



a newsletter for parents & families

February 2020

Seasonal Student Issues

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

- Things become routine... school finally becomes home
- Difficulty getting into study mode
- Missing family and friends at home, and friends who did not return to school
- Cliques become stronger within residence hall communities, student organizations and in classes
- Cabin fever and burnout
- Valentine's Day sadness, if not dating or if a relationship is not going well
- Vocational choice/ internship search causes anxiety
- Decisions about declaring a major
- Spring break planning underway

Helping Students Choose or Change Their Major

Some students are currently facing the selection of a major, after taking a variety of courses, or facing the fact that the initial choice isn't a good fit for their strengths and passions. This process can be stressful and a bit agonizing for students who still don't feel 100 percent sure about what they want to do. Your support is a *key* element in this process!

How to Be Helpful

- Listen.
- Support the exploration of a variety of potential careers – and encourage your daughter to work with Angela Fernandez, Assistant Dean for Retention Programs in the Achievement Center.
- Encourage her to make academics a high priority.
- Support her also building skills and strengths out of the

classroom that complement her in-classroom learning.

- Identify talents and abilities you have observed in your student and share them with her.
- Encourage your student to find her passion and pursue a vocation rather than simply guaranteeing herself a job.

What Do I Need to Know as a Parent/Family Member?

- Be aware that the majority of college students change their major at least once.
- Recognize that many career choices today require further schooling.
- Encourage your daughter to visit her academic advisor regularly.

- Ask intentional questions to help your student filter through what can be an overwhelming decision.

Don't...

⇒ Push earning potential as a sole decision-making factor.

⇒ Allow your daughter to feel badly about changing her mind and not sticking with a major.

⇒ Expect her to follow in your footsteps or take over the family career "legacy."



The Importance of Parental Support

Parental support is one of the keys to student success at college. "Family emotional support is beneficial for academic outcomes as it promotes psychological well-being and facilitates greater student engagement," said researchers examining both emotional and financial family support among a sample of 728 first-year, low-income students at eight four-year institutions.

Their findings, published in *Research in Higher Education* (June 2019), show that family emotional support has a greater impact on student outcomes than family financial support. "Low-income families have a particular resource that they have plenty of and that they invest in their children, and that's emotional support," Josipa Roksa, a professor of sociology

and education at the University of Virginia and the lead author on the study, told *Inside Higher Ed*. "We shouldn't underestimate that value and the importance of that resource."

Other findings about students who reported receiving more emotional support from their families include...

- They were 19% more likely to have a GPA of 3.0 or higher
- They were 19% more likely to accumulate at least 24 credits during their first year
- They were 24% more likely to finish a second year of college

Findings like this point to family support playing a big role in student retention and persistence.

"Family support is related to how much kids study, how they

engage with faculty, whether or not they belong," Roksa said. "Those things that we hold dear in higher education as indications of academic and social engagement and that we usually try to address institutionally are actually related to parental support."

Sources: *Inside Higher Ed*, 7/11/18; *Research in Higher Education*, June 2019; *The Chronicle of Higher Education*, 5/5/19



Heart of the Walking Woman Celebration



We are excited to be celebrating our annual Heart of the Walking Woman Celebration on February 21, an event that honors students of service, character and leadership.

Students are recognized as either 'Walking Woman in the Making' of their individual classes or as the "Heart of the Walking Woman" if they are a senior.

Student Senate carries on this tradition (formerly known as the Queen of Hearts) with great pride by celebrating the students who are outstanding examples of the Walking Women who attend CSM.

Faculty, staff, students and guests will gather on **Friday, February 21 at 4pm in the Chapel** to recognize students for all of their hard work.

The evening is capped off with dancing; but more importantly, it is a special moment for those recognized as Walking Women. We hope that you will encourage your daughters to attend and join us in this great tradition!

The 2020 finalists are:

First Year

Morgan Ethen

Amya Harris-Harper

Beatrice Hernandez-Arista

Second Year

Grace Blum

Madison DeWitt

Emily Jacobson

Third Year

Kelsey Crum

Nicole McPhillips

Elaundra Nichols

Fourth Year

Stephanie Collings

April Francisco Klusaw

Miriam Olague Cepeda

FERPA: What Parents should know about Health/Safety Emergencies

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of students' education records, even from parents, and addresses the decisions that school officials need to make on a daily basis. It applies to virtually all postsecondary institutions, public or private.

However, parents may be notified when there is a health or safety emergency involving their son or daughter, in spite of any FERPA provision that might otherwise prevent such a disclosure. Changes made to this section of FERPA were intended to "balance the important interests of safety and privacy by providing school officials with the flexibility to act quickly and decisively when emergencies arise."

According to FERPA, "...the Department will not substitute its judgment for that of the institution if, based on the information available at the time of the determination, there is a rational basis for the institution's determination that a health or safety emergency exists

and that the disclosure was made to appropriate parties."

Disclosure to "Appropriate Parties"

In taking all circumstances into account, institutions may disclose personally identifiable information from education records, without student consent, to "appropriate parties" whose knowledge of the information is necessary to protect the health or safety of a student or other individuals, if there's "an articulable and significant threat."

- The person(s) receiving the information isn't required to be the one providing the protection.
- Potential "appropriate parties" may include:
 - ◇ Law enforcement
 - ◇ Campus Threat assessment team members
 - ◇ People who may have information that can assist in providing or evaluating the need for protection and/or how to address the threat (such as peers, roommates, mental health professionals and prior schools attended)
 - ◇ Potential victims
 - ◇ Parents of the student or of potential victims

Not a Blanket Exception

This "health or safety emergency" exception shouldn't be considered a blanket exception for routine, non-emergency disclosures of student information, though. Rather, it should only be used to disclose information

FERPA

Family
Educational
Rights &
Privacy
Act of 1974



Goal: Protect Integrity of a Student's Academic Record & Protect Student's Privacy

necessary to protect the health or safety of a student or another individual in connection with an emergency.

What Constitutes an "Emergency"?

According to FERPA regulations:

- The institution must be able to release education records information in sufficient time for the institution to act so it can keep people from harm or injury
- An incident must be related to the threat of an actual, impending or imminent emergency, such as a natural disaster, a campus shooting or the outbreak of an epidemic like *e. coli*
- An emergency could also be a situation where a student gives sufficient, cumulative warning signs that lead an institution to believe she will harm herself or others at any moment
- It doesn't refer to the threat of a possible or eventual emergency, such as something that might be addressed during an emergency preparedness drill



Open to the Public, Come and Learn With Us!

Feminism: One Hundred Years Later

Tuesday, February 18, 4-5pm in Warde Conference Center in Mercy Hall

Is there a Women's Movement Today?

Featured Panelists: Dr. Jody Neathery-Castro, Chair, UNO Political Science Dept.; Dr. Ferial Pearson, Assistant Professor of Education, UNO; and Angie Balsarini; Community Engagement Manager, Film Streams.

CSM Dates to Remember:

- * Monday, February 3: MLK Day Speaker Brenda Council: *'Ending the School to Prison Pipeline'* sponsored by Offices for Diversity & Inclusion and Student Leadership & Organizations
- * Thursday, February 6: *'Advocating for Spirituality, Peace, and Justice'*: Tri-Faith Presentation sponsored by Campus Ministry
- * Saturday, February 8: CSM Night at the Lancers hockey game
- * Thursday, February 13: Info on March Campus Ministry Mission Trip
- * Monday, February 17 and Thursday, February 20: Test Taking Workshops sponsored by Achievement Center (AC)
- * Friday, February 21: Heart of the Walking Woman Celebration
- * Wednesday, February 26: Ash Wednesday
- * Thursday, February 27: Avoiding Test Anxiety Workshop sponsored by AC



**Lost
Keys**



CSM cares about Student Safety!

Students should report a lost room key/prox card to residence hall staff immediately. Someone can use it to gain entrance to a hall or room to cause harm or take belongings. Plus, because most students share space with roommates, not reporting a lost key/prox card can put them in jeopardy as well.

CSM's New

Director of Counseling:

Andrea Joyce,

LIMHP, LMHP, LCPC

Students can make an appointment
by emailing her at ajoyce@csm.edu
or calling 402.399.2374

Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

I can't believe we are already beginning the second month of the semester! Recently we celebrated the installation of a new Student Senate and soon we will have our Heart of the Walking Woman Celebration. As always, feel free to let me know what topics you would like to hear more about.

Happy spring semester, and Happy Valentine's day!

Sincerely,

Tara Knudson Carl, Ph.D.

