



a newsletter for parents & families

September 2018

Seasonal Student Issues

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

- A desire to feel connected to campus
- Roommate adjustments
- Exploration of personal values
- Long distance relationship strain
- Feelings of loneliness and homesickness
- Getting acclimated to a new type of academics
- Figuring out how to get organized & manage time
- Searching for a sense of belonging

Fall at CSM: A New Beginning

On college campuses everywhere, fall is a time of new beginnings and fresh starts. It's like our very own version of New Year's Day!

As your daughter plunges into this exciting time, she may be clinging to the comfort of old, familiar talents, people and perspectives. There's nothing wrong with embracing these things, if they're good for her. And, with a fresh start waiting in the wings, she can add the following into the mix...

New Learning.

Trying a new type of class, attending thought-provoking campus programs and talking with people who have different perspectives can help your student's mind expand. There's so much to explore here on campus, with new learning always at her fingertips.

New Friends.

There are people to meet everywhere – in the residence halls, through campus organizations,



in class, at the dining hall, amidst service projects, during get-togethers at friend's

rooms...

Encourage branching out and reaching out to meet other students who could easily become new friends.

New Ideas.

These may come about during a late-night chat with friends, attending different spiritual development programs or reading articles on a particular subject. Whether it's considering vegetarianism, better understanding the global water crisis or rethinking her approach to exercise, new ideas can be refreshing and rejuvenating!

New Challenges.

Along with most new beginnings comes some challenges. Your daughter may struggle getting a handle on her new responsibilities at her work study job or doing group work for a collaborative class. Encourage her to take on these new challenges, as they most certainly lead to...

New Growth.

While growth isn't always the most comfortable thing, it's important for all of us to stretch beyond our comfort zones and try new things. Remind your student that the discomfort sometimes associated with new experiences is a sure sign of growth. And that's what new beginnings can do for us all!

Learning Inside AND Outside the Classroom

The learning opportunities available to students happen both in and out of the classroom at CSM. Sometimes parents are reluctant to have their daughter get involved outside of academics, especially in their first year, but research shows that college students learn just as much if not more outside the classroom, so your daughter will benefit the most from taking advantage of the variety of experiences available on campus and in our community.

Here are some of the opportunities students can try...

Gaining Classroom Knowledge. Lecture notes, class discussions, textbooks and projects will help students dig into specific subject matter. Don't be surprised if your student is excited about forensics or the fine arts next time you talk!

To Help Focus on the Learning, You Can... Ask your daughter what she's learning. It'll be great to hear her excitement, plus by sharing the knowledge with you, it's helping her clinch it in her own brain even more.

Getting Involved in Service Experiences. By participating in class-based service learning projects and out-of-class community service initiatives sponsored by Campus Ministry, your student is learning about giving back and engaging with the community.

To Help Focus on the Learning, You Can... Role model

community involvement and the value of giving back. Also, talk with your daughter about the people she's meeting through her community service.

Participating in Campus Leadership. Getting involved with the Spanish club, Student Senate or the campus Green Team can enhance students' sense of belonging because they really feel a part of something. Plus, they're learning how to follow, how to lead, how to work with a wide variety of people and how to be part of a team.

To Help Focus on the Learning, You Can... Stay in touch with your daughter about what her organizations plan. Is there a program happening this weekend? Has she been working on a particular project? Ask her about it.

Your daughter is surrounded by in and out of class learning opportunities. The combination is unbeatable!



Tips for Keeping in touch with College Students

One of the hardest things about sending our children off to college is the loss of daily contact.

If you and your daughter text or talk every day, you may not need to read any further! For the rest of us, it's normal occasionally to be anxious or sad or frustrated by the silence that can stretch between us.



"The hardest part of Nora's first year was not knowing what she was up to," Eileen remembered. She started to relax when she realized Nora was figuring things out on her own. The "radio silence" was a mark of her growing independence.

How do you determine the right amount of contact? Beth in California said, *"I don't want to hover, but I want her to know that I care about how she's doing. With a very independent daughter, I initiate most of the contact."*

What about when the call finally comes and the person on the other end of the phone is in tears?

"The transition to college life can be challenging, bumpy and overwhelming," Sarah observed. "Because of the ease of electronic communications, you may get some frantic or upset phone calls."

Her advice: *"Don't panic, don't over advise, don't overreact. The best thing to do is listen, and if you ask questions, make them open ended. 'How are you going to handle that? What do you think you will do?' 'Who can you go talk to on campus about this?' Most times they just need to vent!"*

Information provided by:
www.CollegiateParent.com/families

Talking to Your Daughter About Being Safe on Campus



The safety and security of every member of the CSM community is a major priority for all of us. We want to

work together with parents to help students become more aware of important issues as they relate to security measures, both on and off-campus. Please consider taking some time to discuss these issues with your student. Some of the strategies listed below can help you to generate a healthy dialogue that will communicate your concern as well as your expectations.

Urge your daughter to be aware of her surroundings. CSM is located in an urban environment, and no city is immune to crime. Students need to be alert to where they are, the time of day, and the area surrounding the university. Walking or running in dark areas, and alone, can increase their vulnerability to crime. We encourage students not to wear ear buds or

headphones when walking or running alone.

Students will automatically be enrolled in the "CSM Alert" system to receive emergency or weather-related text messages. These alerts are also sent via e-mail and text to all members of the college community whenever a serious crime occurs, either on campus, or off-campus when it is near our site.

Remind your student not to venture out alone off-campus at night in unlit areas. Students should think about having a plan of how they are getting from one place to another before they leave their original location. For example, confirming plans with a friend, who can be on the "look-out" for your daughter's safe return to her residence hall room.

Discuss with your daughter how alcohol/drug use can compromise an individual's ability to make good judgments. It is important that students be in control of themselves at all times. Not only should they be aware of their safety, but they should

also deter their friends from entering into dangerous situations.

Urge your student to minimize the use of a cell phone while walking off-campus. Cell phone theft is one of the fastest growing property crimes. Thieves target victims for the value of their smart-phones and students can be easily distracted while conversing or texting.

Remind your daughter that Safe Walk is available at CSM. The Safe Walk is a Safety and Security Department Crime Prevention Program designed to assist the CSM community by providing escort services from one campus location to another. Members of the Safety and Security Department will provide the safe walk as needed 24 hours a day. Safety and Security can be reached at 402-670-8848 or by dialing "1" on any campus phone.



Meet David Ferber
Director of Safety and Security

Involvement & Academics go Hand-in-Hand

Research says that students who get involved on campus will likely do better academically, too. In and out of class involvements complement one another! CSM

held an Involvement Fair on campus on August 28, so hopefully your daughter signed up for one or two organizations or opportunities!

If she missed it, encourage her to go visit with Kris Czerwiec in the Student Leadership & Organizations office!



NEW Campus Safety App!



Our Safety and Security department was recently awarded a \$22,500 grant to enhance campus safety through a state of the art campus safety app. This CSM app allows students to contact the Safety & Security department with the touch of a button and automatically gives the department the caller's location. Students can further customize the app to send alerts to their parents, guardians or friends in case of an emergency.

CSM Home Athletic Events



- **Saturday, Sept. 8:**
CSM Volleyball Triangular vs. Dakota State and University of Saint Mary
Soccer vs. Mount Mercy
- **Tuesday, Sept. 11:** Volleyball vs. Hastings
- **Thursday, Sept. 13:** Volleyball vs. Midland
- **Tuesday, Sept. 18:** Volleyball vs. Morningside
- **Saturday, Sept. 22:**
Soccer vs. Briar Cliff
Volleyball vs. University of Jamestown
- **Tuesday, Sept. 25:** Softball vs. CCC-Columbus
- **Friday, Sept. 28:** Tennis vs. Friends University
- **Saturday, Sept 29:** Soccer vs. Dakota Wesleyan

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

CSM Dates to Remember:

- * Saturday, September 1: Campus Activity Board's (CAB) goes to 'Freezing' in Aksarben Village
- * Monday, September 3: **Labor Day Holiday
No Classes, College Closed**
- * Tuesday, September 4: Manage Your Time Workshop by Achievement Center (AC)
- * Tuesday, September 4: CAB's Bubble Soccer
- * Wednesday, September 5: Flu Shot Clinic 11am-1pm in Hillmer Art Gallery (bring insurance card or cost is \$40.00 in cash/check)
- * Thursday, September 6: Informational Meeting for Alternative Break Trips through Campus Ministry
- * Thursday, September 6: African American student Meet and Greet event
- * Monday, September 10 -Sunday, September 16:
Homecoming Week
- * Thursday, September 13: Amp Up Your Study Skills Workshop by AC
- * Friday, September 14: Flames Athletics Trailblazer Walk
- * Friday, September 14: CAB's Grocery Bingo
- * Saturday, September 15: CAB's Zoo Trip
- * Monday, September 17: Constitution Day Trivia
- * Monday, September 17: Opening Convocation:12:45pm Dedication of the 2018-2019 Academic Year
- * Thursday, September 20: "Serving the Diversity of the Senior Community" sponsored by Campus Ministry
- * Wednesday, September 26: Reducing Test Taking Anxiety Workshop by AC
- * Thursday, September 27: Election Series: Immigration Reform presentation sponsored by Student Leadership and Organizations office



Greetings from the Vice President for Student Development!

Dear Parents and Families,

It has been a great start of the academic year at CSM! Hopefully, you are adjusting to your daughter's absence or new schedule! As you continue to play an important role in helping your daughter handle the adjustments of college by offering guidance, I hope our monthly newsletter will offer resources for you to use during these important conversations, as well as current information about campus events. Have a great Labor Day weekend!

Sincerely,
Tara Knudson Carl, Ph.D.

