May 2015

Seasonal Student Issues
There’s a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- Anxiety and tension due to realization that the year is ending and final exams are about to occur
- Senior panic about jobs, finances, etc.
- First-year students are feeling somewhat confident because they have almost made it
- Good feelings are evident as summer is near
- Lots of cramming, studying and wrapping things up academically
- End of the year socialization
- Packing and checking out
- Saying goodbye to important people and putting closure on the year

A Warm Welcome Home
If your student is coming home for the summer, you likely want to welcome her with open arms. Here are some simple ways to do just that...

Provide a Space. Even if your daughter doesn’t have a room at home, make a space that she can call her own during the summer. That way she won’t feel so much like a visitor.

Have a Get-Together. During the first week or two of her homecoming, consider getting family and friends together to welcome her. It can be a backyard barbecue, a simple dessert potluck, a picnic in the park or bowling on a rainy day. Gathering important people in one place will help her feel welcomed back home.

Don’t Go Overboard with Mandates. Students who are bombarded with mandated rules and responsibilities all at once might feel like they want to run the other way. Instead, make it a mutual conversation where your student can talk about ways she can pitch in this summer while you also talk about your expectations. The end results are fairly similar – it’s just the method that can make all the difference.

Be Encouraging. Your daughter may be taking summer classes, doing an internship or working hard this summer. Whatever the case may be, provide encouragement and support along the way to help keep her going.

Simple Welcomes
Consider putting a few welcome home treats in your daughter’s space to welcome her...

- A library book you know she’s been wanting to read
- Some favorite snacks
- Fresh flowers from the garden
- An iTunes gift card
- A frame she can fill with a favorite photo from the past year
An End-of-the-Year Assessment

The end of the academic year is a good time for reflection and your daughter may be ripe for such self-awareness. Once she’s done with classes and exams, you can help her take a look at where she is now that the semester is over and where she’d like to be when it comes to becoming her best self.

For instance, how does she feel about herself when it comes to things such as...

- Serving others
- Being a learner
- Knowing what she values
- Embracing diversity
- Treatment of others
- Work ethic
- Being a leader
- Being a friend
- Being a sibling
- Being a daughter
- Developing into someone interested in __________ (a hobby, interest, passion)
- Being an informed, engaged citizen

Add other topics that are important to your student, too. Examining these traits now allows her to set some summer goals for the areas she’d like to focus on. Perhaps she’s interested in serving others on a more regular basis by steadily volunteering for the same agency. Or maybe she wants to work on becoming a more informed citizen by reading the newspaper on a daily basis.

Whatever the case may be, taking an honest look at herself now so she can set goals can help your daughter work toward being who she most wants to be.

Summer Goals

Ask your daughter: “What two areas would you like to intentionally work on throughout the summer? How will you go about doing this? And how can I support you along the way?”

Summer Smarts

These resources can help students refresh their knowledge by summer’s end while also learning some new summer smarts . . .

An Incomplete Education: 3,684 Things You Should Have Learned but Probably Didn’t by Judy Jones and William Wilson

I Used to Know That: Stuff You Forgot from School by Caroline Taggart

How to Sew a Button: And Other Nifty Things Your Grandmother Knew by Erin Bried

How to Build a Fire: And Other Handy Things Your Grandfather Knew by Erin Bried

The Bedside Baccalaureate: A Handy Daily Cerebral Primer to Fill in the Gaps, Refresh Your Knowledge & Impress Yourself & Other Intellectuals edited by David Rubel

Smarter by Sunday: 52 Weekends of Essential Knowledge for the Curious Mind by The New York Times
Making Connections Through Networking

A Key Component of Today’s Job Searches

Networking is a skill that students need to develop as they explore potential careers and lay the foundation for their job search. It’s about making connections. And in today’s technological times, there are a variety of avenues that your daughter can take in networking with potential employers.

Social Networking

According to some career experts, online social networking is one of the best things that has happened to recruiting. Yet, it’s important that students take care when networking through this medium by keeping a few tips in mind:

- Pick one site that will be used specifically for professional networking
- Post only professional content; avoid posting personal updates or pictures
- Post a current resume on your site
- Keep your profile clean, simple and updated
- Communicate professional endeavors you are currently working on and the results of each
- Encourage “network friends” who know your previous work to provide online references

An increasing number of employers will check students’ Facebook and LinkedIn pages when considering whom to hire. Questionable photos and content could sabotage your students’ chances by creating negative impressions. Consider talking about this now so that your daughter doesn’t find herself in a compromising position during the job search.

Five Quick Networks to Tap Into Today!

1. Alumnae
2. Relatives
3. Faculty/Staff
4. Professional Organizations
5. Former Employees

Residence Halls End of Year Check Out Information

All residents who did not apply for Summer Housing will need to schedule a check-out time so that they are checked out of their residence hall within 24 hours after their last final, to be respectful to those who still have finals. All residents must schedule a check-out with an RA sometime before 5 PM on Friday, May 15 and be moved out by 5 PM on that Friday. Only residents who are helping with graduation festivities or graduating themselves will be allowed to stay until May 17. These residents must be moved out by Sunday, May 17 at 7:00 PM. Please contact Lozier Hall Director Kate Branstetter at kbranstetter@csm.edu or Director of Residence Life Ellen Engh eengh@csm.edu with any questions or concerns about move-out.

Wrapping It Up

The academic year is winding down and here are some suggestions for ways your daughter can wrap it up right!

Follow the Rules. Quiet hours in the residence halls are for everyone’s benefit at this stressful, study-filled time of year. Move-out processes are to help you avoid extra charges and not leave a mess for the cleaning staff. It’s not hard to follow the rules in place at the end of the year since they’re all, ultimately, for your own benefit.

Stay Organized. During the last days of the term, there are multiple details to keep track of, from study group times to packing to getting all the academic work turned in. Make lists, put reminders in your phone and use other organizational methods that work for you.

Don’t Burn Bridges. It’s tempting to say what you really think as you’re heading out the door, yet the one it can most hurt is you. You never know who might overhear, start rumors, think the worst of you or have a negative impact on you within a leadership position or job. Better to let it go and not burn any bridges.

Leave Time for Goodbyes. Saying goodbye to friends who mean a lot to you isn’t something to just hope will happen. So, plan to see these people intentionally so you can let them know what they mean to you before the summer separation.

Encourage your student to think about these important wrap-up details as she makes the most of these final days. It’ll be intense, for sure, yet she’ll come out on the other end feeling more satisfied and relieved.
Greetings from the Vice President for Student Development!

Dear Parents and Families,

I can’t believe the academic year is coming to a close! Finals are just two weeks away while green grass and campus flowers are still welcoming us to spring. I hope this newsletter has been a helpful resource to you this year, with helpful topics and information about issues and resources. As always, we are so grateful for the opportunity to foster growth and potential in your daughter during her journey at College of Saint Mary!

Sincerely,

Tara Knudson Carl, Ph.D.

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What’s Happening in the Halls?

The Resident Assistants (RAs) in Madonna Hall had a “Fiesta” on April 27. Residents, including mothers and children from the Mothers Living & Learning (MLL) Program, ate tacos and queso while enjoying the beautiful weather. Residents and children alike had a blast hitting the piñata!

April was Community Awareness Month sponsored by Residence Hall Council (RHC). Each floor was evaluated by the housekeeping staff on the cleanliness of the bathrooms and common spaces. The winning floor will receive new decorative items for their community!

The number of policy violations occurring in the residence halls has decreased during the Spring 2015 semester. We are proud of the continued growth of our residential community!

Finals are coming! If you are concerned about the stress level or well-being of your student, please encourage them to speak with their RA or with our two live-in professional staff members. There is also free counseling available through our Counseling Assistance Program (CAP), which is located at nearby Bergan Mercy Professional Building. Students can call this number to make an appointment or talk to a counselor 24 hours a day: (402) 398-5566 or toll free at 1 (888) 847-4975.

A few of the educational programs held in April:

* Meditation & Mats
* Becoming Aware of Privilege
* Can You Hear Me Now? Professional Communication

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CSM Dates to Remember:

* Sunday, May 3: All Sports Banquet
* Monday, May 4: Recognition Day to honor leadership and excellence
* Tuesday, May 5: Maui Wowi—Free Hawaiian Smoothies for Residents
* Monday, May 11: Campus Activities Board Puppy De-Stressor
* Tuesday, May 12-Friday, May 15: Finals Week
* Thursday, May 14: Ascension Day Mass
* Saturday, May 16: Baccalaureate Mass, Honors Convocation, Masters Hooding, Practical Nursing Certificate Ceremony on Campus
* Sunday, May 17: Commencement at CenturyLink Center
* Monday, May 18: 11 Week Summer Session Begins
* Monday, May 25: Memorial Day Holiday - University Closed
* Tuesday, May 26: 3 Week Summer Session Begins

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