



Parent and Family Newsletter FEBRUARY 2020

Dear parents and families,

This month, our Residence Life office opens registration for the 2020 fall semester to our current students. While many returning students choose to live off-campus for a variety of reasons, I would like you, as parents, to say, "Not so fast..." Minot State room rates and meal plans are affordable and make economic sense. Sodexo, our dining service provider, offers a discounted and locked-in rate for students who are enrolled in University and live in the residence halls. The food is excellent, and is worth considering. Not to mention, upperclassmen who stay on campus tend to graduate from Minot State at a higher rate than those who live off campus.

As always, I'm open to fielding any questions or concerns that you may have. I can be reached at kevin.harmon@MinotStateU.edu.

Respectfully,

Kevin Harmon
Vice President for Student Affairs



IMPORTANT DATES & EVENTS

February

- 17 – President's Day, University closed
- 18 – Assessment day, no classes (University open)
- 24 – Last day to withdraw from all classes and receive a 75% refund

March

- 9 – Midterm grades
- 16 – 20 – Spring break

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

Be seen. Be heard. Be inspired.

△ The Connection Between Sleep and Health in College — And All Life Long

By MJ O'Leary, CollegiateParent.com

How often do you wake up full of energy, eager to embrace the day? Or do you regularly struggle to drag yourself out of bed with heavy eyes that barely stay open? Your answer to these two questions has a direct bearing on your mental performance, your mood, and ultimately your long term health.

Parents of college students who were recently home for winter break witnessed the first couple days of catch-up sleep (sometimes round the clock!). After a few weeks at home, we feel good sending them back to campus, rested and primed to tackle the next term.

But the truth is, it takes only a few days to land back in a state of sleep deprivation. Without sufficient sleep, students will find it harder to learn and to remember what was learned, and will lack the energy to make the most of their college experience. It's that simple.

Hundreds of sleep studies conclude that most adults need around eight hours of sleep to maintain good health. Some people may be able to function well on seven and others may need closer to nine, but as a general rule, we need a solid eight hours of sleep each night (and growing teenagers may need upwards of ten hours). Sleep is the foundation of wellness yet almost 40% of us struggle to get enough.

Recent research has taught us a lot about what really happens when we sleep, and the importance of prioritizing sleep. Here is some important information that will help you take better care of your own health and mentor your college student in healthier sleep habits.



Why eight hours? What happens when we sleep?

Our bodies are super busy while we slumber. During sleep we fix damaged tissue, toxins are processed and eliminated, hormones essential for growth and appetite control are released and restocked, and energy is restored. When sleep is cut short, the body doesn't have time to complete all of the phases needed for the repair and detoxification. It's like letting the town garbage collectors go home two hours early, every day, for a month. What happens to all the garbage they don't get to? It piles up.

And if we don't get enough sleep?

Lack of sleep has a huge impact on our overall state of health and wellbeing. A lack of sleep can even change the way our genes express themselves! In one study a group of healthy adults were limited to six hours of sleep for one week. Researchers measured the change in gene activity compared to the prior week when those same people were getting a full eight hours of sleep a night.

The lack of sleep caused the activity of 711 genes to become distorted. About half of the genes were switched off by a lack of sleep — these genes were associated with the immune system. The other half of the genes experienced increased activity by a lack of sleep — these were genes associated with the promotion of tumors, genes associated with long term chronic inflammation, and stress genes. This was after only one week of six hours of sleep! (To learn more, listen to Matt Walker's TED Talk, "Sleep is your superpower.")

If you don't get enough sleep the health risks include:

- **Impaired cognitive function.** Even one night of sleeping less than six hours can impact your ability to think clearly the next day.
- **Increased risk of accidents.** You are three times more likely to be in a car crash if you are tired, as sleep deprivation slows your reaction time.
- **Increased emotional intensity.** The part of the brain responsible for emotional reactions can be up to 60% more reactive when you've slept poorly.
- **Increased risk of heart attack and stroke.** In one study, male workers who average six hours of sleep or less were 400–500% more likely to suffer cardiac arrest. Women with mild sleep disturbance are more likely to have high blood pressure than those who fall asleep quickly and sleep soundly.
- **Increased risk of cancer.** Tumors grow up to three times faster in laboratory animals with severe sleep dysfunction.

Something else to share with your student!

College students are infamous for late-night studying and the occasional all-nighter. Is sacrificing sleep to finish a paper or prep for a test an effective strategy? The answer is an emphatic NO.

The U.S. Army modeled the effects of sleep deprivation on sharpshooters, and found that restricting sleep in the hopes of greater output is unproductive. For 21 days, four different units slept different amounts of time. The unit with only four hours of daily sleep was at first able to put more rounds on target in any 24 hour period (because they had more hours to work). After the third day, however, the lack of sleep was noticeable in their results; even with three extra hours in each day their output was less.

Quality sleep starts the moment we wake up — the choices we make about what to eat, how much to exercise, and how to handle stress all impact our ability to get a great night's sleep. Sleep affects how we look, feel and function on a daily basis and is vital to our health and quality of life. When we get the sleep our body needs, we look radiant, we feel vibrant, and we have the energy to live our best lives.

Tips for deep sleep

1. Sleep in a dark room.

A tiny lobe called the pineal gland secretes melatonin to calm the brain and help us relax. The pineal gland responds to darkness so exposure to bright light suppresses our ability to make melatonin. Reduce exposure to bright lights before bedtime and sleep in a dark room (or use a sleep mask). Find more tips for improving sleep habits in a college dorm room [here](#).



2. Avoid eating close to bedtime.

Stop eating at least 2 hours before bedtime so the body is not spending the first few hours of sleep digesting a heavy meal.

3. Exercise.

A Stanford study found that 16 weeks in a moderate-intensity exercise program allowed people to fall asleep about 15 minutes faster and sleep about 45 minutes longer.

4. Eat good food.

Processed food full of chemicals and sugar will make your body work extra hard during the night to remove the toxins, leaving less time for healing and repair. It is possible to eat well on a campus meal plan! Share these tips with your student.

Residence Life – A New Home

By Karina Stander, MACo, RYT-200
Director of Minot State Residence Life
Hometown: Springside, Saskatchewan



College is a pivotal point in life. For those who get to experience college, living on campus is as much a right of transition as is getting our driver's license and experiencing the freedom and responsibility that comes with that.

Unfortunately, our first time experiencing anything can be stressful and full of many emotions we do not always know how to process. Attending university and living on campus is no exception. There are a lot of new experiences that on-campus living brings; first time living with a roommate that isn't family, first time eating at an all-you-can-eat cafeteria, first time having complete control over your own schedule. While I have seen the research about how living on campus has been proven to benefit students academically and financially, I do not think these are the reasons students choose to return to live on campus.

"When I lived on campus, I was more involved on campus. I went to a lot more of the events."

Tyler Sinden, MSU Senior
Hometown: Belle River, Ontario
Lived on for a year and moved off

"I enjoy the quick commute to my classes and extracurricular activities. It is the best way to meet people and make real friends outside the classroom. I feel safe and secure, like people actually care about me."

Sarah Waclawik, MSU Sophomore
Hometown: Fargo
Second year living on campus

I am new to my position as the Director of Residence Life at Minot State. For the past six months I have intentionally visited with students that live on campus to find out what they want to improve. I've learned that they value proximity to activities, personal space, independence, and financial prudence.

Residence life provides students with leadership opportunities to work as resident assistants, residence hall directors, and desk attendants. These students gain valuable skills in confrontation, time management, communication, and programming that will help them in whatever future career they pursue. We hire for our student leadership positions in February for the following academic year.

"I have enjoyed having a leadership role and getting the experience of working with different types of people. It has also provided me a creative outlet. Being on residence life staff allowed me to develop relationships with people I would have missed otherwise."

Miriam Dumes, MSU Senior
Hometown: Houston, Texas
RA 2018-2019 and RHD 2019-2020

Watching the national awareness of the rising cost of college, I believe in keeping the cost of living on campus affordable and competitive. When setting rates, I have looked at what is available to students in Minot as well as at other institutions. Residence Life is excited to announce that for the academic year 2020-2021, we will be offering financial benefits for students returning to on-campus housing. A few of those benefits will include a discount towards their on-campus housing, lower rate for a single room, and second year students can apply to live in on-campus apartments.

"I considered the cost of living in an apartment. I looked at the extra expenses of utilities, long leases, gas for my car, internet, and food, as well as having the time to cook the food, and realized that living on campus was a good financial decision."

Sarah Waclawik, MSU Sophomore
Hometown: Fargo
Second year living on campus

When it comes to where they will live, our students have options. It is my hope that they enjoy living on campus, experience the benefits of living on campus, and choose to return. With all the choices and responsibilities that a student has to stay on top of, it is my hope that the choice of where they will live is simple, and that residence life becomes their new home, away from home.



Student Activities and Events FEBRUARY 2020

- 1 – Women’s Hockey, 1 pm, Maysa Arena
Men’s Hockey, 4:30 pm, Maysa Arena
- 2 – Women’s Hockey, 1 pm, Maysa Arena
M-Life: Super Bowl Party, 5:30 pm, Beaver Dam
- 4 – Tuesday Soup, 11 am – 1 pm, Student Center
Atrium – free homecooked lunch
- 5 – M-Life: Gospel Lee, musician, 7 pm, Beaver Dam
- 7 – Women’s Basketball, 5:30 pm, MSU Dome
Men’s Basketball, 7:30 pm, MSU Dome
- 8 – Women’s Basketball, 3:30 pm, MSU Dome
Men’s Basketball, 5:30 pm, MSU Dome
Men’s Hockey, 7:30 pm, Maysa Arena
- 11 – Tuesday Soup, 11 am – 1 pm, Student Center
Atrium – free homecooked lunch
- 13 – M-Life: Pinterest Night, 7 pm, Beaver Dam
- 14 – M-Life: Free lunch, 11:30 am, Beaver Dam
Women’s Basketball, 5:30 pm, MSU Dome
Men’s Basketball, 7:30 pm, MSU Dome
Men’s Hockey, 8 pm, Maysa Arena
- 15 – Women’s Basketball, 3:30 pm, MSU Dome
Men’s Basketball, 5:30 pm, MSU Dome
Men’s Hockey, 7:30 pm, Maysa Arena
- 20 – M-Life: Karaoke, 7 pm, Beaver Dam
- 21 – Men’s Hockey, 7:30 pm, Maysa Arena
- 25 – Tuesday Soup, 11 am – 1 pm, Student Center
Atrium – free homecooked lunch
Pool Tournament, 7 pm, Beaver Dam
- 27 – M-Life: Gourmet Chef class, 6 pm, Gourmet
Chef (downtown Minot)
- 28 – Women’s Hockey, 4:30 pm, Maysa Arena
- 29 – Women’s Hockey, 4:30 pm, Maysa Arena

View more events at [MinotStateU.edu/calendar](https://www.minotstateu.edu/calendar).

▲ Summer Financial Aid

Is your son or daughter planning to enroll in summer classes? Summer 2020 Financial Aid is based on the 2019-20 FAFSA and summer is considered the end of the 2019-20 school year so the amount of financial aid eligibility students have available for summer semester is impacted by the amount of aid they have received during the preceding academic year.

The Minot State Financial Aid Office will post a short Summer Financial Aid Application online at MinotStateU.edu/finaid/eligibility/summer-financial-aid-info.shtml when summer registration opens in late March. The Summer Financial Aid Application allows students to easily communicate their summer plans to the Financial Aid Office so that we can determine their eligibility for summer and send a new award notice specifically for the summer semester.

In some cases, students may not have eligibility for additional federal student aid for summer. Parents may want to consider the Federal Direct PLUS Loan as an option to assist students with summer costs or students may look at non-federal alternative loans as an option for summer. More information about PLUS and alternative loan options is available at MinotStateU.edu/finaid/loans/index.shtml.

For questions about summer financial aid options, contact the Financial Aid Office at 701-858-3375.

▲ Renewal Criteria for Scholarships and Awards

If your student is the recipient of a renewable scholarship or award program that may be renewed from year to year, be sure to take a few minutes now to review the renewal criteria to ensure he or she will meet all of the required conditions for renewal for the 2020-21 school year.

If your student's renewable scholarship is from a source other than Minot State, check with that organization about any questions related to the renewal standards.

Criteria for renewable Minot State awards is available on our website at MinotStateU.edu/finaid/scholarships/index.shtml and you can reach us at 701-858-3375 if you have additional questions.

▲ Planning for the 2020-21 School Year

The Minot State General Scholarship Application for the 2020-21 school year is open. The application deadline is February 15 and all students planning to enroll for the 2020-21 school year are encouraged to submit their application online at MinotStateU.edu/academicworks.com. Encourage your student to apply today!

The 2020-21 Free Application for Federal Student Aid (FAFSA) opened on October 1, 2019. If your student has not already submitted the 2020-21 FAFSA, now would be a great time to complete the FAFSA at the FAFSA.gov website!

