



a newsletter for parents & families

## January 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...

- Feelings of happiness/restlessness from break
- A resolve to do better academically
- Renewed interest in classes
- New leadership skills starting to emerge
- Unwanted weight gain
- Cold weather blues
- Not as many social activities scheduled
- Possible roommate changes
- Anxiety and uncertainty for those who just transferred in
- Enthusiasm to get the new term underway!

### Money-Saving Thoughts for College Students

A big part of the learning that happens during the college years is learning to be smart about money. To help your daughter down this financial road, here are some suggestions to share...

**Update That Resume.** Have an updated resume ready to apply for any scholarship at any time. Too many students lose out on free money by being unprepared!

**Maximize Meal Money.** Maximize your campus dining plan rather than opting for costly takeout.

**Do Free Stuff!** Check out free programs on campus sponsored by the student leadership and organizations office, academic departments and many others. The theatre by campus has \$5 movie Tuesdays. There's a wealth of affordable things to do right here!

**Say No to Credit Come-ons.** Don't sign up for "free" credit card offers — many credit companies prey on college students, leading to deep debt that can take a *long* time to undo.

**Print Twice.** Use both sides of paper when printing, whenever possible, to conserve money — and resources!

**Save Some Ink.** Print on the fast draft or black and white setting so you're not using up ink so quickly.

**Be Closet Conscious.**

Take good care of clothes so they don't have to be replaced as often. Don't scald them in the dryer. Hang up delicate items to air dry. And try to steer clear of dry clean-only items when possible — caring for them can get extremely expensive!

**Scholarship Search.** Keep an eye out for scholarship postings through the financial aid office and MyCSM. There's money to be found!

**Cut Restaurant Bills.** Don't order drinks and dessert when you go out to eat. It'll likely cut costs almost in half.

Being smart about money choices is an important habit for students to get into now. Help them look for options and determine wants vs. needs as they head down the road to a positive financial future.



## Health Education Programming – What is it?

Larissa Buster, Assistant Director of Residence Life and Health Education Coordinator



Universities today, including College of Saint Mary, are actively engaged in promoting Health Education on their campuses. The payoff to keeping the mind, body and spirit healthy results in more successful students and, in the long term, a healthier adult population. At CSM, Health Education offers health programming and health communication materials in areas that typically affect college students, such as:

- Alcohol
- Stress management
- Women's Health
- Cold/Flu
- Drugs
- Nutrition
- Sleep

Part of our programming efforts this fall included a flu shot clinic from Walgreens and blood pressure screening from UNMC pharmacy students. In October, a week of breast cancer awareness programming was held, which included a health resource fair, a breast cancer awareness speaker who was focused on discussing the ins and outs of breast cancer while staying focused on keeping your mind, body and soul strong, and finally a fundraiser game of Big Pink Volleyball for breast cancer. We also offered a self-defense class that was geared to train our students to defend themselves against attackers. To encourage being active, we have also provided both just dance and bag toss intramural sports.

Your daughter is learning to manage her own health and health care with little supervision from you. She is forming habits that will affect her well-being and learning over a lifetime. My purpose is not to counsel your daughter, but rather

to inform and direct her to the proper resources if she needs further information or assistance. For issues involving substance abuse, body image, eating disorders, sexual assault, relationship violence, pregnancy and other topics that require a certified, licensed professional, our students are referred to our on-campus counselor Stacey Werth-Sweeney.



*Resource table for National Women's Health and Fitness Day September 25*

## **6 Tips to Get Ahead for Spring Semester** Adapted from Dana Guth's article on *college.usatoday.com*

After a full month of stress-free lounging and Netflix binges, heading back to reality — i.e. school — can feel like jumping into a pool of ice water.

But while no one wants to think about homework in their last few days at home, setting aside a few minutes each day to prepare can prevent that shock to your system — and save time down the line.

Here are a few easy ways to get ahead before the semester even begins:

### **1. Start the sleep cycle**

It's been proven that waking up at the same time for seven days is enough to get you in a habit. Don't sleep away the most productive part of the day by falling into a loop of late nights and later mornings. Start easing into the academic routine by gradually waking up closer and closer to the time your earliest

class starts. By the first day of school, you'll be ready to ditch the alarm clock.

### **2. Check internship deadlines (no, it's not too early)**

Like it or not, now is the time to start planning for summer employment. It may be true that most internships aren't listed until March or April, but depending on the industry, your favorite company might review resumes as early as February. It's never a bad idea to e-mail potential employers and ask when they start accepting applications. What might seem like a hassle now will be a huge relief in midterm season.

### **3. Jumpstart your assignments**

Most professors have their syllabi posted online, so if next semester's schedule is already locked in, why not get a head start? This could mean skimming the readings or

making sure each class is your best option to fill any given requirement. Plus, thinking of questions about the course material ahead of time will go a long way in making the grade.

### **4. Fill out FAFSA**

CSM's priority deadline (March 15) might still seem far away, but forms for the Free Application for Federal Student Aid (FAFSA) opened up with the New Year. Filling it out early will increase chances of receiving the best financial aid: you'll have more time to review information and check answers, and some aid is awarded in order of request. (Hint: check out step-by-step guides like [Edvisors](#) or [NerdWallet](#) to make the process a little bit easier).

### **5. Set goals and nix mistakes**

Take a few moments to pinpoint the best (and worst) habits you developed during

the previous semester. Great with managing time but not money? Aced every class, but crave a new hobby? Make a plan — even baby steps — and write it down for a New Years resolution that sticks. It'll help you...

### **6. Get excited**

Staying eager and positive is half the battle against a monstrous amount of work. Luckily, winter break affords everyone ample time to shed the ennui of finals and recharge. And this doesn't just apply to academics —whether you're downloading a new exercise app or thinking up creative student programs, any spark of "ready for action" energy can give you a tiny new lease on life. Even something as simple as school supply shopping can go a long way in revving up for a great spring semester.

## 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).



College of Saint Mary graduated 51 students during Winter Commencement on Saturday, December 14th. They included one associate's degree, 27 bachelor's degrees, and 23 master's degrees. Patty Bauer, Vice President of Methodist Women's Hospital, delivered the commencement address.

**Congratulations!**



### CSM Dates to Remember:

- \* Thursday, January 2: **College offices open**
- \* Sunday, January 12:
  - \* Resident students move back in starting at 1pm
  - \* Dining hall opens for dinner
- \* Wednesday, January 15: **First Day of Classes and Semester Financial Arrangements (SFA) Due**
- \* Thursday, January 16: Transfer Student Orientation
- \* Monday, January 20: Installation of new Student Senators
- \* Tuesday, January 21: Student Organizations Involvement Fair
- \* Tuesday, January 21: Achievement Center's (AC) 'Time Management for the New Year' Workshop
- \* Wednesday, January 22: **Last day to Drop/Add Classes**
- \* Thursday, January 23: Campus Ministry Open House
- \* Monday, January 27: AC's 'Study Strategies' Workshop
- \* Thursday, January 30: Lunar New Year Celebration in Dining Hall at lunch



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

Dear Parents and Families,

I hope you enjoyed a wonderful Christmas and an extended holiday break! Here at CSM, we are refreshed from the time off and excited to welcome students back for Spring semester.

As we start the new year, please know that I am open to feedback for information you may want, and that you are always welcome to request a certain topic for the next newsletter!

Here's to a great 2020!

Sincerely,  
Tara Knudson Carl, Ph.D.

