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…

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

Students need to express their autonomy and spread their wings when they get to school. This doesn’t mean that they’ve stopped needing you, though — of course not! You are an integral part of your daughter’s support system and cheering section, and that won’t change.

Learning to be autonomous, however, means that students need a chance to…

⇒ Make their own mistakes
⇒ Decide how to confront challenges
⇒ Communicate with others when there’s a problem
⇒ Choose how to spend their time
⇒ Take responsibility for their actions
⇒ Struggle a bit
⇒ Learn from experience

It’s natural to be protective, wanting to shield your daughter from difficulty. Yet, students need things to get messy at times so they can learn coping strategies and become resilient. Figuring out how to handle the tough stuff — and tapping into the many supportive people on campus for assistance — will help your student gain strength and character.

So, be there to talk things through when students need that and to offer support, by all means. Yet, leave the actual “doing” primarily up to them. As a result, they’ll develop autonomy and faith in their own abilities.
Successfully handling college academics requires some intentional strategies. Here are a few to share with your daughter…

**Keep Up.** College academics are likely different than what you experienced previously. There’s absolutely no shame in asking for help if you’re having trouble keeping up! Do it sooner rather than later so you can tap into help from your instructor, the achievement center and more.

**Pursue Topics You Enjoy.** Take on a project that you want to spend time on, rather than one that you feel you should. The process will be so much more enjoyable and interesting!

**Know and Be Known.** Get to know your professors and academic advisor. Stop by office hours or right after class. Being a known student is better than being an anonymous, unknown participant.

**Go to Class.** Part of being that known element is going to class regularly. You just won’t learn as much or benefit as much if you’re not there. And instructors notice!

**Be Respectful.** What instructors will remember is if you’re disrespectful when they’re trying to teach. So, don’t text during class, talk loudly with classmates, or share personal concerns about their teaching in a public way. Bring up concerns privately, in a calm manner.

**Do the Work.** This one may seem simple, yet it makes all the difference. Do the reading, keep up with assignments and take responsibility for your learning. No one can impact your academic success the way that you can.

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### Academic Success Strategies

**Cars on Campus**

If your student has a car on campus, make sure she follows some smart rules of the road that go along with car ownership/borrower ship…

- Always keep the car locked
- Don’t keep any valuables in there — especially in plain sight!
- Keep the license, insurance and registration up to date and always available in the car
- Register your car on campus with the information center
- Respond to any parking tickets right away — they don’t go away if ignored
- Feel free to say “no” when friends ask to borrow the car — their accident would not be covered by your Insurance
- Abide by campus parking rules and general rules of the road
- Be vigilant when walking to your car at night or call CSM Safety and Security at 402-670-8848 for an officer to escort you to your car or other building on campus

- Keep up with oil changes
- Respond to any strange noises or actions in your car by getting it checked out — don’t just let them go
- Have winter supplies in the car (mini shovel, ice scraper, cat litter for traction)
- Don’t use jumper cables unless you’re sure what goes where — it’s good to learn!
- Try to keep the gas tank at least half full at all times — you never know when you might be stuck in traffic or driving somewhere without any open gas stations
- If you’re drowsy when driving, pull over in a safe location — being sleepy behind the wheel can be almost as dangerous as driving while intoxicated
- Don’t text or use a cell phone handset while driving — distracted driving leads to accidents
CSM Home Athletic Events

- Thursday, September 10: Soccer vs. Bellevue University
- Friday, September 11-Saturday, September 12: CSM Hosted Volleyball Tournament
- Wednesday, September 16: Volleyball vs. Nebraska Wesleyan University
- Saturday, September 19: Volleyball vs. Concordia University and Waldorf College
- Wednesday, September 23: Soccer vs. Mount Marty College
- Sunday, September 27: Soccer vs. Morningside College
- Monday, September 28: Volleyball vs. Grace University
- Tuesday, September 29: Soccer vs. Doane College

All Home Games are Free to CSM Students

GO FLAMES!

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 dialog 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.

Encourage your daughter to sign up for CSM Alerts. It’s simple and easy - all they have to do is log into MyCSM and click on CSM Alert to sign up for the text alert program. These alerts are sent via e-mail and text messages to all members of the College community whenever a serious crime occurs, either on or off-campus when it is near.

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 escort as needed 24 hours a day. Safety and Security can be reached at 402-670-8848 or by dialing “1” on any campus phone.

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Greetings from the Vice President for Student Development!

Dear Parents and Families,

It has been a great first week at CSM, and today there was fun energy at our Involvement Fair as new students signed up to join organizations. Hopefully, you are also 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.

CSM Dates to Remember:

- Tuesday, September 1: Student Involvement Fair
- Wednesday, September 2: Last Day to Drop/Add/Register for Fall Classes
- Thursday, September 3: Jo-on-the-Go Free Coffees and Smoothies for Students
- Monday, September 7: Labor Day—College Closed
- Wednesday, September 9: Achievement Center’s Strategic Thinking Workshop Series Begins
- Thursday, September 10: Maui Wowi - Free Hawaiian Smoothies for Students
- Monday, September 14: Opening Convocation to Welcome the New Academic School Year
- Wednesday, September 26: Archbishop Elden Curtiss Lecture Series Featuring Dr. Janet K. Ruffing, RSM, ‘Falling in Love with God: A Relic from the Past or Contemporary Reality?’
- Thursday, September 24: Mercy Day Prayer Service
- Thursday, September 24: Heritage Week Picnic on the Plaza

SIMPLE Steps and Strategies to Organization

One of the biggest challenges faced by college students is staying organized. It can be an overwhelming task as they attempt to balance multiple responsibilities, relationships and schedules. However, by applying a few simple steps, they can get — and stay — organized. Here are some strategies to share...

**Set goals and priorities** — identify your goals, prioritize them, break them down into manageable objectives and stick to them. Write them out and put them in a visible place — like your planner, on your phone or on your mirror. This will help motivate you and keep you focused.

**Implement a filing system** — Eliminate both physical and cyber clutter — and find things when you need them — by creating your own filing systems. This might involve using multiple files on your laptop and sorting through papers once instead of letting them pile up.

**Manage your schedule** — Your calendar is sure to fill up fast with all the meetings, activities, events, and of course, classes you need to fit into each day. Use one calendar for everything and give yourself some wiggle room in your schedule between activities, too.

**Prepare ahead of time** — Avoid procrastination, sleeping in or rushing to get something done. Preparing ahead will not only help you stay organized, it will also reduce your stress. Wake-up earlier, get your clothes and backpack ready the night before, make a to-do-list and write deadlines in your planner or phone.

**Lose the clutter** — When you enter your room at the start of the year, you do not have clutter and, likely, your mind works better as a result. How can you maintain a clutter-free environment? Recycle unnecessary paper, have specific spots for specific things and use files to manage necessary paperwork.

**Edit regularly** — Every other month, edit through your paperwork to see what may not be necessary. With so much available on the Internet, information can get stale quickly. So, edit out the clutter and you’ll breathe much easier!