



a newsletter for parents & families

May 2019

Seasonal Student Issues

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

- Anxiety and tension due to realization that the year is ending and final exams are about to occur
- First-year students are feeling somewhat confident because they feel that they have made it through the first year (almost!)
- Panic about jobs, finances, etc.
- Good feelings are evident as summer is near
- Lots of cramming, studying and wrapping things up academically
- Packing and preparing to check out of the hall
- Saying goodbye to important people and putting closure on the year

A Time of Goodbyes

This is the season when students will be saying goodbye – to people, places and experiences that meant a lot to them. Perhaps some close friends are graduating or transferring. Or maybe your daughter is leaving a positive residence hall community or leadership position that helped her grow.

All these goodbyes can be emotional for students, showing up in multiple ways...

- ◆ Trying to cram in as much social time with people as possible
- ◆ Crying or getting emotional more regularly
- ◆ Avoiding those they'll be missing
- ◆ Keeping themselves busy so they don't have to face the emotions



Helping Your Student

You can help your student deal with this emotional time by...

- ◆ Encouraging her to make time with friends before it's too late – so she doesn't have any regrets
- ◆ Listening when she wants to talk about what she's feeling
- ◆ Helping her look forward to what the summer and next year will bring
- ◆ Staying tuned in to her emotions – and offering to talk whenever she likes
- ◆ Speaking up if you hear her dealing with feelings in unhealthy ways

Also, be prepared if you're picking your daughter up after the school year has ended. She'll likely want to spend final moments saying goodbye to friends when you may be ready to drive home. Compromise and communicate in this situation. Unfinished business in the arena of goodbyes can be damaging and grounds for regret. It's important for students to feel like they've wrapped up their important relationships in the best ways possible.

2019 Spirit of Service Day

On April 11, College of Saint Mary held the 22st annual Spirit of Service Day, one of our most cherished traditions! On this day every year, we cancel class, and then students, staff, faculty, and alumnae leave behind their daily routines to serve the greater Omaha Metro area!

In line with the College's mission, this day embodies one of the six core values of the university: *Commitment to compassionate service*. This year, 482 volunteers went out to 33 local non-profit/service agencies throughout the morning and afternoon, including 408 students, 45 staff, 23 faculty, and 6 Alumna.



CSM students cleaning at the animal rescue Scatter Joy Acres



Helping a client at Together, Inc., an organization whose mission is to prevent and end homelessness.

Annual Student Leadership Awards Ceremony April 25

Congratulations to the Outstanding Award Winners this year!

Emerging Leader Award: Karissa Nichols

Igniting the Flame Award: Dr. Jing Chang

Student Organization of the Year: Psychology Club

Outstanding Advisor: Dr. Andrew Shim

Program of the Year: Latinas Empowering Others (El Mercado)

Outstanding Executive: Fatima (Janette) Gonzalez-Espinoza



Fine Arts Spring Showcase May 12 Our Lady of Mercy Chapel, 3pm

College of Saint Mary is proud to showcase their first annual fine arts collaborative performance which will include music, drama, dance, and visual art. This is a fantastic opportunity to see the creative side of CSM and show support for their continued arts study. Feel free to attend!



College of Saint Mary presents 12 Angry Jurors on May 4-5

CSM students and staff are busily rehearsing for their upcoming production of *12 Angry Jurors*. The three-act play, written by Sherman L. Sergel, is directed by Sarah Klocke, MFA, and will be performed by CSM students and staff members.

12 Angry Jurors chronicles the deliberation process and final verdict of 12 jurors after they are left to decide the guilt or innocence of a 19-year-old boy who has just stood trial for murdering his father. The emotional play is set in the deliberation room after the judge has dismissed the jurors.

Performances are scheduled for 2 p.m. on Saturday, May 4th, and 7:30 p.m. on Sunday, May 5th. Each will be held in CSM's Warde Conference Center. Admission is free. To reserve a seat, visit the website at <http://www.csm.edu/twelve-angry-jurors-performance-registration>.



Transitioning from the First to Second Year



Pretty soon, your new student will be a sophomore. Congratulations!

The second year of college can be filled with many questions and few immediate answers. As the summer progresses, you may observe your now sophomore student considering what the coming year will bring. You can help by discussing issues with her such as...

- ◇ Fear that her initial success was just “lucky” and can’t be repeated
- ◇ Uncertainty about her future profession
- ◇ Desire to experience new communities
- ◇ Decrease in friendships back home
- ◇ Use of finances for immediate gratification
- ◇ Lack of a long-term financial picture
- ◇ The search for purpose and meaning
- ◇ More personal emphasis on weaknesses, rather than strengths
- ◇ The “real world” still seeming far away

Supplies to Have on Hand at Move-Out!

- Boxes or plastic bins or trash bags
- Packing tape
- A few thick markers
- Car carrier (in case everything doesn’t fit *inside* the vehicle)
- Broom/Dustpan
- Dust rags/Paper Towels
- Window cleaner
- A fan (if it’s really warm)

Residence Hall End of Year Check-Out Information

All residents who did not apply for Summer Housing will need to schedule a check-out time with residence life staff so that they are checked out of their residence hall within 24 hours after their last final OR by Friday, May 17, at 5 p.m., whichever occurs first. Residents who have been pre-approved to stay for participation in graduation or Honors Night are permitted to stay until Sunday and must be checked out by 5 p.m. on that Sunday, May 19. Please contact Assistant Director of Residence Life Larissa Buster at lbuster@csm.edu with any questions about move out.





Golfers, Anyone? Come Play!

CSM Athletic Department is hosting its 9th Annual Golf Scramble on **Monday, June 3, at Tiburon Golf Club**. Money raised from this fundraiser will benefit our 10 athletic teams by assisting with operational costs and improving our athletic facilities.

Shotgun Start 11 a.m. | Tiburon Golf Club | Omaha

For more information go to CSMFlames.com

CSM Dates to Remember:

- * Wednesday, May 1: Student Scholars' Day/Graduate and Faculty Poster Symposium—**No Classes**
- * Thursday, May 2: Exploring Spirituality, Peace, and Justice Series: Special Olympics information sponsored by Campus Ministry
- * Saturday, May 4-Sunday, May 5: Showings of CSM play *12 Angry Jurors*
- * Monday, May 6: Recognition Day (End of Year awards)
- * Tuesday, May 7: Campus Activity Board's Late Night Breakfast
- * Wednesday, May 8: CSM's Flood Relief Spaghetti Fundraiser sponsored by Campus Ministry
- * Thursday, May 9: CSM Student Art Show Reception
- * Friday, May 10: Annual Athletic Awards Ceremony
- * Monday, May 13-Thursday, May 16: **Final Exams**
- * Saturday, May 18: Baccalaureate Mass, Honors Convocation and Masters Hooding Ceremony
- * Sunday, May 19: May Commencement at the CHI Health Center
- * Friday, May 24: Last day to drop, add or register for Summer Main Session classes
- * Monday, May 27: Memorial Day: **COLLEGE CLOSED**
- * Tuesday, May 28: Summer Main Session Classes begin



May Commencement

May Commencement will be **Sunday, May 19, at 10:30a.m.** at the CHI Health Center in downtown Omaha. This class is graduating 286 students, of which 108 are master's candidates and four are doctoral candidates.

Congratulations to our upcoming graduates!

Greetings from the Vice President for Student Development!

Dear Parents and Families,

I can't believe the academic year is coming to a close! Finals are just two weeks away while the campus flowers and green colors are still welcoming us to spring. I hope this newsletter has been a helpful resource to you this year, with helpful and fun topics and information about issues and resources. As always, we are so grateful for the opportunity to foster growth and potential in your daughter during her journey at College of Saint Mary!

Sincerely,

Tara Knudson Carl, Ph.D.

