



a newsletter for parents & families

December 2018

Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your daughter may be experiencing this month...

- Panic, fear, and cramming as finals and paper deadlines approach
- High temper as stress mounts
- The realization that some friends may not be returning next semester
- Financial strain due to holiday gifts and travel costs
- Excitement/anxiety about returning home

Supporting Students through the Final Stretch

While December is a time for holiday cheer, it can also be a very stressful time for students. From academic to social pressures, they're likely being pulled in a number of directions.

You can support your daughter by:

- * Calling to check in so your student knows you care, but not requiring her to stay on the phone for long periods of time.
- * Waiting to discuss important details or have thoughtful conversations until after finals are over – when possible.
- * Understanding the pressure she is facing and validating her frustrations and stress levels.
- * Helping her keep things in perspective (i.e. this will all be over in just a few weeks, grades aren't everything, etc.).
- * Offering to take responsibility for the things you can (i.e. picking up gifts or running last minute errands, etc.).
- * Making suggestions for eliminating stress.
- * Reminding her to take care of herself.

Overall, your student may just need a listening ear during these next few weeks. If that's the case, let her vent, validate her feelings and remind her how much she is loved. More often than not, this is the most helpful thing you can do during this busy time of year.



De-stressing Suggestions for your daughter

- * Step away from the computer and take a 10-minute walk
- * Chat with a friend for a few minutes to get perspective
- * Get a breath of fresh air
- * Listen to a few favorite tunes to shake off the "study fog"
- * Laugh – watch a baby panda sneezing video on YouTube or a favorite TV comedy

Health Education Programming – What is it?

Larissa Buster

Assistant Director of Residence Life and Health Education Coordinator



Universities today, including College of Saint Mary, are actively engaged in promoting Health Education on their campuses. The payoff to keeping the mind, body and spirit healthy results in more successful students and, in the long term, a healthier adult population. At CSM, Health Education offers health programming and health communication materials in areas that typically affect college students, such as:

- Alcohol
- Drugs
- Stress management
- Nutrition
- Women's Health
- Sleep
- Cold/Flu

Part of our programming efforts this fall included a flu shot clinic from Walgreens, a week of mental health programming which included providing resources from our Counseling Assistance Program (CAP), a breast cancer awareness speaker who discussed the ins and outs of breast cancer while staying focused on keeping your mind, body and soul strong; and

a space for reflection where students could get a mood tracker. We also offered a self-defense class that was geared to train our students to defend themselves against attackers. To encourage being active we have also provided both indoor soccer and indoor curling as intramural sports.

Your daughter is learning to manage her own health and health care with little supervision from you. She is forming habits that will affect her well-being and learning over a lifetime. My purpose is not to counsel your daughter, but rather to inform and direct her to the proper resources if she needs further information or assistance. For issues involving substance abuse, body image, eating disorders, sexual assault, relationship violence, pregnancy and other topics that require a certified, licensed professional, our students are referred to CHI Health Counseling Assistance Program (CAP). Appointments are held across the street from campus at the CHI Health hospital. All clinical services are completely confidential.



CSM students learning self-defense at the November 13th event '*Fight Like a Girl*'



Sixty-six students to graduate from College of Saint Mary on December 15

College of Saint Mary will graduate 66 students during Winter Commencement on Saturday, Dec. 15th. This includes 2 students receiving associate's degrees, 30 with bachelor's degrees, 31 with master's degrees, and three receiving their doctorate.

Residence Life Dates to Calendar

- For Christmas break, Residence Halls will close on December 14 at 5 pm and reopen on Sunday, January 13 at 1 pm. The dining hall's last fall semester meal will be lunch on December 14.
- From December 22 to January 2 at 8am, the entire campus is closed with no access.



- Students may request to come back from break as early as January 3, 1 pm.
- The cost to be in the halls for any portion of January 3-13 is a flat rate of \$40 total. Spring semester meals will resume with dinner on January 13.

The Season of Sneezing

The last thing your daughter needs during this season is to get sick! So, here are some tips to share when it comes to preventing the onset of a cold...

- * **Wash Your Hands – Often!** It's the single most effective way to keep from catching a cold or spreading one to someone else.
- * **Cover Your Mouth and Nose When You Cough or Sneeze.** The barrier helps keep germs contained. Try sneezing into your arm/elbow to keep the germs away from your hands, especially if hand-washing isn't immediately available.
- * **Eat a Balanced Diet.** A healthy diet includes plenty of fruits and vegetables, balanced with the other major food groups. Sometimes a daily vitamin can offer a good supplement to a diet.
- * **Get Sleep!** Bodies need time to rest and recover – and to process all the information learned in a given day.

- * **Move Around.** Walk up the stairs instead of taking the elevator, go for a short jog, or crank out some sit-ups and push-ups as a study break.



- * **Don't Let Stress Wear You Down.** College is a stressful time, especially near final exams. Find ways to manage the stress productively.
- * **Avoid Sharing with People Who Have Colds.** This will greatly reduce the risk of catching a virus.

Unfortunately, no matter how hard your student works to maintain a healthy immune system, it's likely that she will contract a cold virus at one point or another. Therefore, in addition to being aware of healthy lifestyle strategies, she should be able to recognize primary cold and flu symptoms and know when to seek medical assistance.



CSM's Health Assistance Program (HAP) for Resident Students

College of Saint Mary partners with Nurture Health located in the Think Building next to CSM's campus at 7100 West Center Road. This academic year CSM is providing two **free** visits at Nurture Health for residential students. Nurture Health is open Monday-Friday 8am-5pm and can be reached at 402-999-4900 to make an appointment. Students are responsible for the low costs of additional tests or prescription medications.



CSM Home Athletic Events

- Wednesday, December 5: Basketball vs. Hastings College
- Saturday, December 8: Basketball vs. Briar Cliff
- Wednesday, December 19: Basketball vs. Nebraska Wesleyan

**CSM's dance team will perform during half-time of these games.*



**All Home Games are FREE
to CSM Students!**

Two CSM students receive NASA Fellowship to enhance life in space



Earlier this year Emma Turner, a sophomore at College of Saint Mary (CSM) and an Atlantic, IA, native, got a call with some exciting news—she had been selected as a 2018 NASA Nebraska Space Fellowship recipient.

Aly Anderson, from Treynor, IA, also received the good news over the summer.

The competitive NASA Fellowship is awarded to students who demonstrate academic achievement and interest in science, technology, engineering, and math (STEM) careers. In order to qualify for the fellowship, each student was also asked to propose a workforce development activity, research project, internship, or similar project. For the full article visit: csm.edu/news.

CSM Dates to Remember:

- * Tuesday, December 4: Campus Activity Board's Late Night Breakfast
- * Wednesday, December 5-Tuesday, December 11: Achievement Center will have free coffee and treats for students studying for finals
- * Friday, December 7: Lessons and Carols—CSM's annual Christmas concert
- * Saturday, December 8: Cookies with Santa in the dining hall
- * Monday, December 10-Thursday, December 13: Final Exams
- * Saturday, December 15: Winter Baccalaureate Mass and Commencement
- * Monday, December 17: **Christmas Vacation begins for Students**
- * Monday, December 24-Tuesday, January 1: **College Closed**



Greetings from the Vice President for Student Development!

Dear Parents and Families,

I hope you enjoyed a wonderful Thanksgiving and are well on your way to enjoying the Christmas season! As our semester draws to a close, I hope your daughter has found a home away from home here at CSM and is learning more about her gifts and potential. In addition, I hope this newsletter has offered some nuggets of information and advice that has proven helpful during the last few months. You are always welcome to request a certain topic for the next newsletter!

Here's hoping you have a wonderful and blessed Christmas holiday!

Sincerely,
Tara Knudson Carl, Ph.D.

