



a newsletter for parents & families

**April 2020**

### We're Here For You

As the coronavirus continues, we are here to help. Please be in touch with any of your questions or concerns.

CSM's campus remains open. The majority of courses have moved to remote teaching and learning for the remainder of the spring semester. Any exceptions (such as clinicals, internships, and certain labs) are being communicated with students directly from their faculty through Canvas.

For current up to date information, please visit our webpage at:

<https://www.csm.edu/coronavirus-disease-covid-19>

### **Engaging in Successful Online Learning**

Planning time to study in the middle of a busy household , and /or being disciplined in keeping pace with online coursework may be new skillsets for your daughter.

The University of Nevada, Las Vegas offers some great tips for making a successful transition to online learning. They include...

- Set study goals for each log-on or study session
- Create an area just for coursework with good lighting and study tools in one place
- Set up a schedule for when you plan to be "in class" online and when you'll study
- Participate consistently in online discussions
- Ask questions when things aren't clear and ask for help if you're struggling
- Look for ways to support your learning style – like practicing what you learn or joining a study group – if online learning doesn't meet all your needs

Check out the complete list of tips here: [www.unlv.edu/learn-online/tips](http://www.unlv.edu/learn-online/tips).

**Source:** "Tips for Success Online," The University of Nevada, Las Vegas



### **NAIA Cancels Spring 2020 Sports Season**

The National Association of Intercollegiate Athletics (NAIA) cancels the spring 2020 sports season due to COVID-19. In an effort to provide relief, no spring sport student-athlete will be charged a season of competition. Any spring sport student-athlete who was enrolled full-time in 2020 will be awarded two additional semester terms of attendance or the equivalent. **Source:** NAIA.org

## 2020-2021 Housing Information

It is almost time for your daughter to reserve her residence hall room for 2020-2021! Current residential students will be e-mailed thorough instructions for selecting their room. Below are some important notes regarding this process:

**Application:** Students wishing to live on campus next year will need to complete the online housing application that is e-mailed to them. Current residents will not need to pay another housing deposit.

**Room/Board Rates:** Double rooms (with roommate) will be billed at a rate of \$4,000/semester and single rooms (without a roommate) will be billed at a rate of \$4,513/semester. Single rooms will only be available to seniors.

**Choosing the Room / Roommate:** Current residents should plan to “attend” Room Selection the evening of April 20 to confirm their roommate and choose a room. The process will be completed over the phone and Residence Life staff will be emailing details soon!

**Living Off Campus:** Students are required to live on campus for their first two years of college unless they meet one or more of the exemption criteria. The link to this online form will be in the email to residents.

**Current Commuters Wishing to Move On Campus for 2020-2021:** The housing application for new residents is available online on the CSM website at [csm.edu/apply](http://csm.edu/apply).



## Looking Out for Mental and Emotional Health Concerns During the Coronavirus Pandemic

These are times of uncertainty, when students may feel stressed, unsafe and on edge. As Dr. Doreen Marshall reminds us in “Protecting Your Mental Health During the Coronavirus Outbreak,” “It’s important to note that we are not helpless in light of current news events. We can always choose our response.”

She suggests the following to address mental/emotional health issues...

**Stay in the Present.** “Perhaps your worry is compounding,” writes Marshall. “You are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn’t happened, gently bring yourself back to the present moment.” Engage in mindful activities.

**Separate What’s in Your Control from What’s Not.** This might involve stepping away from the news for a bit and then focusing on those things you *can* do, like washing your hands, looking out for one another, keeping up with schoolwork and steering clear of gatherings. Plus, do what makes you feel safe.



**Andrea Joyce**  
**CSM’s Director of Counseling**

**Stay Connected and Reach Out.** Yes, self-isolation and social distancing can be tough. So, use alternative technological methods of staying connected to help you get through things. And, if you’re struggling with mental/emotional health issues, reach out for help. **CSM’s Director of Counseling, Andrea Joyce**, is available for a video meeting online through Zoom. She can be reached at [ajoyce@csm.edu](mailto:ajoyce@csm.edu) or 402-399-2374 to schedule an appointment.

**Go Outside and Get Moving.** Exercise helps both physical and mental health, so figure ways to get moving. And if you can get some sunshine and fresh air at the same time, all the better!

**Source:** “Protecting Your Mental Health During the Coronavirus Outbreak,” American Foundation for Suicide Prevention

## Developing Resilience in Hard Times

Resilience is when we bounce back from failure and hard times. Kind of sounds familiar at the moment, doesn't it?

According to the campus Resilience Consortium, it includes capacities for...

- \* Persistence
- \* Creativity
- \* Emotional intelligence
- \* Grit
- \* Cognitive flexibility
- \* Risk-taking
- \* Adapting to change
- \* Delaying gratification
- \* Learning from failure

This current pandemic situation and its associated issues can help students practice their resilience so they're better prepared to cope with life's setbacks. You can help your daughter frame it this way by asking her to identify one of the above capacities and how she's currently putting it into practice. For



instance, with "creativity" you could point out how she's creatively figuring ways to practice social cohesion with her friends, despite social distancing, through things like virtual game nights, FaceTime calls and Zoom study sessions.

This moment in time is now part of your student's story, where she gets to focus on *how* to get through it with strength, perseverance and, yes, resilience. As a result, she'll come out on the other side with some lifetime skills that will serve her *very* well.

**Sources:** <http://resilienceconsortium.bsc.harvard.edu>; <http://angeladuckworth.com>; *Developing GRIT: Resilience, Resourcefulness & Real Life*, Brochure from PaperClip.

### CSM Dates to Remember:

- \* Thursday, April 9: **Last day to withdraw** from classes
- \* Friday, April 10: **Good Friday, College closed—No classes**
- \* Monday, April 13: **Easter break, No classes**
- \* Thursday, April 16: Spirit of Service Day (virtual)



### Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

Please know college leadership is monitoring the COVID-19 situation very closely and meeting regularly to discuss new developments or issues. We understand this is a time of great uncertainty for everyone, and we are trying to make our decisions in the best interests of our students. If you have any questions, please feel free to email me. Stay healthy!

Sincerely,

Tara Knudson Carl, Ph.D.

