



a newsletter for parents & families

May 2017

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...

- Anxiety and tension due to realizations 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!)
- Good feelings are evident as summer is near
- Lots of cramming, studying and wrapping things up academically
- Senior panic about jobs, finances, etc.
- End of the year socialization
- Packing and checking out
- Saying goodbye to important people and putting closure on the year

Leaving on a High Note

When it comes to the end of the year, students will likely feel best if they wrap things up right and prepare to leave campus on a high note. This can give them a sense of satisfaction and closure as they head into the summer, while also helping them positively anticipate the fall semester.

What does leaving on a high note look like? Share with your daughter that it can involve...

- ◆ **Saying Goodbyes.** By choosing to say goodbye and let important people know what they mean to you, before things get nutty, you're bound to feel a greater sense of completion. Leaving goodbyes until the very end, when there's never enough time, is never quite as satisfying.
- ◆ **Turning in Paperwork.** There's no need for administrative tasks to hover over you into the summer. Get them done now!
- ◆ **Leaving a Place Better than You Found It.** Take a look at your physical surroundings and be sure to leave them in very good shape when you move out.

- ◆ **Behaving Well.** Don't put anyone in a bad position as a result of your actions, including you! Strive to be remembered as a positive presence.
- ◆ **Thanking Faculty and Staff.** Let those folks who made a difference to you know... they'd love to hear it!
- ◆ **Following Up.** Whether it's a debt or a discussion, follow up so nothing is left lingering.

Talk with your student about what it means to her to "wrap things up right" and then provide all the support you can as she does just that!



Preventing End-of-the-Year Thefts

As students get into the spirit of spring weather and the school year ending, they often get more careless with their personal belongings. Unfortunately, thieves count on this mentality to make their move.

Remind your daughter that end of the year thefts can be easily prevented with a few simple precautions...

Textbooks. By writing her name near the binding of page 52 (or any consistent page number) in each textbook, a student can tell safety and security what to look for if a book is stolen.

Locking Doors. For both personal and property safety, encourage students to keep doors locked. Thieves become familiar with people's patterns.

Unattended Goods. Leaving a backpack or purse on the study table or unattended during a workout increases the chances of it walking away.

Laptops and Tablets. These are BIG targets. Does your student have a laptop/tablet safety device? Is the computer engraved with an ID number? These precautions can help track down thieves more easily.

Cash. It's *never* a good idea to have large amounts of cash on hand.

Remind students that the end of the year is one of the hottest times for thieves to strike. By taking some simple precautions, they can avoid some complex headaches.



Making the Transition

As the academic year ends, students will be transitioning into their summer plans. And your family will likely be transitioning into a different pace, for a variety of reasons.

A few things to keep in mind to make these transitions work positively for everyone involved include...

- ⇒ Communicate
- ⇒ Don't Assume Things
- ⇒ Think the Best of One Another
- ⇒ Be Forgiving
- ⇒ Embrace Change as an Opportunity for Growth
- ⇒ Listen
- ⇒ Be Flexible
- ⇒ Share Laughs



Connecting with Your Student This Summer

Whether your student is staying with you this summer or living somewhere else, there are ways to stay connected...

Exercise Together. Get up in the mornings to swim before work or meet after supper to walk the dog or take a bike ride.

Tap Into Skype or Facetime. It's the next best thing to being there!

Have a Reunion. Meet halfway for a picnic if you're living separately. Or invite old friends and family for a barbecue if you're living close by to get everyone together for some summer celebrating.

Read the Same Book. Give your daughter a book that you've both talked about wanting to read, and then read it yourself, too. It'll give you common ground to discuss the next time you're together or connecting from afar.

Be Tourists. Visit a local zoo or a hiking trail that you haven't been to since your students' childhood or explore back roads and flea markets. Make it an adventure to just hit the road and do something out of the norm!

Send Wacky Postcards. It takes 3 minutes to write out a postcard and pop it in the mail. So, arm your daughter with postcard stamps and get some for yourself – then pick up funny postcards along the way this summer and let your student know that you are thinking about her.

Take Up an Active Hobby. This can be a good way to spend some time while also getting great exercise! Consider golf, hiking, tennis or other companionable activities.

It doesn't take much to stay connected, yet the benefits are invaluable!

Why Pulling an All-Nighter is a Bad Idea

The long list of To Do's facing students at this time of year makes many believe they *must* pull all-nighters in order to get everything done. However, all-nighters are often counterproductive because...

- Lack of sleep impacts concentration and information retention – both of which are essential when it comes to taking final exams
- It's easy to make mistakes when we're exhausted – which show up in rushed papers, projects and during exams

- Our health is compromised without proper sleep – making us more susceptible to sickness
- We can get grumpy and easily frustrated – which can impact our relationships and get us off track from focusing on tasks that must get done

Give your daughter this information as she makes decisions about whether to pull an all-nighter. It may feel like a “college thing” to do, yet it's not the only way.

Heightened Emotions

Saying goodbye to dear friends. Worrying about final exams. Feeling stressed by the sheer number of tasks needing to be accomplished in a short time.

Emotions are often heightened at the end of the year as students contend with everything on their plate. You may notice these emotions coming through in a text or Facetime chat. Some suggestions to help students handle this onslaught of emotions include...

- Breaking big tasks into manageable chunks
- Finding healthy outlets like a 20-minute walk or having lunch with a friend
- Taking several deep breaths to clear away the tension (we often breathe very shallowly in our everyday lives)
- Planning how to say end-of-the-year goodbyes, before it comes down to the last minute

- Talking through things with an advisor, staff member, coach or trusted other



- Getting enough sleep so exhaustion doesn't exacerbate already-strained emotions

Sometimes, all students may be looking for is a listening ear to help them decompress and overcome a swirl of emotions. You can provide that, along with encouragement and support to help them make it through.



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 19, at 5 p.m., whichever occurs first. Residents who have been pre-approved to stay for participation in graduation are permitted to stay until Sunday and must be checked out by 5 p.m. on that Sunday, May 21st. Please contact Director of Residence Life Christine Simone at csimone@csm.edu with any questions about move out.

Supplies to Have on Hand at Move-Out

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

Sending Care and Encouragement for Finals!



Students are in the final stretch, as they wrap up the academic year. This means papers, projects, activities and much more. It can be a stressful time, and your support along the way can make a big difference.

That doesn't mean you can't include a few "guilty pleasures," too!

- **Cartoons / Quotes.** Send along that funny Far Side calendar page that you think your daughter will appreciate. Or print out an inspirational quote that fits her and put it in a magnetized frame she can stick on her fridge.
- **Food Coupons.** A gift card for a local restaurant or grocery store could be very welcomed indeed, as your student might need to get off campus for a break during this intense time.
- **Office Supplies.** A new pack of highlighters or pens could certainly be put to good use!

Finals start Monday, May 15, so there is still time to send a care package as encouragement. Ideas include:

- **Notes of Encouragement.** Consider sending texts, emails or handwritten notes to encourage your student and let her know that you believe in her.
- **Healthy Snacks.** If you're putting together a care package, include some healthy snacks, like granola bars, dried fruit, yogurt-covered raisins and baked chips.

Just think about who your daughter is and what brings her comfort and care. That'll make all the difference!

CSM Dates to Remember:

- * Wednesday, May 3: Student Scholars' Day presentations/Graduate and Faculty Poster Symposium (**No Classes**)
- * Thursday, May 4: Cinco de Mayo celebration with taco truck on campus
- * Thursday, May 4: Student Art Show Reception
- * Monday, May 8: Recognition Day (student organization and faculty and staff awards)
- * Tuesday, May 9: Hollywood Photo Booth/Mobile Gaming
- * Friday, May 12: Athletics Awards Ceremony
- * Monday, May 15-Thursday, May 18: Final Exams
- * Saturday, May 20: Baccalaureate Mass, Honors Convocation and Masters Hooding Ceremony
- * Sunday, May 21: May Commencement at the CenturyLink Center
- * Friday, May 26: Last day to drop, add or register for Summer Session 1
- * Monday, May 29: Memorial Day Holiday—
COLLEGE CLOSED



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.

