



a newsletter for parents & families

March 2021

Seasonal Student Issues

Here are a few things your student may be experiencing this March, as we hit the halfway mark of the term...

- Hidden conflicts between roommates and friends begin to arise
- Low energy levels and restlessness kick in
- The mid-semester slump and sickness often take hold
- Students get anxious about midterms
- Seniors are thinking about graduation
- Making plans for next year – housing, classes and financial aid – becomes important
- There's excitement or depression about Spring Break plans/lack of plans
- Changing or deciding on a major can cause stress and indecision

Dealing with Midterm Anxiety

As midterm exams creep ever closer, you may notice that your student's anxiety levels are rising. There is understandable pressure to do well, as midterms often constitute a significant portion of students' grades. And some students may be feeling behind and under-prepared as they ready for their exams.

You can help alleviate some of this anxiety by...

Encouraging Academic Help-Seeking.

Your daughter could benefit from academic assistance, which is available from a variety of sources, including in the Achievement Center and her instructors. Faculty post office hours and expect students to stop by to ask about difficulties if they need to do so. Encourage her to seek these out to get an academic assist.

Encouraging Personal Help-Seeking.

Students sometimes tie themselves into knots over midterms. They can certainly benefit from talking through their anxieties with a counselor or advisor so they're in a better mental and emotional state to face their exams. Remind your daughter that these good folks are ready and willing to help! Andrea Joyce, CSM's Director of Counseling, can be found in Walsh Hall.

Not Contributing to the Pressure.

Chances are that your student is already putting enough pressure on herself to do well during midterms. So, if you're able to keep big family issues and "you'd better do well" pressures off her plate for the time being, that can be very helpful.

Listening with Care. Your daughter may need to talk through her anxieties in order to put them in their place. Having you as a sounding board, to listen without judgment and reflect things back, can be invaluable!

Letting It Be Known That You Believe in Your Student. And then there's what students often need most of all: the knowledge that those they care about believe in them and their abilities. Encourage, support and verbalize this belief so your daughter knows that you are in her corner, rooting her on!



COVID-19 Testing on Campus

To help slow the spread of COVID-19 on our campus, we offer free and random testing in partnership with Nebraska Public Health Labs for students who do not have virus symptoms.

This testing is extremely important. The Douglas County Health Department cites studies which show that up to 45 percent of people who carry and potentially spread the virus are asymptomatic.

Our testing site is Walsh 42 (ground floor) and students

are randomly selected and emailed each week to their CSM email account to sign up for a time to collect a sample.

We are so grateful for the continued cooperation and support from our students, faculty and staff. Together, we can make a huge difference for the better during these challenging and unprecedented times.

For the latest CSM COVID-19 weekly statistics, visit: <https://www.csm.edu/spring-semester-2021>.



Need Information on Finding a Doctor or Health Clinic in Omaha?

Contact Rita Wiley, Administrative Assistant to the
VP for Student Development and Success
rwiley@csm.edu / 402-399-2422

Developing a Medical File: Promoting Health Responsibility

Students can often get so caught up in their busy lives that they forget to make appointments to visit the dentist, doctor or other medical professionals. Unfortunately, this is a poor short-term practice that can become a bad lifetime habit, as your daughter fails to put her well-being first.

So, consider working with her to create a medical file that contains the following . . .

- ◆ A list of up-to-date vaccinations
- ◆ What medications she is on
- ◆ Dates of last doctor visits
- ◆ Contact information, including websites, addresses and phone numbers of medical professionals she has visited
- ◆ Health insurance ID numbers
- ◆ Any other details that could be helpful to know

Helping her create a file, complete with all the medical details, allows her to take stock of her medical history – and to take responsibility for what she must do next as she takes these steps into adulthood.

Here's to your student's health!



Heart of the Walking Woman 2021



Pictured Left to Right:

Madeline Krause (1st year); Chyna Delker (2nd year); Gabby Linbrunner (3rd year); **Heart of the Walking Woman** Nicole McPhillips (senior)

The 75th annual Heart of the Walking Woman ceremony was held on February 27. This program honors students for their character, service, and leadership on campus. The Walking Woman in the Making is awarded to the first, second and third year class recipients, and the Heart of the Walking Woman is awarded to the senior class recipient—the highest honor.

*Congratulations to
this year's honorees!*



Community Safety

- * Close propped doors immediately and report repeat problems to your Resident Advisor (RA).
- * If someone threatens you or someone else based on race, gender, religion, sexual orientation, ability or other characteristics, get help right away.
- * Report the presence of strangers and don't let strangers into the building, even if they tell you that they're visiting a friend. Offer to call their friend for them instead.
- * Report things like slippery floors, leaks, broken glass, missing screens, burned out lights, broken furniture and emergency equipment that's not working.

Safety and Security can be reached 24 hours a day/ 7 days a week at 402-670-8848.

5 Ways to Kick That Energy Up a Notch

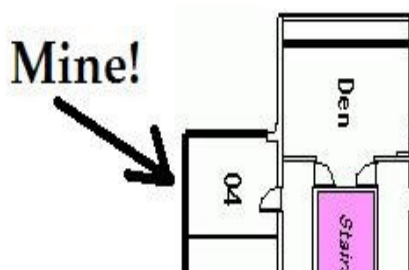
Feeling a bit sluggish and lethargic is natural in March, as students emerge from 'hibernation' and the busy past few months. Their energy levels may be low and they may be feeling restless. Here are some simple ways they can kick their energy up a notch for the final haul!

1. **Get Out and Play.** Frisbee golf, volleyball, doubles tennis or jump rope – all have an element of play that can be refreshing and revitalizing, as students start moving their bodies more and having fun.
2. **Spend Time with Positive Friends.** We often gather positive energy from positive people in our lives. So, encourage your daughter to seek out her most positive friends and spend quality time with them.
3. **Take Up a New Interest.** Learning something new and exciting can stimulate positive thought and energy. Urge students to get curious and to try new

opportunities on campus. They are plentiful!

4. **Eat Food That Fuels.** Comfort food is an easy reach during the winter months. So, as spring approaches, students can fuel their bodies with nutritious foods that reenergize them, from whole grains to protein to plenty of fruits and vegetables. Don't forget the water, either.
5. **Reach Out.** When we're feeling internally focused, sometimes a simple reach-out can do wonders, whether it's inviting some floor mates to dinner, having coffee with a classmate or participating in a morning of community service. Encourage your student to reach out and reenergize in the process!





Room Selection for 2021-2022 is just around the corner!

Students planning to live on campus next year and **who have registered for fall classes** should be making plans to complete the online housing application next month. Class registration begins April 6th. Students will be invited to select their room virtually via phone call on April 21st. Students should look for more information to be distributed via their CSM e-mail accounts in the next few weeks.

CSM Home Athletic Events

CSM has many home athletic events that are **FREE** to CSM students. Softball and tennis have events this month on campus. To see the current schedule, visit CSMFLAMES.com.

Most games can be watched online at <https://portal.stretchinternet.com/naia/>.



CSM Dates to Remember:

- * Monday, March 1: Test Taking Workshop
- * Monday, March 1-Friday, March 5:
Mid-term Exams
- * Monday, March 1-Wednesday, March 31:
Marisette's Voice: One Act online per week; story of a young immigrant who navigates citizenship and democracy
- * Wednesday, March 3: President Live
- * Thursday, March 4: Women in Politics and Government Leadership-Online Discussion
- * Thursday, March 11: Great Conversations—Author B.A. Shapiro's *The Collector's Apprentice*
- * Wednesday, March 17: Let's Talk About Consent

- * Tuesday, March 23: Race, Diversity, and Inclusion on Campus and in the Classroom Presentation
- * Monday, March 29-Monday, April 5:
Spring/Easter Break– No Classes

Spirituality Series on Fridays in March:

March 5: Meditation

March 12: Building Community Through Empathy and Compassion

March 19: Self-Compassion



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

I try to share information in this newsletter that might be helpful and fun for you, to increase your awareness of issues and resources, as well as share topics you may want to communicate about with your daughter. Later this month, I will be sending you a short five question online survey to evaluate the helpfulness of this newsletter. Please know that I would love to hear your ideas! Have a great month—here's hoping spring arrives to stay very soon!

Sincerely,

Tara Knudson Carl, Ph.D.

