



Dear families,

The first week of classes is in the books, and it has been a busy time on campus! Welcome Week activities — from service projects to RecFest to bingo to the Club Fair and more — has offered a myriad of exciting opportunities for our students. Make sure to ask your student about their first week. While the long Labor Day weekend can be a difficult time to be away from family and friends, our residence halls have activities planned throughout the weekend to alleviate this; please encourage your student to be empowered and active in their new community.

Later in this newsletter, you will find an article about the first six weeks of school and how important this time period is in determining a successful semester at Minot State. The second article will explain the establishment of the Academic Success Center (ASC). The ASC will be the go-to place when your student needs assistance with their class work and career services.

Again, welcome to our family and please know that you may contact me at any time at 701-858-3140 or kevin.harmon@MinotStateU.edu if you have questions or concerns.

Respectfully,



Kevin Harmon
Vice President for Student Affairs



IMPORTANT DATES & EVENTS

September

- 2 – Labor Day, University closed
- 4 – Last day to add a class; last day to drop 16-week class or withdraw from all classes with a 100 % refund
- 11 – Tuition, fees, room and board must be paid in full or a payment plan set up (three equal installments)
- 15 – Study Abroad application deadline for spring and summer programs
- TBD – Time management seminar, sponsored by MSU Career Services (date/time TBD)

October

- 18–20 – Parent & Family Weekend
- 21 – Midterm grades due
- 30–Nov. 1 – Spring registration for currently enrolled students

View more dates, deadlines, and events at MinotStateU.edu/calendar.

Be seen. Be heard. Be empowered.

Join us for Fall Parent & Family Weekend!

▶ OCTOBER 18 – 20, 2019

Registered families will receive complimentary gate admission at all sporting events and meals (excluding the Beaver Athletics Luncheon) and free use of the Minot State Wellness Center. Contact kevin.harmon@MinotStateU.edu to register or for more information.

EVENTS

▶ Friday, October 18

Northwest Arts Center open • 9 A.M. – 4 P.M., Gordon B. Olson Library (lower level), exhibit by printmakers Amos Kennedy, Calvin Laituri, and Paul Kreizenbeck

Campus Tours • 9 A.M. & 1 P.M., Enrollment Services (Admin. 165)

Beaver Athletics Luncheon • Noon, Dome (south lobby), \$10 per person

Women's Volleyball vs. Concordia-St. Paul • 5 P.M., Herb Parker Stadium

Women's Soccer vs. Sioux Falls • 7 P.M., Herb Parker Stadium

▶ Saturday, October 19

Campus Tour • 10 A.M., Enrollment Services (Admin. 165)

Build-a-Beaver (*child appropriate*) • 10 A.M., Beaver Dam

Get to Know Minot State Brunch • 11 A.M., Beaver Dam, *Free brunch for participants!*

Presentations:

- 11 A.M. – “What’s Your Major: Understanding the Importance of Major and Career Exploration” with Lynda Bertsch, Director of Career Services
- 11:15 A.M. – “Why You Should Stay in Campus Housing in Year Two” with Karina Stander, Director of Residence Life
- 11:30 A.M. – “Dealing with Stress” with Troy Roness, Mental Health Counselor
- 11:45 A.M. – “Study Abroad” with Erin Charley, Study Abroad Coordinator

Women's Volleyball vs. Minnesota State • Noon, Dome

Tailgate Gathering • 1:30 – 3 P.M., Parent & Family Weekend tent (outside Wellness Center), *Free hot dogs & beverages!*

Football vs. Concordia-St. Paul • 3 P.M., Herb Parker Stadium

▶ Sunday, October 20

Women's Soccer vs. SW Minn. State • Noon, Herb Parker Stadium



Calvin Laituri



Paul Kreizenbeck



Amos Kennedy



The Parent's Perspective

Submitted by Laurie Norman, parent to Emily Norman, class of 2022, Las Vegas, Nevada

*Hey look ma, I made it!
Are you ready for the sequel?
I'm gonna be the greatest
Ain't you ready for the latest?
Everything's coming up aces, aces
Hey look ma, I made it!*

Some of my best memories with my kids are from our time in the car. Thousands of miles were spent traveling for sports, school, work, or family vacations, and we always had music playing. When they were younger, we had a sleeve full of kid CDs, and as they got older (me too), that evolved into more mature lyrics, sounds, and trends. As with any relationship, even music in the car is about give and take and, if you are lucky, one song fits everyone's likes/needs.

Going into this year as a sophomore parent, Panic! at the Disco and their song "Hey Look Ma, I Made It" does it for me. Take a listen. It may not be your groove, so find one that is.

What I do know is that she made it, I made it, and you and your student are going to make it your freshman year! Here are a few things I learned along the way:

- **Food** – The "caf," as my daughter calls it, has plenty of choices. They are not going to wither away the first or second semester, but they will look forward to their favorites when they come home.
- **Explore** – It's okay when you get that text saying they are headed to Bismarck for the day. Even better, Winnipeg for the weekend. What? With who? Where are you staying? Do you have your passport/ID? Don't lose it! Do you have money? Did you bring your vitamins? They are adults and need to learn to explore this great country on their own. Just keep drilling in the commonsense things, like using the buddy system, and they will be fine.
- **Money** – Hey, who doesn't like an occasional meal out or a new mechanical pencil? I enjoy Buffalo Wings & Rings when I visit Minot (best wings and blue cheese). They will need some extra money and I can't stress how important it is to have a budget. There will be those trips to Target, Walmart, or Taco Bell. Agree

on a dollar amount and stick to it.

- **Jackets and shoes** - Desert girl meets the North Dakota weather. Do you need another jacket? I always think North Dakota and snow and, while true, I also learned along the way that you need options! Rain jacket, cold jacket, extreme cold jacket, snow jacket, fall jacket, spring jacket and the same applies to shoes and boots. This doesn't mean your student needs eight different jackets like my kiddo, but set your student up for success.
- **Communication** – I just can't imagine the old days of snail mail and pay phones. How lucky we are to have the technology we do. With that said, keep your expectations real. Your student should be busy studying, working, and having fun. Sometimes it will be a text, a one-minute phone call, or a goofy Facetime. Take it, listen, and offer advice when asked. Just remember those dorm walls are thin, and the roommates next door can hear everything your student's crazy mother is saying!
- **Endorphins (feel-good)** – Your student isn't the only one that should be experiencing something new and staying busy. What are the things you have been wanting to do, but have been a little too busy for the last 18 years? Get those endorphins going and start working on that list! Just don't plan the dream family cruise in the middle of the semester and send them a tee shirt. Wait until winter, spring, or summer break, so they can be part of the family adventure.

You are going to make it!

– Laurie Norman



Parent and family submissions needed

The Student Affairs Office is trying something new this year and we need your help! It is our intent to produce two publications next spring for Mother's and Father's Days. We are looking for short essays written by you, our parents, about your experiences as your student attends Minot State. For more information, please email kevin.harmon@MinotStateU.edu.



The First Six Weeks of College

By Diane Schwemm, CollegiateParent.com

You may have heard that the first six weeks can set the tone for your student's entire freshman year. There's truth in that, but it's important for students *and* parents not to panic if the start of the year is a bit rough. By understanding what your new college student is experiencing, you'll feel better able to support them as they meet the challenges of freshman year.

They're the ones going off to college. How do parents fit in?

We are still actively parenting our college freshmen even as we encourage their independence. Being in regular touch with us can help them stay grounded during this time of transition. Don't send a flurry of texts "just to check in," but do schedule a weekly phone or video chat (especially if you are not hearing much).

There may be a lot of back and forth messages as they get settled in, and this is natural. They have a lot to share. If you're on the receiving end of what feels like an excessive amount of texting/calling, consider gently disentangling yourself.

If your student runs up against an obstacle — a problem with a roommate, or with their course schedule — resist the urge to get involved or tell them what to do. Instead, remind them of the great resources available on campus (the residence hall RA, their academic advisor, the tutoring center, etc.).

The intoxication of newfound independence

College is the first time most freshmen have been entirely in charge of their own routine and activities. Your student will make choices every day and night about how to allocate all those blocks of "free" time

When you check in with them, don't overlook the obvious. Your student may need tactful reminders to:

- Eat and sleep on a somewhat regular schedule.
- Enjoy socializing but make sure class attendance and studying always come first..
- Tackle the time management challenge with the help of a planner or calendar (paper or electronic.)
- Find some good study spots on campus (probably not the residence hall!!)

Academic adjustments

Even students who took AP/IB classes aren't always prepared for the ways in which college academics differ from high school. A few things it's helpful to understand:

- The bulk of required coursework is done outside of class. It is not “homework” (i.e., repetitive of what was covered in class and/or optional) but instead is essential to the learning that takes place in class.
- There is a lot, and it needs to be done over the course of hours and days — not right before class. Procrastination isn’t compatible with high-quality college work.
- Your student should read the course syllabus early and often (and print it out to put in the front of their binder/notebook). Everything they need to know about textbooks and required materials, assignments and labs, dates for papers and tests, etc. is located in the syllabus distributed at the beginning of the term. Professors usually don’t explain/post assignments or remind students about deadlines.
- There is abundant academic support available on campus — your student should be proactive about getting help.



Social life and personal safety and responsibility

It’s common knowledge a lot of partying goes on during the first few weeks of the year at many schools. In addition, at some universities, fraternity and sorority rush kicks right in. Ask your freshman about the social scene and the new friends they’ve made. They may or may not be going to parties and may or may not want to talk to you about it, but you can still check in and make sure they know that you expect them to follow campus rules about alcohol and drugs. Even from afar, you care about them being healthy and responsible.

On a related topic, you may have heard the first six weeks of college referred to as the “red zone” — a time when young first-year women in particular are at increased risk of sexual assault. By talking to all our students, male and female, about healthy sexual relationships and consent, and responsible partying, we express our concern with their happiness and safety and our trust that they will strive to be respectful members of their college community.

Finding a place

Your student will find their place but it may take time. A few observations about “fitting in”:

- Some freshman roommates click right away but for others it takes a while. It’s okay not to be best friends as long as they are considerate of each other and their common space.
- Are they thinking about going to a choral group or theatre audition, or a club or team meeting? They won’t regret putting themselves out there, so cheer them on. Most groups welcome freshmen and it’s a good way to make friends and accelerate the sense of belonging.
- Your student can drop by the Student Center and the new Academic Support Center (Gordon B. Olson Library, lower level) — both good places to meet people and find out about fun opportunities for engagement. Campuses tend to have vibrant, welcoming faith communities as well and this might appeal if going to worship or youth group was part of their routine at home.
- First year students living at home may need to work harder to make friends and feel connected. To support your commuter student, encourage them to purchase a partial meal plan, join clubs and organizations, consider on-campus employment or volunteering, and choose small classes and discussion sections when possible.

Student Employment at Minot State

Minot State on-campus student employment opportunities are a great way to help fund an education or to allow your student to earn spending money. Student employment is flexible and convenient by fitting with a student's class and study schedules, and they do not work more than 20 hours per week to encourage keeping college the top priority. Our student employees are paid a minimum of \$9.25 per hour twice a month. In addition, student employment also gives your student experience to be used on a future resume, customer service skills, and most student jobs do not require any previous employment skills.

Federal work-study employment is a part-time employment opportunity for students with financial need, allowing students to earn money while enrolled on campus. On the FAFSA, Free Application for Federal Student Aid, the applicant is asked if they are interested in work-study. Students that are eligible for federal work-study and marked they are

interested, may be offered work-study when awarded for the academic year. Eligible students that marked they were not interested in work-study or unsure, could still be awarded federal work-study funds. Students not eligible for federal work-study can still be employed by Minot State in departments that have the funding to hire students.

All on-campus student employment begins with an employment application picked up at the Minot State Financial Aid Office. Students interested in working on campus are encouraged to stop by the Minot State Financial Aid Office, on the second floor of the Administration Building, to find out if they are eligible for federal work-study or to pick up an application for any type of on-campus student job. Students can search for campus employment through the Career Services website, MinotStateU.edu/careers/employment_ops.shtml, or by inquiring with offices and departments on campus.

A big welcome to the Minot State University Class of 2023!

