



a newsletter for parents & families

## February 2018

### 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

### **Making Community Contributions**

At this point in the year, some students are knee-deep in community involvement, while others are still trying to figure out their place. A key question to ask your daughter regarding this is "What could you contribute to the campus community?"

You can help students assess their contributions with a few other key questions, too...

- \* What are some things you could teach other people? (These can be anything, from sign language to grammar tricks to the rules of basketball!)
- \* What about your personality makes you a positive community member?
- \* What does "community involvement" mean to you?
- \* What types of community contributions have you provided thus far?
- \* How else do you see yourself getting involved in this community?
- \* What interests/talents/hobbies do you have? How could each be used to contribute to this community? (e.g. You are great at graphic design and could offer to develop flyers with the student leadership office.)



Encourage your student to talk with her advisor, coach, work-study supervisor or residence hall director about positive ways to get involved in the campus community. It doesn't have to be a huge commitment, especially not at first! Yet, engaging in the community is a proven way for students to feel a greater sense of belonging in their new 'home' and more like they want to stick around!

Campus Activities Board partners with the Alumnae and Donor Relations department for Cookies with Santa

## Tick, Tock: 12 Ways to Beat the Clock

February is Time Management Month. Here are 12 time management tips you can share with your student:

1. **Write Things Down.** You have far too much going on to remember every little thing you need to do. Utilize a student planner or online calendar to keep track of assignments and other goings on.

2. **Set Realistic “To Do” Lists.** Maintain realistic goals and you won’t be disappointed when you don’t finish everything you planned to do.

3. **Control Your Surroundings.** You can’t control the noise outside your room, but you can control where you set yourself up to study. Don’t waste time getting frustrated. Instead, do whatever you *can* do to stay on task.

4. **Get the Tough Stuff Done First.** You’ll get more done in the long run if you do things that require more mental energy first. Plus, you’ll spend your day less stressed.

5. **Do One Thing at a Time.** Multitasking isn’t all it’s cracked up to

be – in fact, it can actually make things take longer.

6. **Break Big Tasks Up into Smaller Tasks.** Don’t let yourself get overwhelmed with big projects. Break them up into smaller tasks and tackle a piece each day. You’ll feel productive and confident as a result.

7. **Don’t Wait Until the Last Minute.** You never know what might crop up. Nothing is more stressful than cramming.

8. **Motivate Yourself with Rewards.** Halfway through your homework? Grab a quick cup of coffee or go for a 20-minute walk. Utilizing things you like as rewards will keep you motivated during the long hours – and will help you speed up your work.

9. **Remember That All Your Time is Equally Important.** Go, go, go. That’s what college is all about, right? It doesn’t have to be. Hanging out and relaxing are just as important as completing an assignment. Balance is where it’s at.

10. **Use Your Time Wisely.**



Procrastinating isn’t a good idea. Get the tasks you need to done – without wasting time – and then you’ll have more time to do the things you enjoy!

11. **Give Yourself Some Leeway.** Someone will always need your help when you have something else to do. Maintain flexibility in your schedule to accommodate these interruptions.

12. **Don’t Forget about Sleep.** We can’t say it enough: sleep is incredibly important. If you don’t get enough, everything will suffer.

## Residence Hall Fall 2017 Satisfaction Survey



Residence Life concluded its annual residential satisfaction assessment at the close of the fall semester and were pleased with the feedback that students took the time to provide. Students reported positive perceptions of feelings of inclusivity in the halls, social responsibility, staff fairness, and that the staff are concerned about

them as individuals as the most significant reports. Qualitative feedback will be used to continue to shape the residential experience, and we are so thankful to the students who contributed their thoughts and ideas!

## College of Saint Mary welcomes new artist-in-residence Molly Seremet

College of Saint Mary welcomes Molly Seremet as artist-in-residence for the spring semester of 2018. Seremet, an emerging American theatremaker from New York City, is set to direct CSM’s spring production of an adaptation of the Willa Cather short story “The Enchanted Bluff.”

Dr. Christopher Krampe, CSM director of fine arts: “Molly will also be guiding students in the actual development of the play, including character lines and artistic themes throughout the production.” Students will be able to attend the play on either Thursday or Friday, April 26 and 27.

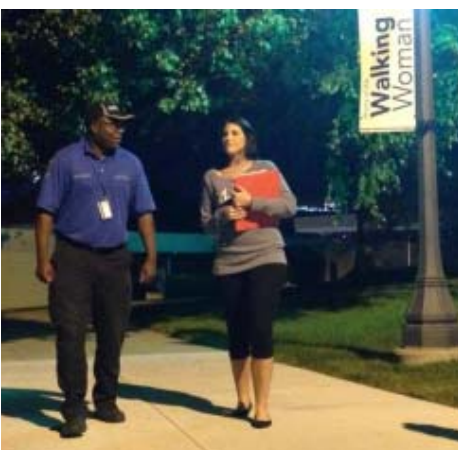


# FERPA: What Parents should know about Health/Safety Emergencies

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 7: Basketball vs. Midland

Friday, February 9: Basketball vs. Nebraska Christian

Wednesday, February 14: Basketball vs. Briar Cliff

Saturday, February 17: Basketball vs. Morningside

**CSM's Competitive Dance Team  
Performs at Half-Time of the  
Basketball Games**

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

**GO FLAMES!**



### CSM Dates to Remember:

- \* Saturday, February 3: CSM Night at the Lancers
- \* Tuesday, February 6: *Dead Man Walking* Author Sr. Helen Prejean on Campus for Lecture
- \* Thursday, February 8: Campus Activities Board Game Night
- \* Thursday, February 8: Black History Month Tea—Sponsored by Alumnae & Donor Relations
- \* Monday, February 12: Test Taking Tips—Workshop by the Achievement Center
- \* Wednesday, February 14: **Ash Wednesday Mass**
- \* Thursday, February 15: Reducing Test Anxiety—Workshop by the Achievement Center
- \* Thursday, February 15: Chinese New Year Celebration
- \* Tuesday, February 20: Resilience Series Part 1—Workshop by the Achievement Center
- \* Thursday, February 22: Fit For Life Fair—Sponsored by the Health Education Office
- \* Friday, February 23: The Heart of the Walking Woman Celebration (formerly known as Queen of Hearts)
- \* Tuesday, February 27: Resilience Series Part 2—Workshop by the Achievement Center
- \* Tuesday, February 27: *Black Panther* Movie at Aksarben Cinema



### **Lost Keys**



### **Students Who Lose Room Keys/ProxCards**

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! Time flies when you have so much going on with an engaged, active student body. This week we celebrated the installation of a new Student Senate, and next week we'll enjoy a Martin Luther King, Jr. speaker and find out who were the winners at the CAB board game night! It seems there is always something happening here at CSM!

Happy spring semester, and Happy Valentines day!

Sincerely,

Tara Knudson Carl, Ph.D.

