



a newsletter for parents & families

March 2020

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
- Seniors are thinking about graduation
- 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 can cause stress and indecision

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! Andrea Joyce, CSM's Director of

Counseling, can be found in Walsh Hall.

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 2020 Flu... and the Coronavirus?!

According to the Centers for Disease Control, the flu usually comes on 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 and Sore throat
- * Runny or stuffy nose
- * Muscle or body aches
- * Headaches
- * Fatigue

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.

In addition, we are hearing a great deal about the potential of a Coronavirus outbreak every day on the news. Know that we have infectious disease protocols at CSM and are keeping a watchful eye on this news item, and making tentative plans to manage an outbreak on our campus.

Source: CDC.gov



Need Information on Finding a Doctor or Health Clinic in Omaha?

Contact Larissa Buster, CSM's Health Education Coordinator

lbuster@csm.edu / 402-399-2674

Developing a Medical File: Promoting Health Responsibility

Students can often get so caught up in their busy lives that they forget to make appointments to visit the dentist, doctor or other medical professionals. Unfortunately, this is a bad short-term practice that can become a bad lifetime habit, as your daughter fails to put her well-being first.

So, consider working with her to create a medical file that contains the following . . .

- ◆ A list of up-to-date vaccinations
- ◆ What medications she is on
- ◆ Dates of last doctor visits
- ◆ Contact info, including websites, addresses and phone numbers, of medical professionals she has an established relationship with
- ◆ Health insurance ID numbers
- ◆ Any other details that could be helpful to know

Helping her create a file, complete with all the medical details, allows her to take stock of her medical history – and to take responsibility for what she must do next as she takes these steps into adulthood.

Here's to your student's health!



Celebrating Student Leaders at CSM



For more than 70 years, College of Saint Mary (CSM) has honored students at our annual “Heart of the Walking Woman” celebration. This ceremony was held on Friday, February 21st.



Walking Women in the Making: (left to right)

2nd Year: Grace Blum

3rd Year: Elaundra Nichols

***The Heart of the Walking Woman
(4th Year): Stephanie Collings***

***1st Year (not pictured):
Amya Harris-Harper***

Hannah Horne, a Student Senate representative and a member of the 2020 Heart of the Walking Woman Celebration Planning 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.”

Student Senate extends their congratulations to these amazing students!

College of Saint Mary announces plans for multimillion-dollar wellness & athletic center

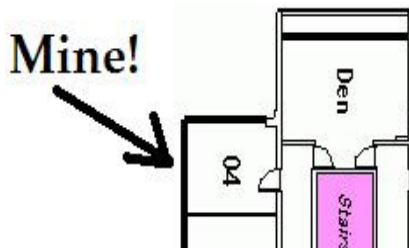
OMAHA, NE – College of Saint Mary (CSM) has approved the construction of its new state-of-the-art \$18 million athletic facility, which will provide its students and the greater Omaha area with a place for women to excel and grow through athletics. Attached to the Lied Fitness Center, CSM’s Wellness & Athletic Center (WAC) will dramatically expand access to year-round training, recreation and performance spaces for students, athletes, and the surrounding community.

“We really want to claim the space for women’s athletics in the region,” said College of Saint Mary President Dr. Maryanne Stevens, RSM. “Evidence is overwhelming that athletic participation and physical activity play critical roles in the health, wellbeing, and success of women. This is a major investment in line with our commitment to call forth potential and foster leadership.”



If you missed the news story, you can view the video here:

<https://www.ketv.com/article/college-of-saint-mary-plans-new-dollar20-million-wellness-and-athletic-center/30860833>



Room Selection for 2020-2021 is just around the corner!

Students planning to live on campus next year and **who have registered for fall classes** are currently invited to complete the online housing application. Students will be invited to select their room in person on April 20th at 9 p.m. Students should look for more information to be distributed via their CSM e-mail accounts in the next few weeks.

Bob Ross-Inspired Art Exhibit

Opens March 2

View Bob Ross-inspired paintings from artists around the Metro.

Reception March 5 at 5-7pm Hillmer Art Gallery



CSM Dates to Remember:

- * Monday, March 2-Friday, March 6: Mid-term Exams
- * Tuesday, March 3: International Women's Day
Speaker: Jacqui Kalin
- * Wednesday, March 4: International Women's Day
Celebration at lunch in dining hall
- * Monday, March 9-Friday, March 13:
Spring Break—No Classes
- * Tuesday, March 17: Communication Styles
Workshop
- * Wednesday, March 18: Fit 4 Life Fair sponsored
by the Health Education Office
- * Thursday, March 19: Spring Break Mission Trip
Presentation by Students
- * Monday, March 23: Resilience Strategies Workshop
- * Wednesday, March 25: Break the Silence Against
Domestic Violence Speaker Devine Natasha
- * Thursday, March 26: Exploring Spirituality: Border
Presentation sponsored by Campus Ministry
- * Monday, March 30: Fall 2020 Class Registration
Begins



Greetings from the Vice President for Student Development and Success!

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.

