### Seasonal Student Issues

It’s likely hitting your student now... she is heading to college very soon! With that revelation will likely come some excitement – and some anxiety – regarding topics such as...

- Will people like me?
- Will I find friends as good as the ones I have now?
- How can I reinvent myself?
- Will I be able to handle college academics?
- How will I find my way around campus?
- Who will I turn to if I’m struggling?
- Will I still be as connected to my family and friends?
- What if I don’t get along with my roommate?
- How will I get involved?
- Will I find a place to belong here?

### How to Handle the First Month

The first month of school often sets the tone for the year ahead. Knowing some short cuts and tricks can help your daughter succeed in getting acclimated to campus.

**For instance…**

If your student is **struggling with class material**, encourage her to talk with her professors during their posted office hours, make a meeting with her advisor, attend a study skills workshop and visit the achievement center for tutoring assistance.

If your student is **feeling lonely or homesick**, encourage her to talk with her resident advisor or a residence hall staff member, her academic advisor, or a caring staff member in Student Development.

If your daughter is **unsure how to get involved**, encourage her to check out organizational meetings, talk with returning students, seek the counsel of trusted professionals on campus, and attend the Involvement Fair on September 1. The Involvement Fair is an opportunity for all students to check out the student organizations CSM has to offer. It is a chance to meet students who are members of organizations such as Student Senate, Campus Activities Board, Student Nurses Association and many more. Encourage your daughter to stop by and not miss the chance to get involved and sign up with an organization or two of her interest.

If your student is **hoping to make new friends**, encourage her to reach out through simple efforts like inviting others to dinner, saying hello to people in class and on campus, and being her genuine self instead of who she thinks she “should” be.

These efforts and more can help your student dig right into campus life in positive, productive ways!
Effective communication is a major component of successful relationships. And this doesn’t just mean talking! Listening is a significant part of the equation, too. How is your student as a listener? Now is the time to find out.

Being an effective listener involves active listening skills. Active listeners spend almost equal amounts of time talking and listening. Sharing this fact with your daughter can help her build strong relationships with roommates and other peers.

Here are some other suggestions to share regarding being an effective listener...

**Give Your Full Attention.** There are many things going on in the world, so it’s easy to have your eyes wander or unintentionally listen in on another conversation happening right next to you. Do all you can to keep your eyes and your focus on the person who is speaking to you.

**Stay in the Moment.** A common mistake people make when listening is they start to develop their response while the speaker is still finishing his thoughts. You are bound to miss something being said if you are worried about what you are going to say next. So, stay in the moment.

**Limit Advice.** Not everyone is seeking your ears for advice. Sometimes people just need to process through things to figure it out on their own. Be careful not to give advice before you are asked for it!

**Be Patient.** The individual speaking to you has something important to share. Don’t interrupt or respond before she has finished. Interruptions are frustrating and may come across as if you don’t care or aren’t interested.

**Ask Follow-up Questions.** Confirm what you think you are hearing by asking follow-up questions. Not only is it a good idea to repeat back what you understand the speaker to be sharing, it also demonstrates how well you are really listening.

**Display Nonverbal Feedback.** Let the individual speaking know that you are really listening with a nod of the head, a laugh when appropriate and direct eye contact.

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**Values and Decision-Making**

When students head to college, their values may be tested. Decisions about a variety of things, from alcohol to intimacy to how to spend their time, will come up frequently. That’s why talking about values now – and throughout the year – can help students feel more comfortable with their decision-making.

Ask your daughter to consider her values on the following topics...

- Friendships
- How to treat others
- Ways to spend time
- Spirituality
- Attending religious services
- Health and wellness
- Intimacy and relationships
- Alcohol and other drugs
- Academic integrity
- Family connections
- Financial matters
- Studying

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**5 Ways to Strike Up a Campus Conversation**

1. Ask about the sports team or event listed on a person’s T-shirt
2. Compliment someone on an insightful comment they made in class
3. Inquire where another student is from
4. Ask for directions
5. Show an interest in someone else’s perspective
Greetings from the Vice President for Student Development!

Dear Parents and Families,

Welcome to CSM!

As a parent, you play a very important and critical role in helping your daughter handle issues she faces by providing suggestions and offering guidance. Our newsletter, sent each month, will offer resources for you to use during these important conversations, as well as current information about campus events and deadlines. Enjoy!

Sincerely,
Tara Knudson Carl, Ph.D.

Welcome from Residence Life!

The Residence Life team is filled with excitement and energy for the new academic year. We look forward to the shaping of community, friendships and growth for our residential students. To assist with these goals, Residence Life has welcomed ten confident, new and returning Resident Advisors (RAs). The RAs are currently participating in RA training to ensure the safety of residential students and build a healthy Residence Hall community that celebrates our Catholic mission, diversity, and respectful discourse. It is no wonder the theme of Residence Life training is Superheroes! We look forward to welcoming you and your daughter to campus soon, and celebrating with our new community at the Residence Life Welcome Party on August 28.

New Dining Hall!

We are very excited about the renovation to Mercy Hall, home to our dining hall! It is set to open mid-September, and all indications are that it will be a wonderful area to gather to enjoy meals and conversation! For the first few weeks, Chartwells will be serving students in the Hillmer Art Gallery in Walsh Hall. Once the new dining hall is open, there will be different ‘food stations’ for your daughter to choose from, in addition to the entire ‘new look.’ We love progress!

CSM Dates to Remember:

- Thursday, August 13: Volleyball and Soccer Athletes Move-In
- Saturday, August 15: Mothers Living & Learning (MLL) Move-In
- Sunday, August 16: CSMAdvantage Move-In
- Saturday, August 22: Move-In for All Other New Students
  ⇒ Blessing of all new students at 5pm
- Saturday, August 22-Tuesday, August 25: Welcome Days
- Monday, August 24: CSM Resource Fair focused on your daughter’s success including the Achievement Center, Security, Library, Presidential Ambassadors, and much more.

- Monday, August 24: Student Senate’s Casino Night to Welcome Students
- Tuesday, August 25: Meet Your Academic Advisor at 9:00am
- Tuesday, August 25: Hypnotist Chris Jones
- Wednesday, August 26: CLASSES BEGIN
- Wednesday, August 26: Semester Financial Arrangements (SFA) Due
- Friday, August 28: Residence Life Welcome Party

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