



a newsletter for parents & families

May 2020

CSM's Coronavirus Update

As the coronavirus continues, we are here to help. Please be in touch with any of your questions or concerns.

CSM's campus remains open. Summer courses will be on-line, but we also are offering summer housing to our students. We hope and pray that in the coming weeks, the spread of the virus will slow, as we are optimistically planning scenarios for face to face classes in the fall. It is too soon to make that official decision; however, and we will await guidance from city and state officials.

For current up to date information, please visit our webpage at:

<https://www.csm.edu/coronavirus-disease-covid-19>

Making Meaning During COVID-19

This forced slow-down we're in the middle of allows all of us to focus on what's most meaningful in our lives. You can help students gain this perspective by encouraging them to think about things like...

- ◇ Interests they're rekindling
- ◇ People they're reconnecting with
- ◇ Things they're missing
- ◇ Things they're *not* missing
- ◇ What they're grateful for

When they examine what they're learning about these kinds of things during a difficult time, it can help them find their better self. Plus, it's all part of formulating a Plan B since their initial Plan A was thrown off track. The secret to share, however, is that many a Plan B turns out *way* better than the original!

So, with all the positivity they can summon, students can examine what's going *right* these days instead of always focusing on the tough stuff. As a result, they'll be healthier, more adaptable and in a much better place once the world reopens.



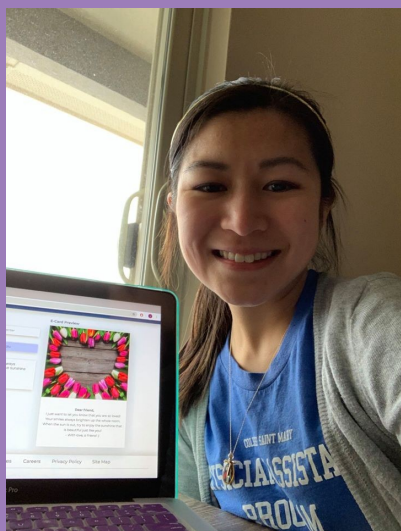
Coping Mechanism: Focus on Gratitude

Anxiety, stress, fear and anger can be contagious, especially during an unprecedented situation like the COVID-19 pandemic. Yet, kindness is contagious, too.

So, now and then, encourage your daughter to focus on the goodness and kindness she has witnessed during this time. What has she seen? What has she experienced? By examining what she is grateful for – in her own space and in her own way – she is more likely to make it through this with her better self firmly intact.

Virtual Spirit of Service Day

Thursday, April 16th kicked off CSM's virtual Spirit of Service Day. Since we couldn't go in person to all the local organizations that we normally would serve on this day, students, faculty and staff have signed up for individual projects to help the community. Some are making blankets for children in need as part of Project Linus, writing letters to the Sisters of Mercy at Mercy Villa, sewing masks for health care facilities, dropping off treats to Veterans at the VA Hospital and much more. The virtual Spirit of Service Day runs through April 30.



Residence Hall End of Year Check-Out Information

All residents who did not apply for Summer will need to complete an express check-out form available at the front desk of their hall and vacate their residence hall within 24 hours after their last final OR by Friday, May 15, at 5 p.m., whichever occurs first. Please contact Director of Residence Life Matt Croonquist at mcroonquist@csm.edu with any questions about move out.

HAVE A GREAT
Summer

Getting Good, Quality Sleep During a Pandemic

We know, we know, that's so much easier said than done, especially during this anxious, tossing-and-turning time. Yet, good, quality sleep is undeniably one of the main ways for people to boost their immunity so their bodies are ready to fight off infection. So, it's well worth looking at the sleep facts.

The New York Times offers some of the tried and true sleep tips, like creating and maintaining a consistent sleep practice, setting an electronics curfew 90 minutes before bed and exercising to tire yourself out. Yet, the paper also offers some other insights that may be unique to these current times, such as...

- * Don't consume your news right before bed
- * Give order to the day by setting up plans of action before lights out, since anxiety can often erupt in the dark
- * Get sleep while you can, even if it's during the day, but don't let naps wreck your schedule
- * Treat your cycle of anxiety with gratitude, breathing, meditation and more
- * Don't drink yourself to sleep or eat too close to bedtime
- * Wash your sheets regularly
- * Take a hot shower or bath 90 minutes before bed



And, if you're battling an infection, your body needs additional rest to heal quickly, the *Times* reports. Dr. Michael Breus, a clinical psychologist who focuses on the link between behavior and sleep, recommends increasing your total sleep time by two hours if you're sick.

Take this into consideration, as reported by the *Times*: "A 2015 study found a direct link between shorter sleep times and an increased risk of getting a cold for healthy adults ages 18 to 55; specifically those sleeping less than five hours or between five and six hours had a greater likelihood of catching a virus than those sleeping for seven hours a night."

Source: *The New York Times*, 3/25/20

CSM Dates to Remember:

- * Monday, May 4: (Virtual) Recognition Day (End of Year awards)
- * Friday, May 8: **Last day to withdraw from classes**
- * Monday, May 25: Memorial Day—College Closed
- * Tuesday, May 26: Summer Classes begin



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

Please know college leadership is monitoring the COVID-19 situation very closely and meeting regularly to discuss new developments or issues. We sure miss seeing our students in the halls and on campus, and hope that the fall brings us back closer to normal. If you have any questions, please feel free to email me. Stay healthy!

Sincerely,

Tara Knudson Carl, Ph.D.

