



Parent and Family Newsletter

MARCH 2022

Dear parents and families,

March 8 marks the midway point of the spring semester. Midterm grades will be available and — while often a time of celebrating accomplishments — can be a stressful time for students. Sometimes we are left interpreting how our students really are doing. In any case, it is important to continue to support our students and continue to offer positive, constructive advice.

Empower your students to cultivate a relationship with a “go to” mentor on-campus. This person might be an advisor, a professor, or a staff member with whom they connect. Like any successful partnership, communication is the key to good planning. We have excellent faculty and staff ready to have these conversations; encourage your students to reach out and create dialogs with the people on campus that positively influence them.

Some additional news: As of now, an in-person commencement is scheduled for May 14 in the Minot State Dome. More details will be available in the coming months.

As always, I'm available to answer any questions or concerns that you may have at kevin.harmon@MinotStateU.edu.

Respectfully,

Kevin Harmon,
Vice President for Student Affairs



IMPORTANT DATES

MARCH

- 8 – Last day to drop 16-wk. classes
- 11 – Summer and fall graduation application due to Registrar's Office
- 14–18 – Spring Break
- 24 – Last day to withdraw from 16-wk. classes & receive a 50% refund
- 29 – Summer and fall registration for currently enrolled students begins

APRIL

- 15–18 – Easter Break (University closed Friday only)

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

Timing is key: When to apply for internships

From [CollegiateParent.com](https://www.collegiateparent.com)

The only thing worse than not getting what we want is never having the chance to go for it in the first place.

Throughout their life, your student will certainly face rejection — maybe even from one or more of the internship programs they apply for. And that is absolutely fine. Rejection is a part of life; the important thing is that they tried.

But what can be especially upsetting for your student is to find their dream internship, only to realize they missed the chance to apply for it because they procrastinated or didn't pay close attention to deadlines.

Being informed and knowing when is the best time to look and apply for internships is a crucial first step to helping your student have a shot at the program they want. Here's what you need to know to help them with this process.

Why should students apply for internships?

Internships aren't an actual requirement for many jobs, but they're a great way for a student to gain an extra edge over other applicants.

Internships:

- Provide students with a chance to put classroom learning into action.
- Help them gain work experience.
- Equip them with skills they'll need in the future.

During an internship, your student can learn to communicate better with others and create networking connections. They'll learn how to interact with coworkers and supervisors, get comfortable navigating an office environment, and ease the anxiety they undoubtedly will have when they get a professional job.

When should students apply?

There is no single time of year when it is best to apply for internships. It all depends on the industry the students are interested in, the company, and the position they are seeking. The best approach is

to look for opportunities continuously.

As a general rule, we advise students to find and apply for an internship at least three to four months before the start date if the company has announced it that far in advance. However, if a student finds a program they're excited about, then the earlier the better!

Preparing early

It's always best to start preparing as early as possible. Before they even begin looking for available internships, students should think about what sector they want to join, the type of internship (paid, unpaid, or a course credit internship), the skills they hope to acquire, and the qualifications they will need.

Family members can help students research companies online. Parents can also use their own personal and professional networks to identify possible internship opportunities, and you can help your student update and polish their resume to best showcase their abilities.



Watching out for industry schedules

If your student has a specific season when they'd like to begin their internship, then most industries and companies have a similar schedule of recruitment that you can follow:

- For a spring internship, students should start looking for available positions in the late summer or early fall of the previous year.

- The best time to apply for a summer internship is the beginning of the year in January or February.
- For fall internships, students should apply in April or May because most of them will begin between late August and early October.
- For winter internships, the period between August and September is the ideal time to apply.

Remember, it's your student's responsibility to contact specific companies to learn more about the internship programs they offer and the application timeline. Encourage them to practice these phone calls with you first but don't be tempted to do the work for them.

Don't disregard the holiday season

Contrary to popular belief, the holiday season is a great time to apply for internships. Many students avoid doing so because they think most companies do not work during this time. However, the period between Thanksgiving and the New Year is an excellent time for companies to hire new interns and employees for the coming year.

When is it too late to apply for an internship?

It is never too late to apply for internships. Of course, it can be too late for a specific position because the due date has passed or even for a particular season because most companies accept applications months prior.

But if a student is determined to find an internship program, then they can do so. In many cases, the start date might be later than they anticipated, that is all.

Tips and tricks for a perfect internship application

During the pandemic, many companies had to cancel their internship programs. As a result, getting an internship may be more competitive than ever this year because there are more applicants but potentially still fewer programs to apply for.

Students need to make sure they stand out from the crowd, and a great way to do so is through their application documents.

1. Personalize their resume

Resumes are one of the easiest ways students can showcase their qualifications to an employer. When preparing a resume, they should highlight

their strengths and the areas they excel in.

A great way to do so is by including a section dedicated to their key strengths and skills, both technical and non-technical. They can also write about their experiences and achievements related to the goals they have for the future.

2. Showcase their skills

When a student tailors their resume for each application, they can keep the same outline and structure. However, they should update some sections to better display the relevant skills they possess.

First, they should carefully read the internship description then compare their resume to it. Then they can keep the relevant parts, delete anything that is not fitting for the position, and add more information matching the requirements. The key is to focus on the skills and experience section for this stage.

3. Elaborate on their education

College students might not have a lot of — or any — work experience. In such cases, it's best to put the focus on their educational achievements.

They can include the name and location of their schools, the degrees they attained or are working toward, the field of study, and their GPA (but only if it's higher than 3.5).

4. Proofread!

Proofreading is a crucial step that no one should neglect. Students have worked hard on writing their resumes and even harder to have what to fill them with. No one wants to see a typo or grammatical mistake be the thing that sets them back in the recruitment process.

Although your student will go over their resume many times while tailoring it for the application, they should read it one more time with the specific goal of spotting any grammatical or spelling mistakes. Then they should read it yet again to make sure they didn't miss anything. Is the formatting correct?

At this juncture, they may want you to look it over or they can run it by a campus career center staff person.

Wellness

March has a variety of events and opportunities for students to get active on campus! Here is a list of the upcoming events that students can participate free of cost:

March 3: Pickleball Tourney at the Wellness Center and Swain Hall

March 7: Kickball Tourney in the Air Supported Dome

March 8: Safe Spring Break Sendoff — Students will learn about ways to make their Spring Break safe while participating in fun events and earning prizes.

March 23: Co-Ed Volleyball League kick off — Our most popular social event!

March 24: Fit 4 Life Wellness Fair at the Wellness Center — Students will get to network with community and campus wellness resources.

March 31: Dodgeball Tourney at the Wellness Center

E-sports has a new club on campus where students can network with new friends and faculty while participating in organized e-gaming competitions.

March also means springtime is right around the corner so we are looking forward to warmer temperatures and getting back outside. We have a large variety of outdoor recreation equipment for students to rent out for free. Rentals include bikes, camping gear, outdoor lawn games, and frisbee golf (we have a nine-hole course on campus). Encourage your student to take advantage of all the Wellness Center has to offer.



STUDENT ACTIVITIES

March 1: Education Fair for education, social work, and communication sciences and disorders majors from 4 to 6 P.M. in the Conference Center on the third floor of the Student Center

March 8: Safe Spring Break Sendoff from 11 A.M. to 1 P.M. on the second floor of the Student Center

March 23 – 24: Student Government Association elections and free food from 11 A.M. to 1 P.M. on the second floor of the Student Center

March 24: 50 Days until Graduation!

March 26: Drive-in-movie, "Sing 2," in the Dome parking lot. Registration required.

March 30: Career Fair for students in all majors

Financial Aid Information

Know what you owe

If your student has borrowed a federal student loan or received a Federal Pell Grant, they have a federal student aid history. Their federal student aid history is available for them to view online at studentaid.gov. They can log in with their federal student aid (FSA) ID and password, the same ones used to file the FAFSA, to view their borrowing history, the contact information for their Federal Direct Loan servicer, and their Pell Grant history.

Although students are not required to make payments on their student loans while they are enrolled on a half-time or greater basis, borrowers or their parents can choose to make early payments on the principle or interest (if the student has borrowed an unsubsidized loan) at any time. Keeping track of amounts borrowed and Pell Grant usage can help students keep loan debt reasonable and it can also help them avoid exhausting their eligibility before they complete their program.

For more information about federal student loan limits, visit studentaid.gov/understand-aid/types/loans.

FAFSA time

If your student has not yet filed their 2022-23 Free Application for Federal Student Aid (FAFSA), we encourage them to submit it this month. Filing the FAFSA now helps students avoid delays in the fall and helps them maximize their eligibility for federal and state financial aid programs.

We also encourage students and parents to use the IRS Data Retrieval Tool (DRT) to retrieve their financial information if possible when submitting the FAFSA. Using the DRT helps assure accuracy of the data submitted and can help students avoid having to provide additional documents to the financial aid office later.

If you have hesitated about submitting a FAFSA in the past because you thought your student wouldn't qualify for financial aid, know that all students who meet the [basic eligibility requirements](#) will be offered [some type of financial aid](#). As a FAFSA filer, your student could end up qualifying for a grant that doesn't have to be repaid or may simply be offered a low interest Federal Direct Loan that doesn't require a co-signer and they can choose to decline the loan if they don't need it. The FAFSA is easier and faster to complete than ever. Make sure you aren't missing out on any financial aid opportunities! Don't delay! File today!

