



a newsletter for parents & families

November 2019

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...

- Roommate problems and floor tension
- Academic pressures due to procrastination, workload and lack of ability
- Burnout
- Not feeling like she has the stamina to keep up the pace through finals
- Lack of initiative to find new friends or activities because it seems social groups are already set up
- Concerns about going home at Thanksgiving time and seeing changes among old friends, interacting with family members or facing a romantic relationship

Preparing for Your Student's Return

As the Thanksgiving holidays and then winter break come ever closer, it's wise to be prepared for the changes you may experience in your parent/student relationship when your daughter comes home. If they've been living away at school, having them home for an extended stay can be wonderful – and also challenging at times. Consider the following...

Rules & Responsibilities. Yes, it's your house. Yet your student has been away, managing her time and responsibilities, for the past few months. So, consider discussing various rules that may come up – such as curfews, looking after siblings and use of the car – rather than just imposing the old rules. Having an adult conversation with your developing student can help you all get on the same page.

Expectations for Family Time. Let your daughter know ahead of time what family obligations you'd like to have her be part of, from driving to a grandparent's house to hosting cousins at the house. By giving her advanced warning, she can incorporate these important family times into her other at-home commitments, such as seeing friends, sleeping, doing homework and more.

Participating in the Life of the House. Returning students aren't "guests" – they're still members of the family unit. So, talk about your expectations for outside work, picking up, laundry and more. Students need to be participants in helping the home run smoothly while they're staying there!

Changes in Perspective. Chances are that your daughter is learning quite a bit at college – that's the idea, right? Be prepared that her perspective may be changing on certain issues as a result, whether it's politics, religion or other topics that you once agreed on. This type of change isn't an insult to you. Instead, it's a sign that she's learning to think for herself and consider options when it comes to what she believes. You may need to "agree to disagree" at times, yet the conversation can be respectful and insightful if you both commit to it.

Preparing Siblings. Younger brothers and sisters may be over-the-moon excited to have their college student back in the house! Consider discussing this transition with them before your daughter returns, so they can be realistic while also being welcoming. Your daughter will likely want to spend time with friends, in addition to spending family time. Knowing this ahead of time can help siblings manage their expectations so they can enjoy the time they do get, rather than being disappointed.

It can be a juggling act at times, yet you'll enjoy having your student home for the holidays much more if you consider ways to smooth the transition. Enjoy!



CSM Home Athletic Events

CSM has many home athletic events that are FREE to CSM students. Volleyball and basketball have 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.



Keeping Up the Pace Through Finals

"How in the world am I going to keep going until finals?"

That may be the question currently on your over-tired, overwhelmed daughter's mind.

Self-care is critical in this scenario, as the next busy months loom large. Here are some key tips to share with your student...

Go to Sleep. Pulling all-nighters, burning the midnight oil and caffeinating to the hilt are all quick fixes that can do more harm than good. Getting solid nights of sleep will help her mood, concentration and academic abilities.



Eat Well. Get good protein, pay attention to fruits and veggies, and steer clear of too much sugar and fat. Regular, nutritious meals will help fuel your student's body and mind.

Make Time to Move. Taking a walk, doing some treadmill time or playing volleyball with friends is not only good for your daughter's physical well-being, it'll also help her sleep better.

Have Down Time. It can't be go, go, go all the time! Students need to spend time with friends, take an occasional nap and do things for pleasure, too. Consider encouraging the reward system in this context: for instance, after a three-hour study session, your student allows herself to go to the movies with friends.

Support, encouragement and self-care are all needed as your daughter focuses on the finals finish line. Academics should never take the place of her well-being! Instead, the synergy of self-care and academic attention can create a balanced, positive outcome.

The Value of Involvement

Students who are involved on campus tend to...

- ◆ Feel more connected to campus
- ◆ Do better academically
- ◆ Learn leadership skills that can make them more confident and competent when job searching
- ◆ Graduate at higher rates
- ◆ Graduate on time
- ◆ Have an overall better collegiate experience

So, if your daughter comes home this break, talking about her involvement with the campus play, desire to apply as a Presidential ambassador with Enrollment or extra work with a professor she admires, consider celebrating this engagement and all it can offer.



Students visited the Corn Palace in Mitchell, SD on their way to the Pine Ridge Reservation on their fall break service trip



Daylight Savings Time Ends on November 3rd
Fall back an hour!

Residence Life Dates to Calendar

- **Thanksgiving Break** is Wednesday, November 27 to Sunday, December 1. Residence halls remain open during this time, but residents will need to sign up to stay by Tuesday, November 26, at 5 pm. The dining hall is closed beginning Thursday, November 28 and reopens for dinner on Sunday, December 1.



- For **Christmas break**, Residence Halls will close on December 13 at 5 pm and reopen on Sunday, January 12 at 1 pm. The dining hall's last fall semester meal will be lunch on Friday, December 13.
- From December 21 to January 2 at 8am, the entire campus is closed with no access.

- Students may request to come back from break as early as Thursday, January 3, 1 pm.
- Students requesting to be back on January 3 will need to notify the Director of Residence Life, in writing, by November 29 and must have completed their Semester Financial Arrangements by that date. The cost to be in the halls for any portion of January 3-12 is a flat rate of \$40 total. Spring semester meals will resume with dinner on Sunday, January 12.

Fall Finals are Coming!



Fall Final exams are on the horizon! You can't take finals for your daughter, but you can give her a boost and let her know you are thinking about her by sending one of our great fall care packages, accompanied by an encouraging message from you.

CSM Residence Hall Council has partnered with SWAK University Services to provide parents with the opportunity to send a care package to their student.

We designed a great set of study care packages to help your daughter through our Fall Final Exams. All you have to do is choose the study package you want to send and fill out an encouragement card. Your card will be the first thing they see when they open their study package.

Even if you can't send a package at this time, please stay in touch with your student. Give her a random call, or better yet, send her a letter or postcard. Our primary concern is that our students know you are thinking about them!

Orders are due Monday, November 25.

Go to swaku.com/csm to order.

SWAKU
SWAK University Services

Holiday Gift Idea From the Director of Counseling

Stacey Werth-Sweeney, LMHP

If you are thinking of gift ideas with the holidays coming up, a weighted blanket is a great tool to ease anxiety and stress and help your student get quality sleep. There are a lot of types, so if you need some direction, please feel free to reach out to me at swerth-sweeney@csm.edu or **402-399-2374!** If you are curious about the benefits of weighted blankets, there is much research and great articles on-line that can provide you with information in determining whether or not this would be a good idea for your student. The price point on blankets can range from around \$50 to well over \$100; however, in my opinion, the most expensive is not necessarily the best. It really depends on whether or not the person using it finds it helpful to relieve insomnia, decrease anxiety, fight stress, or improve focus. (If you don't mind spending a bit more, I would look at blankets that are good for cool and heat—one of the biggest complaints is how hot they can be.) If a person finds them helpful for their well-being, then spending more may be the best option. In addition to blankets, there are comfort creatures, weighted lap pads, and other weighted alternatives to help with relief of anxiety.



<https://www.sleep.org/articles/will-a-weighted-blanket-help-you-sleep-better/>

<https://www.sensacalm.com/blogs/news/the-science-behind-weighted-blankets-why-and-how-they-work>

<https://www.healthyandnaturalworld.com/weighted-blanket/>

CSM Dates to Remember:

- * Friday, November 1: All Saints Day
- * Monday, November 4: Registration begins for Spring and Summer 2020 classes
- * Tuesday, November 5: *Can We Just Talk?* Reproductive Rights— Part of the 100 Years Series
- * Wednesday, November 6: Rangoli sand art at 6pm, dining hall
- * Thursday, November 7: Diwali Celebration at lunch, dining hall
- * Friday, November 8: **Last day to withdraw from classes**
- * Friday, November 15: Campus Activities Board (CAB) Ice skating at Ralston Arena
- * Wednesday, November 20: Silent Auction and Chili Lunch to support mission trips
- * Thursday, November 21: CAB Board game night
- * Monday, November 25: Thanksgiving Luncheon for students
- * Wednesday, November 27-Sunday, December 1: **Thanksgiving break for students-No Classes**
- * Thursday, November 28-Friday, November 29: **College Closed**



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

As a parent, you play an important role in helping your daughter handle issues they face by providing suggestions and offering guidance. Our newsletter, sent most months, will offer information and resources for you to use during these important conversations, as well as current information about campus events and deadlines.

At this time of year, allow me to share my gratitude to you for allowing us to care for your daughter while she is on her college journey here at CSM. Here's hoping you have a wonderful and blessed Thanksgiving holiday!

Sincerely,

Tara Knudson Carl, Ph.D.

