



a newsletter for parents & families

October 2018

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...

- First-year students begin to realize college life is not as perfect as they were expecting it to be
- Diversity issues become very apparent as students begin interacting with others who are different from them
- Conflicts between friends – both new and old – can occur as students settle into the rhythm of the new academic year
- Feeling behind in class work and wanting more contact with instructors
- Anticipating midterms and questioning their abilities
- People start to show their "true selves" – masks start to come off as students begin to feel more comfortable in their surroundings

When Homesickness Starts

"I'm Homesick." These can be tough words to hear from students, yet it's a reality that some may be missing home and the people who populate that part of their world. And homesickness can often hit during this month.

Here are a few ways to respond...

"Have you reached out?"

Sometimes one of the best ways for any of us to get outside of ourselves and our troubles is to reach out to others. For college students, this can be as simple as asking someone to lunch in the dining hall, saying hello in class or volunteering through opportunities offered in the campus ministry office.

"Who is a trusted faculty or staff person you can talk with about this?"

We all need sounding boards, especially those who understand what college students are going through and who *want* to help. Luckily, your daughter is surrounded by these folks, from coaches to professors to club advisors, residence hall staff, campus ministry, and more.

"What have you been doing outside of class?"

Students who just go to class and don't

engage through other activities will likely feel homesick because they haven't developed a sense of campus belonging. It can start with little things: attending a club interest meeting,

working on a service project, going to a CAB program, saying "yes" when an RA rounds up a group to go to dinner...

"Who and what is it that you are missing?"

Sometimes students just need to lay it all out there, to identify where their homesick feelings are coming from so they can then address them. Asking a few questions in this vein can help your student get to that point, so you can then help her figure some ways to face the issues, head on!



There's Help Available... If you suspect that your daughter is experiencing more than just homesickness – whether it's anxiety, depression or something else – encourage her to seek help through CSM's Counseling Assistance Program through CHI Health 24 hours a day by calling **402-398-5566**. This service is free!

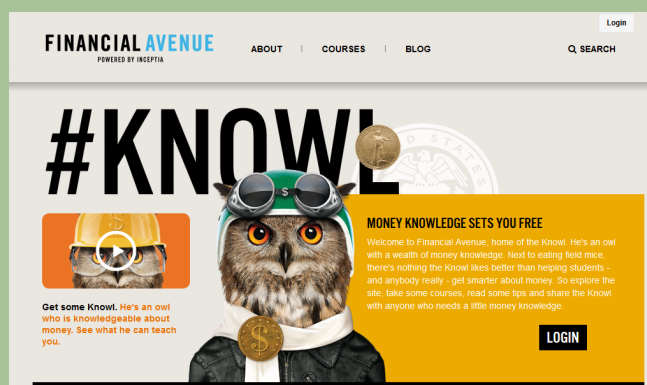
Financial Avenue is now at CSM!

By Michelle Perone, CSM's Director of Career and Financial Literacy Programs

Financial Avenue is a new self-paced online financial literacy learning program for students at College of Saint Mary. It contains ten course modules that educate students about a variety of financial topics including credit, budgeting, financial aid, and loan repayment. Through Financial Avenue, students have the opportunity to identify their philosophy about money, gain an understanding about personal finance, and come away from each module with the knowledge to translate financial concepts into behaviors. Financial Avenue is based on the U.S. Department of the Treasury's Financial Literacy and Education Commission's financial education core competencies and provides students with relevant financial education information that motivates them to take an active role in managing their financial future.

Your daughter can gain access to the **Financial Avenue** system by completing 5 simple steps:

1. Go to financialavenue.com
2. Click Login and then click Sign Up Now
3. Enter the Access Code 5639ab and create an account



4. Fill out the anonymous survey about money behavior
5. Select a course from the list and take it

Financial Avenue is a part of the new Mind on Money financial education initiative at CSM. In addition to this online system, the program will also provide instruction in the classroom and for student groups in addition to a variety of other services and resources. I hope you encourage your daughter to take advantage of this learning opportunity!

CSM is going LIVE!

- 1) Go to the app store
- 2) Search "College of Saint Mary Involvement App"
- 3) Hit download
- 4) Login with your student ID



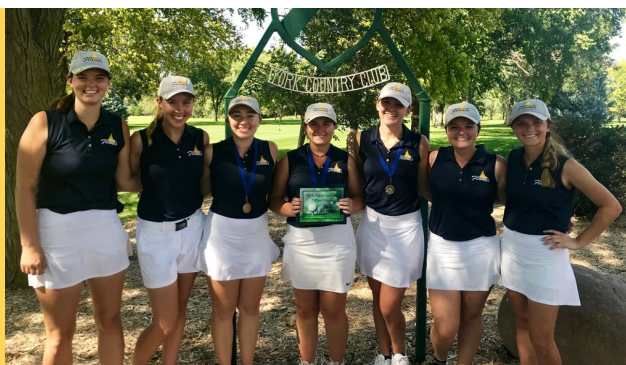
The College of Saint Mary has gone **LIVE** with the brand new CSM App. Now, your daughter can take full advantage of having the power of our community at the palm of her hand! By searching for College of Saint Mary in her Google Play or App Store on her phone, she can download this app for **FREE** and use her student ID to login and gain easy access to resources on her phone such as: Security, RA on Duty, and much more; stay connected with her fellow classmates and student organizations with the message board; share pictures of her and her friends and win **FREE** prizes like Adidas shoes, color printers, gift cards, and tickets to events around Omaha; and stay up to minute with events and programs that are happening near or

on-campus! This fantastic new tool brings our community closer than ever. Feel free to download the app as well and use the guest look to see what's happening at CSM too!

Big win at York College Fall Invitational

The College of Saint Mary golf team placed three golfers in the Top 5 to win the York College Fall Invitational September 17. The Flames posted a team score of 370 to win the event.

Hannah Muroski (SR/Ashland, Missouri) led CSM with a 90 for third place. Teammates Mary Morris (JR/Sweetwater, Texas) and Aly Anderson (SO/Treynor, Iowa) both shot 91s, but Morris earned fourth place because of the tiebreaker. Anderson's fifth-place finish meant the Flames had three golfers in the Top 5.



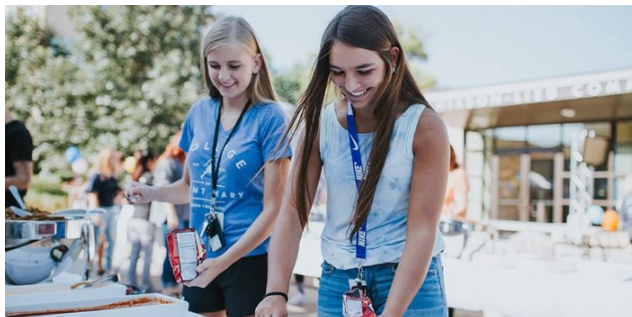
9 Tips for Handling Roommate Conflicts

After living together for a few weeks, some roommates may “butt heads” or run into conflict. Here are some tips to share for handling those situations...

1. Don't let things fester – address issues instead!
2. Give your roommate the benefit of the doubt and try talking to her first.
3. Identify what you want to say to your roommate and rehearse it.
4. Revisit the roommate agreement the two of you filled out. If you haven't done this yet, ask a member of the Residence Life staff to provide a copy.
5. When discussing things, focus concisely on the problem at hand instead of dredging up old issues.
6. Use “I” statements instead of “you” statements to show your concerns without assuming a blaming tone.
7. Listen to what your roommate has to say without

interrupting her. Take turns sharing your thoughts.

8. Keep an open mind about how to resolve conflicts.
9. Speak with your RA or Hall Director if you need additional assistance or if you'd like more tips on working through roommate concerns.



How to be a Successful College Student

College classes are very different from high school. Students are becoming more independent, but they will still ask for advice. Here are 9 ways to support your student:

1. **Encourage your daughter to get to know faculty members, participate in class and go to faculty office hours.** By getting to know their professors, students will be more comfortable in class and more likely to ask for help when they need it.
2. **Students must attend class.** Students who go to every class session rarely fail the course. This is what you are paying for!
3. **Students should carefully read the syllabus for each course.** The syllabus lists assignments and due dates, required books and course materials and test dates. It is handed out and should also be available in the Canvas online module for that course.
4. **Recommend that your student use a planner or calendar** to keep track of their class schedule, homework and exams and activities.
5. **Show an interest.** Ask your daughter what courses she is taking and about her meetings with her academic advisor.
6. **Encourage study skills and time management.** College course work is a lot
7. **Coach your student to find quiet places to study.** Usually this is not at home, if your daughter still lives with you, or in the residence hall. The library and achievement center offer spaces for individual and small group work and are open 24 hours a day. Walsh Hall and the space outside Christina's Place (campus coffee-shop) offer many quiet corners and lounges.
8. **Remind your daughter to take advantage of help on campus:** faculty office hours, the professional math and writing tutors, student tutors, classes recorded on Tegrity, and more.
9. **Have confidence in your student.** Tell her “you can do it!”



Adapted from www.CollegiateParent.com/families

CSM Home Athletic Events

- Friday, October 5: Volleyball vs. Northwestern
- Saturday, October 6: Volleyball vs. Dordt
- Wednesday, October 10: Soccer vs. Hastings
- Saturday, October 13: Soccer vs. Northwestern
- Wednesday, October 17: Volleyball vs. Concordia
- Saturday, October 20: Soccer vs. Mount Marty
- Wednesday, October 24: Soccer vs. Doane
- Thursday, October 25: Basketball vs. Bethany (dance team performs at half-time)

- Friday, October 26:
 - * Basketball vs. Kansas Wesleyan
 - * CSM Swimming Invite



- Saturday, October 27: Volleyball vs. Doane
- Wednesday, October 31: Basketball vs. Nebraska Christian (dance team performs at half-time)

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

CSM Dates to Remember:

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| * Monday, October 1: Test Taking for Mid-terms by Achievement Center | * Thursday, October 11-Wednesday, October 17: Mid-term Exams |
| * Tuesday, October 2: Movie on Campus: <i>Won't You Be My Neighbor</i> | * Thursday, October 18-Friday, October 19: Fall Break (No Classes) |
| * Wednesday, October 3: <i>Life Hack Fair</i> (Information on Community Resources and Financial Literacy) | * Monday, October 22: Counseling Assistance Program (CAP) and other mental health awareness information sponsored by Health Education and Psychology Club |
| * Wednesday, October 3: Dialogues: How Local and Global Communities are Impacted—by Multicultural Initiatives | * Tuesday, October 23: Dialogues: Athletics and Social Action by Multicultural Initiatives office |
| * Wednesday, October 3 and 10: Intramurals: Soccer sponsored by Health Education | * Monday, October 29: Residence Life's 'Halloween in the Halls' (trick/treating) |
| * Thursday, October 4: Voter Registration-League of Women Voters on campus to register students | * Tuesday, October 30: Solutions to Procrastination by Achievement Center |
| * Thursday, October 4: CSM Fiesta—Hispanic Heritage month celebration sponsored by Spanish Club and Student Leadership office | * Tuesday, October 30: President Live sponsored by Student Senate (Open forum with President Stevens) |
| * Thursday, October 11: Exploring Peace, Justice, and Spirituality by the Kim Foundation (Education and Info on Mental Illness) | |



Greetings from the Vice President for Student Development!

Dear Parents and Families,

Can you believe we are almost to mid-term exams and fall break?! We've had a fun and busy semester already on campus, and I hope your daughter is adjusting well if this is her first semester. Our newsletter will continue to offer resources for you to use during important conversations, as well as current information about campus events and deadlines. Let me know anytime if you have a topic you'd like us to cover. Have a great month!

Sincerely,
Tara Knudson Carl, Ph.D.

