



a newsletter for parents & families

**March 2018**

### **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 needs to happen, particularly for sophomores

### **Overtired and Overwhelmed**

Most adults 18 and older need between seven and nine hours of sleep, according to The National Sleep Foundation. Good, quality sleep can go a long way in making them sharper, healthier, happier and more in-control individuals. Yet, college students don't always make this a priority – and it impacts them. They get overtired, which can lead to stress and being overwhelmed.

#### **Getting Quality Sleep**

The experts suggest a few simple tactics that you can share with your daughter to help increase quality sleep...

- ◇ Get to bed around the same time each night so your body gets used to a regular sleeping schedule.
- ◇ Don't make the bed a key study space because then it'll be associated with stressful activity.
- ◇ Avoid watching the clock.
- ◇ Establish a relaxing routine about a half hour before bed, like taking a shower, reading or listening to music, plus turn off the TV and computer.
- ◇ Consider using "white noise" – like a fan – to help fall asleep.
- ◇ Try to make the bed as comfortable as possible.
- ◇ Finish eating about two hours before bed so your body won't be working on digestion.
- ◇ Avoid exercise right before bed, since a dropping body temperature is what the brain associates with sleep.

By trying to get sleeping patterns under control, students will be doing themselves the ultimate favor. Many students are unaware that their sleep deprivation can cause them serious problems – they may be so used to being consistently sleepy that they don't realize their lack of sleep is unhealthy or abnormal. Encourage them to make sleep – and their well-being – a priority.



**Sources:** The Centers for Disease Control, [www.cdc.gov](http://www.cdc.gov); [www.sleepfoundation.org](http://www.sleepfoundation.org); [www.sleep-deprivation.com](http://www.sleep-deprivation.com)

## The 2018 Flu: Taking It Seriously

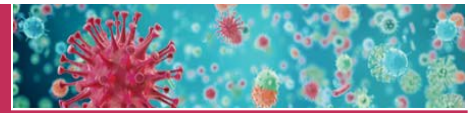
This year's flu is a bad one and we all want students to stay safe and healthy.

According to the Centers for Disease Control, the flu usually comes on 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.

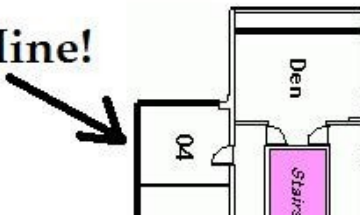
Source: CDC.gov



## Emergency Warning Signs of Flu in Adults

- ◆ Difficulty breathing or shortness of breath
- ◆ Pain or pressure in the chest or abdomen
- ◆ Sudden dizziness
- ◆ Confusion
- ◆ Severe or persistent vomiting
- ◆ Flu-like symptoms that improve but then return with fever and worse cough

Mine!



**Room Selection** for 2018-2019 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, and will select their room in person on April 18<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.

## CELEBRATING STUDENT LEADERS AT CSM!

On February 23, 2018, Student Senate sponsored their inaugural "The Heart of the Walking Woman Celebration," formerly known as the Queen of Hearts Celebration. This long standing tradition celebrated 72 years of honoring students who exemplify qualities of leadership, character and service to CSM and the community. The event is thus named as the Walking Woman is a powerful symbol that resonates with women on the College of Saint Mary Campus, and influences them in positive and meaningful ways. In light of this name change, the award given to the first, second, and third year recipients is the Walking Woman in the Making Award, and the 4th year recipient is given the highest honor of receiving the **Heart of the Walking Woman** award. Student Senate was pleased to honor these young women in the presence of the CSM community.

Student Senate congratulates all these exemplary student leaders on our campus!



**Walking Women in the Making: (left to right)**

**1st Year: Elaundra Nichols**

**2nd Year : Liana Naquila**

**3rd Year : Katie Golka**

**The Heart of the Walking Woman: Shabnam Waheed**

# 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.



## Community Safety

- \* Close propped doors immediately and report repeat problems to your Resident Advisor (RA).
- \* If someone threatens you or someone else based on race, gender, religion, sexual orientation, ability or other characteristics, get help right away. Safety and
- \* Report the presence of strangers and don't let strangers into the building, even if they tell you that they're visiting a friend. Offer to call their friend for them instead.
- \* Report things like slippery floors, leaks, broken glass, missing screens, burned out lights, broken furniture and emergency equipment that's not working.

Security can be reached 24 hours a day/ 7 days a week at 402-670-8848.



## CSM Home Athletic Events

Saturday, March 24: Softball vs. Dordt College

Tuesday, March 27: Softball vs. Bellevue University

Wednesday, March 28: Softball vs. Nebraska Wesleyan



**GO FLAMES!**

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

### CSM Dates to Remember:

- \* Thursday, March 1: Reducing Test Taking Anxiety—Workshop by the Achievement Center
- \* Thursday, March 1: Dialogue on Sexual Orientation and the Catholic Church—sponsored by Multicultural Initiatives
- \* Monday, March 5-Friday, March 9:  
**Mid-term Exams**
- \* Tuesday, March 6: Coffee and Movies—*Milk*
- \* Thursday, March 8: Advocating for Social Justice—Domestic Violence and Addiction presentation sponsored by Campus Ministry
- \* Monday, March 12-Friday, March 16:  
**Spring Break— No Classes**
- \* Monday, March 19: Resilience Series Part 2—Workshop by the Achievement Center
- \* Friday, March 30: Good Friday:  
**College Closed—No Classes**
- \* Monday, April 2: **No Classes for Students**



**IN CASE OF  
EMERGENCY**

**ICE**

## ICE

Program ICE—it stands for “In Case of Emergency” - into your cell phone right now. Have a few ICE contacts that you can count on. That way, if something happens to you, emergency personnel can access your phone and know whom to get in touch with right away.

### 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.

