



a newsletter for parents & families

August 2018

Seasonal Student Issues

It's likely hitting your student now... she is heading to college in a few weeks. With that revelation will likely come some excitement – and some anxiety – regarding topics such as...

- Will I find friends as good as the ones I have now?
- How can I reinvent myself?
- Will I be able to handle college academics?
- How will I find my way around campus?
- Who will I turn to if I'm struggling?
- Will I still be as connected to my family/friends?
- What if I don't get along with my roommate?
- Will people make fun of how I talk/dress/act?
- How will I get involved?
- Will I find a place to belong here?

Getting Familiar with Community Resources

The resources available to students and their families around here are numerous! Yet, as the beginning of the academic year is just around the corner, there are a few resources within the community that you may want to get familiar with right away, such as...

A Bank. Where will your daughter do her banking when she's at school? Getting this situated now will make things easier throughout the year.

A Mechanic. If your daughter has a car on campus, urge her to ask around to see whom local folks use as their mechanic. Asking people within our maintenance and support staff makes a lot of sense—they often know this city well!

A Place of Worship. If your student wants to attend services, there are options on and around campus. Our Lady of Mercy Chapel, located on the first floor of Walsh Hall, is a beautiful sacred space available to students, faculty, staff, alumnae and the community.

Catholic Mass is celebrated weekdays at 12:05 p.m. when the college is open. Students can celebrate Sunday morning Mass at 9:30 a.m. at the Mercy Villa located next to campus.

A Spot of Nature. It's good for students to have a little campus getaway, whether it's a city park, a hiking trail or a lake. Omaha's trail system runs right along the College of Saint Mary campus, leading you through more than 85 miles of paved, interconnected hiking and biking trails.

Connecting with these community resources—and more—now will add to the comfort level in your daughter's new city. Our community is looking forward to welcoming you and your student!



Welcome Home!



The Residence Life team is excitedly awaiting your arrival to our halls and we look forward to the many opportunities to engage with your student and to make her transitional experience remarkable.

Throughout the month of August, ten exceptional student leaders, your resident advisors for 2018-19, are working to prepare for your arrival as they learn what it takes to create a safe, healthy, engaging community for your daughter to feel at home and supported in their residential community.

We look forward to welcoming you and your daughter to campus soon! If we can assist in any way prior to your arrival, please feel free to contact us at reslife@csm.edu.

Health/Wellness Care Options While at CSM

Health Assistance Program (HAP):

College of Saint Mary offers the HAP program through Nurture Health, which is located within walking distance just south of CSM's campus in the Think Building. Residential students receive two free visits a year to see a health provider for the flu, common cold, or minor injury. This clinic is open Monday-Friday from 8am-5pm. To make an appointment, call 402-999-4900.

Counseling Assistance Program (CAP):

CSM also offers the CAP program through CHI Health Creighton University Medical Center Bergan Mercy, which has counseling offices right across the street. Your daughter can speak confidentially to a licensed counselor 24 hours a day/7 days a week by calling 402-398-5566, or can use the same number to make an appointment during normal business hours. (If your daughter is 18 or younger, she'll need written parental permission.) CAP can help with stress, adjustment to college life, academic concerns, relationship and family conflicts, parenting issues, substance abuse and financial concerns.



Campus Safety Checklist

It is natural to worry about the safety of your daughter when she is on campus and/or if she lives in the residence halls.

Rest assured that College of Saint Mary makes student safety a top priority. CSM has safety and security officers on duty 24 hours a day, 7 days a week to respond to student concerns. The entrances to the residence halls can only be opened using the residents' 'prox' cards. Pathways and public spaces are well lit.

However, it is still a good idea to talk to your student about things she can do to protect her personal safety as well as her belongings.

- ◇ Document laptop/television serial numbers.
- ◇ Never leave valuables in the car and lock it at all times.

- ◇ Lock residence hall room at all times.
- ◇ Students will automatically be enrolled in the "CSM alert" system to receive emergency or weather related text messages.
- ◇ Attend campus trainings on sexual assault prevention and bystander intervention—use the buddy system when going out at night.
- ◇ Take a self-defense class offered on campus this fall.
- ◇ Use Safety and Security's "safe walk" program to be escorted to and from campus locations at night.
- ◇ Ask your daughter to share her roommate's contact information (phone, email) so you have it in case there is ever an emergency.



CSM Home Athletic Events

Monday, August 20: CSM Flames Pep Rally at 11am

Tuesday, August 28: Volleyball vs. York (first home game)



All Home Games are FREE to CSM Students

CSM Dates to Remember:

- * Thursday, August 9: Soccer and Volleyball residents move on to campus
- * Sunday, August 12: Mother's Living & Learning (MLL) and CSMAAdvantage residents move on to campus
- * Saturday, August 18:
 - ◇ **New student and new transfer residents move on to campus from 10am-1pm**
 - ◇ Blessing of new students and welcome dinner at 5pm
 - ◇ Fun and Games at 6:30pm
 - ◇ Improv Show at 8:30pm (live theatre show)
- * Sunday, August 19:
 - ◇ Service Project off-campus at 9am
 - ◇ Bubble Soccer at 6pm
- * Monday, August 20:
 - ◇ Canvas Training at 9am (learning management system used in the classroom)
 - ◇ Student Senate's Casino Night to welcome students at 7pm
- * Tuesday, August 21:
 - ◇ Meet your Advisor at 9:30am
 - ◇ A Shot of Reality at 7pm (alcohol education program)
- * Wednesday, August 22:
 - ◇ **Classes begin**
 - ◇ **Semester Financial Arrangements (SFA) Due**
 - ◇ Fall Fest Picnic at 4:30pm
- * Thursday, August 23:
 - ◇ Table Grace Food Truck on campus at 11am-2pm
 - ◇ Glow in the Dark Night at 8:30pm
- * Friday, August 24: Pool Party at 6pm
- * Tuesday, August 28: Involvement Fair to showcase student organizations offered at 11:30am
- * Wednesday, August 29:
 - Last day to drop/add classes**



Greetings from the Vice President for Student Development!

Dear Parents and Families,

Welcome to CSMT

As a parent, you play a very important and critical role in helping your daughter handle issues she faces by providing suggestions and offering guidance. Our newsletter, sent each month during the academic year, will offer resources for you to use during these important conversations, as well as current information about campus events and deadlines. Enjoy!

Sincerely,

Tara Knudson Carl, Ph.D.

