



a newsletter for parents & families

February 2021

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

Some 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 Angela Fernandez, Assistant Dean for Retention Programs in the Achievement Center.
- 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."



The Importance of Parental Support

Parental support is one of the keys to student success at college. “Family emotional support is beneficial for academic outcomes as it promotes psychological well-being and facilitates greater student engagement,” said researchers examining both emotional and financial family support among a sample of 728 first-year, low-income students at eight four-year institutions.

Their findings, published in *Research in Higher Education* (June 2019), show that family emotional support has a greater impact on student outcomes than family financial support. “Low-income families have a particular resource that they have plenty of and that they invest in their children, and that’s emotional support,” Josipa Roksa, a professor of sociology

and education at the University of Virginia and the lead author on the study, told *Inside Higher Ed*. “We shouldn’t underestimate that value and the importance of that resource.”

Other findings about students who reported receiving more emotional support from their families include...

- They were 19% more likely to have a GPA of 3.0 or higher
- They were 19% more likely to accumulate at least 24 credits during their first year
- They were 24% more likely to finish a second year of college

Findings like this point to family support playing a big role in student retention and persistence.

“Family support is related to how much kids study, how they

engage with faculty, whether or not they belong,” Roksa said. “Those things that we hold dear in higher education as indications of academic and social engagement and that we usually try to address institutionally are actually related to parental support.”

Sources: *Inside Higher Ed*, 7/11/18; *Research in Higher Education*, June 2019; *The Chronicle of Higher Education*,



Heart of the Walking Woman Celebration



We are excited to be celebrating our annual Heart of the Walking Woman Celebration on February 27, an event that honors students for 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 she is a senior.

Student Senate carries on this tradition with great pride by celebrating the students who are outstanding examples of the Walking Women who attend CSM.

Faculty, staff, students and guests can join via the live stream on **Saturday, February 27 at 1pm at csm.edu/hww** to recognize students for all of their hard work. As we

celebrate the 75th year of this important tradition, we take time to celebrate this special moment.

We hope that you will encourage your daughters to attend and join us in this great tradition!

The 2021 finalists are:

First Year

Skylar Busch
Madeline Krause
Elisabeth Weatherly

Second Year

Chyna Delker
Callie Gorecki
Grace Rooks

Third Year

Madison DeWitt
Ky Jackson
Gabby Linbrunner

Fourth Year

Kelsey Crum
Nicole McPhillips
Samantha Ochoa

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. 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."

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."

- 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)
 - ◇ Potential victims
 - ◇ Parents of the student

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. It should only be used to disclose information necessary to protect the health or safety of a student in 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*

FERPA

Family
Educational
Rights &
Privacy
Act of 1974



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

- 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

New COVID-19 Testing on Campus!

To help slow the spread of COVID-19 on our campus, we are now offering free and random testing in partnership with Nebraska Public Health Labs for students who do not have virus symptoms.

This testing is extremely important. The Douglas County Health Department cites studies which show that up to 45 percent of people who carry and potentially spread the virus are asymptomatic.

Our testing site is Walsh 42 (ground floor) and students will be randomly selected and emailed each week to their CSM email account to sign up for a time to collect a sample. We anticipate to start this on February 8.

We are so grateful for the continued cooperation and support from our students, faculty and staff. Together, we can make a huge difference for the better during these challenging and unprecedented times.



CSM Home Athletic Events

CSM has many home athletic events that are FREE to CSM students. Basketball has events this month on campus. The Competitive Dance team performs during half-time of the last home game on February 20. To see the current schedule, visit [CSMFLAMES.com](https://portal.stretchinternet.com/naia/). Most games can be watched online at <https://portal.stretchinternet.com/naia/>.



CSM Dates to Remember:

- * Thursday, February 4: Time Management Workshop
- * Wednesday, February 10: Campus Activity Board's After Hours Appetizers
- * Wednesday, February 17: Ash Wednesday
- * Wednesday, February 24: Reducing Test Anxiety Workshop
- * Saturday, February 27: Heart of the Walking Woman Celebration

Office on Violence Against Women-Project SPEAK

- * Wednesday, February 3: Understanding and Preventing Teen Dating Violence
- * Friday, February 5: 10-Week Healthy Relationship Series begins
- * Wednesday, February 23: Dating in a Virtual World- Sexting, DM's and More
- * Thursday, February 25: Debunking Myths - Conversation about social 'norms' harmful to women



Bowl Life at Christina's Place

Chartwells is excited to announce that Bowl Life is now open at Christina's Place in the Hixson Lied Commons. It is open for breakfast, lunch, and dinner with many delicious and healthy bowl options. Check it out!



Bowl Life Hours

Monday – Thursday 7:30a – 9:00a, 11:00a – 1:00p, 5:00p – 7:00p

Friday 7:30a – 9:00a, 11:00a – 1:00p

Saturday – Sunday Closed

We are also running a fun competition right now with lots up for grabs. Students can complete challenges and win prizes like a coffee drink from Christina's Place, snacks, or a bowl from Bowl Life, with a grand prize of up to \$50 at the CSM Campus Store. Check it out at www.dineoncampus.com/csmo/the-amazing-race

Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

I can't believe we are already beginning the second month of the semester! We will be celebrating the installation of a new Student Senate on February 2, 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.

