



a newsletter for parents & families

November 2018

Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your daughter may be experiencing this month...

- Roommate problems and floor tension
- Academic pressures due to procrastination, workload and lack of ability
- Burnout
- Not feeling like she has the stamina to keep up the pace through finals
- Lack of initiative to find new friends or activities because it seems social groups are already set up
- Concerns about going home at Thanksgiving time – whether it's concern about seeing changes among old friends, how things will be with family members or dealing with a romantic relationship

Preparing for Your Student's Return

As the Thanksgiving holidays and then winter break come ever closer, it's wise to be prepared for the changes you may experience in your parent/student relationship when your daughter comes home. If they've been living away at school, having them home for an extended stay can be wonderful – and also challenging at times. Consider the following...

Rules & Responsibilities. Yes, it's your house. Yet your student has been away, managing her time and responsibilities, for the past few months. So, consider discussing various rules that may come up – such as curfews, looking after siblings and use of the car – rather than just imposing the old rules. Having an adult conversation with your developing student can help you all get on the same page.

Expectations for Family Time. Let your daughter know ahead of time what family obligations you'd like to have her be part of, from driving to a grandparent's house to hosting cousins at the house. By giving her advanced warning, she can incorporate these important family times into her other at-home commitments, such as seeing friends, sleeping, working and more.

Participating in the Life of the House. Returning students aren't "guests" – they're still members of the family unit. So, talk about your expectations for outside work, picking up, laundry and more. Students need to be participants in helping the home run smoothly while they're staying there!

Changes in Perspective. Chances are that your daughter is learning quite a bit at college – that's the idea, right? Be prepared that her perspective may be changing on certain issues as a result, whether it's politics, religion or other topics that you once agreed on. This type of change isn't an insult to you. Instead, it's a sign that she's learning to think for herself and consider options when it comes to what she believes. You may need to "agree to disagree" at times, yet the conversation can be respectful and insightful if you both commit to it.

Preparing Siblings. Younger brothers and sisters may be over-the-moon excited to have their college student back in the house! Consider discussing this transition with them before your daughter returns, so they can be realistic while also being welcoming. Your daughter will likely want to spend time with friends, in addition to spending family time. Knowing this ahead of time can help siblings manage their expectations so they can enjoy the time they do get, rather than being disappointed.

It can be a juggling act at times, yet you'll enjoy having your student home for the holidays much more if you consider ways to smooth the transition. Enjoy!



CSM Home Athletic Events

- Saturday, November 3: Basketball vs. Sterling College (Dance team performs during half-time)
- Saturday, November 17: Basketball vs. Dordt (Dance team performs during half-time)
- Tuesday, November 20: Basketball vs. Concordia
- Saturday, November 24: Basketball vs. York

All Home Games are FREE to CSM Students!



We recently held a dedication for our new Cinderella Collection at College of Saint Mary. Due to donor Kathryn Weil Simon, the compilation contains nearly 300 individual titles about Cinderella — 124 of which are held by fewer than 50 libraries worldwide. Much time and effort was put forth on this project, and we're honored to be the holding place for this priceless collection.

College of Saint Mary named Best Value School

College of Saint Mary has been named a "Best Value College" for 2018-19. University Research & Review, LLC has been ranking colleges and universities across the United States since 2013. According to their website, each selection is based on student and alumni satisfaction, quality academic programs, and cost of attendance.

CSM recently slashed tuition by 33 percent (equivalent to \$10,000) and eliminated all student fees. The move was in accordance with the institution's mission of providing access and affordability to all women who seek an education. As a result, students are borrowing less and following more direct--and cost-effective--paths to their careers.

There are only 56 colleges and universities that earned the Best Value designation for 2018-19. According to the Best Value website, their goal is to offer suggestions to individuals of all ages interested in college and to "reinforce that there are very good schools out there where students are happy and costs are reasonable."

The full list of colleges and universities can be found at www.bestvaluecolleges.org. Each institution selected does not pay for their selection or inclusion on the site.

College of Saint Mary now offers 35 majors, 10 varsity sports, 8 graduate programs, and a range of service and involvement opportunities. Students at CSM learn within an inclusive campus community in the heart of Omaha's Aksarben Village.



**Daylight Savings Time
Ends on November 4th
Fall Back an Hour!**

Residence Life Dates to Calendar

- Thanksgiving Break is Wednesday, November 21 to Sunday, November 25. Residence halls remain open during this time, but residents will need to sign up to stay by Tuesday, November 20, at 5 pm. The dining hall is closed beginning Thursday, November 22 and reopens for dinner on Sunday, November 25.
- For Christmas break, Residence Halls will close on December 14 at 5 pm and reopen on Sunday, January 13 at 1 pm. The dining hall's last fall semester meal will be lunch on Friday, December 14.
- From December 22 to January 2 at 8am, the entire campus is closed with no access.



- Students may request to come back from break as early as January 3 at 1 pm.
- Students requesting to be back on January 3 will need to notify the Director of Residence Life, in writing, by November 30 and must have completed their Semester Financial Arrangements by that date. The cost to be in the halls for any portion of January 3-13 is a flat rate of \$40 total. Spring semester meals will resume with dinner on Sunday, January 13.

Fall Finals are Coming!



Fall Final exams are on the horizon! You can't take finals for your daughter, but you can give her a boost and let her know you are thinking about her by sending one of our great fall care packages, accompanied by an encouraging message from you.

CSM Residence Hall Council has partnered with SWAK University Services to provide parents with the opportunity to send a care package to their student.

We designed a great set of study care packages to help your daughter through our Fall Final Exams. All you have to do is choose the study package you want to send and fill out an encouragement card. Your card will be the first thing they see when they open their study package.

Even if you can't send a package at this time, please stay in touch with your student. Give them a random call, or better yet, send them a letter or postcard. Our primary concern is that our students know you are thinking about them!

Orders are due Wednesday, November 21.

Go to swaku.com/csm to order.

SWAKU
SWAK University Services

CSM Dates to Remember:

- * Thursday, November 1: All Saints Day
- * Thursday, November 1: Election Series—
Fact or Fiction: Knowing Your Voting Rights
- * Sunday, November 4: Fall Choral Concert
- * Monday, November 5: Registration begins for
Spring and Summer 2019 classes
- * Monday, November 5, 12 and 19: Intramural
Curling
- * Tuesday, November 6: Election Series—
Election Night Watch Party
- * Wednesday, November 7: Diwali celebration in
dining hall over lunch
- * Thursday, November 8: Exploring Peace,
Justice and Spirituality: Homelessness
- * Friday, November 9: **Last day to withdraw
from classes**
- * Saturday, November 10: Brian Steever Jazz
Combo
- * Tuesday, November 13: Textbook Tips
sponsored by the Achievement Center
- * Tuesday, November 13: Fight Like a Girl (self
defense techniques by Safety and Security/
Health Education)
- * Tuesday, November 13: Live Podcast Event:
Affirming Healthcare with Eli Rigatuso
- * Wednesday, November 14: Spring Play
Auditions for '12 Angry Jurors'
- * Thursday, November 15: AquaMassage and
Stress Relief all day
- * Thursday, November 15: Coffee and Movies:
Marcos Doesn't Live Here Anymore (held at UNO)
- * Monday, November 19: Thanksgiving
Luncheon for students
- * Wednesday, November 21-Sunday, November
25: **Thanksgiving break for students—No
Classes**
- * Thursday, November 22-Friday, November 23:
College Closed
- * Wednesday, November 28: Silent Auction for
Campus Ministry service trips



Greetings from the Vice President for Student Development!

Dear Parents and Families,

As a parent, you play an important role in helping your daughter handle issues they face by providing suggestions and offering guidance. Our newsletter, sent most months, will offer information and resources for you to use during these important conversations, as well as current information about campus events and deadlines.

At this time of year, allow me to share my gratitude to you for allowing us to care for your daughter while she is on her college journey here at CSM. Here's hoping you have a wonderful and blessed Thanksgiving holiday!

Sincerely,

Tara Knudson Carl, Ph.D.

