



a newsletter for parents & families

May 2018

Seasonal Student Issues

Here are a few things your student may be experiencing this month...

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

A Time of Goodbyes

This is the season when students will be saying goodbye – to people, places and experiences that meant a lot to them. Perhaps some close friends are graduating or transferring. Or maybe your daughter is leaving a positive residence hall community or leadership position that helped her grow.

All these goodbyes can be emotional for students, showing up in multiple ways...

- ◆ Trying to cram in as much social time with people as possible
- ◆ Crying or getting choked up more regularly
- ◆ Avoiding those they'll be missing
- ◆ Keeping themselves busy so they don't have to face the emotions

Helping Your Student

You can help your student deal with this emotional time by...

- ◆ Encouraging her to make time with friends before it's too late – so she doesn't have any regrets
- ◆ Listening when she wants to talk about what she's feeling
- ◆ Helping her look forward to what the summer and next year will bring
- ◆ Staying tuned in to her emotions – and offering to talk whenever she likes
- ◆ Speaking up if you hear her dealing with emotions in unhealthy ways

Also, be prepared if you're picking your daughter up after the school year has ended. She'll likely want to spend final moments saying goodbye to friends when you may be ready to drive home. Compromise and communicate in this situation. Unfinished business in the arena of goodbyes can be damaging and grounds for regret. It's important for students to feel like they've wrapped up their important relationships in the best ways possible.



2018 Spirit of Service Day

On April 19, College of Saint Mary held the 21st annual Spirit of Service Day. On this day, students, staff, faculty, and alumnae leave behind their daily routines and cancel class to serve the greater Omaha Metro area.

In line with the College's mission, this day embodies one of the six pillars of the university: commitment to compassionate service. This year, 367 volunteers went to over 26 local non-profit/service agencies throughout the morning and afternoon.



Students picking up trash on the Keystone trail near campus



CSM Education Students helping at the Omaha South High Prom Dress Drive



Summertime!

Stressed out students can use some reminders of the summertime fun that awaits, such as...

- ◇ **Spending time with old friends**
- ◇ **Digging into a job they feel competent at**
- ◇ **Having special family time**
- ◇ **Reading books for enjoyment**
- ◇ **Enjoying summer weather**
- ◇ **Being outdoors much of the time**
- ◇ **Swimming, tennis, disc golf and more**
- ◇ **Spending time with pets and kiddos**
- ◇ **Volunteering and making a difference**
- ◇ **Focusing on things that make life special**

Athletic Field Improvements

CSM Athletics hosted a tailgate for the dedication of our new softball field on April 28. The day also included our final softball games and an alumnae soccer game.

The next phase in athletic field improvements includes adding a new turf soccer field next to the softball field with a shared amenities building that will include team rooms, concessions stand and restrooms.



Transitioning from the First to Second Year



Pretty soon, your new student will be a sophomore. Congratulations! The second year of college can be

filled with many questions and few immediate answers. As the summer progresses, you may observe your now-sophomore student considering what the coming year will bring. You can help by discussing issues with her such as...

- Fear that her initial success was just “lucky” and can’t be repeated
- Uncertainty about her future profession
- Experimenting with relationships that include different types of people

- Desire to experience new communities
- Decrease in friendships back home
- Use of finances for immediate gratification
- Lack of a long-term financial picture
- The search for purpose and meaning
- More personal emphasis on weaknesses, rather than strengths
- The “real world” still seeming far away



Residence Hall End of Year Check-Out Information

All residents who did not apply for Summer Housing will need to schedule a check-out time with residence life staff so that they are checked out of their residence hall within 24 hours after their last final OR by Friday, May 18, at 5 p.m., whichever occurs first. Residents who have been pre-approved to stay for participation in graduation or Honors Night are permitted to stay until Sunday and must be checked out by 5 p.m. on that Sunday, May 20th. Please contact Director of Residence Life Christine Simone at csimone@csm.edu with any questions about move out.

Supplies to Have on Hand at Move-Out!

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|---------------------------------------|--|-------------------------------|
| • Boxes or plastic bins or trash bags | • Car carrier (in case everything doesn’t fit <i>inside</i> the vehicle) | • Dust rags/Paper Towels |
| • Packing tape | • Broom/Dustpan | • Window cleaner |
| • A few thick markers | | • A fan (if it’s really warm) |
| | | • Patience! |

Cleaning!

Here are some cleaning tips to help move-out go more smoothly...

- ◆ Clean starting now instead of leaving it all until the end
- ◆ Remove sticky rug residue if held down with tape
- ◆ Put any furniture back in its original place

- ◆ Start removing tape residue from walls, etc. now, as it always takes longer than expected
- ◆ Leave the room clean out of respect for the kind cleaning staff and to avoid room deposit charges



CSM Dates to Remember:

- * Wednesday, May 2: Student Scholars' Day/Graduate and Faculty Poster Symposium—**No Classes**
- * Thursday, May 3: Spring Break Service Trip Student Presentation
- * Thursday, May 3:
Color for Stress sponsored by Health Education
Student Art Show and Reception
- * Monday, May 7: Recognition Day (End of Year awards)
- * Tuesday, May 8: Campus Activities Board Late Night Breakfast
- * Monday, May 14-Thursday, May 17: **Final Exams**
- * Saturday, May 19: Baccalaureate Mass, Honors Convocation and Masters Hooding Ceremony
- * Sunday, May 20: May Commencement at the CenturyLink Center
- * Friday, May 25: Last day to drop, add or register for Summer Main Session classes
- * Monday, May 28: Memorial Day: **COLLEGE CLOSED**
- * Tuesday, May 29:
Summer Main Session classes begin



The College of Saint Mary Choir will perform their final concert of the season on **Sunday, May 6, at 2 p.m.** The performance, which will be held in Our Lady of Mercy Chapel on the CSM campus, is free and open to the public.

CSM Director of Fine Arts Christopher Krampe states the concert will feature a wide variety of classical and popular music first performed on their recent Kansas City trip. During that tour the CSM Choir sang at Bergan Mercy, Kansas City Children's Mercy, and Redemptorist Church.

May Commencement

May Commencement will be **Sunday, May 20, at 10:30a.m.** at CenturyLink Center in downtown Omaha. This class is graduating 264 students, of which 84 are master's candidates and six are doctoral candidates.

Congratulations to our upcoming graduates!



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 the campus flowers and green colors are still welcoming us to spring. I hope this newsletter has been a helpful resource to you this year, with helpful and fun 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.

