



Parent and Family Newsletter

AUGUST 2021

Dear MSU Families,

I would like to welcome our new and returning families to Minot State University! The beginning of another academic year is just weeks away, and we are reenergized to offer your student an experience of a lifetime. The Student Affairs team has been busy all summer planning a full schedule of activities promoting student engagement.

I'm also excited to announce a robust calendar of events designed specifically for families. We will expand beyond our traditional family weekends with programming for parents built around your students' activities. Plays, concerts, games, and signature academic events will offer opportunities to get together and strengthen our sense of community.

Stay tuned to this newsletter and our parent and families website, MinotStateU.edu/parents, for future activities, including our Welcome Weekend Family Event on Friday, Aug. 20.

I take pride in being responsive to your questions or concerns; please do not hesitate to contact me at kevin.harmon@MinotStateU.edu.

Respectfully,

Kevin Harmon,
Vice President for Student Affairs

Be seen. Be heard. Be empowered.



Beaver Family Night

Friday, Aug. 20 Downtown Minot

All new students and their family members are welcome to attend **Beaver Family Night on Aug. 20 from 7 – 9 P.M.** in downtown Minot at the Freight House Alley, located behind Prairie Sky Breads, 3 1st St. SE. This vibrant outdoor venue showcases Minot's beautiful downtown and will offer a chance to mingle with other new MSU families and meet campus leaders. Free, light appetizers and beverages will be served, and live music will set the tone for an evening of fun!

New dining plans for 2021-22



In an effort to keep more money in your pocket, we have significantly reduced the cost of a meal plan at Minot State. Our standard plan, which includes 19 meals per week, has dropped to only \$1,800 per semester!

In the past, when we offered an unlimited, all you-can-eat model we experienced a sharp decline in the number of students using the plan, resulting in increased pricing. It was time to make a change, and we believe affordability is a good place to begin serving our students and families.

Dining Dollars can be used at the Beaver Creek Café, Starbucks in the Beaver Dam, and the C-Store.

2021-22 Meal Plan Options

	Cost per semester	Year total
Base Plan <i>19 meals/week</i>	\$1,800.....	\$3,600
Block 160 <i>160 meals/semester + \$350 Dining Dollars</i>	\$1,800.....	\$3,600
Commuter Block 80 <i>80 meals/semester + \$100 Dining Dollars</i>	\$700.....	\$4,900
Commuter Block 40 <i>40 meals/semester + \$100 Dining Dollars</i>	\$420.....	\$840

Minot State partners with Magic City Day Care Center for on-campus facility

Minot State University has partnered with Magic City Day Care Center to bring daycare services to the MSU campus.

Magic City Day Care Center began offering services in Dakota Hall on Thursday, July 1. This partnership will benefit both the Minot State community as well as the greater Minot community.



"I can't stress enough how welcomed, loved, and supported we feel coming to MSU," said Sarah Seay. "Everyone is so friendly and attentive to any need we have had in preparing our center for opening day."

Seay is co-owner of Magic City Day Care Center along with her husband Erik and serves as the operations manager.

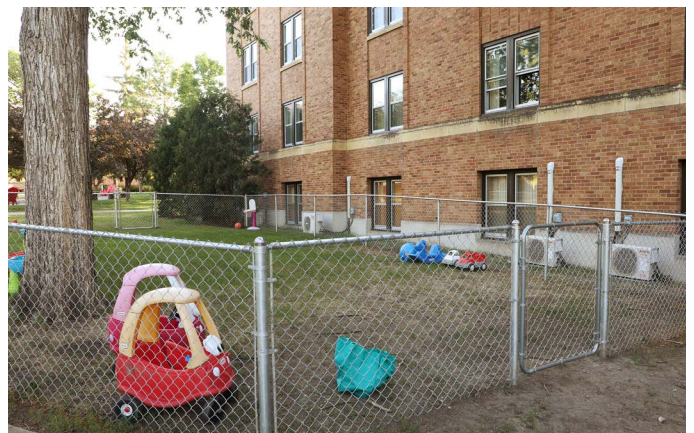
"Opening an on-campus childcare center is a significant event in the history of Minot State University. This has been a topic of conversation and on our wish list for several decades," said Kevin Harmon, Minot State vice president for student affairs. "The Magic City Day Care team has been a determined group in turning a concept into a reality in just a few months."

This long-standing goal will enable Minot State to better serve students and employees as well as offer many collaborative learning opportunities for MSU students.

Magic City Day Care Center is located in the lower level of Dakota Hall. The historic building was built in 1931 and has served as a residence hall and the main office for MSU Residence Life as well as the Minot State Military Resource Center. Both departments have been relocated to buildings on campus with Residence Life moving to the MSU Student Center and the Military Resource Center moving to Model Hall.

The partnership exemplifies the University's commitment to serving the community, enhancing education experiences for students, and improving the quality of life on campus for students and employees. The site at MSU is for children 1 ½ years old and up and is primarily for preschoolers and school-age children. Hours of operation are 6:45 A.M. to 5:15 P.M. Monday through Friday. For more information, call 701-340-3578.

"We are thrilled to add another level of service for our students, faculty, and staff," Harmon added. "MSU is pleased to partner with a community resource in making Minot a better place to learn and live."



10 Conversations to Have the Summer Before College

By Suzanne Shaffer, CollegiateParent.com

If you have a college-bound teenager in your house, the summer before college can be stressful. As a parent, you're dealing with a myriad of emotions. On one hand, you're excited about your student's future as they head out on the road to adulthood; on the other hand, you're aware they might not be quite ready for the journey.

When my daughter left for college, she had just turned 18. She'd chosen a school more than 1,500 miles away from home. She'd never been away from home or from her friends, and I was concerned about her ability to adapt in a completely different environment. I knew I had the summer to initiate some important conversations with her, and I did.

These 10 conversations should help your student prepare for college and start their freshman year with confidence.

1. Choose your friends wisely.

College friends will impact your student's academic success and social stability. These friends will be their family away from home and help them adjust to being on their own.

Discuss the impact these friendships can have in both a positive and negative way. Your student has already experienced peer pressure in high school, but college peer pressure will be different — you won't be there to meet their friends and give advice.

2. Study first, then play.

College academics are much more rigorous than high school. The reading is extensive. The homework can be overwhelming at times. The study requirements can be brutal.

Academics should always be a priority. If it isn't, your student's first semester of college could be their last. But all work and no play can be harmful as well. Socializing is a part of college life and should be embraced, and getting involved



with campus groups and activities will help your student make a happy adjustment to their new environment.

3. Don't look in the rearview mirror.

Your student's high school and childhood friends, or significant other, will often bring them down. While experiencing homesickness, that pull to return home from the friends who stayed can be strong.

Remind your student to always look ahead and stay focused on the future. Even though the comfort of the familiar may seem easy, there are new experiences and friendships to explore.

4. Start planning for graduation.

This might seem premature, but four years will pass quickly. Remind your student to take advantage of every opportunity that prepares them for a future after graduation.

They should make connections with alumni, seek out internship opportunities, visit the career center, and develop relationships with their professors. These early preparations can mean the difference between having a job secured in their field of study or scrambling to find any employment to pay the bills.

5. Resolve conflict immediately.

Roommate conflicts will occur in college. Their first instinct will be to ignore the problem and hope it goes away. Speaking from experience with my daughter, it only gets worse. Most of the angst she experienced with her roommates could have been avoided if she simply had a conversation and voiced her concerns. For the worst problems, encourage your student to go to their RA (Resident Assistant) for mediation..

6. Your professors are your friends.

Your student's professors will be key players in their college success. Encourage them to establish relationships early and cultivate them.

During their college journey, their professors can do more than teach. Professors can be valuable resources for networking, mentoring, tutoring, teaching and research assistant (TA and RA) opportunities, and much more. Urge your student to take advantage of their professors' office hours!

7. Avoid risky behavior.

Peer pressure in college can be even greater than in high school. Your student is alone, surrounded by all types of risky behavioral choices. You aren't there to pull in the reins, and they are free to go in any direction they choose.

Reinforce the conversations you had in the past about these dangers and help them understand that poor choices have consequences. Talk to them about the prevalence of alcohol on campus and what it means to drink responsibly. Discuss sexual health, healthy relationships and consent, too.

8. Don't neglect your mental health.

First and foremost, remind them they are not alone. Researchers at American College Health Association found that nearly 40 percent of college students reported feeling so depressed that it was difficult for them to function. And 61 percent of students said they felt overwhelming anxiety in the same time period.

Being away from home and adding the stress of transition into a college environment are key factors impacting your student's mental health.

Talk with your them about the importance of communication and openness regarding their feelings of depression and/or stress. Let them know there is help on campus and they should not be ashamed to ask for it.

This article will enrich your conversation:

[Understanding the Mental Health Needs of Your College Student.](#)

9. Not everyone is trustworthy.

It goes without saying that not everyone your student meets while in college can be trusted. Be sure to talk about campus safety, and share tips like not walking alone at night on campus, having a buddy system at parties, and using smartphone apps to alert if an emergency arises should be part of the conversation.

You should also review the importance of protecting their belongings when away from their dorm, their banking information and credit cards, and their passwords to social media accounts and other online sites.

10. Master these life skills.

Does your student have the basic independent living skills to survive on their own at college? You might think they know this stuff already, but it's a good idea to go over it anyway.

In a recent season of American Housewife, the parents created a list of "adult" tasks for their teenage daughter to master before college. The list included things like budgeting, changing a tire, making a doctor's appointment, self-advocating, resolving conflict and more. Your list may be different, but you know what your own student needs to become a responsible, independent adult.

And one extra for good measure...

11. Carpe Diem — Seize the Day!

The experiences my daughter had in college are some of her most treasured memories. Study abroad, spring break trips with friends, her sorority sisters and galas, and admired professors shaped her and live on in her heart. College is certainly an academic pursuit, but it can be so much more if your student takes advantage of every opportunity and enjoys every moment.



IMPORTANT DATES & DEADLINES

Aug. 16 – Sept. 1 – Financial aid may be used to charge at the bookstore

AUGUST

20 – 23 – **WELCOME WEEKEND**

20 – Move-in Day, 9 A.M., Residence Halls

New Student Convocation, 2 P.M.,
Ann Nicole Nelson Hall in Old Main

Family Night, 7 – 9 P.M., Freight House Alley
in downtown Minot

23 – Classes begin after 4 P.M.

24 – First full day of classes

26 – Last day to add first 8-week classes; last day to drop or withdraw from first 8-week classes and receive a 100% refund.

SEPTEMBER

1 – Last day to add a 16-week class; last day to drop 16-week classes or withdraw from all classes for a 100% refund

6 – Labor Day, University closed

8 – Financial aid disbursement; tuition and fees due

9 – Last day to withdraw from first 8-week classes and receive a 75% refund

20 – Fall Assessment Day, 8 A.M. – 3 P.M.

22 – Last day to withdraw from first 8-week classes and receive a 50% refund

29 – Last day to drop first 8-week classes

OCTOBER

1 – Last day to withdraw from 16-week classes and receive a 75% refund



Mark your calendars for

Homecoming 2021, OCT. 3 – 9!

Events are scheduled for the whole week, culminating with a Homecoming parade, tailgating, and football on Saturday, Oct. 9.

View the full schedule of events at MinotStateU.edu/homecoming.



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