



a newsletter for parents & families

October 2020

Seasonal Student Issues

There's a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month...

- First-year students begin to realize college life is not as perfect as they were expecting it to be
 - Diversity issues become very apparent as students begin interacting with others who are different from them
 - Conflicts between friends – both new and old – can occur as students settle into the rhythm of the new academic year
 - Feeling behind in class work and wanting more contact with instructors
 - Anticipating midterms and questioning their abilities
 - People start to show their “true selves” as students begin to feel more comfortable in their surroundings
- AND....
- Feeling isolated even among others due to social distancing

Strategies to Help Students Not Feel So Overwhelmed

Feeling behind in your academics, like you'll never catch up, can be an overwhelming feeling. Yet, students who try some simple, effective academic success strategies are much more likely to overcome that overwhelmed feeling.

Here are some strategies to share with your daughter...

Come Up with a Study Plan. Many students are used to studying and doing their work at the last minute. This won't fly at college, so it's important to come up with a study strategy that maps out the week ahead and what needs to get done. Determine intentional “chunks” of time to study and where to go to make this happen.

Use Instructors' Office Hours. Go meet face-to-face or over zoom with an instructor, explain how you're struggling and ask for assistance. This helps professors see that you care and want to do well. Our faculty love to work with students and to get to know them personally!

Visit the Achievement Center. Whether it's visiting the Achievement Center to address a learning concern or to get help with a paper, the staff and tutors are there and ready to help. They can also meet over zoom.

Don't Just Rely on Weekends. It's easy to put the majority of your academic work off until the weekend. Yet, that rarely works because everyone needs down time to stay healthy. So, parcel out the work throughout the week and the weekend, giving yourself time to enjoy some non-academic pursuits, too!



What If...

In today's electronic and digital world, access to students, and you to them, is greater than ever! It should not be surprising for you to receive regular texts sharing updates, asking questions or just venting frustrations. You are a safe place for students to share the challenges and victories!

However, it can be hard to know how to appropriately balance *enabling* versus *empowering* your student...and when! So, next time your daughter texts you with a question or problem, consider answering with a question...

STUDENT TEXT: Droppin Econ! Don't understand prof & hate class



PARENT RESPONSE: Learning new things is tough. What campus resources could help? Office Hours or Tutoring?

STUDENT TEXT: Roomie keeps eating MY food! Noisy! Hate country music! Can you get me outta here?

PARENT RESPONSE: Sharing space takes patience. What steps have you taken to communicate concerns and share mutual expectations?

STUDENT TEXT: CC bill came today...needed gas for car last week and had to go out for dinner twice-working on group project. Send \$\$\$ plz

PARENT RESPONSE: Unexpected expenses can come up. What are your plans to reduce your spending this week to find funds to pay off your bill?

STUDENT TEXT: Sooo stressed! 3 HUGE TESTS. Can't sleep or eat. UGH!!

PARENT RESPONSE: First...just breathe...you got this! How about talking through with a trusted professor, advisor, counselor or staff member?

STUDENT TEXT: SO BORED! This place is a ghost town. Miss friends and home.



PARENT RESPONSE: We know that transitioning to a new place isn't easy. Are you getting out? Are there clubs that interest you?

COVID-19 Information

Though we have had a relatively low number of positive COVID-19 cases on campus this fall, we recently have had a large number of students who were exposed, thereby requiring quarantine. Thus, in order to slow the spread of the virus through the campus community and provide the best learning experience possible for students, the following additional health precautions have been taken:

All undergraduate lecture courses and the Occupational Therapy Masters/Doctorate programs will move to online from Monday September 28, 2020 through Friday October 16, 2020. This three week time period will get us through mid-term exams.

Labs and clinicals will continue as previously scheduled, however additional personal protective equipment will be required (both a mask and a face shield).

All students, faculty, and staff are encouraged to register with Test Nebraska (<https://www.testnebraska.com/en>).

For the latest health guidelines, a dedicated webpage is available via a link in the header at CSM.edu or directly at <https://www.csm.edu/covid-19-info>. This resource contains the latest information regarding the pandemic and is a place for the community to provide updates on their health status or ask questions they might have. ***If your daughter believes she may have been exposed to COVID-19, please have her complete the health reporting form available on the webpage above. There is also a form on this page if she has a question to ask.***

Flu Shot Clinic at CSM

The CDC recommends getting a flu shot for this upcoming flu season as it will be very important to reduce flu! It can help reduce the overall impact of respiratory illnesses on the population and the resulting burden on the healthcare system during the COVID-19 pandemic.

Walgreens will be on campus Tuesday, October 13 from 11:30am-1:30pm giving flu shots to students. Cost is free with insurance card, or \$42 paid by cash or check. If a student does not have health insurance, or if the cost is a financial hardship, please email Rita Wiley in the Student Development and Success office at rwiley@csm.edu.



There is Counseling Help Available After Hours or on Weekends...

If you suspect that your daughter needs counseling when Andrea Joyce, CSM's Director of Counseling is not in her office, encourage her to use CSM's Counseling Assistance Program (CAP) through CHI Health 24 hours a day by calling **402-398-5566**. This service is free!

CSM Home Athletic Events

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



9 Tips for Handling Roommate Conflicts



After living together for a few weeks, some roommates may “butt heads” or run into conflict. Here are some tips to share for handling those situations...

1. Don't let things fester – address issues instead!
2. Give your roommate the benefit of the doubt and try talking to her first.
3. Identify what you want to say to your roommate and rehearse it.
4. Revisit the roommate agreement the two of you filled out. If you haven't done this yet, ask a member of the Residence Life staff to provide a copy.
5. When discussing things, focus concisely on the problem at hand instead of dredging up old issues.
6. Use “I” statements instead of “you” statements to show your concerns without assuming a blaming tone.
7. Listen to what your roommate has to say without interrupting her. Take turns sharing your thoughts.
8. Keep an open mind about how to resolve conflicts.
9. Speak with a residence life staff member if you need additional assistance or if you'd like more tips on working through roommate concerns.

CSM Dates to Remember:

- * Thursday, October 1: Test Anxiety –Achievement Center (AC) Workshop
- * Tuesday, October 6: Test Taking-AC Workshop
- * Thursday, October 8-Wednesday, October 14: **Mid-term Exams**
- * Tuesday, October 13: CSM Flu Shot Clinic
- * Monday, October 19: Communication Styles—AC Workshop
- * Tuesday, October 20: Election Series: The People's Voice-What Does it Mean to Defund the Police?
- * Wednesday, October 28: Resilience Strategies—AC Workshop



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

Can you believe we are almost to mid-term exams?! I hope your daughter is adjusting well if this is her first semester, especially during the strangeness of this pandemic. Our newsletter will continue to offer resources for you to use during important conversations, as well as current information about campus events and deadlines. Let me know anytime if you have a topic you'd like me to cover. Have a great month!

Sincerely,
Tara Knudson Carl, Ph.D.

