



a newsletter for parents & families

April 2021

Seasonal Student Issues

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

- Losing motivation for the final push
- Becoming restless as spring fever hits and problems arise
- Anticipating the end of the year
- General anxiety due to the ongoing COVID-19 pandemic
- Having papers and exams pile up
- Experiencing summer job panic
- Being concerned about moving home for the summer



Providing Support During the Final Push

The semester is almost over, as students work on final projects, papers and prepare for exams. This final push can be stressful and busy, which means that your daughter can surely use your support and encouragement.

Here are a few things that you can do to be of help...

Respect Time. You may not hear from your student as frequently as usual during this busy time. Respect that her time is likely focused on wrapping up the year right, academically and socially.

Reach Out. You can still reach out to let your student know that you're thinking about her. Send an encouraging text, an uplifting email or supportive voicemail so she knows that you're there, rooting her on!

Encourage Self-Care. Some students tend to eat and sleep poorly during the final push, thinking that pulling an all-nighter and loading up on caffeine are how they're going to make it. Let them know that a lack of sleep is the worst thing they can do for their concentration levels. And overdoing the caffeine can make them scattered.

Support Help-Seeking. If your daughter is having academic problems, encourage her to talk with a professor or academic advisor. If she is anxious and having trouble focusing, she can always contact our Director of Counseling, Andrea Joyce, at 402-399-2374 to set up an in-person or virtual visit. Let her know that seeking help is the strong, capable thing to do when she realizes that she can't do it all on her own.

Provide Things to Look Forward to. As your daughter digs in to finish up the semester well, help her plan things to look forward to, too. This might be going to a baseball game this summer, having a family barbecue when she's done with finals or planning a summer camping trip with her siblings. Looking ahead to rewards such as this can be a potent motivator.



2021-2022 Housing Information

It is almost time for your daughter to reserve her residence hall room for 2021-2022! 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 will want to plan to attend Room Selection the evening of April 21 to confirm their roommate and choose their room. To select a room, students will need to be registered for at least

12 credits hours for fall 2021. The 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 2021-2022:**
The housing application for new residents is available online on the CSM website at csm.edu/ apply.



A note from our Director of Learning Support



We want our students to utilize all CSM has to offer to achieve their academic goals, and hope they have come in

- Study strategies
- Test taking skills
- Strategies to reduce test anxiety
- Writing Assistance

to check out what the Achievement Center has to offer. Especially with finals on the horizon, we would be happy to help students with:

- Understanding and applying course concepts (receiving tutoring)

Students have access to the Achievement Center (and CSM library) 24-7 for studying, computer and printer use.

Students can find a tutor roster and weekly tutor schedule on our student portal, MyCSM.

Parking Lot Safety Tips

- * Have your key or key fob in hand, ready to unlock your car, as you're walking towards it.
- * Walk to your car with someone you know and trust, especially when it's dark. For a safe walk to your car on campus, call CSM Safety & Security at 402-670-8848.
- * Look in the backseat *before* entering the car to make sure no one is hiding there.
- * Always keep your car locked, whether you're in it or not.
- * If you're sitting in your car in a parking lot, lock the doors so no one can take you by surprise.



Residence Hall Council's Care Packages

The deadline to order your daughter a finals care package is **Friday, April 23**. Visit www.swaku.com/csm-catalog-home to look at different options and place an order. You can add a personal message during checkout that will be printed on a card and included. These deliveries will arrive the week before finals, and CSM's mail room staff will notify your daughter that she has a package for pick up. If you have any questions, please contact Lori Molin, Lozier Hall Director/Residence Hall Council Advisor, at lmolin@csm.edu.



CSM Home Athletic Events

CSM has many home athletic events that are **FREE** to CSM students. Softball and tennis have events this month on campus. To see the current schedule, visit CSMFLAMES.com.

Most games can be watched online at <https://portal.stretchinternet.com/naia/>.



CSM Dates to Remember:

- * Monday, March 29-Monday, April 5: **Easter/Spring break, No classes**
- * Friday, April 2: **Good Friday, College closed**
- * Tuesday, April 6: Class registration for fall 2021 begins
- * Friday, April 9: Last day to withdraw from spring classes
- * Wednesday, April 14: Talk on Healthy Relationships

- * Thursday, April 15: Spirit of Service Day (virtual and some in-person opportunities)

5 Minute Meditations on Thursdays at 12:30
with the CSM Director of Counseling:
Zoom ID: 971 7827 3882



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

I can't believe we are already ushering in spring! The end of the year always seems to rush quickly towards us after spring break, as we plan for end of the year programs, events, and recognition programs as students push to finish papers and projects. I wanted to share my gratitude for sharing your daughters with us at CSM. I'm ending this chapter at CSM at the end of this semester and working with students has been my absolute privilege!

Take care, and happy April!

Sincerely,

Tara Knudson Carl, Ph.D.

