



a newsletter for parents & families

April 2019

### Seasonal Student Issues

Here are a few things your student may be experiencing this month...

- Losing motivation for the final push
- Becoming restless as spring fever hits and problems arise
- Anticipating the end of the year
- General anxiety due to the number of folks impacted by flooding in the area
- Having papers and exams pile up
- Experiencing summer job panic
- Being concerned about moving home for the summer



### **Providing Support During the Final Push**

The semester is almost over, as students ready for final papers and exams. This final push can be stressful and busy, which means that your daughter can surely use your support and encouragement.

Here are a few things that you can do to be of help...

**Respect Time.** You may not hear from your student as frequently as usual during this busy time. Respect that her time is likely focused on wrapping up the year right, academically and socially.

**Reach Out.** You can still reach out to let your student know that you're thinking about her. Send an encouraging text, an uplifting email or supportive voicemail so she knows that you're there, rooting her on!

**Encourage Self-Care.** Some students tend to eat and sleep poorly during the final push, thinking that pulling an all-nighter and loading up on caffeine are how they're going to make it. Let them know that a lack of sleep is the worst thing they can do for their concentration levels. And overdoing the caffeine can make them scattered.

**Support Help-Seeking.** If your daughter is having academic problems, encourage her to talk with a professor or academic advisor. If she is anxious and having trouble focusing, she can always contact our Counseling Assistance Program through CHI Health, at 402-398-5566, to speak to a counselor. Let her know that seeking help is the strong, capable thing to do when she realizes that she can't do it all on her own.

**Provide Things to Look Forward to.** As your daughter digs in to finish up the semester well, help her plan things to look forward to, too. This might be going to a baseball game this summer, having a family barbecue when she's done with finals or planning a summer camping trip with her siblings. Looking ahead to rewards such as this can be a potent motivator.



# Competencies That Can Make Students “Career Ready”

Career readiness, according to the National Association of Colleges and Employers (NACE), is defined as “the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace.”

What are these competencies that NACE suggests students should focus on? Here they are so you can discuss them with your student...

**Critical Thinking/Problem Solving:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

**Oral/Written Communications:** Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others clearly and effectively.

**Teamwork/Collaboration:** Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints. The individual is able to work within a team structure, and can negotiate and manage conflict.

**Digital Technology:** Leverage existing digital technologies ethically and efficiently to solve problems, complete tasks, and accomplish goals.

**Leadership:** Leverage the strengths of others to achieve common goals, and use interpersonal skills to coach and develop others. The individual is able to assess and manage his/her emotions and those of others; use empathetic skills to guide and motivate; and organize, prioritize, and delegate work.

**Professionalism/Work Ethic:** Demonstrate personal accountability and effective work habits, e.g., punctuality, working productively with others, and time workload management, and understand the impact of non-verbal communication on professional work image. The individual demonstrates integrity and ethical behavior, and is able to learn from his/her mistakes.

**Career Management:** Identify and articulate one’s skills, strengths, knowledge, and experiences relevant to the position desired and career goals, and identify areas necessary for professional growth.

**Global/Intercultural Fluency:** Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions. The individual demonstrates openness, inclusiveness, sensitivity, and the ability to interact respectfully with all people and understand individuals’ differences.

Source: [www.naceweb.org](http://www.naceweb.org)

\*\*At College of Saint Mary, we aim to provide our students with a myriad of opportunities to develop these competencies. One person your student should get to know is **Michelle Perone, Career and Financial Literacy Programs Director, in the Achievement Center**. She is here to meet with any student about their plan to be ready to ‘hit the job search running’ when it is time!



## During Spring Break

CSM’s Dr. Kristin Mattson (Director, Service Learning and Professor of Political Science) traveled with our students to visit the Department of Homeland Security. While in Washington, D.C., they learned about how to lobby from the Network Advocates for Catholic Social Justice.



# 2019-2020 Housing Information

It is almost time for your daughter to reserve her residence hall room for 2019-2020! Current residential students will be e-mailed thorough instructions for selecting their room within the next week. Below are some important notes regarding this process:

**Application:** Students wishing to live on campus next year will need to complete the online housing application that is e-mailed to them. Current residents will not need to pay another housing deposit.

**Room/Board Rates:** Double rooms (with roommate) will be billed at a rate of \$3,925/semester and single rooms (without a roommate) will be billed at a rate of \$4,425/semester. Single rooms will only be available to seniors.

**Choosing the Room / Roommate:** Current residents will want to plan to attend Room Selection the evening of

Wednesday, April 17<sup>th</sup> to confirm their roommate and choose their room.

**Living Off Campus:** Students are required to live on campus for their first two years of college unless they meet one or more of the exemption criteria. This online form is now available on MyCSM for students.

**Current Commuters  
Wishing to Move On**

**Campus for 2019-2020:**  
The housing application for new residents is available online on the CSM website at [csm.edu/apply](http://csm.edu/apply).



## A note from our Director of Learning Support



We want our students to utilize all CSM has to offer to achieve their academic goals, and hope they have come in to check out what

the Achievement Center has to offer. Especially with finals on the horizon, we would be happy to help students with:

- Understanding and applying course concepts (receiving tutoring)
- Study strategies
- Test taking skills
- Strategies to reduce test anxiety
- Writing Assistance

Students have access to the Achievement Center (and CSM library) 24-7 for Individual Study, Group Study and Computer and Printer use.

Students can find a tutor roster and weekly tutor schedule on our student portal, MyCSM.

## Parking Lot Safety Tips

- \* Have your key in hand, ready to put in the lock, as you're walking toward your car.
- \* Walk to your car with someone you know and trust, especially when it's dark. For a safe walk to your car on campus, call CSM Safety & Security at 402-670-8848.
- \* Look in the backseat *before* entering the car to make sure no one is hiding back there.
- \* Always keep your car locked, whether you're in it or not.
- \* If you're sitting in your car in a parking lot, lock the doors so no one can take you by surprise.



## CSM Home Athletic Events

- Monday, April 1: Softball vs. York
- Wednesday, April 3: Tennis vs. Hastings
- Friday, April 5: Softball vs. Briar Cliff
- Saturday, April 6: Softball vs. Mount Marty
- Tuesday, April 9: Softball vs. Midland
- Tuesday, April 9: Tennis vs. Doane
- Tuesday, April 16: Softball vs. Doane
- Tuesday, April 16: Tennis vs. Concordia
- Wednesday, April 17: Tennis vs. Midland
- Saturday, April 27: Softball vs. Dakota Wesleyan



## CSM Dates to Remember:

- \* Monday, April 1: Registration for Fall 2019 classes begins
- \* Wednesday, April 3: *Observations on Privilege from a White Guy*, sponsored by Student Leadership & Organizations (SLO)
- \* Thursday, April 4: Improv Workshop sponsored by SLO
- \* Thursday, April 4: Campus ministry retreat: Part 1
- \* Friday, April 5: Campus ministry retreat: Part 2
- \* Wednesday, April 10: Campus Activities Board (CAB) Lip sync battle
- \* Thursday, April 11: Spirit of Service Day (No Day Classes)
- \* Friday, April 12: **Last day to withdraw** from classes
- \* Tuesday, April 16: Puppies for students (stress reliever) sponsored by SLO
- \* Tuesday, April 16: UPS employment information table (sponsored by Career and Financial Literacy Programs)
- \* Friday, April 19: **College closed—No classes**
- \* Monday, April 22: **No classes**

### Wednesday evenings in April:

‘Donuts and Discipleship’ student led bible study in Lozier Hall



## Residence Hall Council's Care Packages

The deadline to order your daughter a finals care package is **Wednesday, April 24**. Visit [www.swaku.com/csm](http://www.swaku.com/csm) to look at the different options and place an order. You can add a personal message during checkout that will be printed on a card and included. These deliveries will arrive the week before finals, and CSM's mail room staff will notify your daughter that she has a package for pick up. If you have any questions, please contact Lori Molin, Lozier Hall Director/Residence Hall Council Advisor, at [lmolin@csm.edu](mailto:lmolin@csm.edu).

## Greetings from the Vice President for Student Development!

Dear Parents and Families,

I can't believe we are already ushering in spring! The end of the year always seems to rush quickly towards us after spring break is over, as we plan for end of the year programs, events, and recognition programs as students push to finish papers and projects. If you haven't had the chance, I do appreciate your input on the short survey I sent to you to gather input regarding this newsletter, and for those who have already, thank you! Happy April!

Sincerely,

Tara Knudson Carl, Ph.D.

