



a newsletter for parents & families

## December 2019

### Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your daughter may be experiencing this month...

- Panic, fear, and cramming as finals and paper deadlines approach
- Bad temper as stress mounts
- The realization that some friends may not be returning next semester
- Financial strain due to holiday gifts and travel costs
- Excitement and anxiety about returning home

### **Supporting Students through the Final Stretch**

While December is a time for holiday cheer, it can also be a very stressful time for students. From academic to social pressures, they're likely being pulled in a number of directions.

You can support your daughter by:

- \* Calling to check in so your student knows you care, but not requiring her to stay on the phone for long periods of time.
- \* Waiting to discuss important details or have thoughtful conversations until after finals are over – when possible.
- \* Understanding the pressure she is facing and validating her frustrations and stress levels.
- \* Helping her keep things in perspective (i.e. this will all be over in just a few weeks, grades aren't everything, etc.).
- \* Offering to take responsibility for the things you can (picking up gifts or running last minute errands, etc.).
- \* Making suggestions for eliminating stress.
- \* Reminding her to take care of herself.

Overall, your student may just need a listening ear during these next few weeks. If that's the case, let her vent, validate her feelings and remind her how much she is loved. More often than not, this is the most helpful thing you can do during this busy time of year.



### **De-stressing Suggestions for your Daughter**

- \* Step away from the computer and take a 10-minute walk
- \* Chat with a friend for a few minutes to get perspective
- \* Get a breath of fresh air
- \* Listen to a few favorite tunes to shake off the "study fog"
- \* Laugh – watch a baby panda sneezing video on YouTube or a favorite TV comedy

## Residence Life Dates to Calendar

- For Christmas break, Residence Halls will close on Friday, December 13 at 5 pm and reopen on Sunday, January 12 at 1 pm. The last fall semester meal in the dining hall will be lunch on December 13.
- From Friday, December 20 at 5pm to January 2 at 7am, the entire campus is closed with no access.
- Students may request to come back from break as early as January 3, 1 pm.
- The cost to be in the halls for any portion of January 3-12 is a flat rate of \$40. Spring semester meals will resume with dinner on January 12.



## The Season of Sneezing

The last thing your daughter needs during this season is to get sick! So, here are some tips to share when it comes to preventing the onset of a cold...

- \* **Wash Your Hands – Often!** It's the single most effective way to keep from catching a cold or spreading one to someone else.
- \* **Cover Your Mouth and Nose When You Cough or Sneeze.** The barrier helps keep germs contained. Try sneezing into your arm/elbow to keep the germs away from your hands, especially if hand-washing isn't immediately available.
- \* **Eat a Balanced Diet.** A healthy diet includes plenty of fruits and vegetables, balanced with the other major food groups. Sometimes a daily vitamin can offer a good supplement to a diet.
- \* **Get Sleep!** Bodies need time to rest and recover – and to process all the information learned in a given day.
- \* **Move Around.** Walk up the stairs instead of taking the elevator, go for a short jog, or crank out some sit-ups and push-ups as a study break.
- \* **Don't Let Stress Wear You Down.** College is a stressful time, especially near final exams. Find ways to manage the stress productively.
- \* **Avoid Sharing with People Who Have Colds.** This will greatly reduce the risk of catching a virus.



Unfortunately, no matter how hard your student works to maintain a healthy immune system, it's likely that she will contract a cold virus at one point or another. Therefore, in addition to being aware of healthy lifestyle strategies, she should be able to recognize primary cold and flu symptoms and know when to seek medical assistance.

## Career Checklist for Winter Break

Here are a series of tasks that students can undertake during winter break to ready themselves for the career search – whether it's for full-time work or a summer gig . . .



- Line up three references
- Draft a resume
- Take a career inventory or myplan, available through the Achievement Center
- Shadow someone in a job of interest
- Connect with a local alum
- Read an article or book about a career option

## CSM Home Athletic Events

CSM has many home athletic events that are FREE to CSM students. Basketball has events this month on campus. The Competitive Dance team performs during half-time of most basketball games. To see the current schedule, visit [CSMFLAMES.com](http://CSMFLAMES.com).



The CSM Volleyball team won the opening round of the NAIA National Tournament at home vs. Lincoln Christian University, and heads to Sioux City to play three matches December 3-5. Quarterfinals are on December 6, with the semifinals and the championship December 7. For more information on the tournament, visit <https://www.naia.org/sports/wvball/2019-20/Pool-Play-Schedule>.

**Go Flames!**

### CSM Dates to Remember:

- \* Tuesday, December 3:
  - \* "Tranquil Tuesday" Yoga
  - \* Campus Activity Board's (CAB) Late Night Breakfast
- \* Wednesday, December 4 to Tuesday, December 10: Achievement Center will have free coffee for students studying for finals.
- \* Thursday, December 5: 'Cocoa and Hats' - enjoy free cocoa, Christmas treats, and finger hats from the Knitting Club
- \* Friday, December 6: CSM Christmas Concert
- \* Saturday, December 7: CAB and ADR: Cookies with Santa
- \* Monday, December 9-Thursday, December 12: **Final Exams**
- \* Saturday, December 14: Winter Baccalaureate Mass and Commencement
- \* Monday, December 16: **Christmas Vacation begins for Students**
- \* Monday, December 23-Wednesday, January 1: **College Closed**



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

Dear Parents and Families,

I hope you enjoyed a wonderful Thanksgiving and are well on your way to enjoying the Christmas season! As our semester draws to a close, I hope your daughter has found a home away from home here at CSM and is learning more about her gifts and potential. In addition, I hope this newsletter has offered some nuggets of information and advice that has proven helpful during the last few months. You are always welcome to request a specific topic for the next newsletter.

Here's hoping you have a wonderful and blessed Christmas holiday!

Sincerely,  
Tara Knudson Carl, Ph.D.

