

Dear MSU Families,

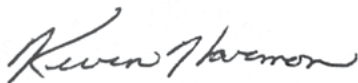
One week of classes is in the books, and it has been a busy time on campus! It has been nice having our students physically back on campus and Welcome Week activities have offered a myriad of exciting opportunities for students to pursue.

Make sure to ask your student about their first week. While the upcoming long Labor Day weekend can be a difficult time to be away from family and friends, MSU Life and our residence halls have activities planned throughout the fall to alleviate this; please encourage your student to be empowered and active in their new community.

Minot State University has many protocols in place for the 2021-22 school year and you will find a detailed COVID-19 FAQ later in this newsletter. We continue to provide COVID-19 testing on-campus and will provide vaccination clinics as needed. For the moment, our numbers have been manageable, and our COVID-19 campus response remains vigilant in meeting the needs of our University community.

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

Be seen. Be heard. Be empowered.



Student Vaccination Incentive

through Oct. 15, 2021



Minot State University is providing a \$100 financial incentive to students who have been fully vaccinated. More details will be forthcoming about payment and procedural methods. Funding for this program is coming from the Federal Higher Education Emergency Relief Fund.

Amount: \$100

Eligibility: All Minot State undergraduate, graduate, and professional students enrolled in at least one on-campus class at Minot State for the Fall 2021 semester are eligible.

EXCEPTIONS — The following students are NOT eligible: (1) benefited employees who are taking classes; (2) collaborative students whose home campus is another institution within the North Dakota University System.

Vaccination status: Students must be fully vaccinated (both shots of Pfizer/Moderna or one shot of Johnson & Johnson) by Oct. 15, 2021.

Students must upload vaccination information with MSU Student Health portal at <https://minotsu.medicatconnect.com>.

Note: Pfizer and Moderna vaccinations require multiple weeks between the first and second doses; therefore, the first dose of Pfizer/Moderna vaccine should occur no later than Sept. 15.

Minot State University offered a vaccination clinic on Aug. 27. In addition, students can receive free vaccinations at First District Health Unit by appointment: <https://ph-firstdistrict.as.me/minotcovidimms20210222>.



SAVE THE DATE!

Parent & Family Weekend
Oct. 22 – 24

To register, contact
kevin.harmon@MinotStateU.edu

Minot State 2021-22 COVID-19 protocols

We are excited about a new beginning and being face-to-face for Fall 2021-22 classes. Minot State University continues our commitment to provide a safe environment for students and employees. Even though we are returning to campus this fall under the “normal” aspiration, we do so with a new reality: we know the 20-29 age range is presently the most significant demographic testing positive for COVID-19 in North Dakota (North Dakota Department of Health, 2021).

For the 2021-22 academic year, Minot State University will be implementing the following practices explained in FAQ format below. These responses are based upon North Dakota Department of Health (NDDOH) policies, the Attorney General’s office, and our experiences from last year. Additionally, these procedures were developed in light of the overall large number of positive cases in the primary age group on campus. The updated 2021-22 policy went into effect Monday, Aug. 16.

Do I have to wear a mask?

Minot State University does not have a campus-wide mandatory masking policy at this time. However, individual instructors have the discretion to require individuals to wear a mask in their classroom/lab environments. University professors must list this stipulation in their 2021-22 syllabus using the language provided by the Vice President for Academic Affairs (VPAA). Individuals may also require masking within their offices or departments. Anyone choosing to enact this practice, shall notify CovidCore@MinotStateU.edu.

What happens if a student refuses to wear a mask?

Students who refuse to wear a mask in a mask-mandatory class or setting will be referred to the student affairs office for a Code of Student Life violation.

What happens if an employee refuses to wear a mask in a mask-mandatory class or setting approved by the VPAA or in the presence of a student or colleague who has an accommodation approved by the student affairs office or the human resources department?

The employee will be referred to their supervisor or human resources for case review and resolution.

What do I do if I test positive for COVID-19?

[NDDOH: What to do if you test positive for COVID-19](#)

If you test positive for COVID-19, report your case on the [Minot State COVID-19 Self-Reporting Form](#). Your results will be provided to Minot State from the NDDOH and/or the contact tracing team at the University of North Dakota. All students and employees should follow the protocols recommended by the NDDOH and are not allowed to attend class on campus, participate in any on-campus activities, or work on campus until recovered. Meals will be delivered for on-campus residents who are on a meal plan.

What do I do if I am a close contact of someone who has tested positive for COVID-19?

[NDDOH: What to do if you are a close contact](#)

If you are a close contact of someone who has tested positive for COVID-19, report your case on the [Minot State COVID-19 Self-Reporting Form](#). The contact tracing team at the University of North Dakota will inform us after you have been identified as a close contact. All students and employees should follow the protocols recommended by the NDDOH and are not allowed to attend classes on campus, participate in any on-campus activities, or work on campus until the person recovers, unless fully vaccinated. Meals will be delivered for on-campus residents who are on a meal plan. Please note: vaccinated individuals are not subject to being classified as a close contact.

Can I get a COVID-19 test on campus?

Yes, both rapid and PCR COVID-19 tests will be available at the Student Health Clinic on campus. Contact 701-858-3371 for an appointment. Without support from the North Dakota National Guard, we are unable to offer mass testing events on campus.

Can I get a COVID-19 test on campus for travel purposes?

No, please call the First District Health Unit at 701-852-1376 or follow the directions on their [website](#).

Will COVID-19 vaccines be available on campus?

Free vaccination clinics will be offered periodically on campus. The COVID-19 vaccine is also commonly available in health centers and pharmacies in the community.

Can the University require a student or employee to isolate or quarantine?

No, the dissolution of the emergency declaration on Apr. 30, 2021 by Governor Burgum ended any authority to enforce isolation or quarantine in the state of North Dakota.

Can the University require a student or employee to get the COVID-19 vaccine?

No.

What if I'm vaccinated?

If a vaccinated person tests positive for COVID-19, they should follow the protocols recommended by the NDDOH and are not allowed to attend class on campus, participate in any on-campus activities, or work on campus until the person recovers.

For more COVID-19 information, visit [MinotStateU.edu/covid](#).



IMPORTANT DATES & DEADLINES

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 (dining center open)
- 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 with no refund

OCTOBER

- 1 – Last day to withdraw from 16-week classes and receive a 75% refund
- 1 – FAFSA (Free Application Federal Student Aid) opens. Apply online at [fafsa.gov](#) for the FAFSA for the next academic year. The FAFSA is available to students who are U.S. citizens or eligible noncitizens with a valid social security number and accepted into a degree granting program. The application is free and available beginning Oct. 1.
- 8 – 10 – Homecoming Weekend
- 22 – 24 – Parent & Family Weekend

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

Top tips for successful students and the families that support them

By Jennifer Sullivan, [CollegiateParent.com](#)

Here are my top tips for students and family members!

Successful students:

1. Ask for help.

This sounds simple, but some students find it very difficult. This is because asking for help requires students to do two things: 1) acknowledge that they need help and 2) have the courage to ask for it.

In college, if students don't say anything about a problem, staff and professors will assume they have everything under control. If students are having trouble with anything (academics, roommates, mental health, etc.), they (not their parents) need to speak up. Students who are introverted or anxious may be daunted by the prospect of approaching their professor. Practicing or role-playing this kind of interaction can help them build confidence.

2. Find the best place to do their homework.

Where did your student do homework in high school — on their bed, at a desk, at the dining room table? Encourage them to reflect on their previous study habits and then think about their ideal college study environment. Campuses have many different types of spaces for students to work, hang out, and socialize. Your student should try a few spots to find one that makes them feel relaxed and productive.

3. Write down usernames and passwords.

New college students receive a school email address and username. Most colleges also require new students to set up an account in an online learning management system (LMS) for viewing grades and submitting assignments. Remembering all their usernames and passwords can be tough! Ideally, students find an organizational system they like before



arriving on campus, but it's not too late. There are great phone apps that store and organize this important info.

4. Get to know the health and counseling center.

Your student's physical and emotional health is as important as their academic success! Every college and university has health and mental health services available on campus. Even if your student doesn't need this care right away, chances are good that soon they, a roommate, or friend will get sick or may need some support or a listening ear.

Encourage your student to explore services on the college's website and locate the health care building, its hours of operation, and how to make an appointment. Some offices accept walk-in appointments while others schedule appointments in advance online.

For families:

1. Remember: College is a marathon, not a sprint.

Developing college-level academic, social, emotional, and executive functioning skills takes time. During the early weeks and months of college, your student will rely heavily on the academic and social skills they developed in high school.

For some lucky students, this works just fine. Others are surprised to learn that their high school skills aren't helping them meet the rigors of college. This is completely normal! Successful students recognize which high school skills work and which don't. Trust the process and settle in for the marathon. The student who enters college will not be the same person who graduates. Walk alongside them and support them.

2. Expect them to make mistakes.

Expectations shape our attitudes and reactions. If we expect perfection, we will often (always?) be disappointed. If we expect some bumps in the road we won't be surprised to hit a pothole. College students must learn how to balance academic demands, friendships, nutrition, exercise, mental health, money management, and more — without a parent around to help. Oversleeping an occasional class or ordering too many GrubHub deliveries in the first semester is common. They're figuring it out — just like you did at their age.

3. Avoid the worst-case-scenario mental minefield.

It will happen eventually — you get a text from your student with bad news. Or maybe it's a letter in the mail addressed to your student with midterm grades, or a social media post that sends up your parental red flag. Have you ever gone down this dangerous road? "They got a D! What if they fail the class? What if they fail all their classes?"

We parents tend to obsess over bad news. It's important to take care of yourself. Avoid the "what if" thoughts by doing something joyful and distracting: turn on uplifting music, offer to walk a neighbor's dog if you don't have one of your own, spend 30 minutes writing a letter (or nice comments on social media), or meet a friend (and don't talk about your kids!).

4. Celebrate their homecomings.

Students love coming home because it's where they can leave the pressures of school behind and just be themselves. However, parents may see school breaks as a chance to get stuff done (go to the dentist, get a haircut, visit grandma!). Try not

to overdo it. There are sure to be serious things to discuss (grades, their budget), but start by making them feel special when they come home — and loved. There's nothing they'll appreciate more.

Your child leaving for college affects your life as well. Allow yourself to feel your feelings. Treat yourself with patience and compassion. There's no rush to "have it all together" immediately. If you feel like texting your student to say "I love you," do it! They may need to read those words as much as you need to send them.



MINOT STATE
HOME COMING
2021

**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.