



a newsletter for parents & families

September 2019

Seasonal Student Issues

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

- A desire to feel connected to campus
- Roommate adjustments
- Exploration of personal values
- Long distance relationship strain
- Feelings of loneliness and homesickness
- Getting acclimated to a new type of academics
- Figuring out how to get organized & manage time
- Searching for a sense of belonging

Fall at CSM: A New Beginning

On college campuses everywhere, fall is a time of new beginnings and fresh starts. It's like our very own version of New Year's Day!

As your daughter plunges into this exciting time, she may be clinging to the comfort of old, familiar talents, people and perspectives. There's nothing wrong with embracing these things, if they're good for her. And, with a fresh start waiting in the wings, she can add the following into the mix...

New Learning.

Trying a new type of class, attending thought-provoking campus programs and talking with people who have different perspectives can help your student's mind expand. There's so much to explore here on campus, with new learning always at her fingertips.

New Friends.

There are people to meet everywhere – in the residence halls, through campus organizations,



in class, at the dining hall, amidst service projects, during get-togethers at friend's rooms...

Encourage branching out and reaching out to meet other students who could easily become new friends, especially if she is only connecting with her high school friends.

New Ideas.

These may come about during a late-night chat with friends, attending different spiritual development programs or reading articles on a particular subject. Whether it's considering vegetarianism, better understanding the global water crisis or rethinking her approach to exercise, new ideas can be refreshing and rejuvenating!

New Challenges.

Along with most new beginnings comes some challenges. Your daughter may struggle getting a handle on her new responsibilities at her work study job or doing group work for a collaborative class. Encourage her to take on these new challenges, as they most certainly lead to...

New Growth.

While growth isn't always the most comfortable thing, it's important for all of us to stretch beyond our comfort zones and try new things. Remind your student that the discomfort sometimes associated with new experiences is **normal** . . . But is a sure sign of growth. And that's what new beginnings can do for us all!

Learning Inside AND Outside the Classroom

The learning opportunities available to students happen both in and out of the classroom at CSM. Sometimes parents are reluctant to have their daughter get involved outside of academics, especially in their first year, but research shows that college students learn just as much if not more outside the classroom, so your daughter will benefit the most from taking advantage of the variety of experiences available on campus and in our community.

Here are some of the opportunities students can try...

Gaining Classroom Knowledge. Lecture notes, class discussions, textbooks and projects will help students dig into specific subject matter. Don't be surprised if your student is excited about forensics or the fine arts next time you talk!

To Help Focus on the Learning, You Can... Ask your daughter what she's learning. It'll be great to hear her excitement, plus by sharing the knowledge with you, it's helping her clinch it in her own brain even more.

Getting Involved in Service Experiences. By participating in class-based service learning projects and out-of-class community service initiatives sponsored by Campus Ministry, your student is learning about giving back and engaging with the community.

To Help Focus on the Learning, You Can... Role model

community involvement and the value of giving back. Also, talk with your daughter about the people she's meeting through her community service.

Participating in Campus Leadership. Getting involved with the Spanish club, Student Senate or the campus Green Team can enhance students' sense of belonging because they really feel a part of something. Plus, they're learning how to follow, how to lead, how to work with a wide variety of people and how to be part of a team.

To Help Focus on the Learning, You Can... Stay in touch with your daughter about her organizational involvements at CSM. Is there a program happening this weekend? Has she been working on a particular project? Ask her about it.

Your daughter is surrounded by in and out of class learning opportunities. The combination is unbeatable!



College Student Mental Health: A Guide

Attending college is an important achievement and exciting time in life. You will gain greater independence, meet new people and have new and memorable experiences. It is a time of significant transition, which can be both positive and challenging. For some, the stress of college may impact mental health, making it difficult to manage the daily demands of school. In fact, did you know as many as one in five students experiences a mental health condition while in college?



To help put a thoughtful plan into place should a mental health condition arise, NAMI (the National Alliance on Mental Illness) and JED have created the guide found here to help start the conversation: <https://nami.org/collegeguide>. It offers both parents and students the opportunity to learn more about mental health, including what the privacy laws are and how mental health information can be shared.

Conversations allow you to plan for the unexpected; to know what to do if you develop emotional distress, a mental health condition or if an existing condition worsens. Talking about mental health is important even if you don't experience a mental health condition because a friend may need help. Students often prefer to confide in a friend before confiding in anyone else—or you may notice that a peer is struggling and you may be able to assist. By learning more, you'll be better equipped to know what to do if you or a friend is in distress.

Talking to Your Daughter About Being Safe on Campus



The safety and security of every member of the CSM community is a major priority for all of us.

We want to

work together with parents to help students become more aware of important issues as they relate to security measures, both on and off-campus. Please consider taking some time to discuss these issues with your student. Some of the strategies listed below can help you to generate a healthy dialogue that will communicate your concern as well as your expectations.

Urge your daughter to be aware of her surroundings. CSM is located in an urban environment, and no city is immune to crime. Students need to be alert to where they are, the time of day, and the area surrounding the university. Walking or running in dark areas, and alone, can increase their vulnerability to crime. We encourage students not to wear ear buds or

headphones when walking or running alone.

Students will automatically be enrolled in the "CSM Alert" system to receive emergency or weather-related text messages. These alerts are also sent via e-mail and text to all members of the college community whenever a serious crime occurs, either on campus, or off-campus when it is near our site.

Remind your student not to venture out alone off-campus at night in unlit areas. Students should think about having a plan of how they are getting from one place to another before they leave their original location. For example, confirming plans with a friend, who can be on the "look-out" for your daughter's safe return to her residence hall room.

Discuss with your daughter how alcohol/drug use can compromise an individual's ability to make good judgments. It is important that students be in control of themselves at all times. Not only should they be aware of their safety, but they should

also deter their friends from entering into dangerous situations.

Urge your student to minimize the use of a cell phone while walking off-campus. Cell phone theft is one of the fastest growing property crimes. Thieves target victims for the value of their smart-phones and students can be easily distracted while conversing or texting.

Remind your daughter that Safe Walk is available at CSM. The Safe Walk is a Safety and Security Department Crime Prevention Program designed to assist the CSM community by providing escorts from one campus location to another. Members of the Safety and Security Department will provide the safe walk as needed 24 hours a day. Safety and Security can be reached at 402-670-8848 or by dialing "1" on any campus phone.



Meet David Ferber
Director of Safety and Security

Gaining Independence

Students need to express their autonomy and spread their wings when they get to college. This doesn't mean that they've stopped needing you. What it may mean, though, is that students need a chance to:

- Make their own mistakes
- Decide how to confront challenges
- Communicate with others when there's a problem
- Choose how to spend their time
- Take responsibility for their actions
- Struggle a bit
- Learn from experience

Be there to talk things through when students need that and to offer support. The actual "doing," though, is primarily up to them. This independence is one of the main ways that they will learn, grow and develop into strong adults.



CSM Home Athletic Events



- Wednesday, Sept. 4: Soccer vs. Bethany College
- Wednesday, Sept. 11: Volleyball vs. Concordia
- Saturday, Sept. 14: Soccer vs. Sterling College
- Tuesday, Sept. 17: JV Soccer vs. Concordia
- Wednesday, Sept. 18: Softball vs. Central Community College Columbus
- Saturday, Sept. 21: Soccer vs. University of Jamestown
Volleyball vs. Doane
- Wednesday, Sept. 25: Soccer vs. Bellevue
- Saturday, Sept. 28: Softball vs. Iowa Western

**All Home Games are FREE to
CSM Students!**

CSM Dates to Remember:

- * Monday, September 2: **Labor Day Holiday**
No Classes, College Closed
- * Wednesday, September 4: Flu Shot Clinic 11am-1pm in Hillmer Art Gallery (bring insurance card or cost is \$40.00, cash only)
- * Wednesday, September 4: 'Fight Like a Girl' - self defense class sponsored by Health Education and Safety and Security
- * Thursday, September 5: Informational Meeting for Alternative Break Mission Trips through Campus Ministry (CM)
- * Friday, September 13 -Sunday, September 15:
Homecoming Weekend
- * Tuesday, September 10: Manage Your Time Workshop by Achievement Center (AC)
- * Thursday, September 12: Effective Note Taking and Textbook Reading Workshop by AC
- * Thursday, September 12: Exploring Spirituality, Peace, and Justice 'Finding Your Passion' sponsored by CM
- * Monday, September 16: Opening Convocation:12:45pm
Dedication of the 2019-2020 Academic Year
- * Tuesday, September 17: Constitution Day Trivia in the dining hall over lunch
- * Wednesday, September 18:
 - Voting Registration in the dining hall
 - Equal Rights Amendment Table Talk sponsored by Student Leadership & Organizations
 - Stories from Around the Globe: Option for the Poor as Justice—sponsored by Theology
- * Tuesday, September 24: Mercy Week Picnic on the Plaza
- * Monday, September 30: Test Taking Strategies Workshop by AC



Greetings from the Vice President for Student Development and Success!

Dear Parents and Families,

It has been a great start of the academic year at CSM! Hopefully, you are adjusting to your daughter's absence or new schedule. As you continue to play an important role in helping your daughter handle the adjustments of college by offering guidance, I hope our monthly newsletter will offer resources for you to use during these important conversations, as well as current information about campus events.

Have a great Labor Day weekend!

Sincerely,

Tara Knudson Carl, Ph.D.

