



a newsletter for parents & families

January 2019

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...

- Feelings of happiness/restlessness from break
- A resolve to do better academically
- Renewed interest in classes
- New leadership skills starting to emerge
- Unwanted weight gain
- Cold weather blues
- Not as many social activities scheduled
- Possible roommate changes
- Anxiety and uncertainty for those who just transferred in
- Enthusiasm to get the new term underway!

Money-Saving Thoughts for College Students

A big part of the learning that happens during the college years is learning to be smart about money. To help your daughter down this financial road, here are some suggestions to share...

Update That Resume. Have an updated resume ready to apply for any scholarship at any time. Too many students lose out on free money by being unprepared!

Maximize Meal Money. Maximize your campus dining plan rather than opting for costly takeout.

Do Free Stuff! Check out free programs on campus sponsored by the student leadership and organizations office, academic departments and many others. There's a wealth of great affordable stuff right here!

Say No to Credit Come-ons. Don't sign up for "free" credit card offers — many credit companies prey on college students, leading to deep debt that can take a *long* time to undo.

Print Twice. Use both sides of paper when printing, whenever possible, to conserve money — and resources!

Save Some Ink. Print on the fast draft or black and white setting so you're not using up ink so quickly.



Be Closet Conscious. Take good care of clothes so they don't have to be replaced as often. Don't scald them in the dryer. Hang up delicate items to air dry. And try to steer clear of dry clean-only items when possible — caring for them can get extremely expensive!

Scholarship Search. Keep an eye out for scholarship postings through the financial aid office and MyCSM. There's a lot of money to be found!

Cut Restaurant Bills. Don't order drinks and dessert when you go out to eat. It'll likely cut costs almost in half.

Being smart about money choices is an important habit for students to get into now. Help them look for options and determine wants vs. needs as they head down the road to a positive financial future.

An Academic Approach for the New Year

Now that grades are complete and your daughter is preparing for a new semester ahead, there may be some academic concerns to face.

Shaken Confidence. Not doing particularly well academically can shake students' confidence. Hard work and *smart* work will help her get back on track. The achievement center and other staff and faculty members on campus can help with a confidence crisis, too. She doesn't have to do it all on her own.

Failing a Class. Does your student need to retake a course? If so, encourage her to be attentive from day one and to engage the professor should she need assistance. The faculty member will appreciate her efforts!

Reconsidering a Major/Minor. As your student rethinks her major or minor, some questions may arise. Talk through the pros and cons with her, while also suggesting that she discuss it with her academic advisor or Michelle Perone, CSM's Director of Career & Financial

Literacy Programs before making a final decision.

Needing More Study Time. Lower grades often mean that students need to study more – and to learn how to maximize their study time. Folks in the achievement center can provide tips. Help your daughter reconsider *where* she studies, too. If she sits on her bed, the temptation to nap can be great. If she studies in a noisy lounge, the distractions can be great. Brainstorm other options as your student takes a good look at her study mode of operation.

Focusing Too Much on Grades. If your student is only focusing on grades, rather than what she is learning, she's not getting the most out of her academics. So, ask her about classes from a "What are you learning?" perspective now and then. Sometimes having to verbalize it can help students look at what they're really getting out of a particular class.



Not Approaching Professors. Most faculty members have daily office hours and stick around after class because they want to be available to students. Encourage your daughter to seek clarification in person if she has questions. Face-to-face encounters are often much more valuable than emailing professors.

Academics don't have to be a taboo subject between students and family members. Reserve judgment when possible so that you can be open to helping your student examine her current approach, from both the perspective of what's working and what's not. With your assistance, she can dig into a more positive academic year!

6 Tips to Get Ahead for Spring Semester Adapted from Dana Guth's article on college.usatoday.com

After a full month of stress-free lounging and Netflix binges, heading back to reality — i.e. school — can feel like jumping into a pool of ice water.

But while no one wants to think about homework in their last few days at home, setting aside a few minutes each day to prepare can prevent that shock to your system — and save time down the line.

Here are a few easy ways to get ahead before the semester even begins:

1. Start the sleep cycle

It's been proven that waking up at the same time for seven days is enough to get you in a habit. Don't sleep away the most productive part of the day by falling into a loop of late nights and later mornings. Start easing into the academic routine by gradually waking up closer and closer to the time your earliest

class starts. By the first day of school, you'll be ready to ditch the alarm clock.

2. Check internship deadlines (no, it's not too early)

Like it or not, now is the time to start planning for summer employment. It may be true that most internships aren't listed until March or April, but depending on the industry, your favorite company might review resumes as early as February. It's never a bad idea to e-mail potential employers and ask when they start accepting applications. What might seem like a hassle now will be a huge relief in midterm season.

3. Jumpstart your assignments

Most professors have their syllabi posted online, so if next semester's schedule is already locked in, why not get a head start? This could mean skimming the readings or

making sure each class is your best option to fill any given requirement. Plus, thinking of questions about the course material ahead of time will go a long way in making the grade.

4. Fill out FAFSA

CSM's priority deadline (March 15) might still seem far away, but forms for the Free Application for Federal Student Aid (FAFSA) opened up with the New Year. Filling it out early will increase chances of receiving the best financial aid: you'll have more time to review information and check answers, and some aid is awarded in order of request. (Hint: check out step-by-step guides like [Edvisors](#) or [NerdWallet](#) to make the process a little bit easier).

5. Set goals and nix mistakes

Take a few moments to pinpoint the best (and worst) habits you developed during

the previous semester. Great with managing time but not money? Aced every class, but crave a new hobby? Make a plan — even baby steps — and write it down for a New Years resolution that sticks. It'll help you...

6. Get excited

Staying eager and positive is half the battle against a monstrous amount of work. Luckily, winter break affords everyone ample time to shed the ennui of finals and recharge. And this doesn't just apply to academics —whether you're downloading a new exercise app or thinking up creative student programs, any spark of "ready for action" energy can give you a tiny new lease on life. Even something as simple as school supply shopping can go a long way in revving up for a great spring semester.

CSM Home Athletic Events

- **Saturday, January 5: Basketball vs. Dakota Wesleyan**
- **Saturday, January 12: Basketball vs. Northwestern**
- **Wednesday, January 16: Basketball vs. Morningside ***
- **Wednesday, January 23: Basketball vs. Midland**
- **Saturday, January 26: Basketball vs. Mount Marty ***

**CSM's dance team will perform during half-time of this game.*



All Home Games are FREE to CSM Students!



The Latinas Empowering Others (LEO) student organization sponsors an Angel Tree toy drive through the Salvation Army every year. This year they received over 160 toys. We are sure this will make a difference in children's lives this Christmas season. We are grateful to have such a giving CSM community!



CSM Dates to Remember:

- * Wednesday, January 2: **College offices open**
- * Sunday, January 13:
 - * Resident students move back in starting at 1pm
 - * Dining hall opens for dinner
- * Wednesday, January 16: **First Day of Classes and Semester Financial Arrangements (SFA) Due**
- * Tuesday, January 22: Martin Luther King, Jr. Speaker
Dr. Nikitah Okembe-RA Imani
- * Wednesday, January 23: **Last day to Drop/Add Classes**
- * Wednesday, January 23: Involvement Fair to showcase CSM student organizations
- * Monday, January 28: Commuter Lunch in dining hall
- * Thursday, January 31: Health Education's 'Bar Crawl' (alcohol education program)



Greetings from the Vice President for Student Development!

Dear Parents and Families,

I hope you enjoyed a wonderful Christmas and an extended holiday break! Here at CSM, we are refreshed from the time off and excited to welcome students back for Spring semester.

As we start the new year, please know that I am open to feedback for information you may want, and that you are always welcome to request a certain topic for the next newsletter!

Here's to a great 2019!

Sincerely,
Tara Knudson Carl, Ph.D.

