=554)

♦ Dining on campus: Did you know that there are meal plans available to commuter students? Students can load money on their JWU ID card to eat in the dining hall or Outtakes. Encourage your student to dine on campus! [http://www.jwu.edu/content.aspx?id=558&linkidentifier=id&itemid=558](http://www.jwu.edu/content.aspx?id=558&linkidentifier=id&itemid=558)

♦ Promote an on campus job! If your student was awarded work study, it would be wise to encourage him/her student to take this position. Not only does it encourage regular engagement with staff, faculty and fellow students, but it also makes earning some cash easier than having to travel to a part time job that is in a different location. If work study has been awarded to your student, tell them to make an appointment with Delilah Gonzales at dgonzales@jwu.edu or call 303-256-9710.

♦ As a parent, you too can stay involved and learn about what JWU is doing. DFA can help with this. Join our e-mail list for the e-newsletter, volunteer with DFA, and attend Family Weekend on October 8 – 10, 2010. Please visit DFA’s web site at [www.jwu.edu/denver/familyassociation](http://www.jwu.edu/denver/familyassociation). You can also stay involved by supporting any activities that are important to your student; for instance, attending an event that your student helped to coordinate or if your student is involved in athletics, then going to his/her game.

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**DFA is here to help!**

**E-mail us with questions/comments/concerns at:**

mystudent@jwu.edu

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This document is online at www.jwu.edu/denver/familyassociation under the “resources” section.