



a newsletter for parents & families

April 2018

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
- Developing frustration and confusion because of class registration
- 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 taking a 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

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!



Residence Hall Council’s Care Packages

The deadline to order your daughter a finals care package is Friday, April 27. Visit 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 Larissa Buster, Lozier Hall Director/Residence Hall Council Advisor, at lbuster@csm.edu.



2018-2019 Housing Information

It is almost time for your daughter to reserve her residence hall room for 2018-2019! 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 \$3,850/semester and single rooms (without a roommate) will

be billed at a rate of \$4,350/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 18th 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 2018-2019: The housing application for new residents is available online on the CSM website now at csm.edu/apply.

SPIRIT OF SERVICE DAY 2018



The 21st annual Spirit of Service Day for College of Saint Mary will be Thursday, April 19. This is a day when students, faculty, staff, and alumnae are given the opportunity to be out in the community living out our mission of commitment to compassionate service! As a college community, we will serve 35 non-profit organizations throughout the Omaha area. We will be helping in a variety of ways, such as: picking up litter, painting, gardening, working with schools, playing games with elders, sorting in the homeless shelters, and working with many of the Saint Vincent DePaul locations, just to name a few. This is a day to show respect to others and create opportunities for lifelong learning. As we leave for the day, many think of the value we are giving to the community, but upon returning, most find the value of the day has really enhanced their personal lives. This year, our goal is for 450 individuals from our campus to give back to the non-profit organizations who do so much for a wider community, which includes College of Saint Mary!

CSM Home Athletic Events

Thursday, April 5: CSM's Golf Invite at Miracle Hill Golf Course in Omaha

Saturday, April 7: Tennis vs. Mount Marty and Northwestern

Wednesday, April 11: Softball vs. Midland

Saturday, April 14: Tennis vs. Simpson

Saturday, April 14: Softball vs. Briar Cliff (new field dedication at 12:50pm before the 1pm game!)

Wednesday, April 25: Softball vs. Concordia

Saturday, April 28: Softball vs. Dakota Wesleyan (senior day)

All Home Games are FREE to CSM Students



CSM Dates to Remember:

- * Tuesday, April 3: Fall 2018 class registration begins
- * Tuesday, April 3: Coffee and Movies: Love Simon
- * Friday, April 13: **Last day to withdraw** from classes
- * Tuesday, April 10: Coffee and Movies: Detroit
- * Wednesday, April 11: Five Stages of a Refugee—sponsored by Student Leadership & Organizations
- * Thursday, April 12: Advocating for Social Justice—Feed the Hungry! Sponsored by Campus Ministry
- * Thursday, April 19: Spirit of Service Day (**No Day Classes**)
- * Thursday, April 26: Campus Activities Board's Family Feud
- * Thursday, April 26 & Friday, April 27: CSM's play *The Enchanted Bluff*



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.

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.

