



Parent and Family Newsletter

AUGUST 2022

Dear new and returning families,

Welcome to Minot State University! The beginning of another academic year is just weeks away, and we are energized to offer your student an experience of a lifetime. Our Student Affairs team has spent a busy 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 are expanding beyond our traditional family weekends with parent programming 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 parents and families' [website](#) for future activities.

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.

Welcome Week



Friday AUGUST 19	Saturday AUGUST 20	Sunday AUGUST 21	Monday AUGUST 22
<p>7 A.M. Beaver Creek Café opens, meal plans begin <i>See the new dining plans on the next page!</i></p> <p>9 A.M. – 5 P.M. Residence halls open for move-in</p> <p>10 A.M. – 2 P.M. Red informational tent, Quad</p> <p>5 P.M. Residence hall floor meetings and social</p>	<p>9 A.M. – 5 P.M. Residence halls open for move-in</p> <p>10 A.M. – 2 P.M. Red informational tent, Quad</p> <p>5 P.M. Residence hall floor meetings and social</p> <p>Campus Hours (Saturday) Beaver Creek Café 10 A.M. – 2 P.M. Wellness Center 10 A.M. – 6 P.M. Student ID Office 10 A.M. – 1 P.M. Bookstore 10 A.M. – 3 P.M. <i>Regular business hours resume Monday at 8 A.M.</i></p>	<p>9 A.M. – 5 P.M. Residence halls open for move-in</p> <p>10 A.M. – 2 P.M. Red informational tent, Quad</p> <p>4 P.M. Residence hall floor meetings</p> <p>5 – 8 P.M. RecFest Wellness Center Lawn</p> <p>Campus Hours (Sunday) Beaver Creek Café 10 A.M. – 2 P.M. Wellness Center 12 – 4 P.M. Student ID Office 11 A.M. – 1 P.M. Bookstore 10 A.M. – 3 P.M. <i>Regular business hours resume Monday at 8 A.M.</i></p>	<p>9 A.M. and 10 A.M. New Student Orientation Sessions (mandatory)</p> <ul style="list-style-type: none"> Title IX Ann Nicole Nelson Hall (Old Main, second floor) Beaver Tech Conference Center (Student Center, third floor) <p>10 A.M. – 2 P.M. Residence halls open for move-in</p> <p>10 A.M. – 2 P.M. Red informational tent, Quad</p> <p>11 A.M. New Student Convocation Ann Nicole Nelson Hall (Old Main)</p> <p>12 P.M. Welcome BBQ Old Main Lawn</p> <p>1:30 – 2:30 P.M. Beaver Games, Quad</p> <p>4 P.M. Evening classes begin</p> <p>5 P.M. Residence hall floor meetings</p> <p>7 P.M. Slamabama concert Location TBA</p>

Welcome Week



Tuesday AUGUST 23	Wednesday AUGUST 24	Thursday AUGUST 25	Friday AUGUST 26
<p>Classes begin</p> <p>10 A.M. – 2 P.M. Red informational tent, Quad</p> <p>12 P.M. Free lunch, Quad</p> <p>7 P.M. MSU Life Welcome Bingo Old Main Lawn</p>	<p>11 A.M. – 1 P.M. Club Fair and free lunch, Quad</p> <p>8 P.M. MSU Life Campfires, Quad</p>	<p>12 P.M. Free lunch, Quad</p> <p>7 P.M. MSU Life Hypnotist Conference Center (Student Center, third floor)</p>	<p>12 P.M. Free lunch, Quad</p> <p>8 P.M. MSU Life Outdoor Movie Herb Parker Stadium</p>

New dining plans for 2022-23

	Cost per semester	Year total
Base Plan <i>19 meals/week</i>	\$1,890.....	\$3,780
Block 160 <i>160 meals/semester + \$350 Dining Dollars</i>	\$1,872.50.....	\$3,745

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



SAVE THE DATE!

Parent and Family Weekend
Oct. 14 – 16, 2022

Are You Emotionally Prepared for College Drop-Off?

By Marybeth Bock, MPH, CollegiateParent.com

It doesn't matter if it's your first time or your third — it's hard to prepare yourself emotionally for the day when you leave your child in that small dorm room and walk away without them.

New students and families can find all sorts of advice about what to do, buy, and pack for college move-in. Schools send out detailed lists of what to bring and what to leave behind.

It can be easy over the summer to get consumed with finding the perfect bedding, stocking the safest first-aid kit, and acquiring a mini-fridge that doesn't take up too much space. The focus on planning, shopping, and transporting all these items can become an excuse to put off thinking about this monumental Letting Go (so much bigger and much scarier than preschool, kindergarten, or sleep-away camp drop-off).

No matter how excited and proud we are of our kids, and how mature they might seem, leaving them to start life on their own is a seismic shift in a family's timeline and in each unique parent-child relationship. It's an act of faith to step back from all those years we spent parenting them while they lived and learned under our roof. Their bubble of lived experience is about to burst wide open.



Drop-off is an emotional day.

I *thought* I was prepared the first time around.

Now I look back and chuckle at that misguided swagger. I thought walking away would be somewhat easy because, on paper, everything seemed fantastic. The campus was beautiful, the dorm was lovely, the room was decorated so cute, and my daughter was excited to immerse herself in a completely new environment.

But when it was time to say that final goodbye, it didn't matter that we all loved the idea of her being there, or that she'd found a colorful tapestry for her wall that matched her comforter perfectly. It didn't matter that her roommate seemed nice or that the shoe organizer we'd found was the ideal height for her closet.

What mattered was that we were driving away without her. That she'd be 2,200 miles away from us and from everything that was comfortable and routine. Her brother, her dog, her room, her city, her friends.

I saw that reality hit her and then it hit me, her mother, twice as hard. Words stopped, tears flowed, and my heart broke a little as we sat in that rental car, in that dorm parking lot, on that charming campus, in that humid city, hugging and not wanting to let go.

I've thought about that day and wondered if I could have prepared myself better.

If I could relive that first college drop-off, here's what I'd do differently.

1. I wish I'd placed less emphasis on *things* and more emphasis on *feelings*. I can now readily admit that I spent too much time making lists, finding coupons, and going to multiple stores in two separate states to try to ensure that my student would have everything she needed.

2. **I wish we'd talked ahead of time about how to navigate the intensity of saying goodbye and separating.** If you'll be doing your first college drop-off this fall, open a dialogue with your child.

Pose some questions:

- "How do you think it will actually feel to say goodbye?"
- "How might you react if I seem upset and sad?"
- "Is there anything you'd like me to say or not to say if you're sad when we leave each other?"
- "Where would you like us to say our goodbye?"

3. **I wish I'd talked to other parents about their drop-off experiences.** Specifically, about how long it took them to get over any sadness they felt. It would have been immensely helpful to know going into it that I'd move through the extreme sadness of that day quickly. In the moment, I imagined that raw sadness would last.

4. **I wish I'd known that for weeks, random little things would make me mist up.** Like seeing the spotless carpet in my daughter's room without any clothes or shoes scattered about. Or turning a corner in the grocery store and glancing up to see her favorite bottle of salad dressing.

5. **I wish I'd understood in advance that contradictory emotions are extremely normal on college drop-off day.** You can feel confident that your child has the maturity and life skills to rise to the challenges they'll face their freshman year, and at the same time feel anxious about them making friends or engaging in risky behaviors. You can feel that they are in the right place for them, yet still be wary about them being so far away, or maybe a little too close to home, or possibly feeling homesick or lonely.

So parents, remember these things about college drop-off day:

- It's usually a long and physically demanding day.
- It's always an emotionally demanding day.
- All emotions are normal — particularly conflicting emotions.
- You are likely to move through the sadness quickly, but random emotional gut punches may hit when you least expect them.
- Keep talking to friends who have done this before.

- Take comfort in knowing that you and your student are going through an adjustment period that millions have successfully navigated and have come out of just fine.
- You've launched a child out into the world. Go, you!



IMPORTANT DATES & DEADLINES

Aug. 15 – Sept. 1 – Financial aid may be used to charge at the bookstore

AUGUST

18 – New Student Registration, Model Hall

19 – Residence Halls open

22 – Classes begin after 4 P.M.

23 – First full day for 16-week classes; first day for 8-week classes

25 – Last day to add first 8-week classes; last day to drop or withdraw from all first 8-week classes with a 100% refund

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

SEPTEMBER

5 – Labor Day, University closed

7 – Financial aid disbursement; tuition and fees due

8 – Last day to withdraw from all first 8-week classes with a 75% refund

21 – Last day to withdraw from all first 8-week classes with a 50% refund

28 – Last day to drop first 8-week classes

30 – Last day to withdraw from all 16-week classes with a 75% refund

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