



## Parent and Family Newsletter

OCTOBER 2019

Dear parents and families,

The first month is behind us and it has been filled with ups and downs for your students; the fear of making new friends has subsided a bit, only to be replaced with the uncertainty of a poor grade on a quiz or test. For your students, this is the time of the semester where the roller coaster starts leveling out after the hype of Welcome Week and the excitement of their new-found freedom starts to become their new norm. The roller coaster of emotions is going to continue throughout the semester; however, the six week mark is a crucial point in their semester as students will decide how they are going to respond to academic or social adversity, to stay in a class or drop a class, to stay enrolled at MSU or leave all together. These issues bring forth big decisions and your students should not try to resolve these issues without including others; advise your student to reach out to someone, anyone whom they can talk to about a plan forward. Students may speak to their advisors, visit the tutoring or counseling centers, or stop by my office and we can talk about next steps. Encouraging your student to have a conversation with University personnel is a no-risk and high-reward proposal.

I hope to meet you at Parent & Family Weekend, October 18-20. Please know that you may contact me at any time at 701-858-3140 or [kevin.harmon@MinotStateU.edu](mailto:kevin.harmon@MinotStateU.edu) if you have questions or concerns.

Respectfully,

Kevin Harmon  
Vice President for Student Affairs



### IMPORTANT DATES & EVENTS

#### September

- 30 – Tuition, fees, and room and board must be paid in full or a payment plan set up (three equal installments)
- 30-Oct. 5 – Homecoming Week

#### October

- 4 – Last day to withdraw from all classes and receive a 75% refund
- 6 – Berry Acres Pumpkin Patch student activity, Noon
- 15 – Etiquette Luncheon, 12:30 P.M.
- 18-20 – Parent & Family Weekend
- 20 – Pinterest Night, 7 P.M.
- 21 – Midterm grades due
- 30-Nov. 1 – Spring registration for currently enrolled students

#### November

- 1 – Spring semester graduation application due to Registrar's Office
- 4 – Last day to withdraw from all classes and receive a 50% refund

View more dates, deadlines, and events at [MinotStateU.edu/calendar](http://MinotStateU.edu/calendar).



## **TUESDAY, OCTOBER 1**

**Women's Volleyball vs. U Mary • 7 P.M. • Dome**

## **WEDNESDAY, OCTOBER 2**

**President's Club Luncheon • Noon  
Minot State Conference Center**

### **Block Party • 5 – 7 P.M. • Front of Old Main**

- Free food, games, and bounce houses
- Coronation at 6:30 P.M.

*Bounce houses sponsored by  
Pinnacle Employee Benefits.*

*In case of inclement weather  
the block party will be  
moved to the Dome.*

## **THURSDAY, OCTOBER 3**

**5K Walk/Run • 5:30 P.M. • Route TBD**

For more information visit [MinotStateU.edu/Homecoming](http://MinotStateU.edu/Homecoming)  
or call 701-858-4084

### **Golden Awards Dinner • 6 P.M.**

**Minot State Conference Center**

Honoring: Greg Fjeld '81, Dr. Cheryl (Tryhus) Nilsen '90,  
Michael Saba '65, Myron Thompson '67, and Young Alumni  
Achievement Award Honoree: Caleb Heilman '17

*Tickets for this event are \$30. Please call 701-858-3373 to  
reserve your tickets.*

## **FRIDAY, OCTOBER 4**

**Women's Volleyball vs. St. Cloud State • 5 P.M. • Dome**

**MSU Athletics Hall of Fame Banquet • 5:30 P.M.  
Clarion Hotel**

*Tickets for this event are \$20. Please call 701-858-4451 to  
reserve your tickets.*

Honoring: Carla (Brunsell) Clark (1994 – 98), Jordan Kelly  
(2006 – 10), Brian Rohles (2006 – 09), and 1965 Baseball Team

### **Alumni & Friends Social • 7 – 11 P.M. • Clarion Hotel**

This exciting event is open to all friends of the University  
and our alumni. Stop by to visit with these reunion groups:

- Honors Program
- Nursing
- 1965 Baseball Team
- 2006 – 09 Football
- 1994 – 98 Women's Basketball

Register at [MinotStateU.edu/Alumni](http://MinotStateU.edu/Alumni).

**Women's Soccer vs. Concordia U.-St. Paul • 7 P.M.  
Herb Parker Stadium**

**MSU Hockey vs. Briercrest • 7:30 P.M.**

**Maysa Arena, Pepsi Rink**

- National Champions banner raising

## **SATURDAY, OCTOBER 5**

**Parade • Begins at 11 A.M.**

Downtown Minot > Broadway > Beaver Blvd. (11th Ave.)

### **Tailgate following the parade**

Free food sponsored by First Assembly of God Church,  
activities for kids and bounce houses. *Bounce houses  
sponsored by Pinnacle Employee Benefits.*

**Women's Volleyball vs. Minn.-Duluth • Noon • Dome**

**Football vs. S.W. Minn. State • 3 P.M.  
Herb Parker Stadium**

A block of rooms has been reserved at the **CLARION HOTEL**  
(formerly the Holiday Inn) • **701-852-2504** • **2100 Burdick  
Expwy E, Minot. Mention the MSU Homecoming reunion  
to receive a discounted rate.**

For more info and to register, visit: [MinotStateU.edu/Homecoming](http://MinotStateU.edu/Homecoming)



# 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](mailto: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

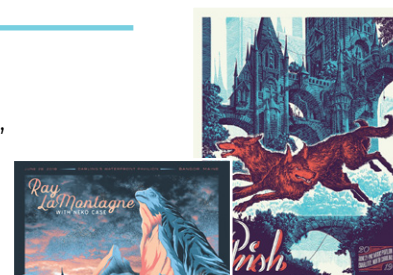
**Women's Volleyball vs. Minnesota State** • Noon, Dome

**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







## Service Learning & Cultural Immersion in **COSTA RICA**

Encourage your student to explore the world!

**May 16 - 25, 2020**



Exploring a new culture inspires your student to grow intellectually, professionally, and personally. Minot State offers a variety of rewarding study abroad opportunities in affordable and exciting locations.

Faculty-led study abroad programs encourage students to experience the world while enjoying the safety and security of familiar faces. Passionate instructors highlight the connections between course content and the program location during engaging daily activities.

This year we are excited to announce an upcoming program taking place in May 2020: **Service Learning & Cultural Immersion in Costa Rica!**

Participants in the Costa Rica program will be immersed in the local culture and serve the host community, while learning about women's issues. Lutheran Campus Ministry and the Minot State social work program are partnering to open the program to students of all majors.

Students who want to participate in fundraising activities must apply by Nov. 1, 2019. Applications will continue to be accepted until Jan. 17, 2020, unless the program fills earlier. You can learn more about the program's itinerary, highlights, cost, and deadline on the [Minot State Study Abroad website](#).

Study abroad delivers profound, high-impact learning that significantly enhances your student's university experience. Your encouragement can go a long way in helping them decide to join this amazing opportunity!

# Six key areas of adjustment for first-year college students

By Laurie Hazard and Stephanie Carter,  
[CollegiateParent.com](http://CollegiateParent.com)

The first year of college is rich with possibilities for students. From living with roommates to managing their own spending money, each experience during the first year is an opportunity for growth and learning.

There's actually a psychological process that students move through during their first year which requires them to be willing to change — and which takes time. In fact, experts in higher education have identified six key areas of adjustment for first-year college students. In order to meet a new set of expectations, first-years must adjust their behaviors and mental processes academically, culturally, emotionally, financially, intellectually, and socially.

## Academic Adjustment

The learning environments in high school and college are different. At the college level, students are expected to take a more active role in their learning than they had to in high school; therefore, they need to think about how they will adjust to meet the heightened expectations of higher education. Successfully making this adjustment means having the ability and know-how to meet the increasing demands of college, and being open to change.

### *Some academic challenges:*

- Developing self-regulatory behaviors (time management, avoiding procrastination)
- Establishing relationships with professors
- Managing assigned reading and workload

## Cultural Adjustment

College students interact with others of various cultures, religious beliefs, sexual orientations, ages, and physical abilities, in a number of different settings. Some of these situations will be social, others academic or work-related. What these experiences have in common is that they provide opportunities to learn from others with a different perspective. How much a student will benefit from these diverse interactions



depends on their ability to adjust culturally. Being accepting and welcoming of differences is one way to embrace diversity in college.

### *Some cultural challenges:*

- Living and learning with a diverse student body
- Adjusting to language differences among classmates, roommates, and faculty
- Understanding their own bias-related belief systems

## Emotional Adjustment

Students respond differently to new living and learning environments, meaning they'll have different emotional responses to their first-year experiences. Some will be prepared to handle the stressors of college life more readily, while others may struggle with challenging situations. Successfully making this emotional adjustment means learning how to cope and manage their feelings.

### *Some emotional challenges:*

- Experiencing homesickness
- Coping with stress
- Developing strategies for handling mental health issues

## Financial Adjustment

College students need to learn how to independently manage money. For many students, it may be the first time they don't have ongoing guidance from family about money issues. It can be hard for students to learn how to budget and not be tempted to spend their money frivolously. It's important for students to



adjust to this change sooner rather than later to avoid problems like bank fees or high-interest debt.

#### ***Some financial challenges:***

- Developing budgeting and financial literacy skills
- Understanding tuition costs and navigating financial aid
- Finding and managing a part-time job as a student

### **Intellectual Adjustment**

In college students have the opportunity to join an academic community. This community includes fellow classmates, faculty and college administrators. During class, students are expected to engage in intellectual discussions with their faculty, raise questions and, at times, even challenge them. In turn, students will be exposed to new ideas and subject areas and career choices that they may have never considered before.

#### ***Some intellectual challenges:***

- Experiencing a shift in previously held values
- Feeling uncertainty about choosing a major
- Taking calculated risks that move them outside their comfort zone

### **Social Adjustment**

First-year students will be faced with shifts in their relationships, finding a new peer group and handling the pressure of fitting in. Residential students will also have to adjust to a new living situation, which may include roommates.

#### ***Some social challenges:***

- Experiencing changes in relationships
- Developing strategies for living with a roommate
- Handling social situations involving peer pressure



Throughout their first year, students are encouraged to learn and claim their education in many ways, in the classroom and beyond. Learning involves making connections, taking calculated risks and being open to change. So, how can parents of first-year students help with this transition?

### **Talk about it!**

First, parents can engage in candid conversations with their students throughout the first year, about the habits, behaviors, and attitudes that contribute to college success and how to cultivate them. You know your student well, of course. You can help them anticipate which areas of adjustment may pose the greatest challenges and have them reflect on how they might handle these challenges. If challenges have cropped up already, you can help them identify campus resources that address a particular area of adjustment. For example, the campus learning center can support students as they learn to handle a challenging course load; a residential student's RA (Resident Assistant or Advisor) can help with roommate issues.

### **Encouragement goes a long way.**

Parents can encourage their students to fully engage in their college experience and be ready to operate with a growth mindset. Help your student understand that they will need to make changes and ask for help in order to mature and adjust academically, culturally, emotionally, financially, intellectually, and socially. Encourage your student also to be patient with themselves as they cope with these adjustments. It can take the entire first year for a student to build the skills they need to be successful, and that's perfectly okay!



#### **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](mailto:kevin.harmon@MinotStateU.edu).

## Financial Aid Information

### 2020-21 FAFSA Available Soon!

The 2020-21 Free Application for Federal Student Aid (FAFSA) becomes available at [fafsa.gov](https://fafsa.gov) on Oct. 1, 2019. The 2020-21 FAFSA covers the Fall 2020, Spring 2021, and Summer 2021 semesters. While it might seem strange to already be thinking about completing the FAFSA for the 2020-21 school year, applying early helps students avoid delays in the future and helps to ensure consideration for as many types of financial aid as possible. It's important to submit the FAFSA every year to apply for federal and state financial aid programs. Minot State also uses the FAFSA results to determine student eligibility for need-based scholarships. Some private financial aid providers may also use the FAFSA information to determine eligibility for their aid programs.

On the 2020-21 FAFSA, students and parents will report income information from their 2018 federal tax returns. Most students and parents will be able to use the IRS Data Retrieval option within the FAFSA to automatically retrieve and import 2018 tax information directly from the IRS into the FAFSA, making the FAFSA easier than ever to complete.

We encourage students planning to attend Minot State during the 2020-21 school year to submit the FAFSA by Apr. 1, 2020 to meet the Minot State priority funding deadline, which helps ensure that students are considered for all federal aid programs available. Returning students planning to attend Minot State for the 2020-21 school year who have successfully completed the FAFSA and listed the Minot State school code can expect to receive an official award notice in early June 2020. For questions about completing the FAFSA, contact Minot State Financial Aid Office at 701-858-3375.



### Keeping Track of Student Loans

Your student's federal student aid history, including their Federal Direct Loan and Pell Grant history, is available at [nslds.ed.gov](https://nslds.ed.gov). Students can log in with their FSA ID and password, used for filing the FAFSA, to keep track of their loan and grant history and view contact information for their loan servicer. Encourage your student to be mindful of the amounts they are borrowing, as well as the total borrowing limits for the federal loan programs to avoid overborrowing or exhausting their eligibility before they complete their program. More info about federal loan limits is available at <https://studentaid.ed.gov/sa/types/loans/subsidized-unsubsidized#how-much>.

### Helpful Tip to Keep Overall Debt Low

If your student borrowed an Unsubsidized Federal Direct Loan or a private education loan, those loans will begin accruing interest as soon as they are disbursed. Although students are not required to pay interest on those loans while they are enrolled at a half-time (six or more credits) or higher status, voluntary payments on interest while they are enrolled can help keep the overall debt amount down. Students can contact their loan servicer to make a payment at any time.