



a newsletter for parents & families

January 2021

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.



Addressing Mental Health Stigma

Stigma can discourage people from getting the mental and emotional health help they need to lead fully functioning, fulfilled lives. It's a form of discrimination, just like what's used against people of different races, religions, appearances, cultures and more. So, what can you and your daughter do?

- ◇ Look beyond the labels associated with mental health issues.
- ◇ Avoid labeling people by their diagnoses.
- ◇ Treat them as individuals deserving dignity and respect.

Stigma doesn't always come from external sources. It can be very internal for students: "How do *you* view your emotional/mental health condition?" Sometimes they

judge themselves in negative ways, confusing feeling bad with *being* bad, says the National Alliance on Mental Health (NAMI). And that's where stigma can set in.

The Substance Abuse and Mental Health Services Administration (SAMHA) Center for Mental Health Services (CMHS) offers the following tips when it comes to mental health stigmas...

Do

- ◇ Use respectful language such as "person who has depression" or "person with a psychiatric disability"
- ◇ Emphasize abilities, not limitations
- ◇ Address someone if they're expressing a stigmatized attitude

Don't

- ◇ Use terms like "crazy," "lunatic," "manic depressive," "slow functioning" or "normal"
- ◇ Use generic labels such as "retarded" or "the mentally ill"
- ◇ Portray successful people with disabilities as super human

CSM has a full-time Director of Counseling ready to meet with students in-person or over Zoom if they need any help or just someone to talk to.

Andrea Joyce,
MS,LIMHP,LMHC,LCPC,
NCC,CBPC

402-399-2374

Walsh 172

ajoyce@csm.edu

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 filing date (March 15) might still seem far away, but forms for the Free Application for Federal Student Aid (FAFSA) opened up October 1. 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 some basketball games. To see the current schedule, visit CSMFLAMES.com.



Food Pantry and “2nd Bite” Programs Combat Food Insecurity

CSM is currently in the second year of its food pantry program titled, “The Pantry: Healthy Choices, Healthy Living.” As part of its expanded offerings for the 2019-20 school year, the university began a program called “2nd Bite Take and Go,” a sustainability initiative where excess food from the dining hall is made available to commuter students.

With the 2nd Bite Take and Go program, the extra food from the cafeteria is packaged and stored in a student lounge refrigerator for commuter students or for those who missed a meal in the dining hall. The meals are



offered free of charge and are replenished every Tuesday and Thursday.

CSM began its food pantry program in response to the growing problem of food insecurity among college students. In a national report from 2018, researchers found that one-third of students felt uncertain about their ability to afford and acquire nutritious food.

The Pantry at CSM is offered to commuter students with an immediate need for healthy meal options. It also connects students with resources in the greater Omaha area for long-term support. The goal is to provide students with food assistance as well as to increase awareness of food insecurity and nutrition.

The Pantry offers cereal, grains, boxed dinners, canned fruits and vegetables and other non-perishable food items. This year, it also started providing hygiene products such as toilet paper and paper towels. To sign up to receive food from The Pantry, students go online and order through CSM’s Intranet system. The process is confidential.

CSM Dates to Remember:

- * Monday, January 4: **College offices open**
- * Saturday, January 9:
 - * Resident students move back in
 - * Dining hall opens for dinner
- * Monday, January 11: **First Day of Classes and Semester Financial Arrangements (SFA) Due**
- * Monday, January 18: Martin Luther King Holiday—**No Classes—College Closed**
- * Tuesday, January 19: Student Organizations Involvement Fair
- * Monday, January 25: **Last day to Drop/Add Classes**



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 2021!

Sincerely,
Tara Knudson Carl, Ph.D.

