



a newsletter for parents & families

February 2019

Seasonal Student Issues

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

- Things become routine... school finally becomes home
- Difficulty getting into study mode
- Missing family and friends at home, and friends who did not return to school
- Cliques become stronger within residence hall communities, student organizations and in classes
- Cabin fever and burnout
- Valentine's Day sadness, if not dating or if a relationship is not going well
- Vocational choice/internship search causes anxiety
- Decisions about declaring a major
- Spring break planning underway

Helping Students Choose or Change Their Major

Many students are currently facing the selection of a major, after taking a variety of courses, or facing the fact that the initial choice isn't a good fit for their strengths and passions. This process can be stressful and a bit agonizing for some students who still don't feel 100 percent sure about what they want to do. Your support is a key element in this process!

How to Be Helpful

- Listen.
- Support the exploration of a variety of potential careers – and encourage your daughter to work with Michelle Perone, Director of Career and Financial Literacy Services in the Library.
- Encourage her to make academics a high priority.
- Support her also building skills and

strengths out of the classroom that complement her in-classroom learning.

- Identify talents and abilities you have observed in your student and share them with her.
- Encourage your student to find her passion and pursue a vocation rather than simply guaranteeing herself a job.

What Do I Need to Know as a Parent/Family Member?

- Be aware that the majority of college students change their major at least once.
- Recognize that many career choices today require further schooling.
- Encourage your daughter to visit her

academic advisor regularly.

- Ask intentional questions to help your student filter through what can be an overwhelming decision.

Don't...

- ⇒ Push earning potential as a sole decision-making factor.
- ⇒ Allow your daughter to feel badly about changing her mind and not sticking with a major.
- ⇒ Expect her to follow in your footsteps or take over the family career "legacy."



2018 Update of Alcohol Use Survey and Programs

The Year 1 College Alcohol Profile (Y1-CAP) is sent to entering first-year students at the College of Saint Mary each fall. This survey is designed as a prevention tool, as it provides personalized feedback to students based on the input of their own drinking and self-reports of harms. The students drinking patterns are compared to peer reference norms. At CSM, these norms are based on the previous administrations of the Y1 CAP. Additional educational information is provided to the students on alcohol effects, BAC, and local policies and laws. In August, 119 first-year CSM students were asked to complete the Y1-CAP survey. 100 students completed the survey and here is what we discovered:

- * Overall, 70% of students report being abstainers, a considerable increase from 2017 with 43.5% and similar to 2015 with 68.9%.
- * Consistent with past years, very few students reported binge drinking. In 2018, only six students reported binge drinking (6.0%).
- * Students perceived that their fellow peers drank over three-times as many drinks on average per occasion (3.82) as they actually drink (1.13).
- * In terms of drinking-related harms, no students in 2018 reported drinking and driving within the past 30 days.

Overall, entering students reported higher levels of abstinence than previous years with Nebraska residents reporting slightly higher rates of abstinence than non-residents. Incoming students report experiencing few problems as a result of their drinking.

Though we are pleased with these results, we will continue to provide the CSM student population with educational information. In 2019, we hope to create a stronger collaboration between Health Education, Safety and Security, and our Sexual Violence Prevention Coordinator to produce programs/interventions for behaviors relating to alcohol, drug, and bystander interventions.

Heart of the Walking Woman Celebration



We are excited to be celebrating our annual Heart of the Walking Woman Celebration on February 15, an event that honors students of service, character and leadership.

Students are recognized as either 'Walking Woman in the Making' of their individual classes or as the "Heart of the Walking Woman" if they are a senior.

Student Senate carries on this tradition (formerly known as the Queen of Hearts) with great pride by celebrating the students who are outstanding examples of the Walking Women who attend CSM.

Faculty, staff and students and guests will gather on **Friday, February 15 at 4pm in the Chapel** to recognize students for all of their hard work. The evening is capped off with dancing; but more importantly, it is a special moment for those recognized as Walking Women. We hope that you will encourage your daughters to attend and join us in this great tradition!

The 2019 finalists are:

First Year

Maya Ibarra

Emily Jacobson

Gabriella Linbrunner

Second Year

Pumulo Kasaji

Nicole McPhillips

Elaundra Nichols

Third Year

Kimberly Goedde

Miriam Olague Cepeda

Sydney Piccolo

Fourth Year

Dania Cervantes Ayala

Marlene Djidjoho

Katie Golka

Counseling Assistance Program (CAP)

As a reminder, your daughter can use CSM's Counseling Assistance Program (CAP) to contend with burnout, stress or any other personal issue. We partner with CHI Health at Bergan Mercy Hospital across the street from CSM for this free service. To reach a licensed, Master's level professional, your student can call 402-398-5566.

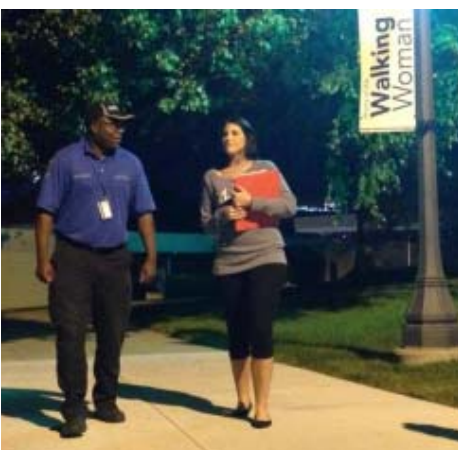


FERPA: What Parents should know about Health/Safety Emergencies

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of students' education records, even from parents, and addresses the decisions that school officials need to make on a daily basis. It applies to virtually all postsecondary institutions, public or private.

However, parents may be notified when there is a health or safety emergency involving their son or daughter, in spite of any FERPA provision that might otherwise prevent such a disclosure. Changes made to this section of FERPA were intended to "balance the important interests of safety and privacy by providing school officials with the flexibility to act quickly and decisively when emergencies arise."

According to FERPA, "...the Department will not substitute its judgment for that of the institution if, based on the information available at the time of the determination, there is a rational basis for the institution's determination that a health or safety emergency exists and that the disclosure was made to appropriate parties."



Disclosure to "Appropriate Parties"

In taking all circumstances into account, institutions may disclose personally identifiable information from education records, without student consent, to "appropriate parties" whose knowledge of the information is necessary to protect the health or safety of a student or other individuals, if there's "an articulable and significant threat."

- The person(s) receiving the information isn't required to be the one providing the protection.
- Potential "appropriate parties" may include:
 - ◇ Law enforcement
 - ◇ Campus Threat assessment team members
 - ◇ People who may have information that can assist in providing or evaluating the need for protection and/or how to address the threat (such as peers, roommates, mental health professionals and prior schools attended)
 - ◇ Potential victims
 - ◇ Parents of the student or of potential victims

Not a Blanket Exception

This "health or safety emergency" exception shouldn't be considered a blanket exception for routine, non-emergency disclosures of student information, though. Rather, it should only be used to disclose information necessary to protect the health or safety of a student or another

FERPA

Family
Educational
Rights &
Privacy
Act of 1974



Goal: Protect Integrity of a Student's Academic Record & Protect Student's Privacy

individual in connection with an emergency.

What Constitutes an "Emergency"?

According to FERPA regulations:

- The institution must be able to release education records information in sufficient time for the institution to act so it can keep people from harm or injury
- An incident must be related to the threat of an actual, impending or imminent emergency, such as a natural disaster, a campus shooting or the outbreak of an epidemic like *e. coli*
- An emergency could also be a situation where a student gives sufficient, cumulative warning signs that lead an institution to believe she will harm herself or others at any moment
- It doesn't refer to the threat of a possible or eventual emergency, such as something that might be addressed during an emergency preparedness drill

CSM Home Athletic Events

Wednesday, February 6: Basketball vs. Doane
(Competitive Dance Team performs at half-time)

Saturday, February 9: Basketball vs. University of Jamestown (Senior Day)

All Home Games are FREE to CSM Students

GO FLAMES!



CSM Dates to Remember:

- * Saturday, February 2: CSM Night at the Lancers
- * Tuesday, February 5: Lunar New Year Celebration over Lunch in the dining hall
- * Thursday, February 7: Friendship Week: Movie at Aksarben Cinema
- * Friday, February 15: Heart of the Walking Woman Celebration
- * Wednesday, February 20: 'I Have a Voice' Traveling Black History Exhibition Art and Poetry
- * Wednesday, February 27: Test Taking for Mid-Terms—Workshop by Achievement Center

CSM Black History Month Film Festival:

- * Monday, February 25: Series of Short Films
- * Tuesday, February 26: 'An Inaugural Ride to Freedom'
- * Wednesday, February 27: 'It Takes a Village' Pilot Sitcom
- * Thursday, February 28: 'Wigger'



Lost Keys



CSM cares about Student Safety!

Students should report a lost room key/prox card to residence hall staff immediately. Someone can use it to gain entrance to a hall or room to cause harm or take belongings. Plus, because most students share space with roommates, not reporting a lost key/prox card can put them in jeopardy as well.

Greetings from the Vice President for Student Development!

Dear Parents and Families,

I can't believe we are already beginning the second month of the semester! Last week we celebrated the installation of a new Student Senate and soon we will have our Heart of the Walking Woman Celebration. As always, feel free to let me know what topics you would like to hear more about.

Happy spring semester, and Happy Valentine's day!

Sincerely,

Tara Knudson Carl, Ph.D.

