



Parent and Family Newsletter

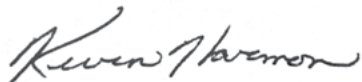
OCTOBER 2021

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. 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. Students will decide how they are going to respond to academic or social adversity, to stay in a class or drop a class, or to stay enrolled at Minot State 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 students to reach out to someone, anyone whom they can talk to about a plan forward. They 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 Oct. 21 – 24. 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.



MinotStateU.edu/Homecoming

Wednesday, October 6

President's Club Luncheon

MSU Dome • 12 P.M.

Community Block Party

Old Main Lawn • 5 – 7 P.M.

Thursday, October 7

Golden Awards Dinner

Student Center Conference Center • 5:30 P.M.

Friday, October 8

Beaver Booster Luncheon

MSU Dome • 12 P.M.

Hall of Fame Banquet

Clarion Hotel • 5 P.M.

Alumni and Friends Homecoming Social

The Original • 7 P.M.

Soccer vs. Northern State

Herb Parker Stadium • 7 P.M.

Saturday, October 9

Homecoming Parade

Downtown Minot to the MSU Dome • 11 A.M.

Tailgate

Beaver Blvd – Following Parade

Football vs. MSU-Moorhead

Herb Parker Stadium • 2 P.M.

Student Vaccination Incentive

through Oct. 22, 2021



Minot State is providing a \$100 financial incentive to students who have been fully vaccinated. 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. 22, 2021.

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

Minot State University will offer our next vaccination clinic on Thursday, Oct. 19 from 9 A.M. – 12 P.M. In addition, students can receive free vaccinations at First District Health Unit by appointment: <https://ph-firstdistrict.as.me/minotcovidimms20210222>.



Parent and Family Weekend Oct. 21 – 24, 2021

Registered families will receive free admission at all sporting events, meals, and free use of the Wellness Center! Contact kevin.harmon@MinotStateU.edu to register or for more information.

THURSDAY, OCT. 21

Kickstart Days: Starting at 8 A.M.
High school juniors and seniors can experience MSU by attending classes, touring campus, and more! Free lunch.
Registration required: AskMSU.com/kickstart.

Campus Tours: 9 A.M. and 1 P.M., Enrollment Services (Admin. 165)

Northwest Arts Center (Gordon B. Olson Library)
Open 9 A.M. – 4 P.M., Featured: “Book of Days: Reflections on Time and Water,” paintings by Susana Amundaraín

Wellness Center – Rock wall open 3 – 7 P.M.
Group exercise classes: Bootcamp, 3:30 P.M.
Spin, 4:30 P.M. • Yoga, 8 P.M.

Meet the Beavers Social: 7 P.M.
Herb Parker Stadium press box, first floor
Visit with the football, soccer, and volleyball teams and coaches about their programs! Light refreshments provided, cash bar available.

SATURDAY, OCT. 23

Tailgate Party: 9 A.M.
11th Ave. in front of Dome/Wellness Center

Football vs. Upper Iowa University
11 A.M., Herb Parker Stadium

Wellness Center – Group exercise class: Spin, 11 A.M.

Women’s Volleyball vs. Bemidji State University
5 P.M., Dome

FRIDAY, OCT. 22

Kickstart Days: Starting at 8 A.M.
Registration required: AskMSU.com/kickstart.

Campus Tours: 9 A.M. and 1 P.M., Enrollment Services (Admin. 165)

Northwest Arts Center – Open 9 A.M. – 4 P.M.

Wellness Center – Group exercise classes:
Muscle Pump, 9:30 A.M. • Dance, 3 P.M.

Women’s Soccer vs. MN State University–Mankato
5 P.M., Herb Parker Stadium

Women’s Volleyball vs. University of MN–Crookston
7 P.M., Dome

MSU Band concert: 7 P.M., Ann Nicole Nelson Hall (Old Main)

Octoberfest Beaverbash: 8:30 P.M., Quad
(will move to Beaver Dam if inclement weather)

SUNDAY, OCT. 24

Women’s Soccer vs. Concordia University–St.Paul
Noon, Herb Parker Stadium

Music faculty recital:
Dr. Erik Anderson and Dr. Dianna Anderson
3 P.M., Ann Nicole Nelson Hall

Service Learning in Costa Rica: Encourage your student to explore the world!



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 2022: Service Learning 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 Friday, Nov. 19, 2021. Applications will continue to be accepted until Jan. 14, 2022, unless the program fills earlier. You can learn more about the program's itinerary, highlights, cost, and deadline on the Minot State website [MinotStateU.edu/international](https://www.minotstateu.edu/international). Select the study abroad link and view program options.

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!



IMPORTANT DATES & DEADLINES

OCTOBER

- 1** – Last day to withdraw from 16-week classes and receive a 75% refund
 - FAFSA (Free Application Federal Student Aid) opens. Apply at fafsa.gov.
- 6** – Homecoming Block Party
- 8** – Spring 2022 graduation application due to registrar's office
 - Soccer vs. Northern State
- 9** – Homecoming Parade and Tailgating
 - Football vs. MSU-Moorhead
- 13 – 14** – Final exams for first 8-week classes
- 18** – Classes begin for second 8-wk. classes
 - Midterm grades due
- 19** – Grades due to registrar's office for first 8-wk. courses
- 21** – Last day to add second 8-week classes
 - Last day to drop or withdraw from second 8-wk. classes with 100% refund
- 21 – 24** – Parent & Family Weekend
- 26 – 28** – Spring registration for currently enrolled students
- 31** – Last day to withdraw from 16-week classes and receive a 50% refund

NOVEMBER

- 4** – Last day to withdraw from second 8-week classes with 75% refund

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

Student life from a collegiate parent

Six key areas of adjustment for first-year college students

By Laurie Hazard and Stephanie Carter, 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 while 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) 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 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!



Financial Aid Information

2022-23 FAFSA Available Soon!

The 2022-23 Free Application for Federal Student Aid (FAFSA) becomes available at fafsa.gov on Friday, Oct. 1, 2021. The 2022-23 FAFSA covers the Fall 2022, Spring 2023, and Summer 2023 semesters. While it might seem strange to already be thinking about completing the FAFSA for the 2022-23 school year, applying early helps students avoid delays in the future and helps students 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 2022-23 FAFSA, students and parents will report income information from their 2020 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 2020 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 2022-23 school year to submit the FAFSA by April 1, 2022 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 2022-23 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 2022. For questions about completing the FAFSA, contact the 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 studentaid.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 studentaid.gov/understand-aid/types/loans/subsidized-unsubsidized.

Helpful Tip to Keep Overall Debt Low

If your student borrowed an unsubsidized federal direct loan or a private education loan, those loans will typically begin accruing interest as soon as they are disbursed. Since the beginning of the COVID-19 emergency, however, student loan interest for in-school borrowers has been on "pause."

The U.S. Department of Education announced a final extension of the COVID-19 emergency relief measures which will end on Jan. 31, 2022. Interest will begin accruing again after Jan. 31. For more information visit studentaid.gov/announcements-events/coronavirus.

Although students are not required to pay interest on unsubsidized 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. Servicer contact information can be found by logging in studentaid.gov.



Coach your student to communicate with professors

By Amy Baldwin, Ed.D., CollegiateParent.com

A freshman parent once called my office early in the school year. Because I'm a department chair, I sometimes field general questions from parents, but this parent wanted very specific information. "Is there a way to log in to see my son's grades?" she asked.

This question is becoming more common. Many parents, used to online K-12 grade portals, expect the same access in college.

"No," I told her. Some of the faculty at my university use an online learning management system, but others, like me, teach students how to track their grades the old-fashioned way — by collecting all graded work and using the formula in my syllabus. "But your son should be able to calculate his grade if he's keeping up with his graded assignments."

This did not satisfy her. She suspected he was floundering and wanted to know for certain. I reassured her that he was being coached through his first-year success course on how to stay on track — and more importantly, how to talk to his professors if he was concerned about his progress.

The student-professor relationship in college is one of the most important to cultivate. Professors want to develop strong relationships with their students, and students should want the same.



Here are a few tips to guide your student through the process of creating an open line of communication with a professor. Pandemic or not, these are solid strategies for starting off the semester right!

Establish a relationship early.

Professors will be happy to get to know your student before a problem arises. Any time during the semester — with the exception of the day before the final! — is a good time to reach out, but the sooner the better.

Your student should take cues from the syllabus about the best way to communicate with a professor. Is the professor available to meet in person or is email or an online meeting better? It goes without saying, but I'll say it anyway: if the professor prefers email, then use email and check it often.

When your student meets with the professor for the first time, it's a good idea to have a list of questions ready. Here are a few that can help your student learn more about the professor's expectations:

"I want to learn as much as I can in your class. What can I do to succeed?"

"I usually (fill in usual study practices). What will work best for this class?"

"I want to be sure I start off with solid work in your class. Can I come see you before an assignment is due to make sure I'm on the right track?"

A solid relationship early in the semester can be helpful if your student's circumstances change.

In the spring of 2020, when students moved home because of the pandemic, one of my students had to pick up extra shifts at his job and so he could no longer join our class online at the designated time. Another student was dealing with limited internet access. Faculty will want to know about any situation that makes it hard for a student to access their courses online or show up for an in-person class.

Create a plan to stay organized.

College students need a planner, preferably a large one that can be hung on a wall or anything that can



be accessed easily. Classes meet on different days of the week and at different times, and your student will also have study sessions and extracurricular activities to map out.

Last year during the pandemic, students at my institution had hybrid classes that were held both online and in person, and those designations changed from week to week. Students were asking themselves questions like, “Am I meeting my psychology class in person for small group work this week or are we online?” A consistent organizational strategy will keep the chaos under control.

Seek immediate feedback after graded work.

If your student gets a low grade, or lower than anticipated — even if they think they know why — it’s good to check in with the professor as soon as possible.

Here are a few ways your student can open a conversation after a low or failing grade:

“I reviewed my work. Can we go over what I did wrong so I understand what I should do differently next time?”

“I’m bummed I messed up that assignment. Would you help me see where I made mistakes?”

“Can we talk about how this low grade will affect my progress in the course? I want to be sure to make the improvements I need to raise my grade.”

Because students share this fear with me, it’s worth telling you: yes, professors want to talk with students who’ve failed an assignment. No, they don’t think their students aren’t smart enough to pass their class.

Professors want their students to learn and to earn good grades. Your student shouldn’t be ashamed to speak to a professor about a class they’re failing. Reaching out demonstrates a willingness to improve.

Practice patience, kindness, and self-care.

We’ve learned during the pandemic that we are resilient, but the last year and a half has still been stressful for families and communities. Despite lots of work on our end, faculty and administrators can not 100% guarantee that our institutions’ plans for this academic year won’t need to shift if COVID-19 cases increase.

Remind your student to practice patience and kindness to themselves and others as they begin their fall term. And know that, more than anything, their school wants them to be successful and healthy.

Check email!

Encourage your student to check their official school email account daily.

Just as most colleges and universities changed from on-campus to online in a matter of days in the spring of 2020, your student’s college may institute quick changes at any time. Professors often communicate with their class by email, and so do offices including financial aid. The more your student reads and responds to email, the more prepared they’ll be.

If you as a parent are able to sign up for institutional announcements, often provided through the parent and family program, do so immediately.

We all benefit from staying connected and informed!