



a newsletter for parents & families

## December 2020

### 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...

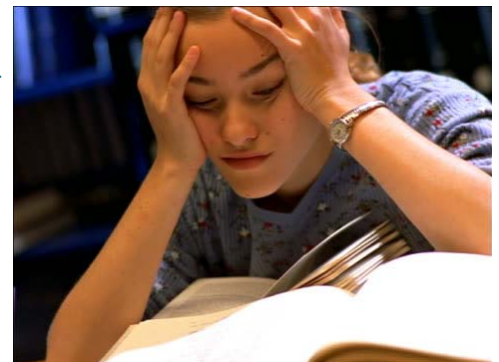
- Panic, fear, and cramming as finals begin
- Bad temper as stress mounts
- The realization that some friends may not be returning next semester
- Financial strain due to holiday gifts and travel costs
- Excitement and anxiety about returning home

### **Depression and College Students**

Mental illnesses – including depression – are medical conditions that can dramatically impact a person's thoughts, feelings, judgment and ability to function. And, although these conditions impact people of all ages, they often first appear between the ages of 18 and 24, according to The Jed Foundation.

Depression involves the body, mind and thoughts, impacting one's ability to sleep, study, work, eat and enjoy life. It is more than feeling "down in the dumps" or "blue" for a few days. It's feeling down, low and hopeless for weeks at a time, often with the inability to pull oneself together.

Chances are that your daughter may experience or see someone in the throes of depression during their time in college. Consider talking with them about the signs and symptoms of depression – and what to do if they come into contact with someone who is struggling or are struggling themselves.



### **Depression**

Signs and symptoms include...

- Persistent sad, anxious or "empty" mood
- Feelings of guilt, worthlessness and helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue and being "slowed down"
- Difficulty concentrating, remembering and making decisions
- Insomnia, early morning awakening or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness and irritability

## Residence Life Dates to Calendar

- For Christmas break, Residence Halls will close on December 18 at 5 pm and reopen on Saturday, January 9 for new and returning students. The dining hall's last fall semester meal will be lunch on Friday, December 18.
- For December 13-18, limited breakfast & lunch options will be provided in the dining hall.
- From December 23 at 5pm to January 4 at 8am, the entire campus is closed with no access.
- Students may request to come back from break as early as Monday, January 4, 1 pm. Break housing fee applies.
- The cost to be in the halls for any portion of January 4-8 is a flat rate of \$40 total. Spring semester meals will resume with dinner on Saturday, January 9.



## COVID-19 Information/Spring 2021 Start

Spring semester classes will start on January 11 as they have been posted in the schedule. (Which means if a class is listed as face to face, it will remain face to face unless special circumstances are approved by Dr. Allen, Vice President of Academic Affairs.) However, the COVID monitoring team will continue to monitor the incidence of the virus and if we need to change this plan, plenty of notice will be forthcoming.

All students, faculty, and staff are encouraged to register with Test Nebraska: (<https://www.testnebraska.com/en>).

For the latest health guidelines, a dedicated webpage is available via a link in the header at CSM.edu or directly at <https://www.csm.edu/covid-19-info>. This resource contains the latest information regarding the pandemic and is a place for the community to provide updates on their health status or ask questions they might have.

***If your daughter believes she may have been exposed to COVID-19, please have her complete the health reporting form available on the webpage above. There is also a form on this page if she has a question to ask.***

**COVID-19 (Novel coronavirus)**

- Cough
- Fever or chills
- Shortness of breath
- Loss of taste or smell
- Tiredness
- Headache
- Body aches
- Sore throat

*(Sometimes there is runny nose, nausea, vomiting, diarrhea)*

## 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. Swimming and 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).



**Construction Update!**  
For more aerials of the progress on our multimillion-dollar addition to the Lied Fitness Center coming next fall, see our Facebook page. Search for “College of Saint Mary.”

### CSM Dates to Remember:

- \* Thursday, December 3—Tuesday, December 8: **Final Exams**
- \* Wednesday, December 9: **Christmas Vacation begins for Students**
- \* Saturday, December 12: Winter Baccalaureate Mass and Commencement
- \* Thursday, December 24—Sunday, January 3: **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.

