



a newsletter for parents & families

November 2020

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 and seeing changes among old friends, interacting with family members or facing 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, doing homework 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

CSM has many home athletic events that are FREE to CSM students. Soccer, volleyball and basketball have events this month on campus. The Competitive Dance team performs during half-time of most basketball games. To see the current schedule, visit CSMFLAMES.com.



Keeping Up the Pace Through Finals

"How in the world am I going to keep going until finals?"

That may be the question currently on your over-tired, overwhelmed daughter's mind.

Self-care is critical in this scenario, as the next busy months loom large. Here are some key tips to share with your student...

Go to Sleep. Pulling all-nighters, burning the midnight oil and caffeinating to the hilt are all quick



fixes that can do more harm than good. Getting solid nights of sleep will help her mood, concentration and academic abilities.

Eat Well. Get good protein, pay attention to fruits and veggies, and steer clear of too much sugar and fat. Regular, nutritious meals will help fuel your student's body and mind.

Make Time to Move. Taking a walk or doing some treadmill time is not only good for your daughter's physical well-being, it'll also help her sleep better.

Have Down Time. It can't be go, go, go all the time! Students need to spend time with friends (socially distanced), take an occasional nap and do things for pleasure, too. Consider encouraging the reward system in this context: for instance, after a three-hour study session, your student allows herself to watch some movies with friends.

Support, encouragement and self-care are all needed as your daughter focuses on the finals finish line. Academics should never take the place of her well-being! Instead, the synergy of self-care and academic attention can create a balanced, positive outcome.

Flu Shots

The CDC recommends getting a flu shot for this upcoming flu season as it will be very important to reduce flu! It can help reduce the overall impact of respiratory illnesses on the population and the resulting burden on the healthcare system during the COVID-19 pandemic.

If your daughter missed the two flu shot clinics we had on campus, there are nearby locations she can go to:

⇒ Think Whole Person Healthcare at 7100 West Center Road

⇒ Walmart at 1606 South 72nd Street

⇒ Walgreens at 7151 Cass Street

Most health insurance plans provide for a free flu shot at these locations.

For questions, contact Rita Wiley in Student Development and Success at rwiley@csm.edu.



Daylight Savings Time Ends on November 1st
Fall back an hour!

Residence Life Dates to Calendar



- Thanksgiving Break is Wednesday, November 25 to Sunday, November 29. Residence halls remain open during this time, but residents will need to fill out the survey emailed to their CSM accounts by Monday, November 23, 5 pm to share their plans on staying in the residence halls past Thanksgiving when courses go on-line for the remainder of the semester.
- The dining hall is closed after lunch beginning Wednesday, November 25 and reopens for dinner on Sunday, November 29.
- For Christmas break, Residence Halls will close on December 18 at 5 pm and reopen on Saturday, January 9 for new and returning students. The dining hall's last fall semester meal will be lunch on Friday, December 18.
- For December 13-18, limited breakfast and lunch options will be provided in the dining hall.
- From December 23 at 5pm to January 4 at 8am, the entire campus is closed with no access.
- Students may request to come back from break as early as Monday, January 4, 1 pm. Break housing fee applies.
- Students requesting to be back on January 4 will need to notify the Director of Residence Life, in writing, by November 27 and must have completed their Semester Financial Arrangements by that date. The cost to be in the halls for any portion of January 4-8 is a flat rate of \$40 total. Spring semester meals will resume with dinner on Saturday, January 9.

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.

Care packages will be delivered during finals week, and they can be shipped either to campus, or to your home address if students will be returning for home after Thanksgiving to take finals online.

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

Orders are due Friday, November 6.

Go to swaku.com/csm to order.

SWAKU
SWAK University Services

COVID-19 Information / Spring 2021 Start

In-person didactic classes resumed on Monday, October 19 and will continue until Thanksgiving. Classes will move online following Thanksgiving until the semester ends on December 8. New protocols that have been put in place include a mask mandate while on campus, inside and outside, and all staff, faculty and students are asked to wear masks unless they are exercising, competing or eating. In addition, seating in the dining hall is limited to students with only 4 students per table. Cleaning protocols will continue to be observed. In addition, our expectation is that spring semester classes will start on January 11 as they have been posted in the schedule. (Which means if a class is listed as face to face, it will remain face to face unless special circumstances are approved by Dr. Allen, Vice President of Academic Affairs. However, the COVID monitoring team will continue to monitor the incidence of the virus and if we need to change this plan, plenty of notice will be forthcoming.

All students, faculty, and staff are encouraged to register with Test Nebraska:
(<https://www.testnebraska.com/en>).

For the latest health guidelines, a dedicated webpage is available via a link in the header at CSM.edu or directly at <https://www.csm.edu/covid-19-info>. This resource contains the latest information regarding the pandemic and is a place for the community to provide updates on their health status or ask questions they might have. ***If your daughter believes she may have been exposed to COVID-19, please have her complete the health reporting form available on the webpage above. There is also a form on this page if she has a question to ask.***

CSM Dates to Remember:

- * Monday, November 2: All Saints Day Mass
- * Tuesday, November 3: Election Watch Party on CSM Lead's Facebook Page
- * Friday, November 6: **Last day to withdraw from classes**
- * Monday, November 9: Registration begins for Spring and Summer 2021 classes
- * Tuesday, November 10: Campus Activity Board's Late Night Breakfast
- * Wednesday, November 11: Let's Talk About Consent—Women's Center for Advancement (WCA) presentation
- * Tuesday, November 17: Bystander Intervention Training—WCA
- * Tuesday, November 24: Last Day of Face-to-Face Classes
- * Wednesday, November 25: Thanksgiving break begins for students
- * Thursday, November 26-Friday, November 27: **College Closed**



Greetings from the Vice President for Student Development and Success!

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. During these uncertain days of this pandemic, I'm also wishing for health for you and your family. Here's hoping you have a wonderful and blessed Thanksgiving holiday!

Sincerely,
Tara Knudson Carl, Ph.D.

