



a newsletter for parents & families

## March 2019

### Seasonal Student Issues

Here are a few things your student may be experiencing this March, as we hit the halfway mark of the term...

- Hidden conflicts between roommates and friends begin to arise
- Low energy levels and restlessness kick in
- The mid-semester slump and sickness often take hold
- Students get anxious about midterms
- Students get grumpy about the continuing cold and snow
- Making plans for next year – housing, classes and financial aid – becomes important
- There's excitement or depression about Spring Break plans/lack of plans
- Changing or deciding on a major needs to happen, particularly for sophomores

### Dealing with Midterm Anxiety

As midterm exams creep ever closer, you may notice that your student's anxiety levels are rising. There is understandable pressure to do well, as midterms often constitute a significant portion of students' grades. And some students may be feeling behind and under-prepared as they ready for their exams.

You can help alleviate some of this anxiety by...

#### **Encouraging Academic**

**Help-Seeking.** Your daughter could benefit from academic assistance, which is available from a variety of sources, including in the Achievement Center and her instructors. Faculty post office hours and expect students to stop by to ask about difficulties if they need to do so. Encourage her to seek these out to get an academic assist.

#### **Encouraging Personal Help-Seeking.**

Students sometimes tie themselves into knots over midterms. They can certainly benefit from talking through their anxieties with a counselor or advisor so they're in a better mental and emotional state to face their exams. Remind your daughter that these good folks are ready and willing to help! We have free counseling resources across the street at CHI Health.

#### **Not Contributing to the Pressure.**

Chances are that your student is already putting enough pressure on herself to do well during midterms. So, if you're able to keep big family issues and "you'd better do well" pressures off her plate for the time being, that can be very helpful.

**Listening with Care.** Your daughter may need to talk through her anxieties in order to put them in their place. Having you as a sounding board, to listen without judgment and reflect things back, can be invaluable!

#### **Letting It Be Known That You**

**Believe in Your Student.** And then there's what students often need most of all: the knowledge that those they care about believe in them and their abilities. Encourage, support and verbalize this belief so your daughter knows that you are in her corner, rooting her on.



## The 2019 Flu: Taking It Seriously

This year's flu is a bad one and we all want students to stay safe and healthy.

According to the Centers for Disease Control, the flu usually comes on quite suddenly, and people often feel some or all of these symptoms...

- \* Fever or feeling feverish/chills (not everyone with flu will have a fever, however)
- \* Cough
- \* Sore throat
- \* Runny or stuffy nose

- \* Muscle or body aches
- \* Headaches
- \* Fatigue
- \* Some may have vomiting and diarrhea (more common in children than adults)

It's important to get treatment right away so the flu doesn't develop into complications like pneumonia, bronchitis, sinus and ear infections, and more.

**Source:** CDC.gov



Residential students can have two free doctor visits this academic year at Nurture Health in the Think building next to CSM. Flu shots are also available. To make an appointment, the phone number is 402/999-4900.

## Celebrating Student Leaders at CSM



For more than 70 years, College of Saint Mary (CSM) has recognized students who exemplify the values of character, leadership and service through its annual "Heart of the Walking Woman" celebration, formerly known as Queen of Hearts.

This ceremony was held on Friday, February 15th.

Hillary Siegel, a Student Senate representative and a member of the 2019 Heart of the Walking Woman Celebration Committee, delivered the opening remarks. "This long-standing tradition honors our students who exemplify qualities of leadership, character, and service to CSM and the community. The women we celebrate are women who lead by example and represent our Walking Woman in an environment that is conducive to our growth as students and leaders."

Heart of the Walking Woman finalists are selected from each class. The fourth-year finalist receives the honor of Heart of the Walking Woman recipient, and the first-year, second-year, and third-year finalists are elected as Walking Women in the Making. In a campus-wide election, students, faculty, and staff vote which finalists receive these honors.

*Student Senate extends their congratulations to these amazing students!*



***Finalists (left to right):***

***2nd Year: Elaundra Nichols***

***3rd Year: Miriam Olague Cepeda***

***The Heart of the Walking Woman  
(4th Year): Marlene Djidjoho***

***1st Year: Emily Jacobson***

# SUPPORTING BUSY STUDENTS

March can be a busy month when students may not be in touch with you as often as you're used to. The reasons are plentiful...

- Midterm exams and papers are fast approaching
- They've made more friends on campus and are spending time with them
- Student organizations they've joined are busy planning end-of-the-term activities
- They are knee-deep in job searching for the summer or after graduation
- Community service involvements have deepened, as folks learn how reliable and competent they are

Try not to take it personally, as being busy and engaged is what helps many students stay – and succeed – in school. Reach out to let your daughter know that you're there and interested in hearing about her busy life. She'll likely have tales to tell!

## But, Are They TOO Busy?

Many students are guilty of holding "I had less sleep than you did" or "I'm SO busy!" contests. This tends to be a particular phenomenon among student leaders. They swap tales of all-nighters, crammed schedules and three-page To Do lists, almost as a badge of honor, to prove that they are in demand and working hard. Yet, this approach really isn't good for them. After all, it's *NOT* a contest!

If your student seems caught up in this type of frenzy, there are a few discussion points you can tap into to help her assess what is really going on. For instance...

**Reasons.** What drives her to do all that she is doing? Interest? Competition? An inability to say "no"? By getting deep into the "why" behind her actions, you can help her break it down into a healthier approach.

**Enjoyment.** What does she enjoy about certain involvements? And does the negative-speak you hear about others (i.e. when she complains about the inefficiency of her



student group) indicate that maybe that's not a healthy use of her time and energy?

**Feeling Valued.** How does she feel valued by others, whether it's you, her siblings, her professors, her advisor or her fellow students? Is she looking for approval or trying to meet perceived expectations?

**Reactions.** What are her reactions when someone else talks about being so busy? Admiration? Thinking that they're showing off? Empathy? Feeling bad for them and offering to help? Help her examine *WHY* she might have those reactions.

**Working Smart.** Is she "working smart" to manage time and tasks? Maybe she needs assistance with time management to juggle the multiple things on her plate.

**Life.** Does she feel that anything in her life is suffering due to her hectic schedule? Sleep? Grades? Making new friends? Time to exercise? Help her look at her overall life to see what's good and what might be missing.

By addressing this with your busy daughter before she crashes and burns out, you can help her determine how she wants to spend her time and the healthiest ways to accomplish that. Experiencing all that college has to offer is wise; acting like you're in a "busy contest" is not. You can help her see the difference.

## CSM is Growing New Programs!



College of Saint Mary is adding an **Occupational Therapy Doctorate** program to begin August 2019. Through the college's unique undergraduate pathway, new students can start right out of high school and complete both their undergraduate and doctoral work in a total of six years. Admissions is now accepting applications!

CSM is also preparing for the launch of a hybrid **Doctor of Physical Therapy** program that is just the third of its kind nationally. The first class is anticipated to begin June 2020.



## CSM Home Athletic Events

Wednesday, March 20: Softball vs. Morningside

Thursday, March 21: Softball vs. Dakota State

**GO FLAMES!**

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



### CSM Dates to Remember:

- \* Monday, March 4: 'The N-Word' with speaker Cynthia Robinson sponsored by the Student Leadership and Organizations Office
- \* Monday, March 4-Friday, March 8:  
**Mid-term Exams**
- \* Thursday, March 7: International Women's Day Celebration in the dining hall at lunch
- \* Monday, March 11-Friday, March 15:  
**Spring Break—No Classes**
- \* Tuesday, March 19: Fit 4 Life Fair sponsored by the Health Education Office
- \* Tuesday, March 19: Aksarben Movie: Captain Marvel! Sponsored by Campus Activities Board

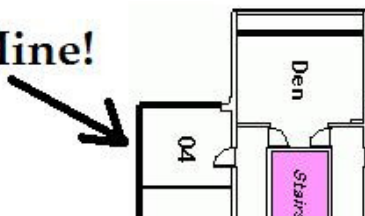
- \* Monday, March 25: 'Stop Procrastination Now' workshop by Achievement Center
- \* Wednesday, March 28: Exploring Peace, Justice, and Spirituality: Presentation "Women in Leadership" by Leah Schulte—sponsored by Campus Ministry

### Wednesday evenings in March:

'Donuts and Discipleship': Student-led Bible study in Lozier Hall chapel



**Mine!**



**Room Selection** for 2019-2020 is just around the corner! Students planning to live on campus next year will be invited to complete the online housing application near the end of March. Then, students **who have registered for fall classes** will select their room in person on April 17<sup>th</sup> at 9 p.m. Students should look for more information to be distributed via their CSM e-mail accounts in the next few weeks.

## Greetings from the Vice President for Student Development!

Dear Parents and Families,

I try to share information in this newsletter that might be helpful and fun for you, to increase your awareness of issues and resources, as well as share topics you may want to communicate about with your daughter. Later this month, I will be sending you a short five question online survey to evaluate the helpfulness of this newsletter. Please know that I would love to hear your ideas! Have a great month—here's hoping spring arrives to stay very soon!

Sincerely,

Tara Knudson Carl, Ph.D.

